



# MY WELL BEING JOURNAL

created by

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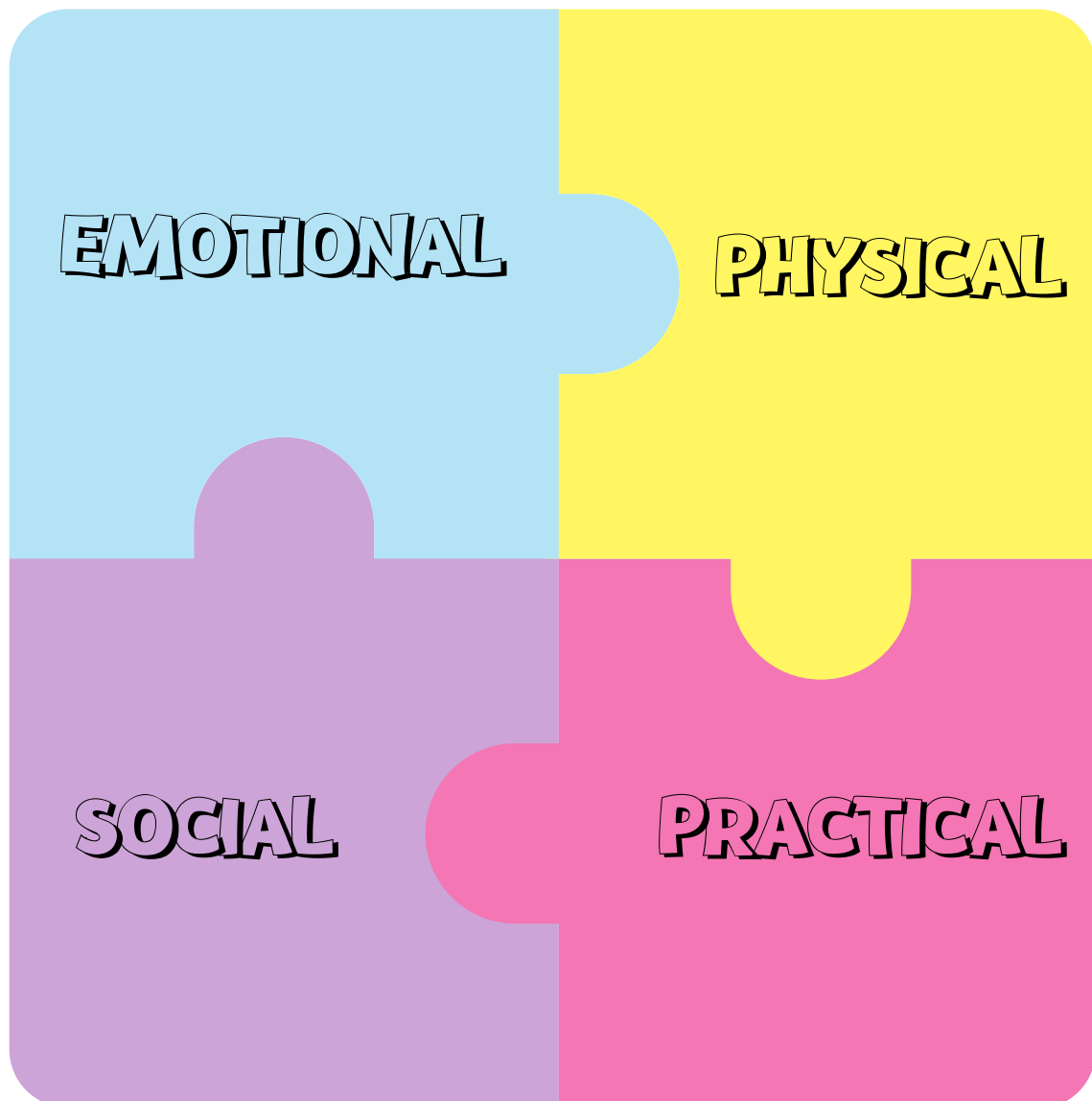


# SELF CARE PLAN

Just like our physical health, it is just as important to look after our mental health to.

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing.

By creating a self-care plan you will be able to identify activities that you can use to support your mental health.



The next few pages will have some activities you may wish to try



# WEEKLY GRATITUDE JOURNAL WORKSHEET

DAY	
1	
2	
3	
4	
5	
6	
7	



## Practical

- Create a revision timetable
- Organise your day
- Learn a new skill
- Try to get showered and dressed each morning
- Set some goals for the future

## Social

- Take part in a photography challenge with your friends
- Join a local youth group
- Talk to your friends online or find an online support group
- Create a playlist with your friends

## Emotional

- Write three good things that you did each day
- Be kind to yourself
- Talk to a friend about how you are coping
- Develop friendships that are supportive

## Physical

- Exercise regularly for 30 minutes
- Dance
- Time away from social media/ technology
- Eat a healthy balanced diet
- Try some relaxation techniques





# self reflections

Things that  
keep grateful

Things that  
keep me busy

Things that keep me busy





im fine

Why am I not enjoying this?  
What's wrong with me?

Why can't I be organised.  
I should try harder

Everyone else is fine  
I need to pull myself together

HELP!  
I'm drowning down here

I'm dreading seeing my family

I'm just so useless



Should I eat this?

Everyone else has the perfect family

do they like me?

arghh my finances are out of control

I feel so sad - I miss people no longer here

another year over. I've achieved nothing

I can't ask for help

I'm so exhausted

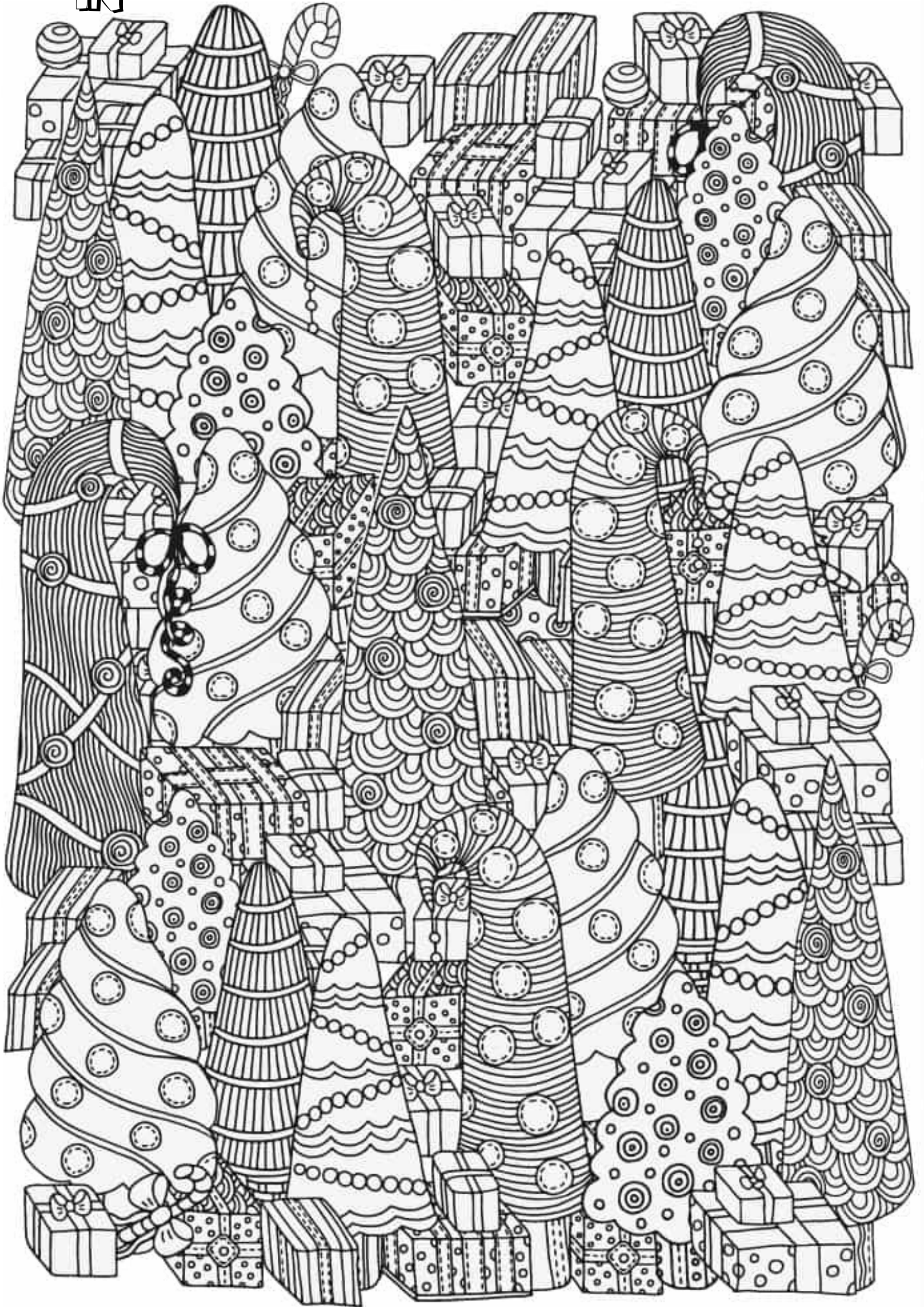
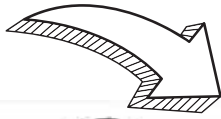
Why do I find this so hard?

I just want to escape Christmas

@thepsychologymum

COLOUR THIS

IN



# SELF-CARE PLANNER

DATE: \_\_\_\_\_

S M T W T F S

THINGS THAT MADE ME HAPPY TODAY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

WATER INTAKE



TODAY'S MOOD



SELF-CARE ACTIVITIES

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

DAILY NUTRITION

Breakfast \_\_\_\_\_

Lunch \_\_\_\_\_

Dinner \_\_\_\_\_

Snack \_\_\_\_\_

HABITS TO START

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

HABITS TO STOP

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

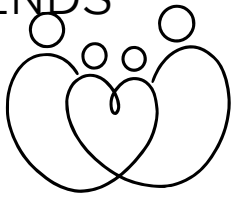




# HOW TO LOOK AFTER YOUR MENTAL HEALTH AT CHRISTMAS

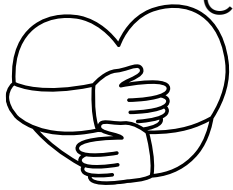
## CONNECT

CONNECT WITH FAMILY OR FRIENDS



## SELF CARE

PRACTICE SELF CARE



## SLEEP

MAKE SURE YOU GET ENOUGH SLEEP TRY FOR 6-8 HOURS A NIGHT



## TALK

TALK YOUR FEELINGS TO FRIENDS OR FAMILY



## ACTIVE

STAY ACTIVE GET OUTSIDE FOR A WALK OR ENGAGE IN SOMETHING FUN

## EXERCISE

EXERCISE IS A GREAT WAY OF DEALING WITH STRESS & ANXIETY



## CHALLENGE

IF YOU EXPERIENCE ANY UNHELPFUL THOUGHTS TAKE TIME TO CHALLENGE THEM



## HELP

DON'T BE AFRAID TO ASK FOR SUPPORT



## BREATHE

TAKE TIME TO BREATHE





# DAILY AFFIRMATIONS





# Young person's signposting

## **Action for Happiness [actionforhappiness.org](http://actionforhappiness.org)**

A not-for-profit providing resources and evidence-based ideas for actions we can take to feel happier and help to reduce and prevent mental ill health – personally, in our communities, workplaces and schools.

## **Alumina <https://www.selfharm.co.uk/alumina>**

Free online self-harm support programme for young people who are struggling with self-harming behaviour. Live sessions that connect young people with trained youth workers for 6 weeks.

## **Barnardo's [barnardos.org.uk](http://barnardos.org.uk)**

A leading children's charity which provides services, research and guidance on a range of issues concerning children's well-being including child poverty, sexual exploitation, disability and domestic violence.

## **Calm [thecalmzone.net/](http://thecalmzone.net/) | Tel: 0800 58 58 58**

Run a free and confidential helpline and webchat – 7 hours a day, 7 days a week for anyone who needs to talk about life's problems.

## **ChildLine [childline.org.uk](http://childline.org.uk) | Tel: 0800 1111**

Counselling service for parents, children and young people, offering free and confidential help and advice. Also offers multilingual services to South Asian communities living in the UK. Languages include Bengali/Sylheti, Gujarati, Hindi, Punjabi, Urdu and English.

## **Hub of Hope [hubofhope.co.uk](http://hubofhope.co.uk)**

A national database of organisations and charities of all sizes, enabling easy access to sources of mental health support and advice.

## **Kooth [kooth.com](http://kooth.com)**

Free support services for young people delivered by qualified counsellors via online chat.

## **MindEd [minded.org.uk](http://minded.org.uk)**

Free educational resource on children and young people's mental health for all adults. MindEd for Families has online advice and information from trusted sources and will help you to understand and identify early issues and best support your child. Also includes e-learning resources for professionals and volunteers.

## **YoungMinds [youngminds.org.uk](http://youngminds.org.uk) | Tel: 0808 802 5544**

A UK charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.



**Some of these images have been resourced from other platforms:**

- <https://www.maidstonemind.org/support-resources-holidays/>
- [thepsychologymum](https://www.thepsychologymum.com/)
- <https://www.annafreud.org/resources/>

