

Self-Care toolkit of what to do 'ifs'

If I cannot sleep I could try:

1. Ask myself why I am feeling this way: What is causing me not to feel sleepy?
2. Focus on my breathing:
By slowing down my breathing, I am calming my mind and body.
3. Think of positive things during the day:
Have I helped someone?
Have I overcome something I was worrying about?
4. I will stand up out of bed, I will stretch away the tension by reaching up to the ceiling and then stretching back to the floor.
5. Stretching my legs by walking to the bathroom, and then lay back in bed.

If I cannot switch off from the day:

1. It's really important to recognise ways we can let go of our worries.
2. I can ask myself: Would it help me to physically release this worry in exercise?
OR would it help by using a distraction. I could try writing it down, drawing, or listening to music.
3. Is there something getting in the way of me practicing self-care? If so, what can I do to try to reduce the impact of this? Can I plan in an alternative / regular time to practice self-care.

If I am feeling stressed I could try:

1. Being kind and patient to myself.
Remember, I probably don't speak to other friends, the way I speak to myself. My feelings are important too!
2. Remind myself, its okay to not be okay for a short period of time. Just make sure I am prioritizing what makes me feel happier.
3. When doing homework, keep one space that I associate with work, and make sure my bedroom is associated with relaxation. A safe space.
4. Find activities which take away the stressed feeling.
Is this chatting/seeing my friend?
Is this having a nap?
Is this having a bath?
Is this doing some stretches?
Is this going for a walk?

Self-care can be...

Physical



Emotional

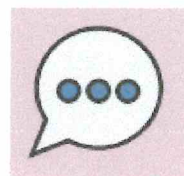
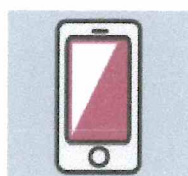
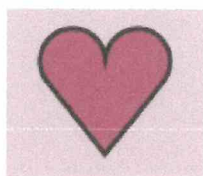


Social



Practical





If you want to talk, you can contact;

National Careers Service Exam Results Helpline

Free advice if you've received exams results that were not as good as you were expecting. The helpline is open from 18th August 2022 to 2nd September 2022.

Call them on- **0800 100 900**

Childline Open 24 hours a day, 7 days a week. You can use the 1-2-1 counsellor chat service online at www.childline.org.uk. Or you can call them on **0800 111**.

Night Owls Open 8pm to 8am every night for young people in West Yorkshire. Call them on **0800 1488244**. Text on: **07984 392700** or Chat online: www.wynightowls.org.uk.

Kooth online counselling Can be accessed on <https://www.kooth.com>.

Samaritans Open 24 hours a day, 365 days a year. Call **116 123**.

AFC Crisis Messenger The AFC Crisis Messenger text service is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. If you need support, you can **text AFC to 85258**.

If you need advice about accessing mental health support you can;

- Contact **CAMHS Single Point** of access to make a self-referral. You can self-refer online; www.southwestyorkshire.nhs.uk/wakefield-camhs-online-referral-form/ or by calling directly Monday to Friday, 9am to 5pm on **01977 735865**.
- If you are 16+ can also access talking therapy services and online wellbeing workshops from **Turning Point**. You can find out more or self-refer via the website;



Tools to help you relax and refocus

Try creating a comfort box



A pen for writing down any worries

Stress squeeze ball

Fidget toys

Happy photos

An empty shoe box to put all of your favourite things in!



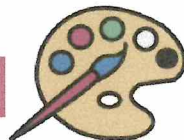
Chewing gum if you have a dry mouth

Comfy socks

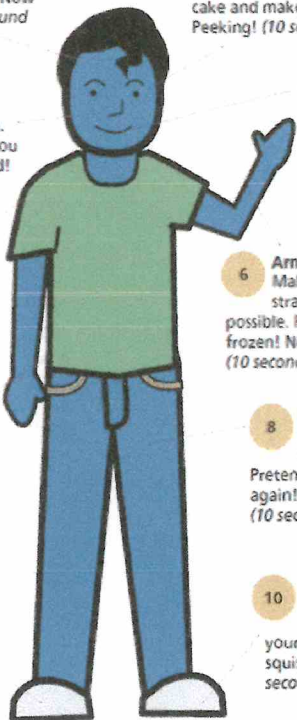
Headphones to listen to your favourite playlist



A diary to write, draw or paint



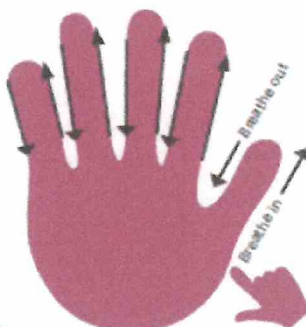
The Body Scan

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- Forehead**
1 Scrunch up your forehead like you are thinking hard. Squeeze it tighter, tighter! Now you can relax. (hold for around 10 seconds)
 - Eyes**
2 Squeeze your eyes tight like you are about to blow out the candles on your cake and make a wish! No Peeking! (10 seconds)
 - Cheeks**
3 Puff your cheeks out as far as you can. Make them bigger, like you have a mouth full of food! Now relax. (10 seconds)
 - Mouth**
4 Pretend you are chewing a really big piece of gum. It's really hard to chew but keep chewing. (10 seconds)
 - Shoulders**
5 Try and touch your shoulder blades together. Squeeze tighter, you're almost there! Now you can relax. (10 seconds)
 - Arms**
6 Make your arms as straight and stiff as possible. Pretend you are frozen! Now you can relax. (10 seconds)
 - Lower back**
7 Sit up straight and try to be as tall as you can. Taller! Taller! And now relax. (10 seconds)
 - Legs**
8 Make your legs as straight as you can. Pretend you are frozen again! Now you can relax. (10 seconds)
 - Feet**
9 Press your feet into the ground as hard as you can. Push! Push! And now relax. (10 seconds)
 - Toes**
10 Pretend you are at the beach and squish your toes into the sand. So squishy! And now relax. (10 seconds)

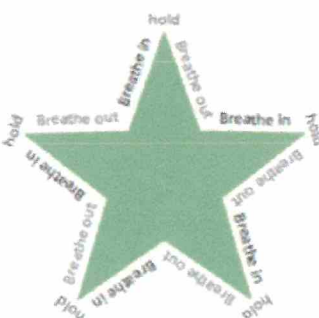
Breathing techniques

Practising breathing techniques helps to reduce the physical symptoms of anxiety. By doing this we regulate the physical response and calm our body and brain down. Examples of how to practise breathing techniques include:

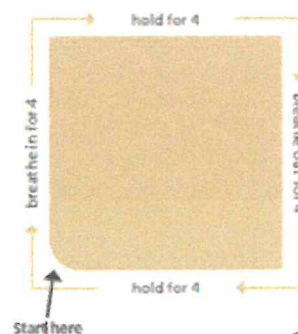
5 Finger breathing



Star breathing



Rectangle breathing



Practicing self care

Speaking kindly to yourself

This idea of considering the way that we speak to ourselves, is something that we don't think about very often.

We wouldn't overlook the way we speak to someone else, so why do we do this to ourselves? Practicing having a more positive attitude to ourselves is important, it can really influence the way we feel.

With a task you may be tempted to say 'I don't think I can do this'

Why not try saying to yourself, 'I may not be the best, but I will try'.

Have patience with yourself > Be forgiving yourself > Be proud of yourself.

'Me' Time

You know better than anyone, what you need to make yourself feel better.

This is often either that you need to speak to someone, you need food/drinks/or snacks, or it can be that you need some 'me time', which is down time, to just relax.

So it is important that we make this time for this too. It is important to prioritise down time after a busy day.

Don't be afraid to say, "sorry I need an hour to just switch off" or "I need some time today to switch off".

Maybe select an hour in the day, that's just for you!

Social Media Self Care

1. Follow positive social media accounts only
2. Turn off social media notifications (not text messages)
3. Remind yourself that social media isn't always a reflection of reality.
4. It's okay to need a break from social media!

Self Care 'on the go'

1. Try not to 'overcram your day' use the self care weekly aims to help you with this (on the next page)
2. Try and fuel your body with the energy it needs. Whether this is conversations with people, food, drink or sleep.
3. Don't hesitate to ask for help or support if it may make you feel better.

For more self-care ideas, have a look online at:

<https://www.annafreud.org/on-my-mind/>