



**Wellbeing
board**

**Remember to take
care of yourself.**

You can't pour from
an empty cup.



feelings can feel really BIG & SCARY & POWERFUL. So the more we understand them, & share them with a trusted adult, the less overwhelming they can feel.

It can be really helpful to NAME them & say them out loud. Dan Siegel says 'Name them to tame them.'

Feelings are really important. We all have them. We can LEARN lots from them & the more we UNDERSTAND them, the less BIG & SCARY they can feel.

We are all UNIQUE & SPECIAL. So we all feel emotions differently. This is normal & OK.



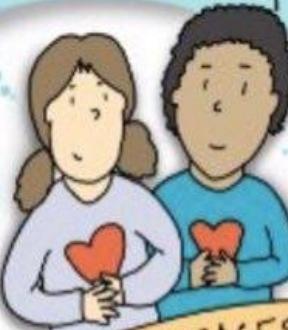
It's HELPFUL to think a bit more about what our feelings look like & mean to each of us.

feelings are different to thoughts & ACTIONS

feelings can be Mixed, blended & messy like Spaghetti. We can also have more than 1 feeling at a time like a puzzle or a rainbow



Feelings Can Spread & travel to & from other people.



SOME KEY MESSAGES about
FEELINGS

THE MIND & BODY ARE CONNECTED

DR KAREN TREISMAN
SAFE HANDS AND THINKING HANDS

We can also feel different feelings in our body & our body can give us messages & clues.

54321 Grounding Exercise



Ideas to help you to calm your body. Purposefully notice small details using each of your senses.

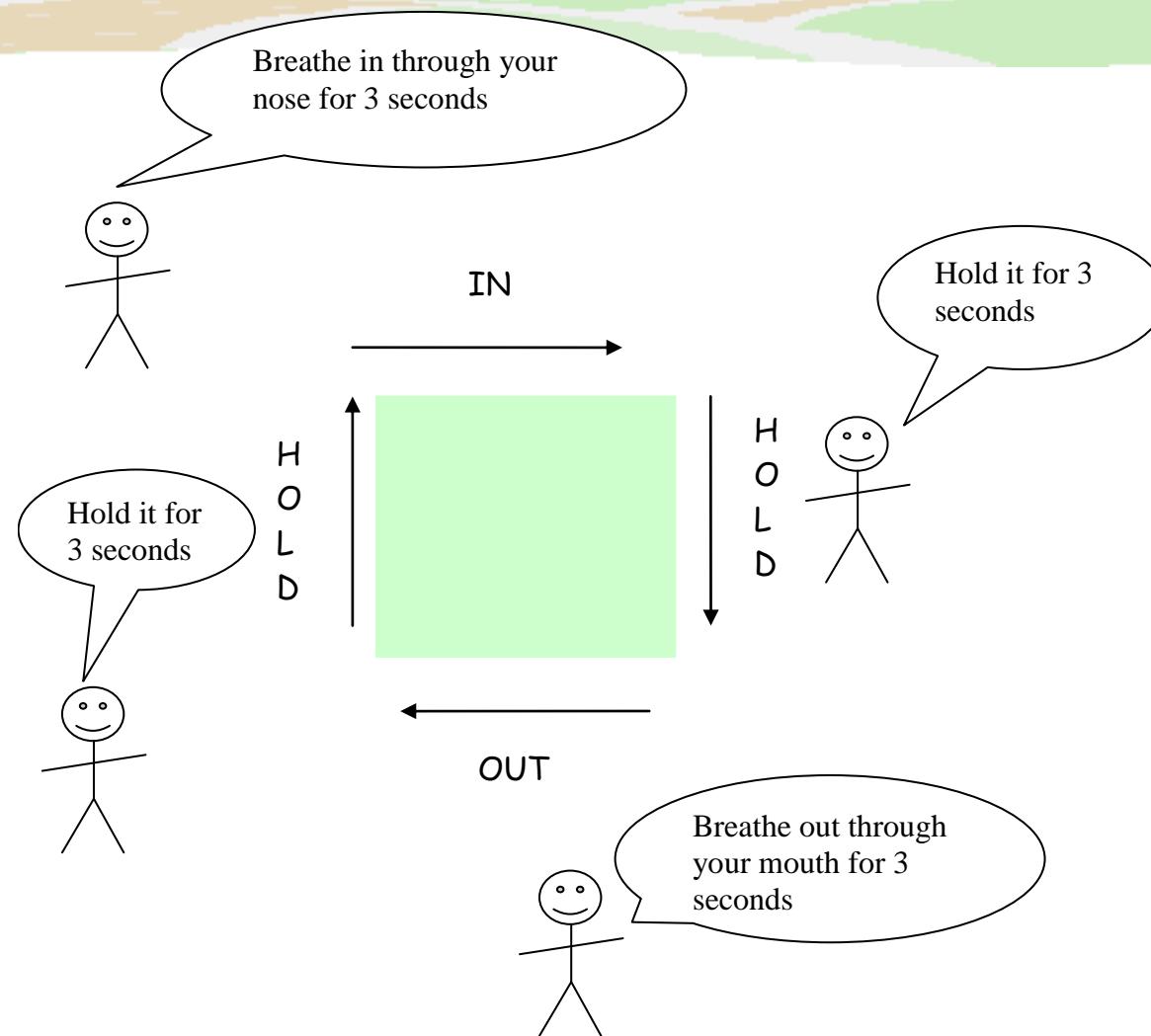
- **What are 5 things you can see?** Look for small details – pattern on the ceiling, the way the light reflects off a surface, or an object you never noticed.
- **What are 4 things you can touch?** Notice the sensation of clothing on your body, the sun on your skin, the feeling of the chair you are sitting in. Pick up an object and examine it's weight, texture and other qualities (rough, smooth, hard, soft).
- **What are 3 things you can hear?** Pay special attention to the sounds your mind has tuned out – ticking clock, distant traffic, or trees blowing in the wind.
- **What are 2 things you can smell?** Try to notice smells in the air around you, like an air freshener or freshly mowed grass. Look for something with a scent.
- **What 1 thing can you taste?** Carry gum, sweets, small snacks, or have a drink. Focus closely on the flavours.

This week's de-stress technique: mindful breathing

A way to help us notice our thoughts, without getting caught up in them.

- Sit comfortably, with your eyes closed and your spine reasonably straight.
- Bring your attention to your breathing.
- Imagine that you have a balloon in your tummy. Every time you breathe in, the balloon inflates. Each time you breathe out, the balloon deflates.
- Notice the sensations in your abdomen as the balloon inflates and deflates. Your abdomen rising with the in-breath, and falling with the out-breath.
- Thoughts will come into your mind, and that's okay. It's just what the human mind does. Simply notice those thoughts, then bring your attention back to your breathing.
- Likewise, you can notice sounds, physical feelings, and emotions, and again, just bring your attention back to your breathing.
- You don't have to follow those thoughts or feelings, don't judge yourself for having them, or analyse them in any way. It's okay for the thoughts to be there. Just notice those thoughts, and let them drift on by, bringing your attention back to your breathing.
- Whenever you notice your attention has drifted off and is becoming caught up in thoughts or feelings, simply note that the attention has drifted, and then gently bring the attention back to your breathing. No matter how many times this happens, just keep bringing your attention back to your breathing.

De-stress technique: Square breathing



Useful apps for young people (for managing stress)



Hospichill: help preparing for hospital appointments. Includes relaxation and visualisation exercises with fun characters.



Breathe Kids: meditation and mindfulness for children aged 5-10 years to help with sleep, breathing techniques and managing emotions.



Mindful Powers: Help children (up to 8 years) to learn and practice mindfulness.



Stop, breathe, think: meditation and mindfulness with fun emoji's to help manage day to day life and develop confidence.



Breathe, think do
Sesame: For younger children (2-5 years) to teach skills such as solving everyday challenges, planning, managing emotions.



HEADSPACE®

Headspace: Guided meditation to help with stress, anxiety and sleep.



Smiling mind: Guided meditation to help with stress, anxiety and sleep.



Relaxation for younger children

This is an exercise that will help you relax. It involves tensing your muscles and then relaxing them. We are going to go through your muscles, one by one, to relax them.

Get comfy, relax.

To get started, you should get comfortable by sitting in a chair or lying down. Close your eyes, and relax. Take nice deep breath in...and let it out slowly. Take nice, easy breaths...not too fast, or too slow...whatever is comfortable for you...notice that your body is starting to feel relaxed and calm...when you breathe out, feel your body become heavy and relaxed...

Hands and Arms



Pretend you have two lemons in your hands and you want to make lemonade. Take your hands and make tight fists, like you are going to squeeze the juice out of the lemons. Feel the tightness in your hands and arms as you squeeze. Now drop the lemons and relax. Let's try it one more time...okay now drop the lemons. Notice how your muscles feel when they are relaxed.

Arms and shoulders



Continue to breathe, but think about your arms. Pretend that you are a furry, lazy cat stretching its arms. Stretch your arms as far as they will go...that's good...now relax them. Let's do that again...now notice that your arms feel heavy and relaxed. Let them hang loosely on your lap.

Shoulders and Neck



Now think about your shoulders and your neck. Let's pretend now that you're a turtle...tuck your head into your shell, just like a turtle...good...now, take a deep breath and relax your shoulders and neck. Notice how good it feels to have relaxed muscles.

Jaw

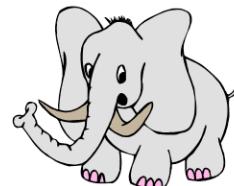
Now focus on your jaw muscles...grit your teeth as hard as you can...hold it...good, now relax your jaw.

Face and Nose



Now, pretend that there is a pesky fly on your nose, then on your forehead. You have to scrunch your face to get it off...hold it...good, now relax your whole face.

Stomach



Now think about your stomach..pretend that an elephant is about to step on your belly. Then, make your belly as skinny as you can...so skinny that you can squeeze through a fence...hold it... good, now relax your body.

Legs and feet



Notice how good it feels to have relaxed muscles...now think about your legs and feet. Pretend that you're on a beach, and you have your toes in the warm sand. Stick your toes deep in the sand...as far as they can go...good...now relax your toes.

Useful apps for adults

(to help manage stress)



Sanvello: Help with stress, anxiety and low mood. Ideas for relaxation, mindfulness meditation, and mood/health tracking.



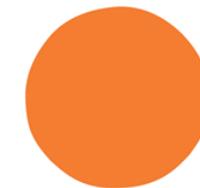
Breathe2Relax: guided deep breathing exercises with visual images.



Stop, breathe, think: meditation and mindfulness to help manage day to day life and develop confidence.



Down Dog: Pre-recorded videos and music for yoga practice



HEADSPACE®

Headspace: Help develop skills and techniques through guided meditation to help with stress, anxiety, & sleep in everyday life.



Calm: skills to manage anxiety, sleep, stress, self-esteem using mindfulness, imagery.