

# Wellbeing Journal

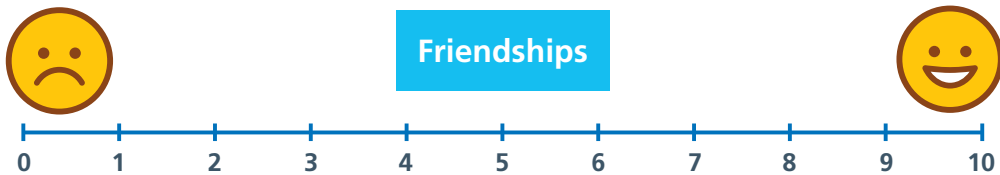
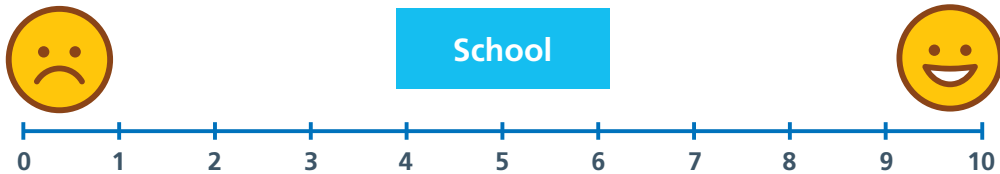
## Book 4





# How am I feeling today?

Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school/college, friendships and home.

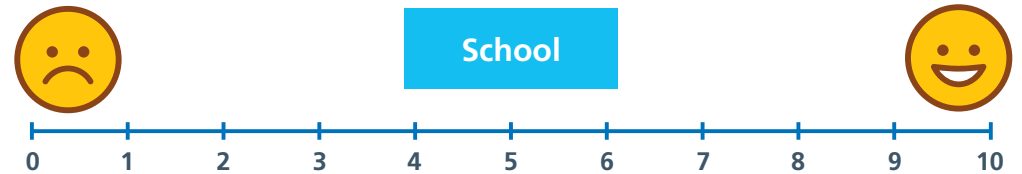


Colour								
Date								



# How am I feeling today?

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Colour								
Date								



# Unhelpful thinking styles

**Mind reading**  
 When we assume that we know what others are thinking - usually about us.  
**Where is the evidence? Are these my own thoughts?**

**Prediction**  
 We believe we know what is going to happen.  
**Ask myself "am I making predictions"? How likely is it?**

**Compare and despair**  
 When we see the good in others but only the negative in ourselves.  
**What would be a more balanced way of looking at this?**

**Critical self**  
 Self-criticism, putting our self down, see mistakes as all our fault.  
**I'm being hard on myself, am I really responsible for the situation?**

**Black and white thinking**  
 Believe things can only be one of two ways, good or bad, right or wrong.  
**Allow for grey areas. Widen my spectrum of beliefs.**

**Catastrophising**  
 When we believe that the worst possible thing will happen.  
**Question myself - what is more likely to happen?**

**Mountains and molehills**  
 When we exaggerate a negative outcome or minimise a positive one.  
**How would it appear to someone else? Check out the bigger picture.**

**Emotional reasoning**  
 Feeling anxious means there must be danger. Feeling bad means things must be bad.  
**The feelings are a reaction to my thoughts - an automatic brain reflex.**

**Mental filter**  
 When we see only the negative - we have our 'gloomy' specs on.  
**Am I only aware of the bad things? Take my 'gloomy' specs off and take a more realistic look.**

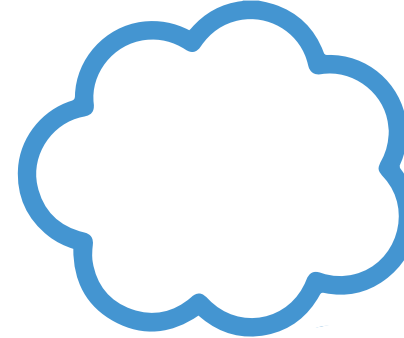
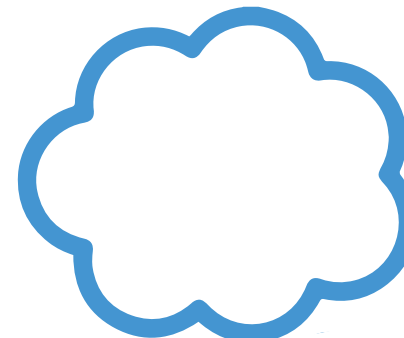
**Judgements**  
 Judging things around us rather than describing what we actually see.  
**Try to find another perspective, an alternative way of seeing an event.**

# Reframing your thinking

Sometimes we get into a habit of having unhelpful thinking styles, which affect how we feel and behave. One way to break this habit is to reframe your thinking. Have a go by writing down your unhelpful thought, which thinking style it is and then how you could reframe your thinking so it is more helpful.

## Unhelpful thought

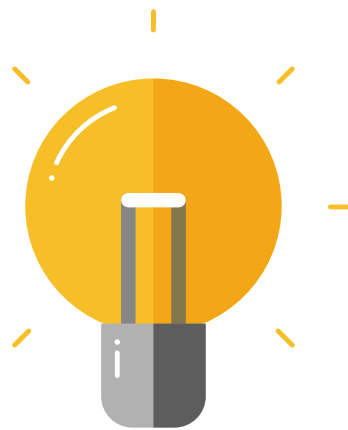
## Helpful thought



## Challenging unhelpful thinking

A helpful strategy to use is challenging the unhelpful thinking styles and thoughts that we have that make us feel worried, anxious, uncomfortable.

This can be done by trying to change perspective of the situation or thought.



**What would I say to my best friend if they were having these thoughts?**

**Have I confused a thought with a fact?**

**Remember!**  
Thoughts aren't facts!

**What would someone who knows me well say about my thoughts or how I was feeling?**

**What is the evidence for the thought?**

**What is evidence against the thought?**

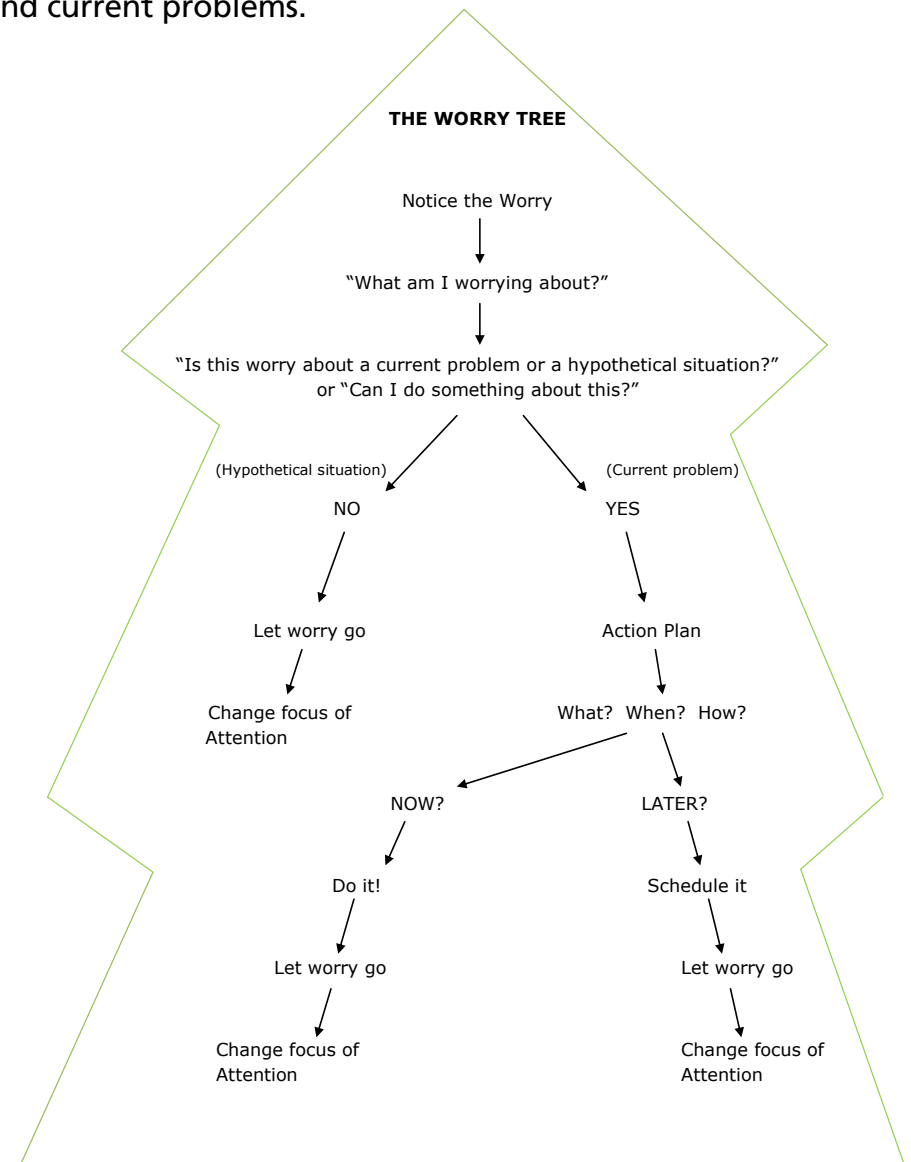
**Is there another way of looking at this?**

**Is it really as important as it seems?**

**Will this matter in a week, month, 6 months?**

## The Worry Tree

The worry tree can be used to help you manage worrying thoughts. These can be separated in to hypothetical situations (what ifs?) and current problems.



## Worry diary

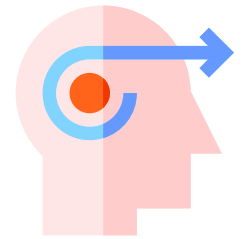
Use this table to identify worries that come up. It may help to sort and manage them.

Not important	Important and can be solved	Important but cannot be solved



## Letting Go with mindfulness

This method involves practicing letting go of unhelpful thoughts. Use the letting go scale to rate how well you are able to 'let go' of negative.



1)

Ask yourself, *what am I experiencing right now?*

Observe your thoughts, feelings and body sensations without changing or answering the thoughts back for 30 seconds to 1 minute.

2)

Now bringing *your focus of awareness to your breath*, focusing on the sensations of your breath as it moves back and forth in your belly. Spend about 30 seconds to 1 minute doing this.

3)

Now *expanding your awareness to sensing your whole body breathing*, being aware of sensations throughout your body. If there are any strong feelings around, try saying to yourself "whatever it is, it is OK, just let me feel it" For all of the unhelpful thoughts say to yourself "let go" on each breath. Do this for 1 minute.

4)

*Complete the table* and rate how much you were able to let go of the negative thought.

# Letting go scale and recording log



Not at all

Completely letting go



Day/date	Let go rating Before	Describe what happened when you engaged in mindfulness? What was difficult or easy about letting go of the negative thought?	Rating after

# Positive thinking



Write at least one thing per day that has made you laugh feel happy, proud, positive.

Day	Event	How did it make you feel?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

## Gratitude diary



Write at least one thing that you are grateful for each day such as the sun was shining.

**Monday**

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**Tuesday**

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**Wednesday**

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**Thursday**

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**Friday**

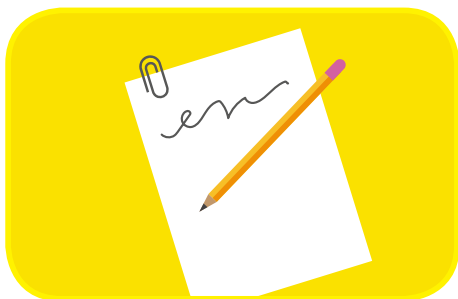
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**Saturday**

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**Sunday**

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## Relaxation tips

### Progressive Muscle Relaxation

Our bodies respond automatically to stressful situations and thoughts by becoming tense. The opposite relationship also works: a good way of relaxing the mind is to deliberately relax the body.

In a progressive muscle relaxation each muscle group is tensed in turn, and the tension is then released. This relaxes the muscles and allows you to notice the contrast between tension and relaxation.

Relaxation should be enjoyable so if any part of the exercise is too difficult skip it for the moment. If you have any injuries you may wish to leave out that part of the exercise.

### Preparation

Lie down flat on your back, on a firm bed, a couch, or on the floor. Support your head and neck with a pillow or cushion. Alternatively sit in a comfortable chair with your head

well-supported. Close your eyes if you are comfortable doing so.





## Instructions

Focus your attention on different parts of your body in sequence. Go through the sequence three times:

- 1) *Tense & release: Tense that body part, hold it for a few moments, then relax*
- 2) *Lightly tense & release: Tense that body part with just enough tension to notice, then relax*
- 3) *Release only: Just pay attention to each muscle group and decide to relax it*

## Recommended sequence

- 1) *Right hand & arm  
(clench the fist & tighten the muscles in the arm)*
- 2) *Left hand & arm*
- 3) *Right leg  
(tense the leg, lifting the knee slightly)*
- 4) *Left leg*
- 5) *Stomach & chest*
- 6) *Back muscles  
(pull the shoulders back slightly)*
- 7) *Neck & throat  
(push the head back slightly into the pillow/surface)*
- 8) *Face  
(scrunch up the muscles in your face)*

## Grounding exercises

When we have flipped our lid, or emotions have become too overwhelming, we need to find a way to bring ourselves back to where we are right now. Grounding exercises help to ground us back into the present moment and an easy way to do them is to engage all of your senses.

### 5 4 3 2 1 Grounding Exercise





## Physical exercise

When we do physical exercise our body releases happy chemicals which make us feel good. It is a great idea to exercise for at least 30 minutes a day so we stay healthy and feel happy.



Cycling



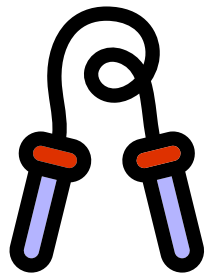
Roller blading



Basketball



Yoga



Skipping



Football

## Exercise record

Day	Type of exercise	How did it make you feel?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

## 10 ways to take a break

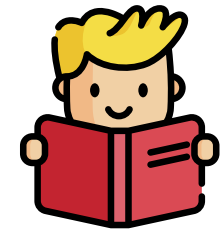
Life can be really busy and sometime very stressful. Remember to take breaks and do something that you enjoy. Here are some ideas below.



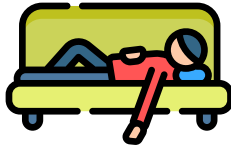
Learn something new



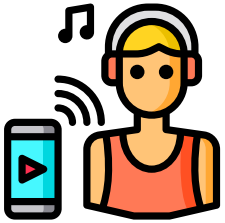
Sit in nature



Read or watch something funny



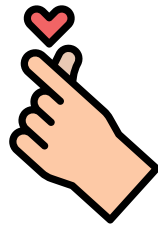
Take a nap



Listen to music



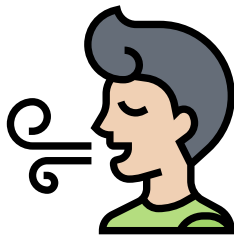
Call a friend



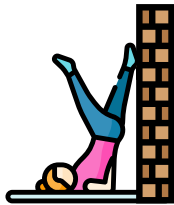
Engage in small acts of kindness



Meditate



Take deep belly breaths



Rest you legs up against a wall

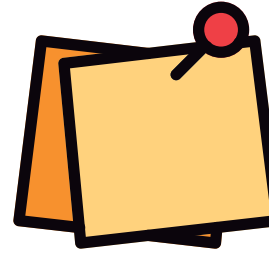
Can you think of anymore?

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## Random acts of kindness

Being kind to people not only makes them feel happy, but can also make you feel great! Here are some ideas of random acts of kindness for you to try with friends and family.



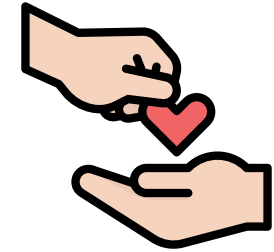
Leave positive post-it notes for people.



Smile at everyone you come across



Say hi/hello to people



Donate clothes, books, dvds



Check in on your friends



Make someone a hot drink



# Kindness matters

Write a log of all the acts of kindness you do and how it makes you feel.

Day	Act of kindness	How did it make you feel?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



# My wellbeing plan

It is really helpful to remember what you want to achieve and all the things/people that will help you. Complete the wellbeing plan below and remember to keep practicing your strategies and reviewing them. Keep the ones that work and change the ones that don't. Keep going you're doing great!!

### My goals:

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### Helpful strategies:

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### People/activities I enjoy:

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### I can talk to:

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## Local support and websites

### MindMate

A website to help you explore emotional wellbeing and mental health issues and offer information about where support is available [www.mindmate.org.uk](http://www.mindmate.org.uk)

### The Market Place

11 - 25 years olds can visit in the city Centre for free, confidential one-to one support, group work and counselling.

0113 246 1659 [www.themarketplaceleeds.org.uk](http://www.themarketplaceleeds.org.uk)

### Safe Zone

Crisis support for 11 - 17 year olds. Open Mon, Thurs & Sun 6pm–9pm.

Call 0113 819 8189 or text 07593 529 367

### MindMate Single Point of Access

Support with emotional wellbeing and mental health for children and young people. Self-referral: young people 13 - 17 and parents/carers of 5 - 17 year olds.

0300 555 0324

### MindMate Wellbeing

'MindMate Wellbeing' is school cluster-based mental health support (also previously known as TaMHS). It can help you by providing consultation for professionals and face-to-face support for young people as well as broader access to other services in the cluster. This can be usually accessed where the child or young person attends school through the young person's school or [MindMate SPA](#)

### Teen Connect

Provides support for young people in Leeds (11-18years) who feel they are in mental health crisis. It is available Mon -Fri 3.30 -2am and Sat-Sun 6-2am. Young people can call or get online support. Provided by Leeds Survivor Led Crisis Services in partnership with The Market Place.

### School Nurses

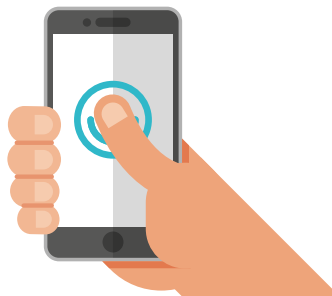
School Nurses can support your work with the young person. This service can be accessed through the young person's school.

### GP support

The young person's GP (General Medical Practitioner) can offer confidential and regular support for a wide range of health problems, including the psychological distress and physical injuries of self-harm. Although not an emergency service, quick access to advice and, if necessary, an appointment, should usually be available for urgent matters.

### Leeds Young People's Mediation Service

[Leeds Young People's Mediation Service](#) (Gipsil, The Beck) aims to improve the relationship between parent/ carers and their young person. Available to young people aged 10-18 and their families.



## Local support and websites *continued*

### Leeds Bereavement service

Child Bereavement UK Leeds offers support to children and young people who have been bereaved of a close family member. The service is for Leeds young people up to and including age 18, providing general advice, advocacy, one to one and group support. As a result of the government advice during the coronavirus outbreak, premises are now closed; however, staff are working remotely and are continuing to provide support to families by telephone and digital means. Contact them by phone 01133 503598, on email [leedssupport@childbereavementuk.org](mailto:leedssupport@childbereavementuk.org) or visit them online at [Child Bereavement UK Leeds](http://ChildBereavementUKLeeds.org)

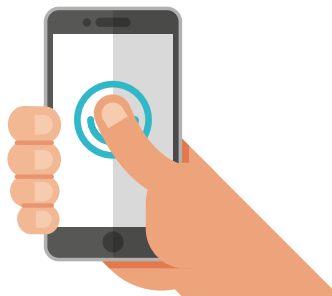
### Leeds Mental Wellbeing Service

LMWS (formally known as IAPT) can support people from 17 years and provide mental health support and a range of psychological therapies to help people who are struggling with anxiety and depression.

### Kooth

Available for 10-18 year olds can have free anonymous online counselling or live chat at: [www.kooth.com](http://www.kooth.com) **School Nurses**

School Nurses can support your work with the young person. This service can be accessed through the young person's school.



## National websites and helplines

### Childline

Activities, support, advice line, information and toolbox including games to help with anxiety, worries and feeling calm.

[www.childline.org.uk](http://www.childline.org.uk) Tel 0800 1111



### Samaritans

Confidential emotional support 24 hours a day.

[www.samaritans.org](http://www.samaritans.org) Tel 116 123 Text support number : 0772590 90 90



### Young Minds

The UK's leading charity committed to improving emotional wellbeing and mental health of children and young people.

[www.youngminds.org.uk](http://www.youngminds.org.uk)



### Action for Children

This website contains information about promoting good wellbeing. It has some good suggestions around activities to spend time with your child and getting support for parents. Also offers support around Covid-19.

<https://www.actionforchildren.org.uk/support-for-parents/children-s-mental-health/how-can-you-help-with-children-and-young-peoples-mental-health/mental-health-resources-and-information/>



## National websites and helplines:



### Anna Freud

Advice and support for young people, parents/ carers and schools regarding anxiety and self-care including Covid-19 advice/support.

[https:// www.annafreud.org/](https://www.annafreud.org/)



### Charlie Waller Memorial Trust

Set up in memory of a young man who had depression. Free resources on how to keep mentally well in particular guides for parents/ carers.

<https://www.cwmt.org.uk/>



### MindED for Families

National Organisation offering free confidential advice and support to children and young people.

[https:// mindedforfamilies.org.uk/young-people/](https://mindedforfamilies.org.uk/young-people/)



### Winston's Wish

Support for children and young people after the death of a parent/carer or sibling. Including advice for Covid-19. Freephone and online chat support available.

<https://www.winstonswish.org/> / Phone: 08088 020 021

## Useful apps:



### My Possible Self: The mental health app

Learn how to manage fear, anxiety and stress and tackle unhelpful thinking.



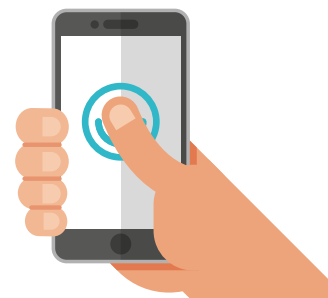
### Catch it - mood tracker

Catch It help users better understand their moods through use of an ongoing diary. It uses some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT).



### Sleep app

The Pzizz app helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed. It has sleep, nap and focus modes.



# Useful apps:

## Calm harm



Provides tasks that help you resist or manage the urge to self-harm. **Distract** helps to combat the urge by learning self-control; **Comfort** helps to care rather than harm; **Express** helps get feelings out in a different way; **Release** provides safe alternatives to self-injury.

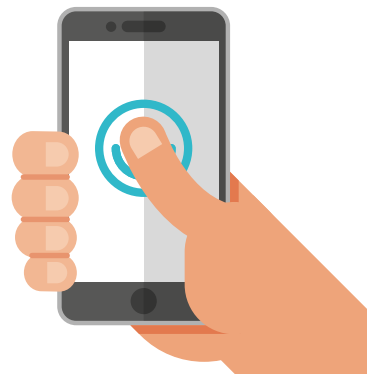


## Feeling good – positive mindset

Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.



ThinkNinja is a free app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well. It has been updated recently with Covid-19 content.



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