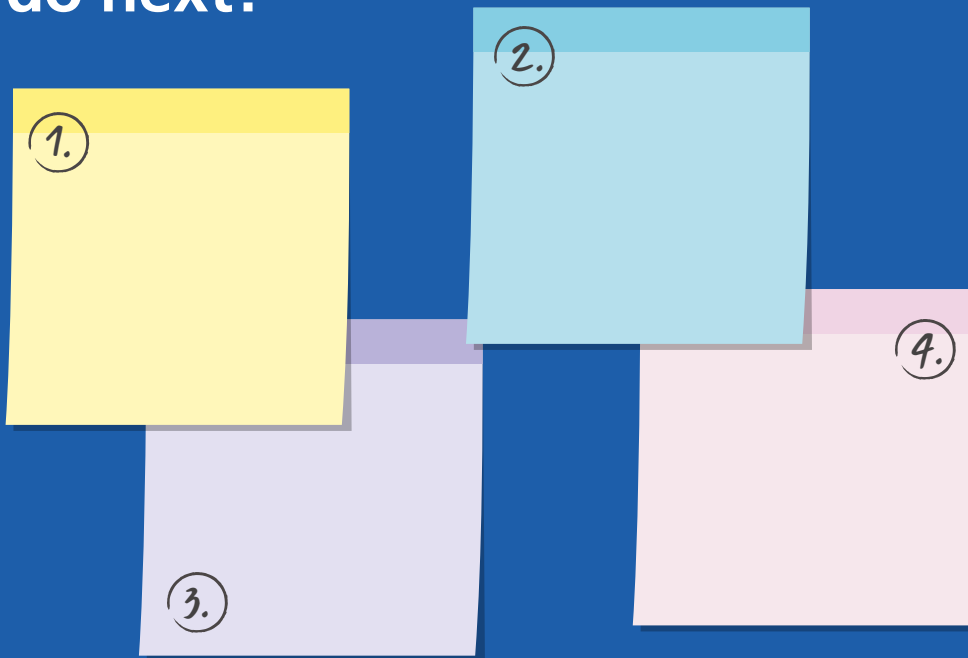


What's the thing you're going to do next?

Fill in the sticky notes with your next steps!



Need support?



Time for Young People is a drop-in emotional wellbeing service for young people aged 11+. They can help you work out what goes in your survival toolkit. Scan the QR code for more.



Find out about all support in Leeds on mindmate.org.uk

On Instagram? Follow [@mindmateleeds](https://www.instagram.com/mindmateleeds) to hear more tips from young people.



Build your own Survival Toolkit

A survival toolkit is something you can turn to when life feels overwhelming – or even when things are going well.

It's a simple way to look after your mental wellbeing and remind yourself of the things that make you happy.

It can be a collection of things on your phone, a notebook or an actual box, it's up to you.

The best part? It's completely personal. You choose what goes in it.

Not sure where to begin?

Ask yourself:

- What helps me feel calm when I'm stressed?
- What do I enjoy doing?
- What do I need to remember on difficult days?

You could chat to a friend or family member about what helps them feel good.

It could also include:

- Links to playlists, videos, or podcasts
- Breathing exercises or mindfulness apps
- Ideas of friends to contact if you're feeling down

Some ideas:

Your Survival Toolkit might include:

- A reminder of things you enjoy doing
- Quotes that inspire you
- Your favourite meals
- List of things you're proud of
- Examples of goals you want to achieve
- Exercises or activities to get you moving
- Reminder of what helps you sleep well

Your survival kit is unique to you!

Prefer the idea of a real box or collection of comforting objects?

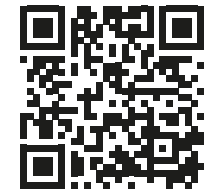
You could include:

- A soft blanket
- A fidget toy
- Something that smells great
- Photo that makes you smile
- A notebook for doodles or writing
- A book you enjoy

As time goes by, the things that help you may change, so **keep it somewhere accessible and update it with new ideas or objects that help you feel good.**

"Through reflecting on the things that help me, I was able to learn more about myself – as I'm able to recognise why I may be struggling, what may have caused it and what is going to help with it."

Hope, 20, from Leeds



You can watch Hope talk about how she came up with the idea of creating a survival toolkit, and how it helps her above.