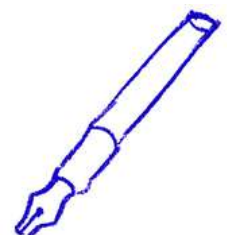




# **My Summer Diary**

**and**

## **Self –Care Workbook**





# Welcome!



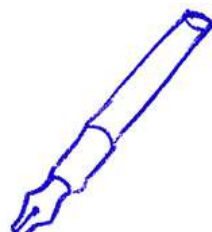
Lancashire Mind have created this booklet of activities and useful information to help you look after yourself over the summer holidays and maintain a routine.

The tools included in this workbook are designed to help you look after your own wellbeing.

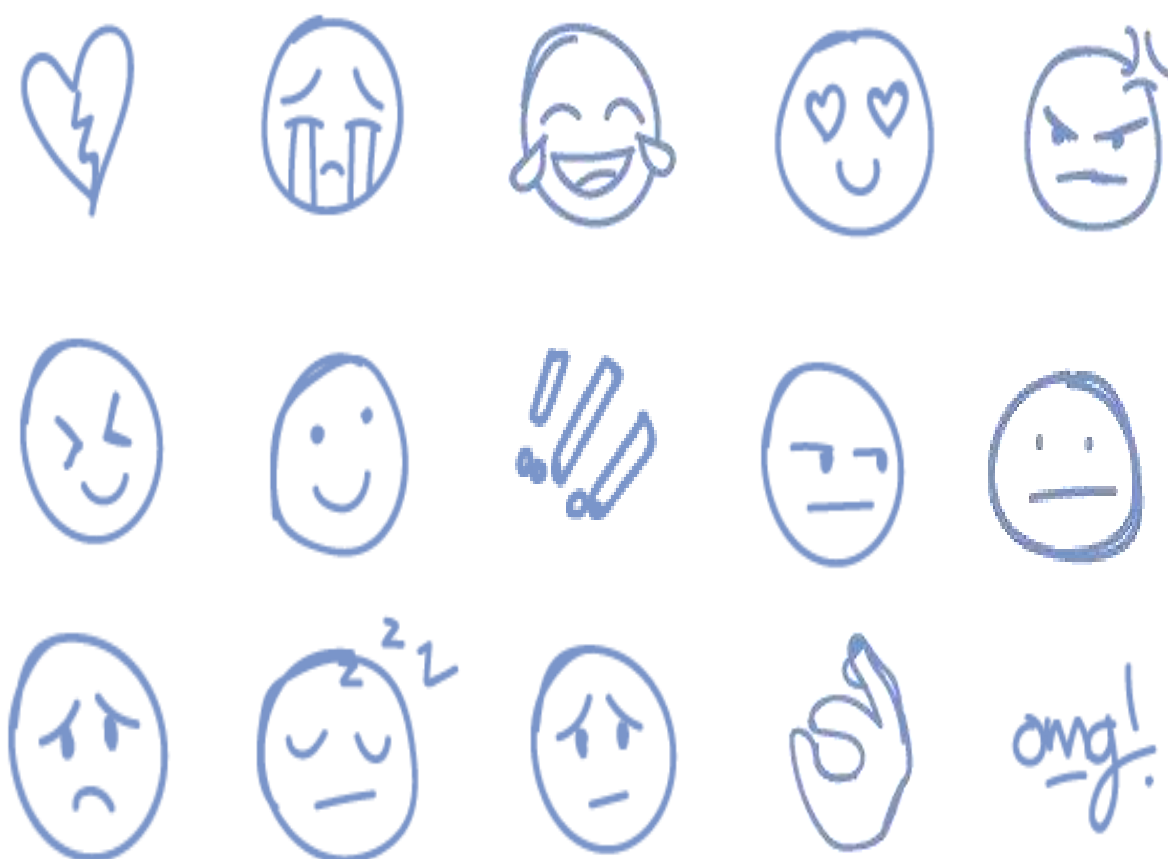
It is completely up to you how you use it, you may find all or just a couple of the activities useful. You may even use the booklet to develop some new skills.

If you do find you need some more support with your wellbeing, check out the organisations and apps listed on page 45-47.

We hope you find it useful - take care and enjoy!









# Mood diary!

Pick one of our  
emotion  
symbols to  
describe your  
mood (or  
moods!) today

What  
positive thing  
can you do for  
yourself  
today?

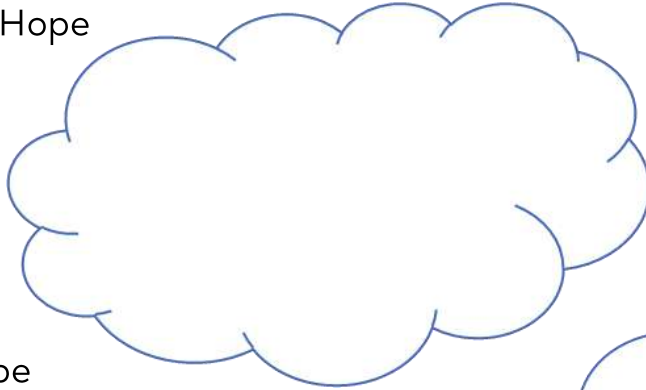
What  
positive  
thing can  
you do for  
someone  
else?

Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

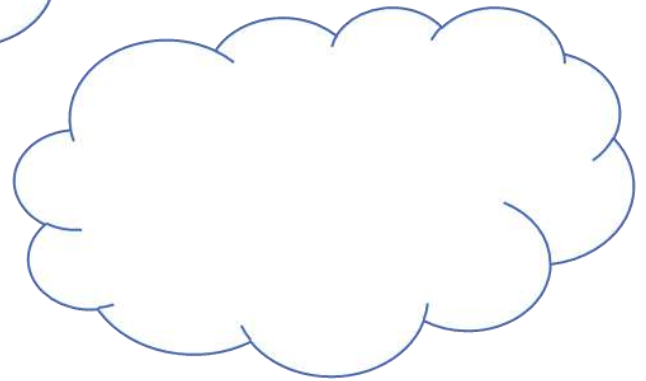


# Hopes and Goals

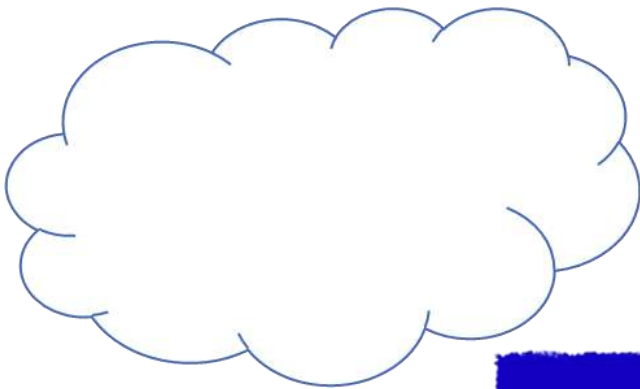
Hope



Hope

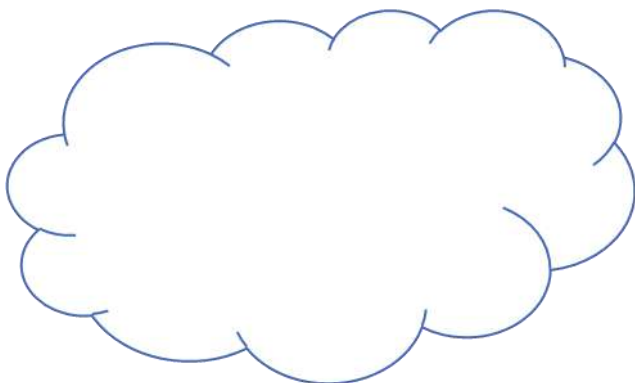


Hope

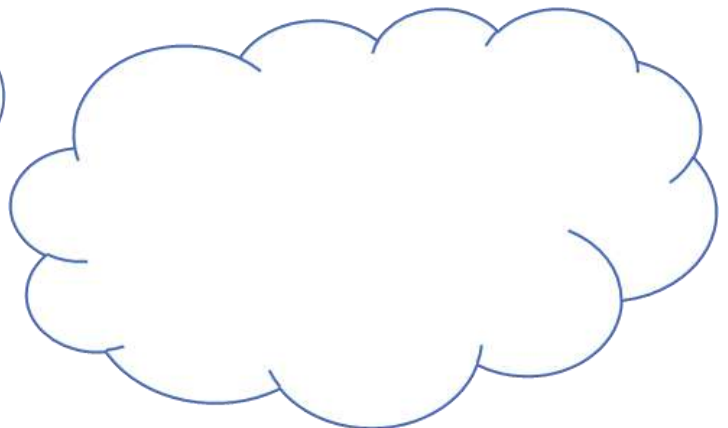


Think about some of your hopes for the future then use the next few pages to explore what you need to help get you there.

Hope



Hope



# Looking ahead



Sometimes it's hard to not feel overwhelmed by what is going on in our lives. Thinking about a goal or something to look forward to can help the brain to realise that you are in control and things can feel a bit more manageable.

We can achieve our hopes for the future by setting some goals and doing some planning. This next activity will help you think about goal setting.

## THE GOAL

Deciding on a clear objective to aim for.

## BOOSTS

Figuring out things that will help you get there.

## OBSTACLES

Recognising possible things in your way.

**Use the following pages to make a plan.**







# Looking ahead

## Our example-

Write your hope or goal here- To visit my family in Spain.



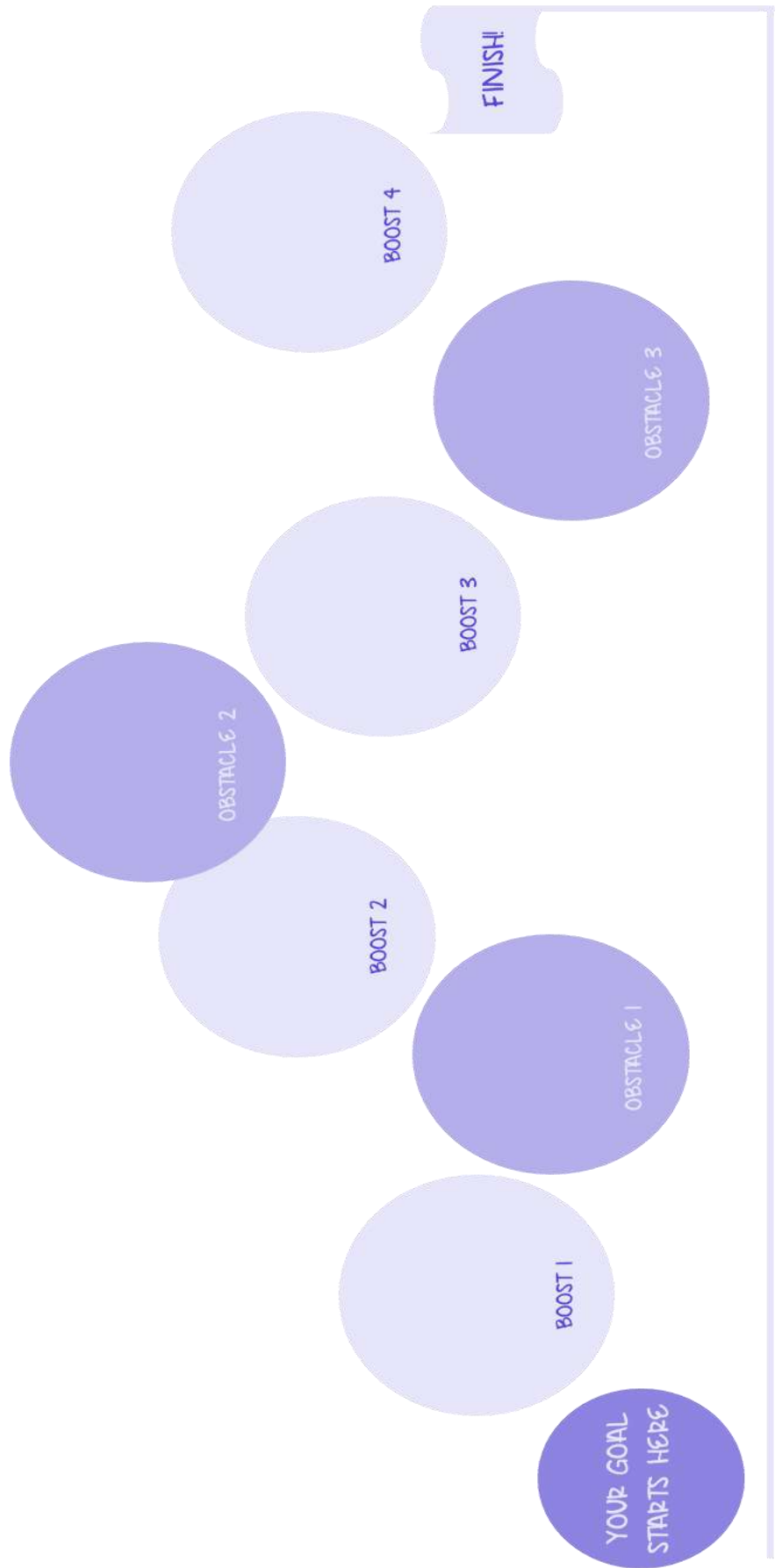


## Your turn!

Write your hope or goal  
here-

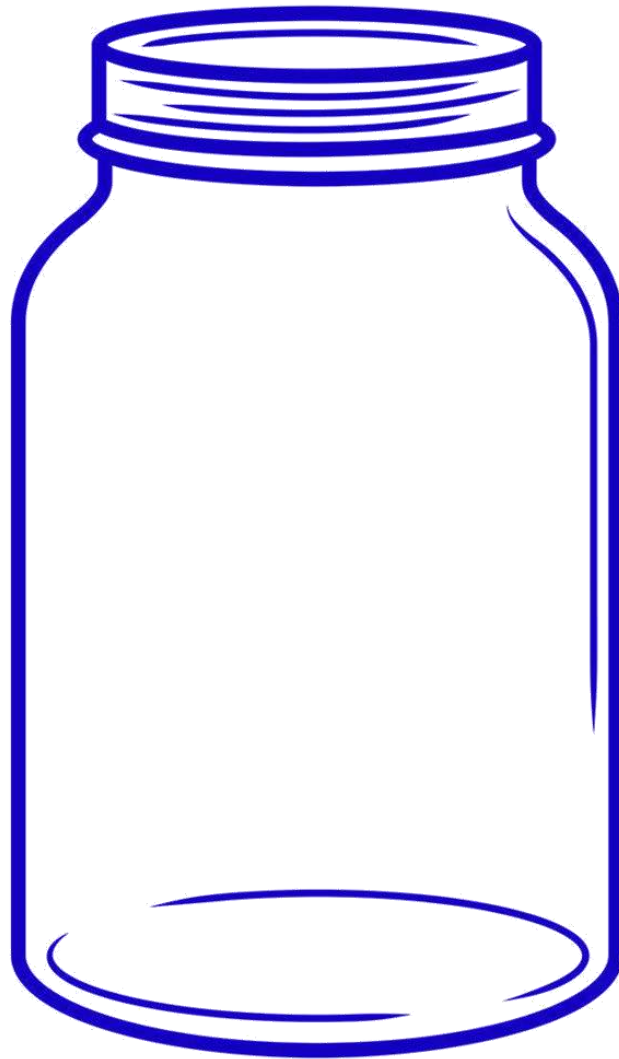


# Looking ahead continued



# My future jar

Fill this jar (or a real jar!) with things you want to do or achieve over the summer holidays.



You could also add things you enjoy and want to do again. You can use post it notes or just little pieces of card to write your ideas down and place in your jar. You can also decorate your jar with sharpies.

# My self-care plan

Use this plan to make a note of things that support your mental health and wellbeing.

What makes you feel good and helps your wellbeing?

What makes you feel not so good, and may make your wellbeing worse?

Write down 3 things that help when you are having a bad day:

1.

2.

3.


Continued on the next page...



# My self-care plan

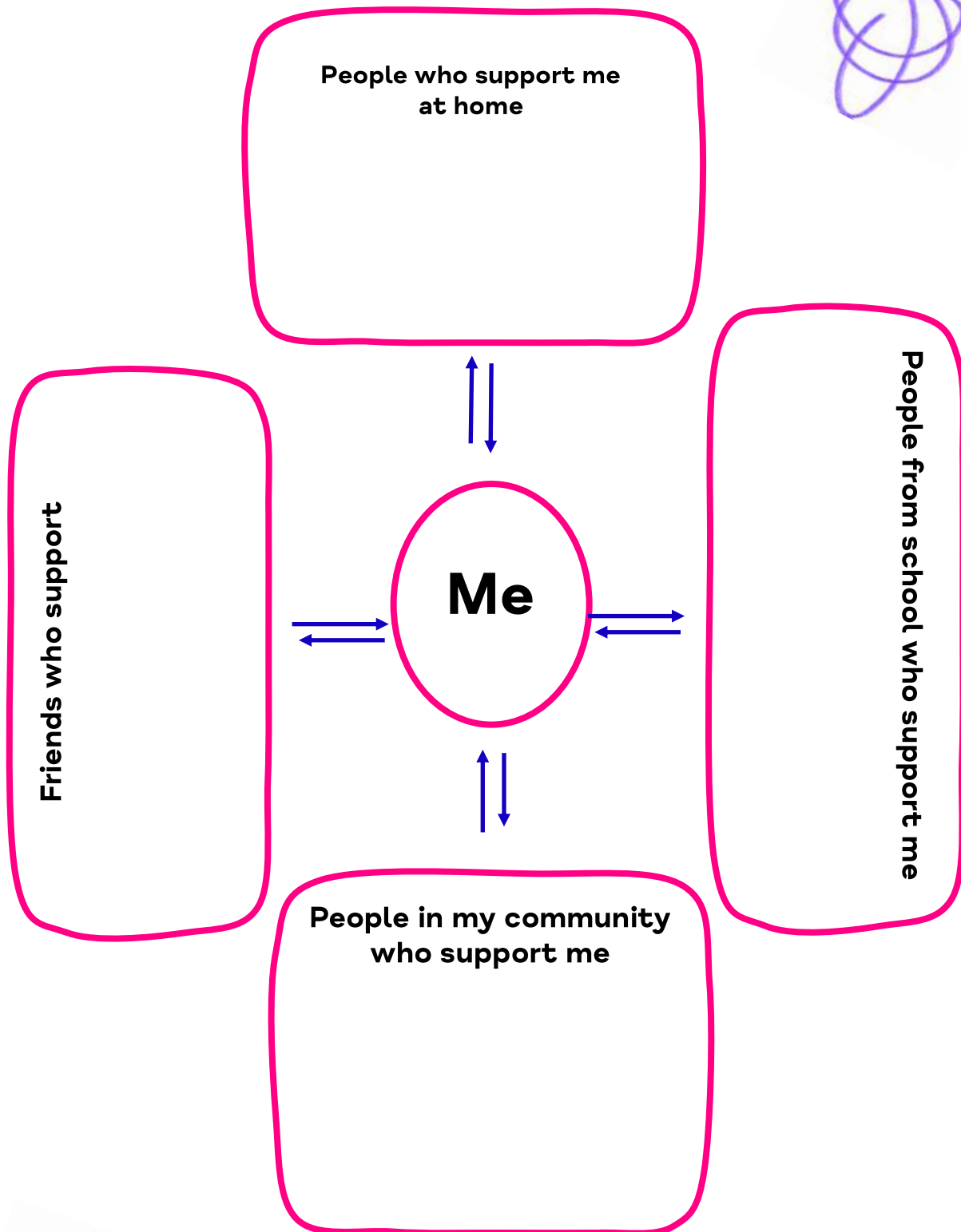
Sometimes we can't access the things we know help us on a bad day. Using the activities and resources from this booklet could help boost you wellbeing. Try writing down some ideas of other self care techniques that might work for you.

If you like this, why not try our Wellbeing Passport. They are free to download here:  
<https://wellbeingpassport.org.uk/>



On the next page there is space to think about your personal support map. You don't have to fill in every box, but remember there is always support somewhere.

# My self-care plan



## If you liked these activities, why not try...

A great video - We all have mental  
health

(Anna Freud NCCF)

[https://www.youtube.com/  
watch?v=DxIDKZHW3-E](https://www.youtube.com/watch?v=DxIDKZHW3-E)



Some excellent blogs -  
Young Minds

<https://youngminds.org.uk/blog/>



# The 5 ways to Wellbeing

Research suggests that there are five ways to help us feel happier, a bit like a five a day for our mind.



**Connect** - with people around you, your family, friends, colleagues and neighbours. Spend time strengthening those relationships.

## Be Active-

by finding an activity you enjoy. You don't have to go to the gym. Take a walk, go cycling or have a kick about with your friends



**Keep learning-** by trying something different. Sign up for a course, learn a musical instrument or google something that interests you.



**Take Notice-** by being more aware of your surroundings and what is happening right now. Notice the little things that make you smile.

**Give-** to others, to feel good yourself. Say something kind, help out a friend or make the next brew. Volunteer or support a charity.



# Sharing Stories



We are all going to finish for summer together. Use this template to interview a friend or yourself.



Name.....

Do you think your day to day life will change much when finishing for summer?

.....

.....

.....

What do you think will be the most challenging thing about the holidays?

.....

.....

.....



# Sharing Stories continued



What are you most looking forward to over the summer?

.....

.....

.....

What is your favourite moment from the past few weeks?

.....

.....

.....

What do you enjoy doing for your wellbeing?

.....

.....

.....





# How can I support those around me?



The holidays can affect us in lots of different ways and sometimes we need to be there for others as well as ourselves. You may have members of your family, friends who are having their own challenges with their mental and physical health.

Don't underestimate how much you can do by just listening! Offer a brew and a listening ear. Sometimes people just need to talk, especially if they've had a hard day.

Reassure them that this is a challenging time, and things will get better.

Share the things you have learnt about wellbeing with them. Look through these resources and things you may have got from school. They can help anybody!

Small acts of kindness and appreciation make a big difference. A hug, a compliment or a thank you can mean a lot.

Make some time to do something that benefits both of you. Get out for a walk in the fresh air, or cook something healthy and tasty together. Together you can help boost each other!

If you have concerns about someone's safety or it is an emergency, call 999.



**Be active**

# Activity bingo



Have a go at some of these ways to be active!



Join an online exercise class. PE with Joe or a yoga video are good options!	Take a walk with a member of your household	Start a challenge with a friend. How many keepy uppies can you do?
Join a challenge online - check out Youth Sport Trust	If you have an outdoor space, make the most of it by playing a ball game	Bring back play-ground games you or your family played when you were younger
Pets are a great reason to get moving - head out for a dog walk	Be inspired by the ways people are getting active at home. Daily mile on the lawn?	If you've always wanted to have a go at running, try a couch to 5k app



**Take notice**

# Hunt the good stuff!



Use this diary to note down three good things that have happened each day. It doesn't matter how big or small they are!

<b>E.g. I talked to my best friend today</b> <b>I went out in the sunshine</b> <b>I listened to my favourite music</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>

Remember, not every day is a good day,  
but there is good in every day!



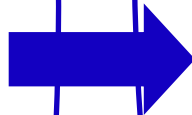




Use this chart to think about skills you want to develop, and how you are going to get there!

Right now I am good at...

I have some trouble with...

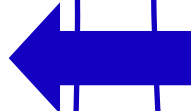


But if I...

- 1.....  
.....
- 2.....  
.....
- 3.....  
.....

I will be able to do it!

I cant...



Yet!

**Give**

# Compliments and encouragements



Paying someone a compliment, or telling them why you appreciate them is a great way to spread positivity. Cut these slips out or write on a post it note and share with those who may need a boost.

Dear

You are amazing because

Dear

You are amazing because

Dear

You are amazing because

Dear

You are amazing because





# The 5 Ways to Wellbeing

Now have a think about some of the things you already do as part of the 5 ways, can you add some new things you could try.

I could try

I already do

Connect	Be Active	Take Notice	Keep Learning	Give



# Journaling/thought diary

Writing or keeping a journal can be a great way to process your feelings and deal with worries or anxiety. Use these prompts to begin with and then find your own way of how you like to write.

How do you feel today? Is there anything in particular that has made you feel like this?



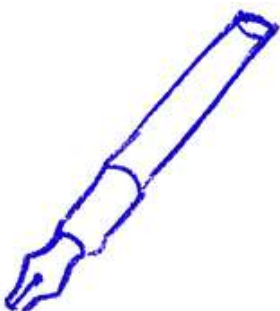
What have you found the most difficult about summer? Why do you think that is?

Think about your favourite place in the world. Use your five senses to describe that place.



Imagine you are going on a road trip. Which 5 people (anyone in the world, real or not!) would you invite and why?

What are you most looking forward to doing when school has finished?



# Writing/doodling/journaling pages...

# Writing/doodling/journaling pages...



# Writing/doodling/journaling pages...



# Practical tips for dealing with anxious or overwhelming feelings



This section of the workbook is designed to help you combat anxious feelings. We all get them and it is important to remember they do go away if we use the techniques you have learnt that support you. Using some of the following techniques can be really helpful, but remember, they often take practice!



# Mindfulness

## What is it?

Mindfulness is all about slowing down and recognising what is going on around us, a little like meditation.

It is recommended by the NHS as one way to relive feelings of worry, anxiety and depression.

There are lots of different ways to practice mindfulness, but it might feel a bit strange at first and takes practice. Using an app to guide you can be a great start.

## Great apps

- Try ORCHA for health apps recommend by the NHS
- Headspace
- Stop Breathe & Think
- Calm
- Worry Time
- Insight Timer



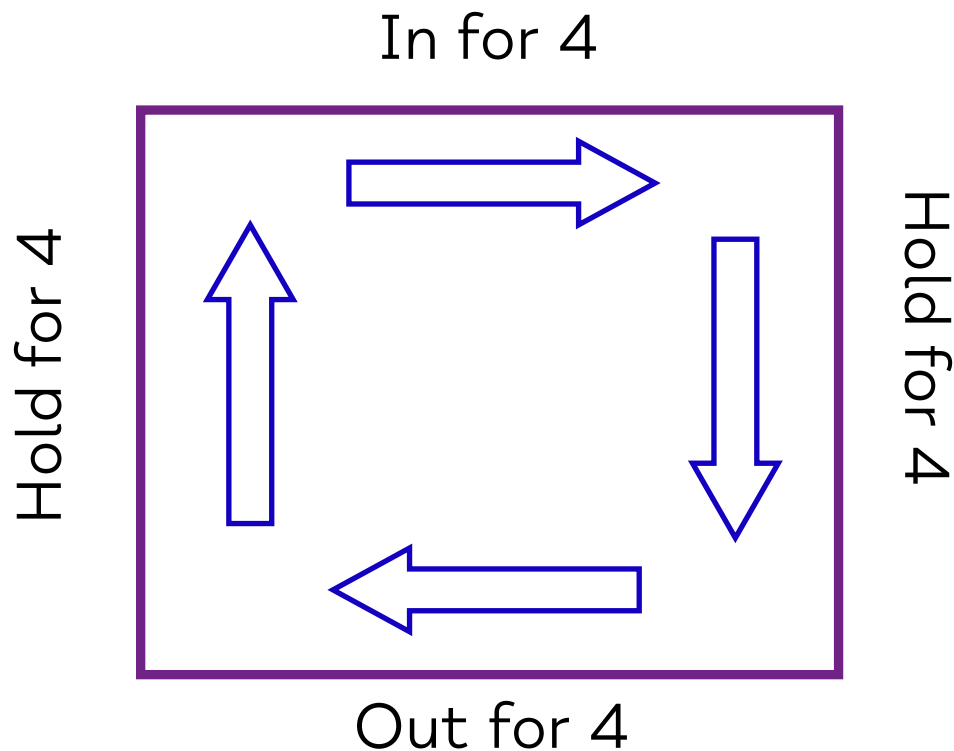
Remember, if you are experiencing prolonged symptoms of anxiety, It may be time to see your GP for further advice.



# Breathing and grounding exercises



## Square breathing



**Use your finger to trace a square when breathing in and out. If you feel comfortable close your eyes and visualise the square whilst you are taking in deep breaths.**

This is a great technique to learn if you feel overwhelmed and things feel like they are spiralling. Using your breath can help calm the mind and bring you back to the now.



# Breathing and grounding exercises



## Countdown

Countdown from 5 using your senses to check in with your surroundings.



5 things you can see



4 things you can hear



3 things you can touch



2 things you can smell



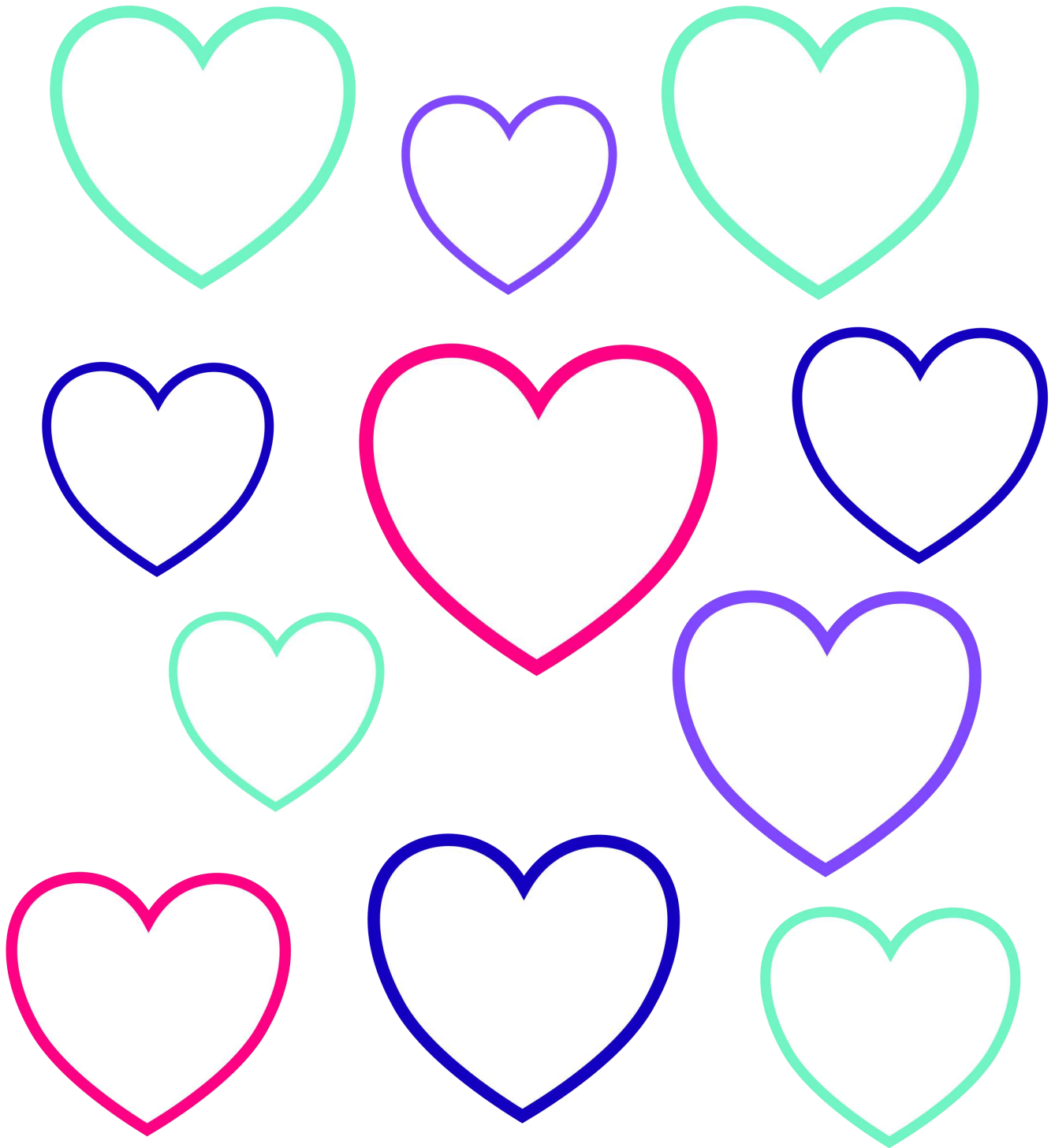
1 thing you can taste

This is a great exercise to use when you feel overwhelmed and things just feel a bit too much. This strategy will help you to feel grounded and be able to regain focus again.



# How to be kind to yourself

To help boost your confidence try filling out the love hearts with things that you have achieved in your time at home over the holidays. Think about why these are positive and how that then leads to loving yourself.

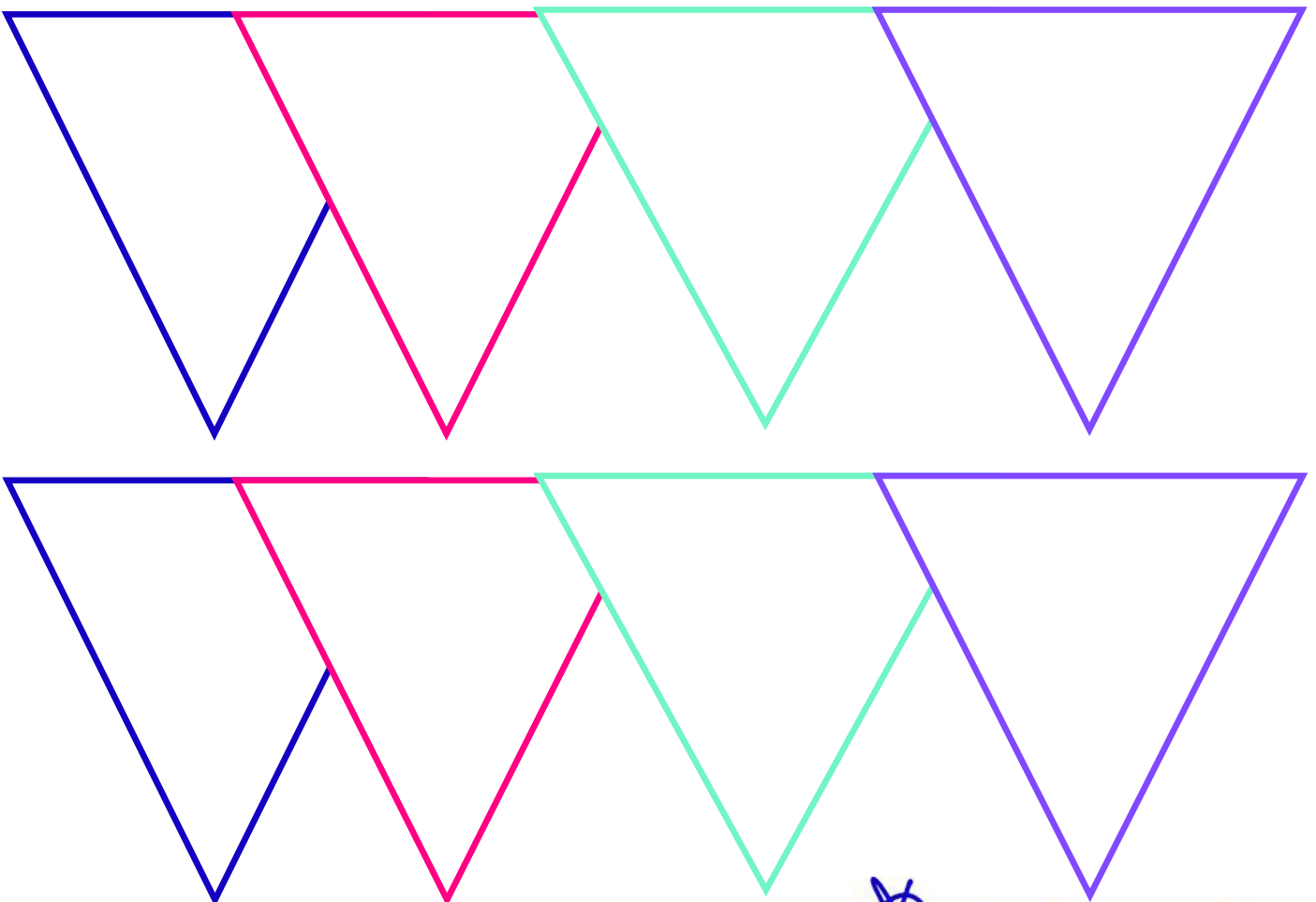




# Bunting

**Create your own bunting** - this is a great activity to do and put up around your home. You could draw zen tangle (lots of patterns) inside or you could write positive words and emotions.

You could even decorate the inside with all the new things you have learnt whilst you have been at home over the summer holidays. Either use plain card or different colours and cut out triangles and then attach onto string. Enjoy and have fun, get creative!



# Sleep

Sleep is one of the most important things for looking after our wellbeing, but sometimes worries and uncomfortable feelings make it difficult to switch off and relax.

## Sleep hacks

- Establish a good routine by going to bed and waking up at roughly the same time each day
- Try doing some breathing exercises or yoga before bed to relax
- Try keeping a sleep diary (use ours on the next page to start!)
- Avoid tech for an hour before bed. It can be really hard but makes a big difference
- Check your intake of caffeine and sugar

Tips from Mind

If you want to find out more tips on how to improve your sleep and routine, check out-  
<https://teensleephub.org.uk/>



# Sleep continued

## Worry and sleep

If you find yourself worrying about things when trying to get to sleep, try writing down those thoughts before you get to bed, and any solutions you can think of that might help.

Try and get the thoughts down on paper for another time so you can relax into sleep.

If you feel overwhelmed by your thoughts try listening to a meditation or relaxing music. This can help the mind feel settled and more at ease.

Also try a relaxing bedtime routine– 10 minutes of yoga, belly breathing, a hot drink.

These simple things when put into a routine can be very effective.



Remember, if your sleep is really affecting your health, it may be time to see your GP for further advice.

# Sleep routine diary

Make a note of the times you went to bed and woke up to help you get into a routine.

	How was your sleep?	What time did you go to bed?	How long did it take to fall asleep?	What time did you get up?
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

# Sleep routine diary continued



	How was your sleep?	What time did you go to bed?	How long did it take to fall asleep?	What time did you get up?
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

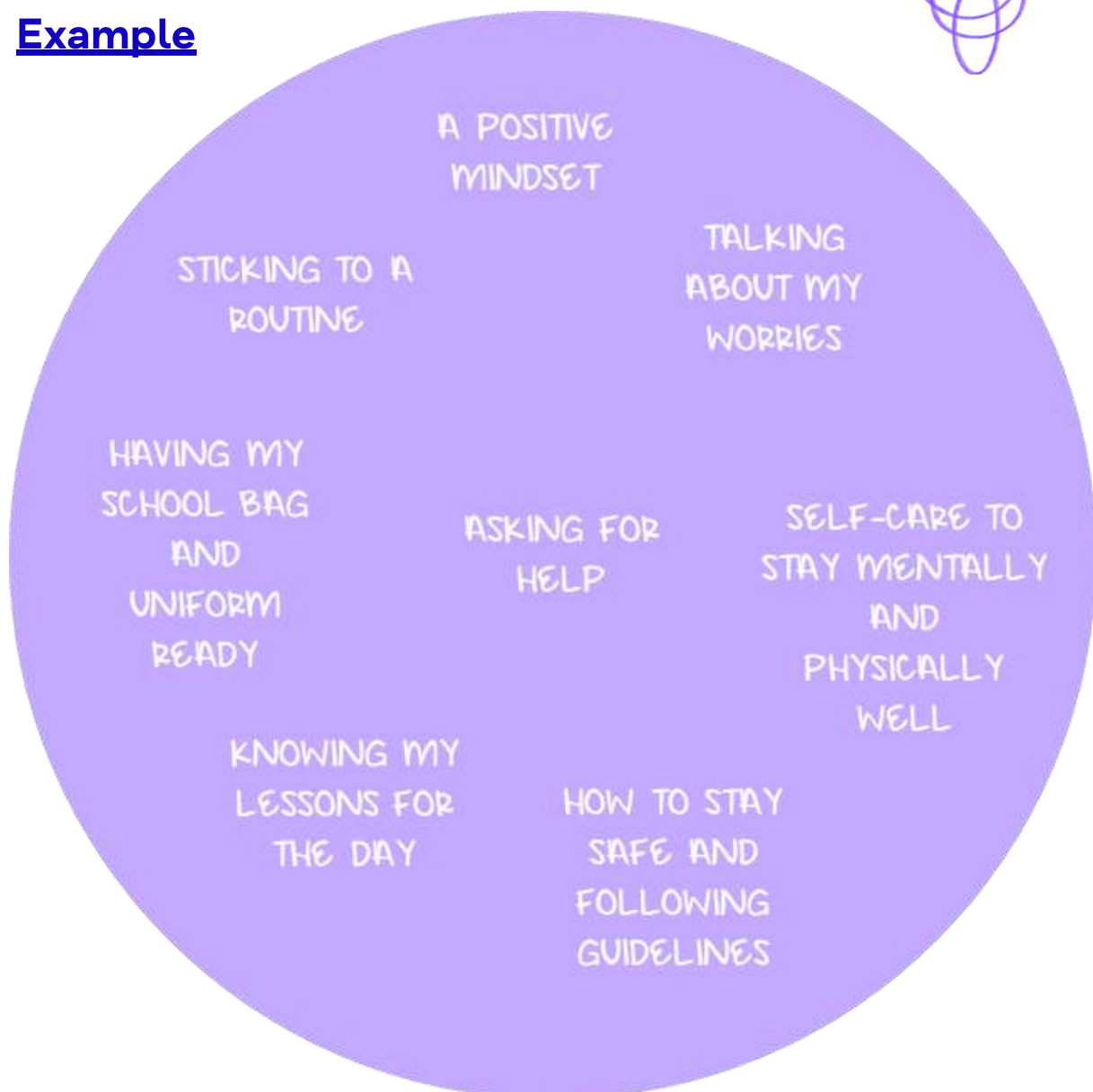
# The Circles of Worry



Sometimes things can feel overwhelming and it's not always easy to make sense of your worries. Follow the diagram below to see which circle they fall into. Then you can easily see what things you can change for the better...



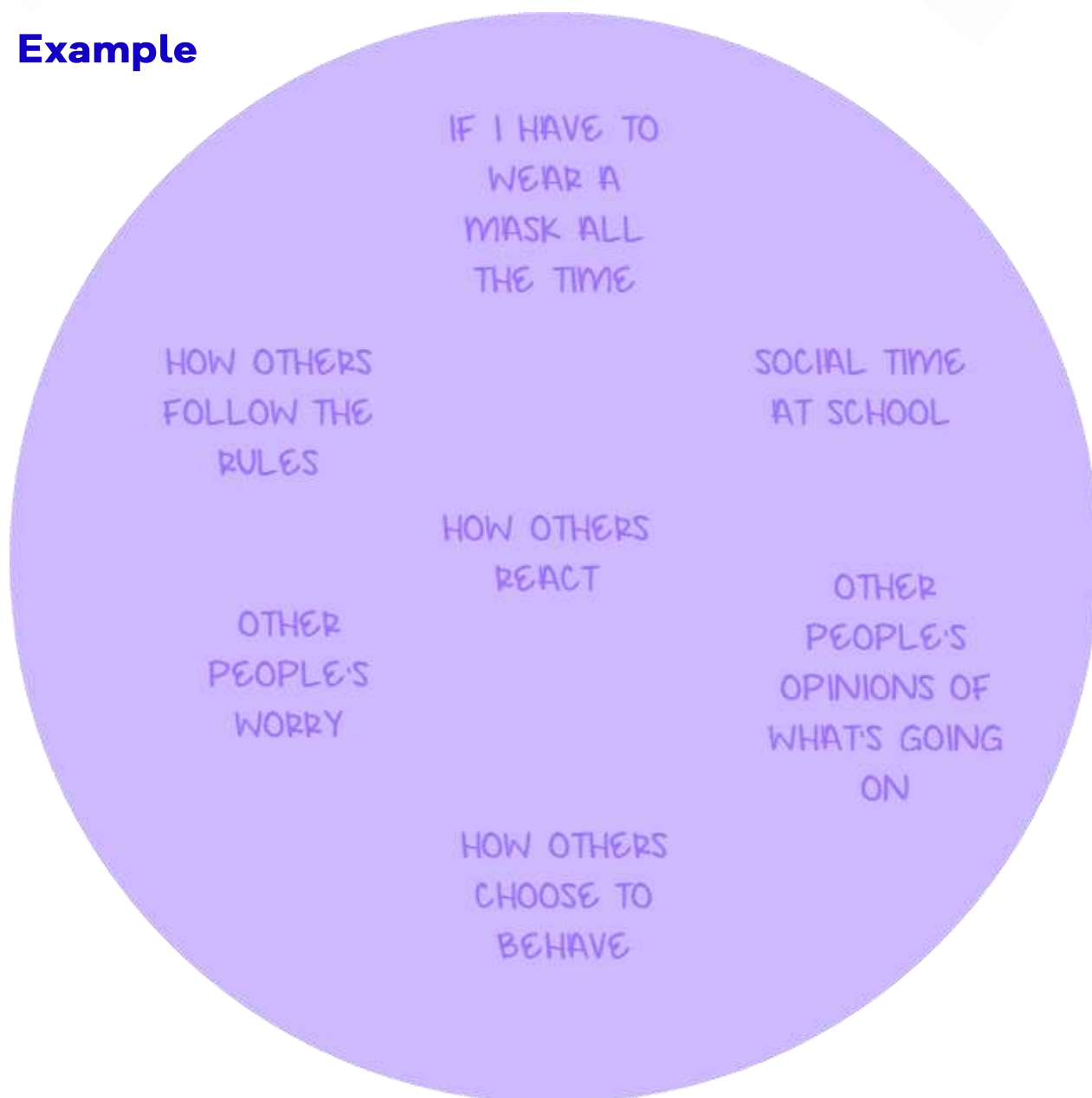
## Example



THINGS I CAN CONTROL

# The Circles of Worry continued

## Example

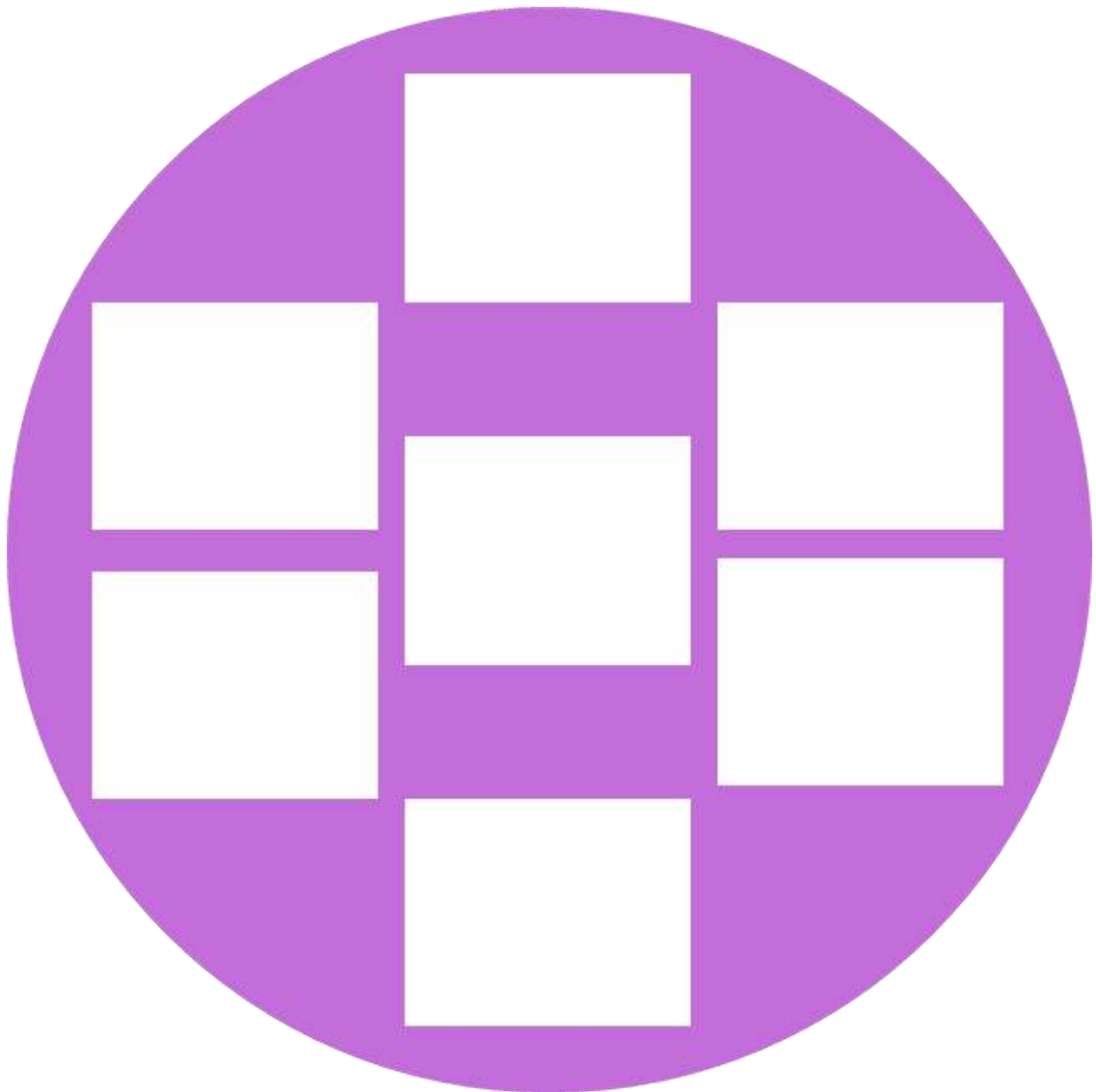


THINGS I CAN'T CONTROL

# The Circles of Worry- Summer holidays

Now it's your turn!

Think about one worry at a time and decide which circle they should go into. Write that worry in a box inside the coloured circles below. Now keep adding your worries. This will help you to see what you are able to change to help you feel more positive and in control of things.

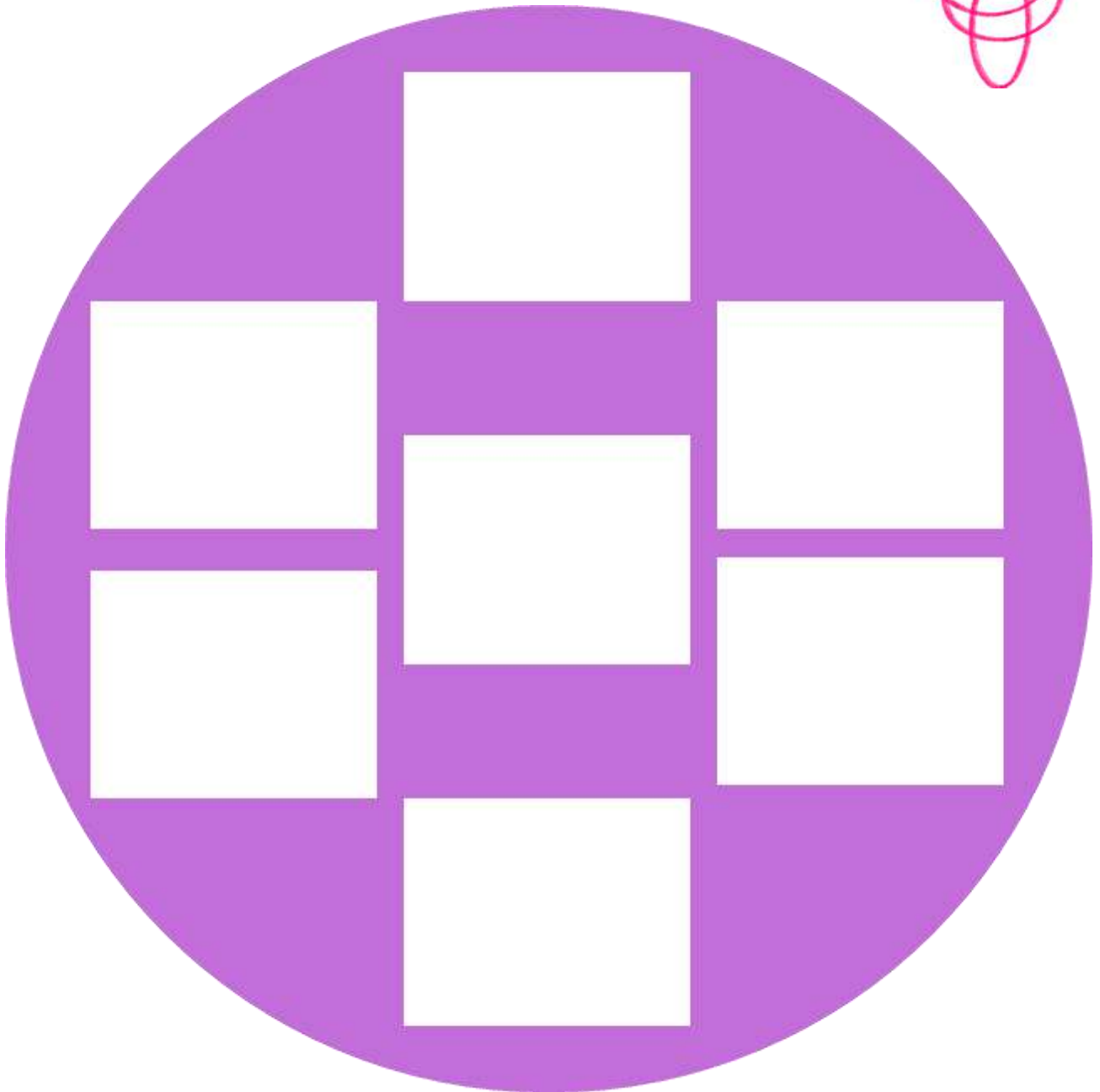


**THINGS I CAN CONTROL**



# **The Circles of Worry**

## **Summer holidays continued**



**THINGS I CAN'T CONTROL**





# My self care plan

Use these pages to make notes about any self care or wellbeing activity you try and would like to continue with . It can be from this booklet or elsewhere!

I tried

.....

.....

I found it

.....

.....

I tried

.....

.....

.....

I found it

.....

.....

.....





# My self care plan continued



I tried

.....  
.....

I found it

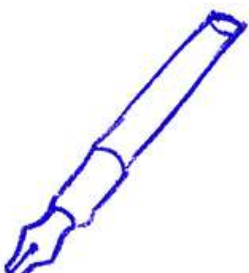
.....  
.....

I tried

.....  
.....  
.....

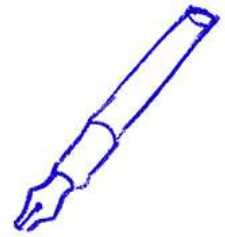
I found it

.....  
.....  
.....

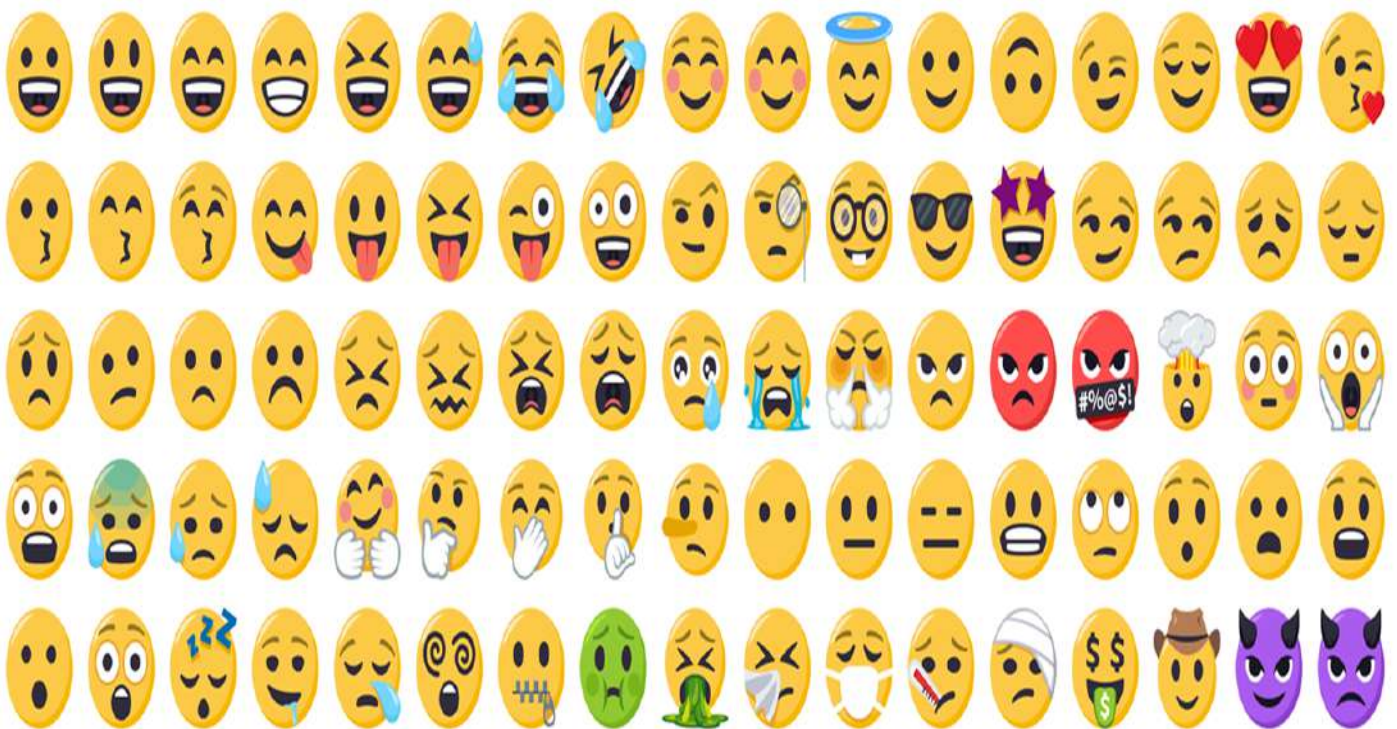




# Emoji check in/out



Use these emojis below to help monitor how you're feeling throughout the day. You can be a mixture of emojis and they can change depending on what you do. Use the strategies and techniques in this booklet to help boost your emoji if needed. Remember it is ok to feel however you're feeling, just acknowledge it and if you feel comfortable talk to someone about how you're feeling.






**koeth**

**YOUNGmINDS**  
fighting for young people's mental health

**childline**

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111



Text **SHOUT** to 85258  
for 24/7 support.  
*Anytime. Anywhere.*

**Mental health urgent response line**

For Lancashire and South Cumbria  
Available 24 hours a day, 7 days a week  
by calling 0800 953 0110

If you prefer to communicate via  
text, a texting service by Lancashire  
listening service. Text **Hello** to  
**07850022846**

The Wellbeing and Mental Health  
Lancashire Care **NHS**  
Foundation Trust  
**Helpline 0800 9154 640**

**OPEN TO ANYONE**

**NO MATTER WHAT**

**0800 58 58 58**  **THECALMZONE.NET/WECHAT**

SPM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

CAMPAIGN  
AGAINST  
LIVING  
MISERABLY  
**CALM**

**"It's alright to  
ask for help"**

**SAMARITANS**

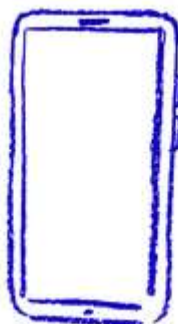
**116 123**

# Signposting

 **mind** Lancashire

# Useful apps

It is very normal to feel overwhelmed with the holidays approaching. Below are useful apps that have great resources on them and can be an extra addition to your mental health tool kit. You can also look on the NHS library for more suggestions.



 mind Lancashire



## Useful websites

Childline <https://www.childline.org.uk/>

Lancashire Mind <https://www.lancashiremind.org.uk/>

Young Minds <https://youngminds.org.uk/>

Kooth <https://www.kooth.com/>

Samaritans <https://www.samaritans.org/>





# Thank you!

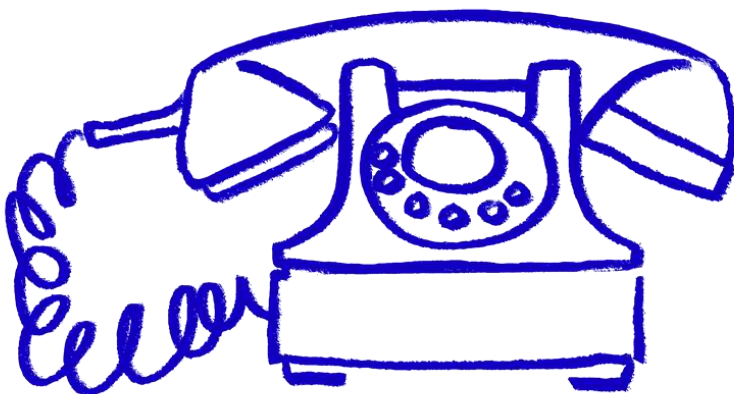


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Chorley  
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PR7 2DR**

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**[www.lancashiremind.org.uk](http://www.lancashiremind.org.uk)**

**Registered charity number  
1081427**



 **mind Lancashire**