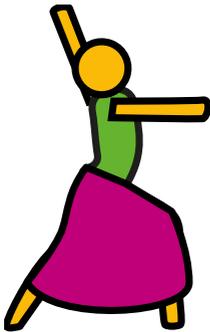
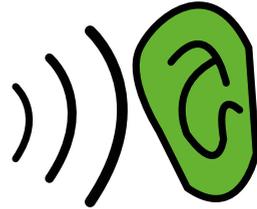
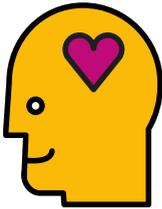


# My self-care plan



Creating a plan that  
works for you

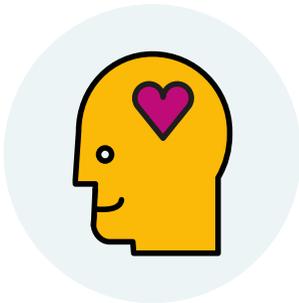
Just as we look after our physical health, it's important to look after our mental health.

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing. It can help your body and mind to relax, drift away, or be more energised.

There are lots of different ways you can try self-care: dancing, spending time with friends, playing sports, laughing, drawing, spending time with pets - anything that makes you feel good!

We have listed some activity suggestions in this booklet - give them a try and see what works for you.

These activities are designed to help improve your mood. If you feel like you need more help, please talk to a trusted adult .



**Everyone has  
mental health**



**Talking almost  
always helps**



**Listening always  
helps others**

## Activity 1: Move to the music

Create a playlist of all your favourite tunes that fill you with joy and make you want to move your feet. When you feel like you need a distraction or a boost, put on your playlist and start to dance. The combination of uplifting music and physical activity should trigger a positive response in your body. Why not try Happy by Pharrell Williams or Electric by Katy Perry?

My five favourite songs to dance to are:

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....



## Activity 2: Mindful moments

Being mindful means being aware of what is going on around you and how you are feeling.

### Using the senses

There are five senses - seeing, hearing, smelling, touching and tasting. Not everyone can use their senses in the same way. Have a look at the lists below and focus on the senses that are most important to you.

Taking a few moments in your day to be mindful can help to calm your mind. You could focus on an everyday activity more mindfully, or use a guided activity like the one below.

Notice and name:

#### 5 things you can see



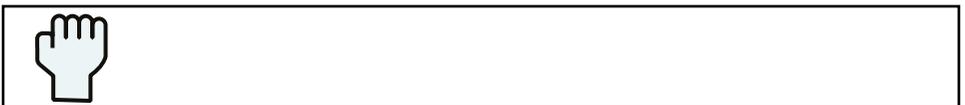
#### 4 things you can hear



#### 3 things you can smell

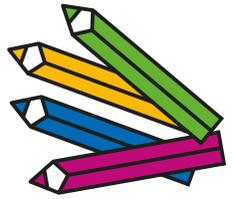


#### 2 things you can touch



#### 1 thing you can taste

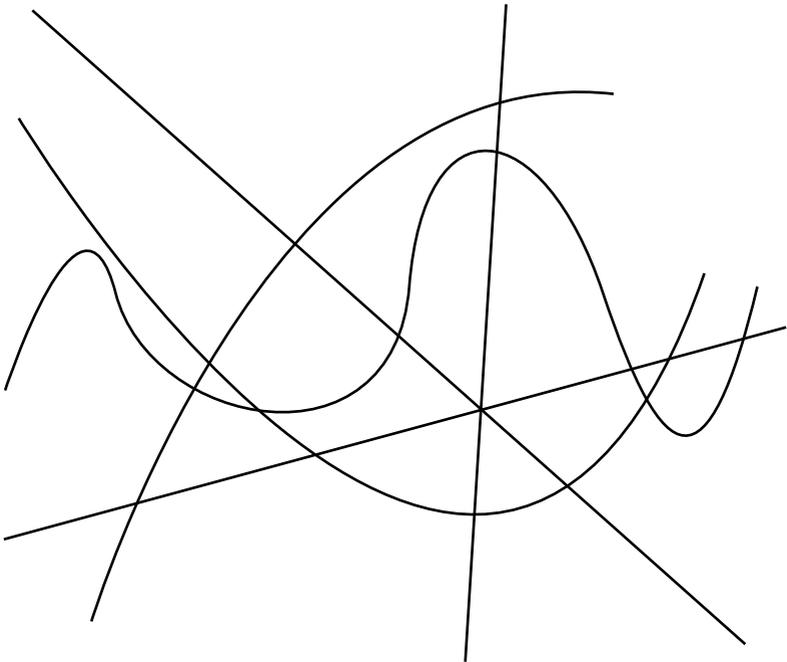




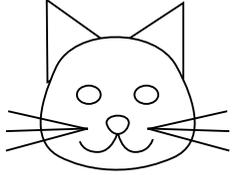
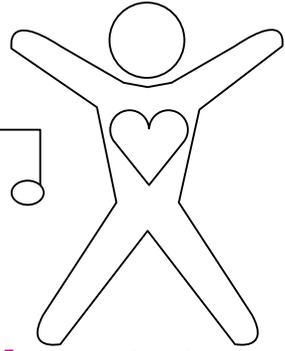
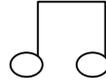
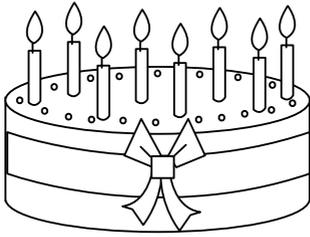
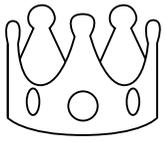
### Activity 3: Get arty

Keeping your mind and hands occupied may help you to focus attention away from any worries or anxieties you are feeling. Arts and crafts are a great way of doing this and there are activities to suit everyone. You might want to try sewing, knitting, cut and stick mosaics or simple origami.

Take a blank page and draw six to eight lines on the page, dividing it into a number of sections. These lines can be straight, curved, wiggly or zig-zagged as you prefer. Then try to fill each section with a unique and colourful pattern, this can be as simple or intricate as you like. Take each section in turn thinking carefully about the pattern and filling the whole section. At the end you should have a colourful page full of different, fun and interesting patterns.

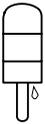
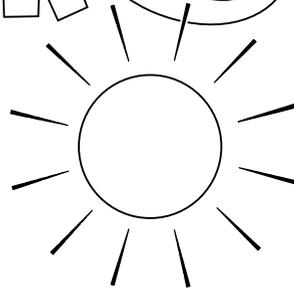
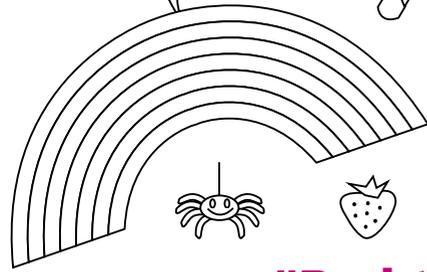
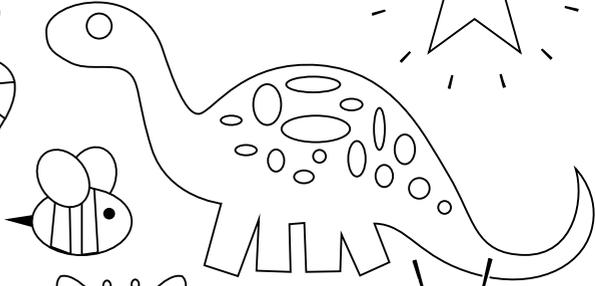
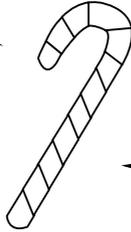
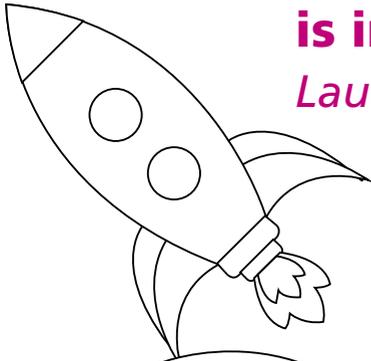


Colouring page



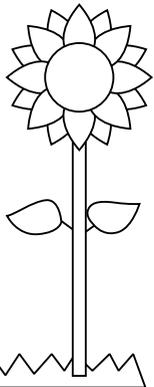
**"Sunshine is in your heart and a rainbow is in your mind."**

*Lauren, 5*



**"Bad thoughts are just like clouds that come and go."**

*Dhillon, 10*



## Activity 4: Celebrate the positives



Sometimes we remember the negatives more than the positives.

At home you could create a hope box or notebook to remind yourself of all the amazing things about you, for any time you are feeling low. To start with, think of ten things about yourself that are positive and write them in the notebook or on a bit of paper to add to the box. These could be statements like 'I am healthy', 'I am kind', 'I am a great sister'.

You can decorate the box or notebook and keep adding to it as you learn new positive things about yourself. You can ask friends and family to tell you their favourite quality about you to write down.

Write down 10 positive things about you:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

## My self-care plan

### Activities to try:

1.....

2.....

3.....

4.....

5.....

6.....

### Which self-care activities work best for me?

1.....

2.....

3.....

4.....

5.....

6.....

I found that my favourite activity was...

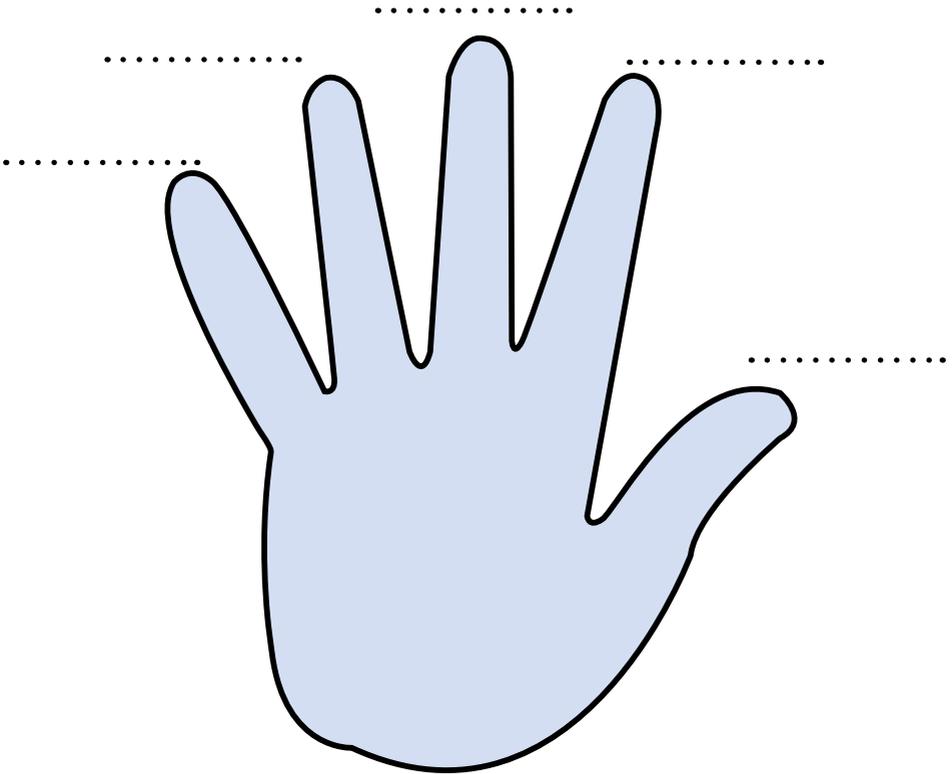
Before I completed the activity, I felt...

After I completed the activity, I felt...

Another idea I could try is...

## My helping hand

Let's think of five trusted people who you can share your worries with.



## 25 creative challenges for you to try

1. Draw a picture of something that makes you laugh or smile.
2. Try to juggle with three pieces of fruit.
3. Spend a day wearing your favourite colour.
4. Write a thank you note to someone who has been kind to you or helped you.
5. Decorate eggs to look like your favourite animal.
6. Learn to make an origami butterfly.
7. Find out what song was number one your last birthday and perform it!

8. Learn how to say hello in ten languages.
9. Make a show with sock puppets.
10. Make some flowers out of paper to decorate your house with.
11. Learn a magic trick with playing cards.
12. Write a short story for your favourite cartoon character.
13. Recreate a scene from your favourite film to share with friends.
14. Make a robot out of empty cardboard boxes.
15. Create a dance routine to your favourite song and challenge others to learn it too.
16. Try to make animal shadow puppets with your hands.
17. Find five things in your home that are blue.
18. Make a boat that can float in the bath with you.
19. Create jewellery out of pasta.
20. Ask someone to hide five items around the house and then give yourself five minutes to find them all.
21. Have a paper plane throwing contest.
22. Create your own jigsaw puzzle.
23. Learn how to spell your name in British Sign Language.
24. Create a hope box of things and items which make you smile.
25. Become a superhero. What would your superpowers be? What would your outfit look like?

You can try these activities whenever you're feeling down or bored. See which ones you enjoy the most and try them again if you like them or try the next one.

## Support

Where can I find support? If you or someone you know needs help right now, you should, if possible, try to talk to a parent or carer or a trusted adult such as your teacher or GP (doctor).

### Telephone support

Childline: 0800 1111

Samaritans: 116 123

Emergency services: 999

## Online support

Get information, advice and support



Childline are open 24 hours a day and it's free to contact them - online, by email or phone.

Play games and access information and advice on their website.



The Mix offer free online and phone support for under 25s. Access their website for information and advice.

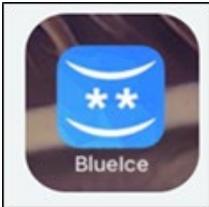


Young Minds have lots of online resources for looking after your mental health.



Share how you feel on Kooth, find out how others feel, or talk to a Kooth counsellor for free.

## Apps



### Bluelce

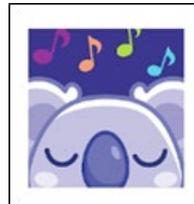
For managing mood and urges to self-harm

FREE



### Worriots

For children to offload their worries. Companion app for parents - Wotnot  
£ In-app purchases



### Moshi: Sleep & Mindfulness

For parents to help their children settle  
£ In-app purchases



### Clear Fear

For help managing anxiety  
FREE

## Further support

### CAMHS Single Point of Access

Can be used if you have parental responsibility, or if you are a child aged 16-18. You can use their self referral service which can be accessed:

- Using the online self referral form on our website [www.southwestyorkshire.nhs.uk/wakefield-camhs-online-referral-form/](http://www.southwestyorkshire.nhs.uk/wakefield-camhs-online-referral-form/)
- By calling the Single Point of Access team directly Monday to Friday, 9:00am – 5:00pm, on: **01977 735865** option 2

### Professional referrals

Are also accepted and you can ask your child's school or GP to complete a referral on your behalf

### Kooth

Provides free, safe and confidential information and online counselling for young people (between the ages of 11 – 25) .

Kooth also provides face to face counselling for young people through schools in Wakefield. This can be accessed by getting school to complete a referral.

[www.kooth.com](http://www.kooth.com)

### The Mix

Provides online/ telephone counselling services for people up to the age of 25

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

### Turning Point

Delivers talking therapy services and online wellbeing workshops in Wakefield. They are available for young people aged 16 and above who are registered with a GP surgery in the district. Young people can self-refer online into talking therapies for a range of support around anxiety, low mood and depression, stress, sleep, and low self-esteem  
[www.talking.turning-point.co.uk/wakefield/](http://www.talking.turning-point.co.uk/wakefield/)

### Young Minds

Has a great website with resources for children, young people and parents  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

### Childline

Provide a 1-2-1 counsellor chat service online and can also be called on **0800 111**

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

### Clear Fear

A free app providing information and strategies for managing anxiety

We also have further resources and information on our website:

[www.southwestyorkshire.nhs.uk/wakefield-camhs-resources/](http://www.southwestyorkshire.nhs.uk/wakefield-camhs-resources/)

If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.