Lesson 2 Resource 2: Helpful for Mental Health List

$\overline{\mathbf{A}}$	Drinking water	✓	Spending time with friends
V	Smiling	V	Being kind to others
V	Advice website: www.childline.org.uk	V	Helping someone else
V	Punching a pillow	$ \sqrt{} $	Thinking of happy times
$ \sqrt{} $	Hugging a pillow	V	Stroking a pet
V	Going outside - fresh air	V	Talking to a trusted adult
V	Writing or drawing about the feelings	$ \sqrt{} $	Squeezing a stress ball
V	Eating a balanced diet that includes plenty of fruit and vegetables	<u>√</u>	Accepting that change happens to everyone
V	Taking deep breaths	V	Chatting to a friend
V	Reading	V	Writing to a friend
V	Doing something physically active		
V	Writing a diary or journal of feelings		
V	Getting enough sleep		
V	Recognising things can feel better		
V	Making a memories box		
V	Listening to music		
V	Thinking positively		
V	Advice text/phone line:		
V	ChildLine 0800 1111		
V	Talking about problems to a doctor, nurse or counsellor		
V	Taking rest, relaxing, quiet time		
V	Being honest about your feelings		
V	Taking your mind off it		

$\ensuremath{\square}$ Imagining the feelings drifting away

