

## My Self Help Toolkit

### Soothing Activities:

- Practice Mindfulness (body, breath, focus)
- Soak in a bath
- Go for a walk and look / listen to nature
- Listen to soft music
- Practice singing or play an instrument
- Write or draw in your diary
- Stroke and care for your pets
- Get a massage or massage yourself
- Brush / plat / style your hair
- Paint your finger and toe nails
- Put on lovely fragrances
- Bake cakes and treats that smell nice
- Eat healthy food that you enjoy
- Have a short nap / rest in a quiet place

### Create happy and positive emotions:

- Watch your favourite movie
- Watch a funny comedy program / film
- Listen to Music that reminds you of a happy time or place
- Look at family photos / images that remind you of happy times
- Make a list of positive things about you
- Ask trusted friends / family to write down positive things about you they like / admire
- Think about something you are looking forward to in the next week / month
- Write / draw what you want your future to be like & imagine / feel yourself achieving this
- Say positive statements to yourself over and over again to push away negative thoughts (Positive self-talk)
- Make a list of 3 positive things that you have achieved today (may be as small as getting out of bed)
- Daydream about someone you are fond of or good things from your past.

### Help others / be nice to people:

- Smile at others and great people
- Make someone a cup of tea / coffee
- Help family, friends, and neighbours with chores e.g. gardening / shopping / decorating
- Do something for someone who needs help
- Take part in charity work
- Phone / write or visit a friends / family
- Buy a present for someone e.g. flowers
- Visit someone who is lonely (get permission from your parent / carer)

### Release Built up Energy / Tension:

- Splash cold water on your face
- Put face into a sink of cold water
- Take a cold shower
- Hold ice cubes or put them on your skin
- Do intense exercise for 10 minutes building up a sweat
- Scream into a pillow or punch the pillow 10 times
- Remove yourself from the stressful situation

### Exercise and Biological Adjustments:

- Do Yoga / stretch your muscles
- Practice dancing
- Go to the gym / swimming
- Jog around a park
- Play a sport – Football, tennis, netball
- Clean your bedroom – dust, Hoover, polish, tidy
- Wash your family's car
- Eat regular healthy meals
- Drink plenty of water and cut out caffeine
- Get into a healthy sleep routine

### Distract Yourself with an activity:

- Go to a club and socialise with others
- Chat with friends face to face or on social media / via phone
- Read a book / magazine / newspaper
- Play a game with family or by yourself
- Do a hobby / take up a new hobby
- Take time to paint / draw / do craft work
- Watch a TV show or listen to music
- Go to the town and have fun at the cinema / go bowling / laser quest
- Go to a sports event
- Browse the internet (positive sites)
- Go shopping with friends and family
- Do a crossword / Sudoku puzzle
- Try and complete your homework
- Repair an object that is broke
- Create a 'to do' list

### Find Solutions:

- Mind map / list all the possible solutions & consider the pros & cons for each.
- Explore both sides of the difficulty and try to develop a middle / balanced view