



Wellbeing Workbook



Introduction to Hampshire Youth Access

Hampshire Youth Access (HYA) is a group of organisations providing counselling, mental health and wellbeing advice and support to children and young people aged 5-17 (or up to 24 for care leavers and SEND young people) across Hampshire.

We also give advice to anyone concerned about a child or young person's emotional wellbeing.

By working together in a partnership, we can share things that work well with each other, and for you, meaning that we help improve outcomes for you.



What is Wellbeing?

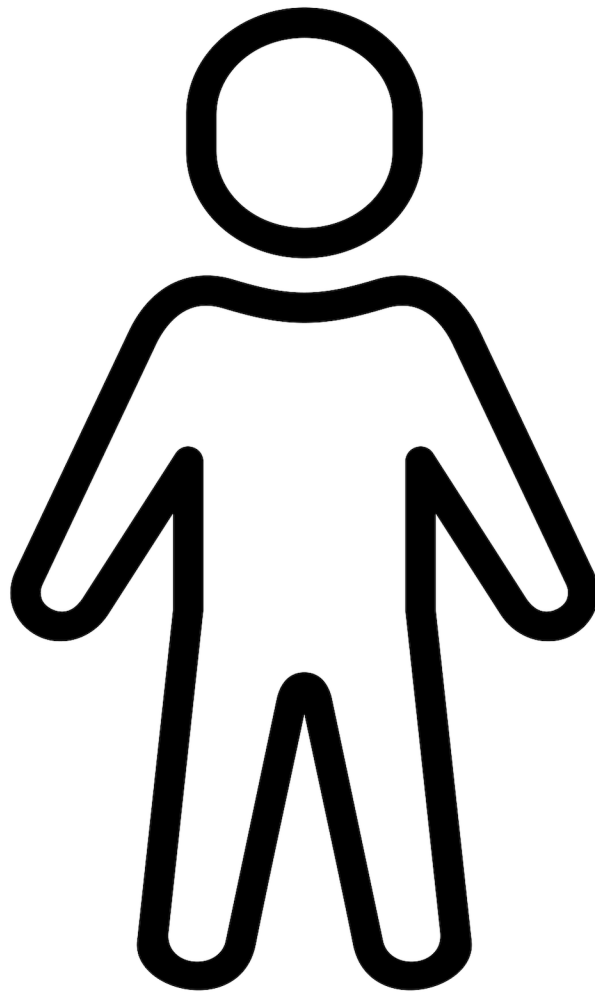
There are many emotions that we can feel, including sad, angry and worried. Emotions can be difficult to manage so it is important that we look after ourselves.

In this workbook, there are activities and strategies to support you and help you to manage your emotions.



Physical Symptoms

Choose a colour for each emotion and colour on the person where you feel that emotion.

☐

Sad

☐

Happy

☐

☐

Worried

☐

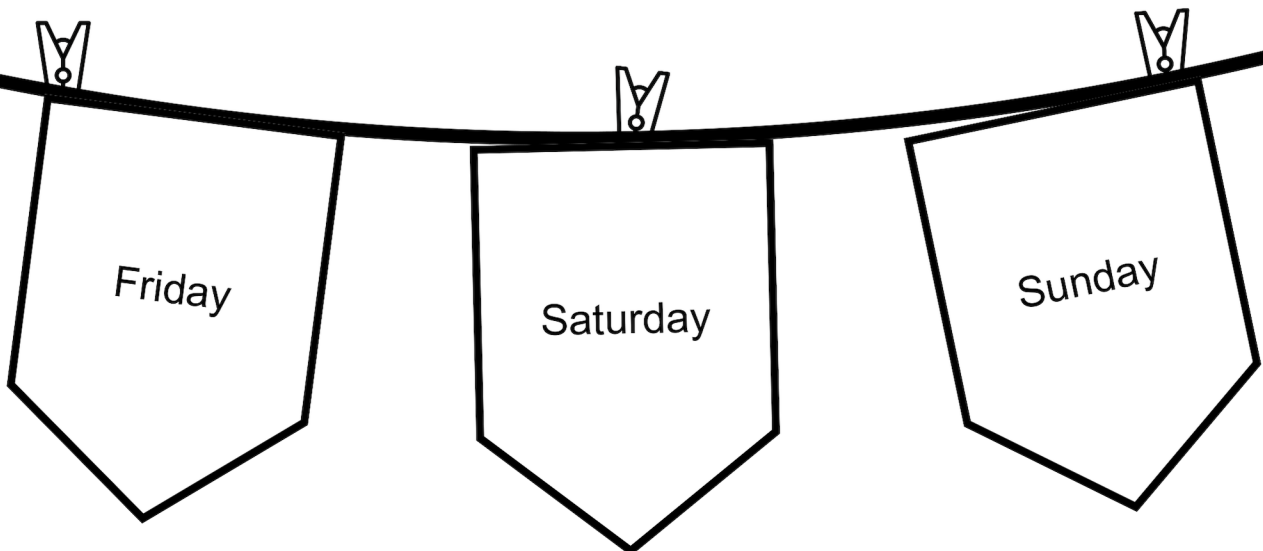
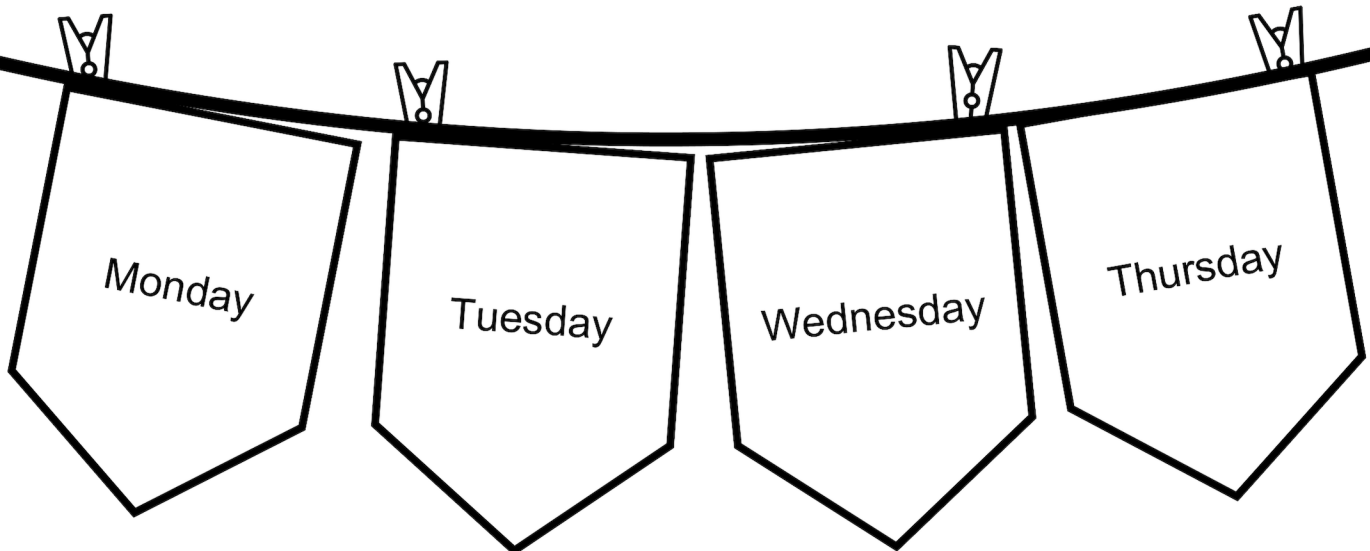
Angry

☐

Mood Tracker

Tracking moods can help you to learn about when you feel emotions and to see if there is a pattern.

Using the colours that you chose on the previous page, track your emotions for the week. This page can be photocopied and used for every week.



Sleep

It is important for us to get sleep every night so that we can have energy for the next day. However, when we are worried, angry or sad about something, it can make it difficult to sleep.

Here are our top 5 tips for a better night's sleep:



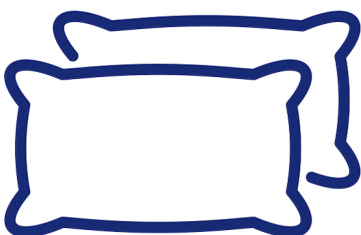
Create a bedtime routine with dimmed lights and no screens, including phones, TV and iPads.

Set aside time earlier during the day to share your worries with a trusted adult. Or you could draw or write your worries down.



Do something that helps you relax, such as craft activities, or breathing and calming strategies that you can find in this workbook.

Relax the muscles in your body. This can begin by tensing your feet to the count of 5, then letting them relax. Next, tense the calf muscles and relax, moving up to the thighs and so on until you have relaxed each body part.



Create the right sleep environment. This can include your comfort pillows or blankets, lavender or night lights.

Grounding

Stay grounded using your five senses.

Relax your body, take a few deep breaths and focus on the following...

5

Name five things you can see



4

Name four things you can feel



3

Name three things you can hear



2

Name two things you can smell



1

Name one thing you can taste



Talking

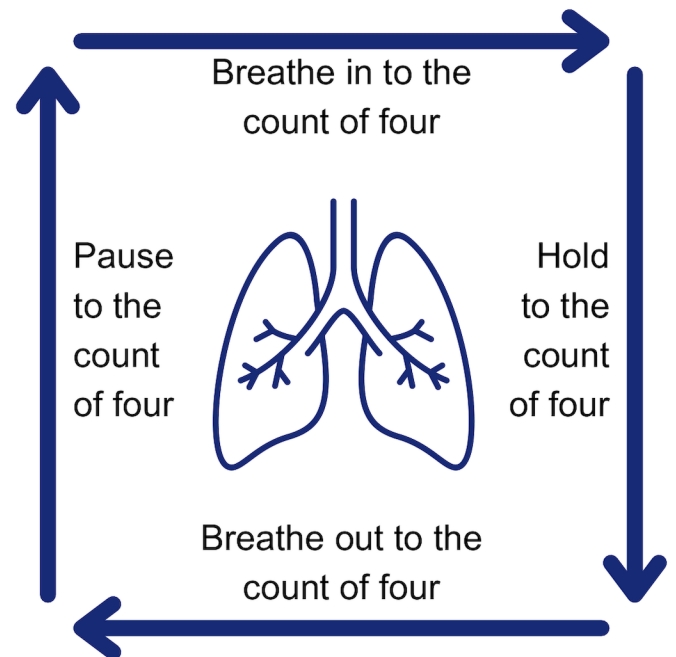
Talking can help you to cope with what you're feeling. Write a person who you can talk to when you need support, on each finger.



Breathing Techniques

Square Breathing

Start by breathing in and follow round until you start to feel relaxed.



Five Finger Breathing

Slowly trace round each of the fingers on one hand with a finger from the other. Breathe in on the way up the finger and breathe out on the way down.



Emotional First Aid Kit

Normally, we use a first aid kit for physical injuries, but you also need one to take care of your wellbeing.

Create an emotional first aid kit that will help you to feel calmer when you feel overwhelmed. Add things that make you feel happy and calmer for each of your senses.

You could get creative and decorate a small box, or you could simply use a pencil case.

Examples

Sight - Pictures, films, souvenirs from holidays, artwork, letters, cards or books.

Hearing - Relaxing music, a voice recording from someone you love, or your favourite show.

Touch - Fluffy fabrics, a cuddly toy, slime or a fidget toy.

Taste - Something yummy! A favourite chocolate, a sharp tasting sour sweet, a sachet of hot chocolate. You can also think of something you like the taste of.

Smell - A candle, perfume, dried flowers, your loved one's jumper. You can also think of something you like the smell of.

Your Emotional First Aid Kit

Sight

Hear

Touch

Taste

Smell

hampshireyouthaccess.org.uk

02382 147 755

enquiries@hampshireyouthaccess.org.uk

More Support Services

Childline

Childline is a service that provides support to young people. There is an under 12's section of their website which has age appropriate message boards.

You can access this part of the website by going to:

childline.org.uk/get-support/u12-landing

Or going through the website by hovering over the 'info and advice' tab on the top menu and clicking 'Childline for under 12s'.

Hampshire Parent and Carer Network

This group offers parents and carers of children and young people aged 0-25 with any additional needs, or disabilities including mental health (diagnosed or undiagnosed) the opportunity to tell the local authority, health and other services what life is really like.

hpcn.org.uk

HYA Resource Packs

Our resource packs include more local services and resources.

hampshireyouthaccess.org.uk/resources

Crisis Numbers

Childline - 0800 1111

NHS 111 - 111

Papyrus - 0800 068 4141

Shout - Text 'SHOUT' to 85258