



The Children's Society @Checkpoint



Wellbeing Toolkit

A resource pack with advice and techniques to help manage anxiety, low mood and general positive mental health.

This toolkit is informed by CBT, DBT, Mindfulness and general wellbeing skills

GROWTH MINDSET

The driver behind a learner's motivation and achievement

FIXED MINDSET

GROWTH MINDSET

I already know it all

I want to learn

I give up easily

I welcome and learn
from feedback

I ignore useful
feedback

I learn from others

I can't change
how smart
I was born

I can train
my brain

I don't need to
practice

I can work hard
to get better
at something

I'll never be
good at this

I will keep
trying

Mistakes are bad so
I avoid them

Mistakes are learning
opportunities

I avoid things that
require effort

I want to be
challenged



Wellbeing Toolkit



Mental health is defined as a state of wellbeing in which every individual realizes their potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community.

"10 a day"

Everyone can do something to support their positive mental wellbeing. Here are 10 healthy choices that are beneficial to our mental health.

Having a difficult day?

Is something you could do to rebalance yourself



1 talk about how you feel.



2 do something you enjoy



3 stay hydrated



4 eat well



5 keep active in mind & body



6 rest



7 stay connected to people you care about



8 ask for help



9 be proud of you

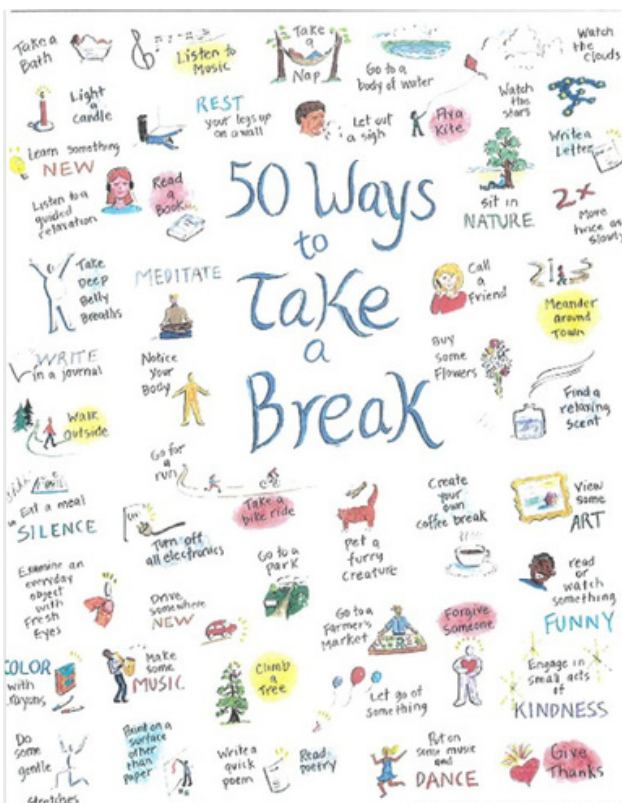
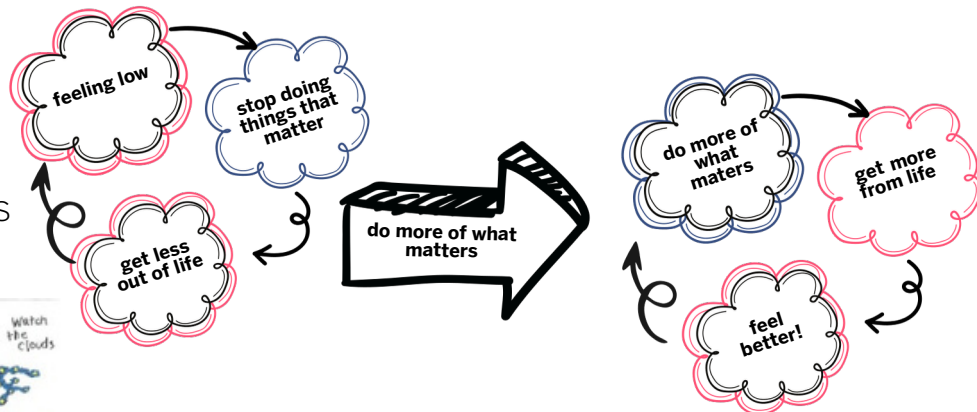


10 actively care for others

Do more = feel better

When we are feeling low we can stop doing the things that we enjoy or things that we know we should be doing.

Doing more of the things that make you feel good actually gives you more energy.



Try to notice the things that bring joy to your life (through achievement, enjoyment or closeness to others) and plan these in to your week.



things I can do right now

Physical Activities

Go for a walk:

Get some fresh air and have a change of scenery.



Exercise:

Whether it's a full workout, yoga, or just stretching, physical activity can boost endorphins.



Take a nap:

Sometimes a little rest is all you need to recharge.



Hydrate:

Drink a glass of water to refresh your body.



Mental Activities

Read a book:

Escape into a different world or learn something new.



Practice mindfulness or meditation:

Calm your mind and focus on the present.



Journal:

Write down your thoughts and feelings to process them better.



Listen to music:

Choose tunes that match or improve your mood.



Self-care Activities

Take a bath or shower:

Relax and refresh yourself.

Treat yourself:

Enjoy a favourite snack or beverage.

Pamper yourself:

Try a skincare routine or give yourself a mini spa treatment.



Productive Activities

Clean or organize:

Tidy up your space to create a more positive environment.

Work on a hobby:

Engage in something creative or fun that you enjoy.

Plan your day or week:

Organizing your tasks can reduce stress.

Emotional Activities

Talk to a friend or family member:

Sharing your feelings can lighten the emotional load.



Watch a favourite film or TV show:

Enjoy some entertainment that makes you happy.



Practice gratitude:

Write down a few things you're grateful for.



Laugh:

Watch a funny video or look at some memes.



Weekly Planner

PLAN THINGS INTO YOUR WEEK FROM EACH CATEGORY
PHYSICAL, MENTAL, SELF CARE, PRODUCTIVE, EMOTIONAL

MONDAY

Date: _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TUESDAY

Date: _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

WEDNESDAY

Date: _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

THURSDAY

Date: _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FRIDAY

Date: _____

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- ☐ _____
- ☐ _____
- ☐ _____

SATURDAY

Date: _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SUNDAY

Date: _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PRIORITIES

(THINGS I HAVE TO DO)

- ☐ _____
- ☐ _____
- ☐ _____

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Wellbeing Toolkit

Negative Thoughts



Negative automatic thoughts can affect us all. They can be difficult to ignore and easy to believe! This can get in the way of our day to day lives, cause us to avoid things and prevent us from achieving our goals.

What do I do?

When a negative automatic thought comes into your head, try challenging the thought by asking:

Is this thought helpful?

What evidence is there that the thought is true?

What advice would I give a friend?

Is there another way to see this?

Is this fact or opinion? What evidence is

there that the thought is NOT true?

How would someone else see this? Now

think of realistic and positive thoughts

Thinking traps

A thinking trap is like a mental trick your brain plays on you that makes you see things more negatively than they really are.

These traps can mess with how you think about yourself, others, and situations, often making you feel worse or more stressed out.



Personalization

Blaming yourself for anything bad. ('gloomy glasses')

E.g. "It must be my fault, I'm to blame, it's because I'm no good"



Overgeneralizing

Thinking that because something happened once it will always be like this.

E.g. "I tried talking to a friend once and that didn't work, so there's no point talking to anyone"

Jumping to conclusions



Thinking that something is true without stopping to try it or check it out, e.g. "doing something different won't do any good"



Catastrophising

Exaggerating the significance or importance of an event.

E.g.. "This is awful, nothing will ever go right again"



Black and White Thinking

When thinking something is either all good or all bad. Or, nothing is all good, it must therefore all be bad. e.g. "I felt a bit better doing something different, but not a lot, so it's useless"



Mind reading

Thinking that we know what others are thinking, often about us, but in truth we don't know.

E.g. "She thinks I'm no good" "they hate me"



Tunnel Vision

Focusing on one detail out of context other important things going on.

E.g. Remembering one bad thing when 10 good things were also said



Discounting

Ignoring evidence that doesn't fit with your view or worry.

E.g. "That doesn't count because... anyone could have done that..."



Journaling

Journaling is the practice of writing down thoughts, feelings, and experiences regularly. It can take various forms, such as free writing, prompted entries, or structured reflections. For mental health, journaling serves as a powerful tool for self-expression and processing emotions.

Emotional Clarity:

Writing helps clarify thoughts and feelings, making it easier to understand and cope with emotions.

Stress Reduction:

Expressing worries on paper can reduce anxiety and stress by externalizing concerns.

Problem Solving:

Journaling can help identify patterns and solutions, enabling better decision-making.

Self-Reflection:

Encourages deeper self-awareness, promoting personal growth and insight.

Tracking Progress

Journals can track mental health journeys, helping individuals recognise improvements or triggers.

Therapeutic Outlet

It provides a safe space to explore difficult emotions without judgment.

Mood Regulation

Documenting positive experiences can boost mood and foster gratitude.



Prompts

How would you spend your perfect day off? What makes that perfect for you?

Describe yourself in ten words. Why do those words come to mind?

What makes you feel the most inspired?

What is your favourite form of self-care? Why?

What can you do today to take better care of yourself?

What comes to mind first when you think of what makes you feel safe?

What are five things about yourself you want people to know?

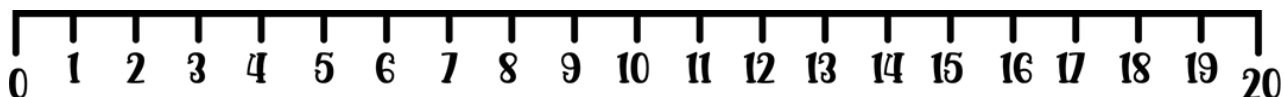
What's something that makes you feel warm inside?

Explain what's hardest for you in as many words as it takes.

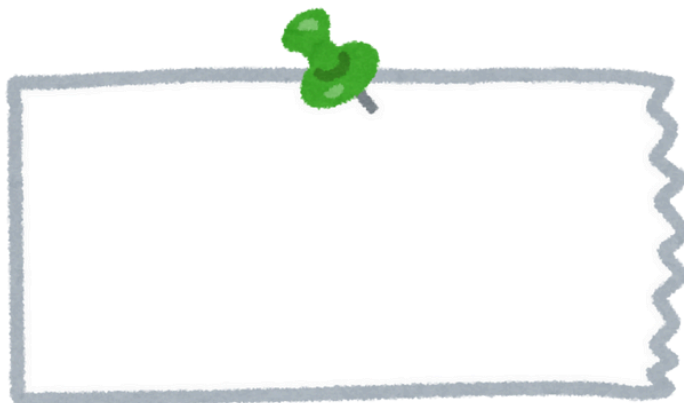
If you were to improve something about your life, what would that be? Why?

CHECK IN PROMPT

How are you feeling today?



What reminder do you need today?



GRATITUDE PROMPT

write:



3 things you are grateful for,
3 things you are celebrating,
3 things you forgive yourself for,

☐ _____

☐ _____

☐ _____



☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

SELF CARE PROMPT

How will you look after yourself today?

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

visualising emotions

Begin by choosing a negative feeling or emotion, then write or draw your answers to the following questions:

EMOTION:

if your feeling had a shape, what would it be like?	what colour would it be?	what is the texture? what would it feel like?
what would it sound like?	if your feeling was a weather condition, what would it be like?	what size would it be?
If your feeling had a place in the body, where would it be?	if your feeling was an animal, what kind of animal would it be?	if it could say something, what would it say?

Now, think about what this might like look like when feeling
happy or calm:

if happiness or calm had a shape, what would it be?	what colour would it be?	what is the texture? what would it feel like?
what would it sound like?	if happiness or calm was a weather condition, what would it be?	what size would it be?
If happiness/ calm had a place in the body, where would it be?	if happiness/ calm was an animal, what would it be?	if it could say something, what would it say?

Happy Place

Build your own personal sanctuary. Spend some time thinking of the different things that you need to feel safe, relaxed and comfortable. Think creatively about what your happy place might look like. Try not to worry about rules or logic here, this is your happy place.

where is your
happy place?

what sounds do
you hear?

what do you
taste?

what things do
you see?

what do you
smell?

what can you feel
or touch?

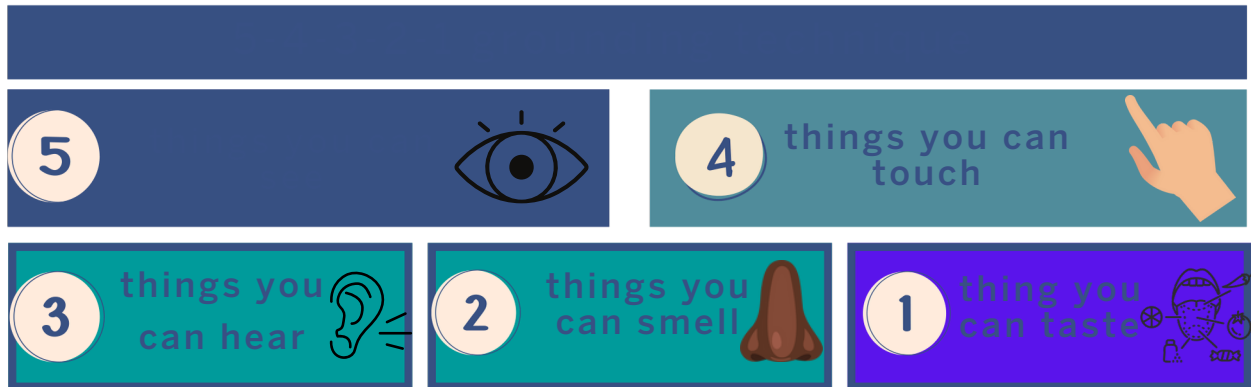
Once you have imagined your own happy place, you can choose to spend time there whenever you want. Redecorate and mix things up as often as you need to.

draw your happy place here:



Sensory and Grounding

Grounding is a strategy that aims to connect us to the present moment and what is happening in the here-and-now through our body and its senses.



Thinking more deeply about the senses

Focus on the objects around you.
Notice the textures, colours, shapes, light and shadow.
Notice symmetry, patterns or angles in what you can see.
What sights soothe you?
You could create a soothing space to look at using plants, decorations, photos or art.

touch

Focus on the physical surfaces or objects around you.
Consider the texture and the temperature.
Do you like to fiddle and fidget?
Do you prefer smooth or rough textures?
Give yourself a mini hand massage, wear something comforting or find a favourite fidget toy.

sound

Focus on the sounds around you.
Notice the pitch, tone and volume of the different sounds.
Notice the duration of the sounds and how frequent they are.
Do you have a favourite song or instrument? What sounds do you find calming? Create your own soothing playlist or experiment with listening to ASMR or white noise.

smell

Focus on any scents.
Are they pleasant or unpleasant?
Are they strong or not strong? Which smells are comforting to you?
If you have a favourite perfume/aftershave, lip balm or scent, try to carry it around with you or dab an essential oil on the back of your hand.

taste

If you have something to eat (e.g., mints), focus on the tastes, textures and sensations.
What are your favourite foods, flavours and tastes?
Do you have any comfort foods?
What is your favourite recipe?



Body Breaks

The Butterfly Hug

Cross both arms over chest and place each hand on your shoulder Breathe.

Gently begin tapping each hand

one at a time on your arms.

Tap for 10 counts.

Pause and take a deep breath.

Continue tapping your arms until you feel more relaxed.



Pretzel Pose

Sit comfortably.

Stretch out your arms with the backs of your hands facing each other.

Cross your hands over so that your palms are touching. Interlace your fingers.

Flip your hands and pull them into your chest so you end up with your elbows tucked into your sides and your hands crossed under your chin.

Then, cross your ankles.

Sit and breathe.

This pose provides comforting pressure to help you feel safe and gives you something to focus on.

Seated push-up

Sit comfortably.

Sit on the floor with your legs crossed or in a chair with your feet flat.

Push on the floor or on the chair with flat palms. Hold for five to ten seconds.

Make sure not to lift your body too far off the floor or chair.

Wall push

Push your back against a wall or face a wall and push against the wall with your hands, bracing your legs. Hold for 30 seconds and exert as much energy into your large muscles as you can.