

Free hand:

People I can talk to
(mum- great at problem solving, Jo- always makes me laugh, Peter from the office- good listener)



Useful websites:

Videos to inspire me
(maybe I should share the good ones with my friend?)

TED

Tips to support each other's wellbeing

Chilypep



Useful websites:

Websites I can visit

Psychologies

Podcasts, listen on the bus!

Calm Moment



Free hand:

Things that help me relax
(swimming, walking by the river, going to the cinema on my own, Headspace app)



Who or what inspires me:



My goals:

Things I can do, to help others: Make my dad dinner, tidy my cupboards and give extra tins to the food bank, like and give positive comments on others facebook posts, offer to help on school trips, find out about



Groups near me:

Places I can go when I need to distract myself:
Library (there are always local events on the noticeboard too), coffee shop round the corner, mums and tots group (community centre, Fridays 1-2pm), the



Who or what inspires me:



Who or what inspires me:

What do I do for self-care?

- Get plenty of sleep
- Enjoy sunshine
- Cook
- Write or draw (think out loud)
- Talk to myself
- Cuddle cats
- Walk or bike (esp in a park)
- Tidy
- Read
- Read about people whose lives are more complicated
- Garden
- Get a hug
- Talk to select people

