

DR GAYLE VERNON

MY
Magic
MIND
KIDS

NO WORRIES

A kid's guide to *overcoming anxiety*
& *becoming unstoppable!*





@mymagicmindkids



How to use this book

This book is available in both paperback and eBook and has been designed for young people who sometimes feel worried or stressed.

It has been written in small bitesize chunks, separated by different colours. This is to allow you to read a section at a time and then chat about it. This should only take between 5-10 minutes each day and can work well before bed or at another point in the day when things are a bit more calm.

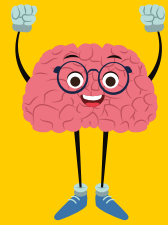
I am extremely grateful that you have chosen this book and I hope that you find value in reading it. I would be delighted if you would consider sharing it with friends and family.

Thank you

Jayle



CONTENTS



1

WORRY

My Magic Mind	p8
Recognising Worry	p9
What Does Worry Feel Like?	p10
Why Do We Worry?	p14
Is it Smoke Or Is It Fire?	p16
The Worry Tree	p19

2

SHOW WORRY WHO'S BOSS

The Worry Cycle.....	p26
Reversing The Worry Cycle	p28
Ups And Downs	p30
Doing What Makes Us Worried	p34
Comfort/Stretch/Panic Zones	p40
Worry Time	p46
What Can I Control?	p50
Is This Worry Meant For Me?	p54
Action Planning	p56

3

BE IN THE HERE AND NOW

Distraction	p66
Mindfulness	p74
Breathing Exercises	p78
Touch Techniques	p84

2

GRATITUDE AND CONNECTION

Gratitude	p92
Kindness	p100
Get Creative	p108
Looking After Your Relationships	p114
We Are All Part Of A Community	p118



5

BUILDING BLOCKS TO HAPPINESS

Self Care	p124
Sleep	p130
Get Moving	p136
Good Food, Good Mood	p142
Digital World	p150



WORRY

My Magic Mind	p8
Recognising Worry	p9
What does Worry Feel Like?	p10
Why Do We Worry?	p14
Is It Smoke Or Is It Fire?	p16
The Worry Tree	p19

MY Magic MIND

Everyone worries. Not just some people but **EVERYONE!** It is a feeling we get when we feel like something bad is going to happen, but worry is a normal emotion that can sometimes even be useful. When something feels strange or different, worry is our brain's way of making us more alert, which helps us tackle a problem or keeps us safe and away from danger. However...

Sometimes, worry can STOP us from doing things we want and can get in the way of everything. This type of worry can become a PROBLEM.

But the good news is there are **LOTS** of different ways to tackle unhelpful worry, helping you feel **HAPPY, CALM,** and in **CONTROL.**

Let's show worry who is BOSS!



RECOGNISING WORRY

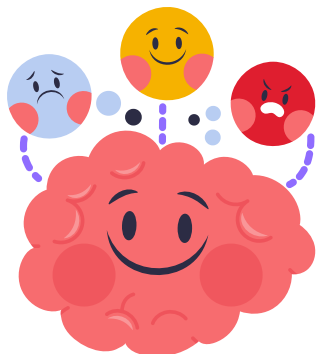
When we start having these feelings of worry in our lives, it can feel very intense and seem like our feelings are taking over. It can be a lot to deal with.



Before we learn how to deal with these feelings, we first need to be able to **RECOGNISE** when we are feeling **WORRIED** and what **CAUSES** us to feel this way.

It might sound obvious, but when we are feeling nervous or scared, our mind sometimes doesn't see things **CLEARLY**. This can make it **HARD** to know we are feeling this way in the first place.

WHAT DOES WORRY FEEL LIKE?



When you feel worried, your body can feel very strange. You might notice your **HEART RACING** or you feel **SHAKY** or **SICK**. Not everyone will feel the same way and that's ok. We are all very different.

Our feelings are never 'wrong.'

You might feel **ALL** of these things or **NONE** of them. You might have completely different feelings. If we took 100 people and put them **ALL** in the **SAME** situation, such as asking them to walk blindfolded through the playground, every single one of them would feel something different. It is normal for people to have **DIFFERENT** feelings. It's **OK** if someone feels nervous and someone else is excited. We are all **UNIQUE** and **SPECIAL** in our own way.



WORRY FEELS...



These feelings might not feel very nice, but you will **NOT** come to any harm (even though you might feel like it!)

You won't feel this way forever.

WHAT HAPPENS INSIDE MY MIND WHEN I'M WORRIED?

When we are feeling worried, the way we **THINK** about things can change. It can become very **DIFFICULT** to **CONCENTRATE**, which means we might find it more difficult to make **CHOICES**.

You might feel...

Upset

Out of Control

Tearful

Angry

Panicked

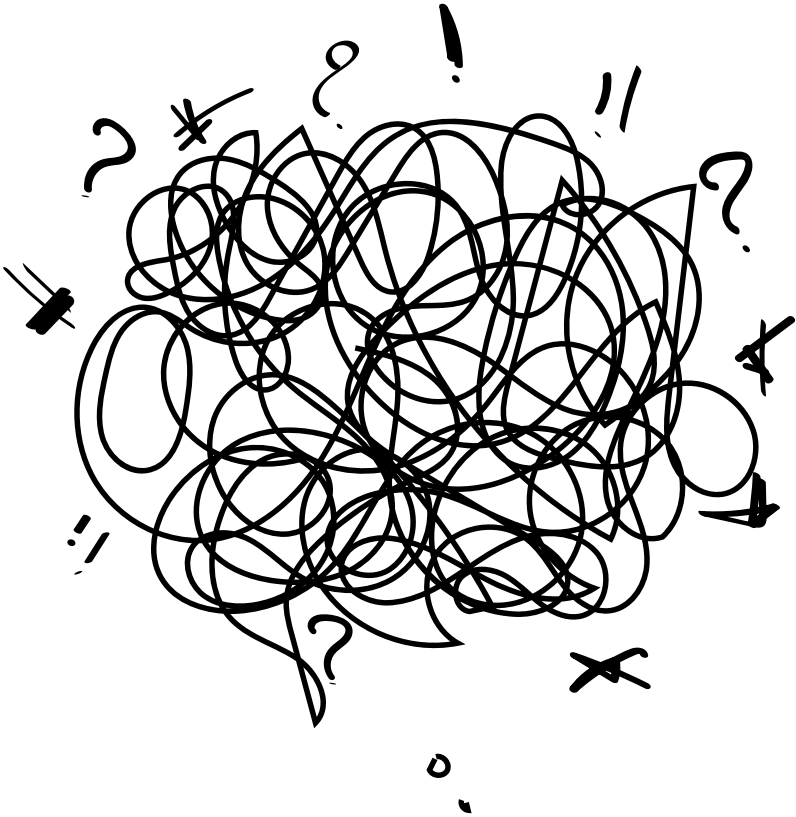
Sad

Overwhelmed

Scared



**SOMETIMES WORRY JUST FEELS
LIKE THIS...**



**AND NO WORDS FEEL RIGHT
TO DESCRIBE IT.**

WHY DO WE WORRY?

Now that we know what worry is, you might be asking yourself...

Would life not be a lot simpler if we didn't worry?

Why does worry even exist?

The simple answer to why we worry is that human beings have developed an in-built **ALARM SYSTEM** that warns us when there is possible danger around. This helps to keep us safe.



If worry didn't exist, we wouldn't pay any attention to things that are **DANGEROUS** or possibly **HARMFUL**, and we could end up getting ourselves into all kinds of tricky situations.



If a caveman didn't feel worried or anxious when faced with an animal who wanted to eat him, the human species would not have lasted very long on the planet!



A scary situation will trigger something within our human brain called the 'FIGHT OR FLIGHT' response.

This is a chemical reaction in our brain that helps us try and escape any dangers. Our brain will quickly decide whether we want to stay and defend (FIGHT) or run away (FLIGHT).

In these situations, our feelings of worry and anxiety are useful as they help to PROTECT US.

IS IT SMOKE OR IS IT FIRE?

Think of this in-built alarm system as being a bit like a **SMOKE ALARM.**



Smoke alarms are very useful when they start **BEEP, BEEP, BEEPING** to warn everyone that there is a fire and **to take action.** However, sometimes smoke alarms start **BEEPING** for **NO REASON** or simply because someone has burnt a slice of toast.



The **ALARM SYSTEM** in our brain responds in a similar way. It will sound both when there is a **REAL DANGER** (a fire) and when it **THINKS** there **MIGHT BE DANGER** (burnt toast).

Our in-built alarm system can sometimes become more sensitive to possible threats. When it's faulty, it can start sounding all the time, even when there isn't any real danger.



If you keep having to **JUMP** into **ACTION**, thinking there is a fire and you are in **DANGER**

(when it's only a bit of burnt toast) your brain is going to get very stressed! This can quickly become a **PROBLEM**.

The good news is that we can **HELP** our brain **WORK OUT** if our alarm system is sounding because of a **REAL** worry or because of a **POSSIBLE** worry.

If we can do this, we can tackle our worries and learn how to face our fears.

Let's find out how...

SHOULD I WORRY ABOUT THIS?

Sometimes our brain will send out a 'WORRY' signal as a way of trying to get us to SOLVE A PROBLEM.



Remember that not all worry is bad. It is simply our brain trying to signal that it **THINKS** something needs our **ATTENTION**. It is our job to then work out what action is needed.

First, we need to decide whether this is a problem that is actually happening or a possible problem, that may or may not happen. Remember - is it SMOKE or is it FIRE?

We do this so we don't waste our time and energy worrying about a problem that might never happen or that we have no way of changing.

WORRY TREE

When we have a worry or a problem, we can use something called the **WORRY TREE** to help us **DECIDE** if our worry is something that we **SHOULD** worry about or **NOT**.

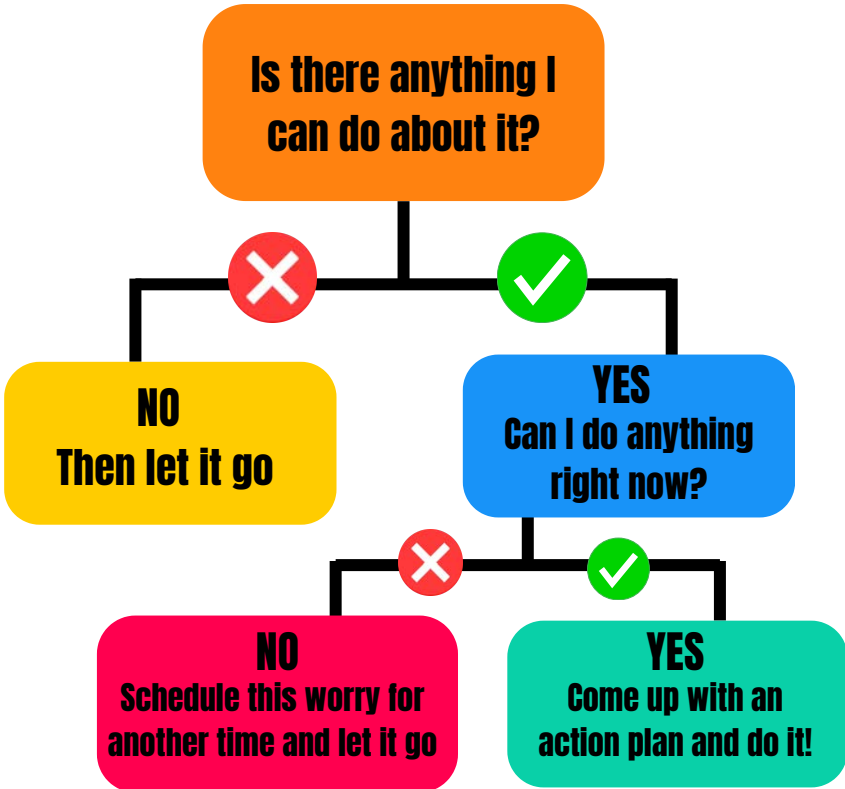
Sometimes, our brain can trick us into thinking, 'If I worry about this then I am **DOING something about it.' It can feel like we are preparing ourselves.**

However, using worry as a way of getting ready to tackle a problem only works if it is a problem we can actually **DO SOMETHING** about. Sometimes, we have worries that are completely out of our **CONTROL**.

This is where **THE WORRY TREE** comes in.



THE WORRY TREE IN ACTION



With practise you will become very good at **SORTING OUT** any worries that might pop into your head. You will quickly be able to decide there and then if the worry can be **SOLVED** right now, **PUT OFF** for later or just **LET GO**.



BRANCHES OF THE WORRY TREE



NOTICE

Start by noticing you are worried and ask yourself what you are worried about.



SMOKE OR FIRE?

Next, decide whether this is something you are worried **MIGHT** happen or is **GOING** to happen.




CAN I CHANGE IT?

If this is a worry you cannot change or that might never happen, then the next step is to try and let the worry go. Take a look at the next section on 'Distraction' for some tips.



CAN I DO ANYTHING RIGHT NOW?

If you have a worry that you **CAN** do something about, then decide whether you can do anything about it **RIGHT NOW**. If not, then decide on a time that you can deal with it and forget about it for now. Otherwise, get **STARTED** on tackling the problem.



LET'S TAKE A CLOSER **LOO**K

You might feel that you are too tired or too upset or have too many thoughts rushing around your mind to DEAL WITH A WORRY at a particular time.

If this is the case, you might be better off **CHOOSING** to think about your action plan at **ANOTHER TIME**.

OK, I know I have this worry but now is not the best time for me to come up with an action plan.

Your mind knows that you have a plan to take care of the issue, **BUT** it gives you a break from having to think about it right now.

You have **recognised** the problem and **checked-in** with yourself to see how you are feeling.

I will come up with a plan of action to tackle this tomorrow morning after my breakfast.

LET'S
GO!

Showing worry who is BOSS

Let's **TACKLE** worry and take back **CONTROL**. It's time to look at the **WORRY CYCLE** and what happens when you **DO** the things that make you worried.

Putting it off until another time

Make sure you give yourself a **SET TIME** for dealing with this problem in the future. Don't just keep **PUTTING IT OFF!** You can try creating your own **WORRY JAR** to record these worries and use **WORRY TIME** to help tackle these thoughts.

Choose to let the worry go

Take a deep breath. Say out loud.
'I AM STRONGER THAN MY WORRIES AND I AM CHOOSING TO LET THIS GO.'

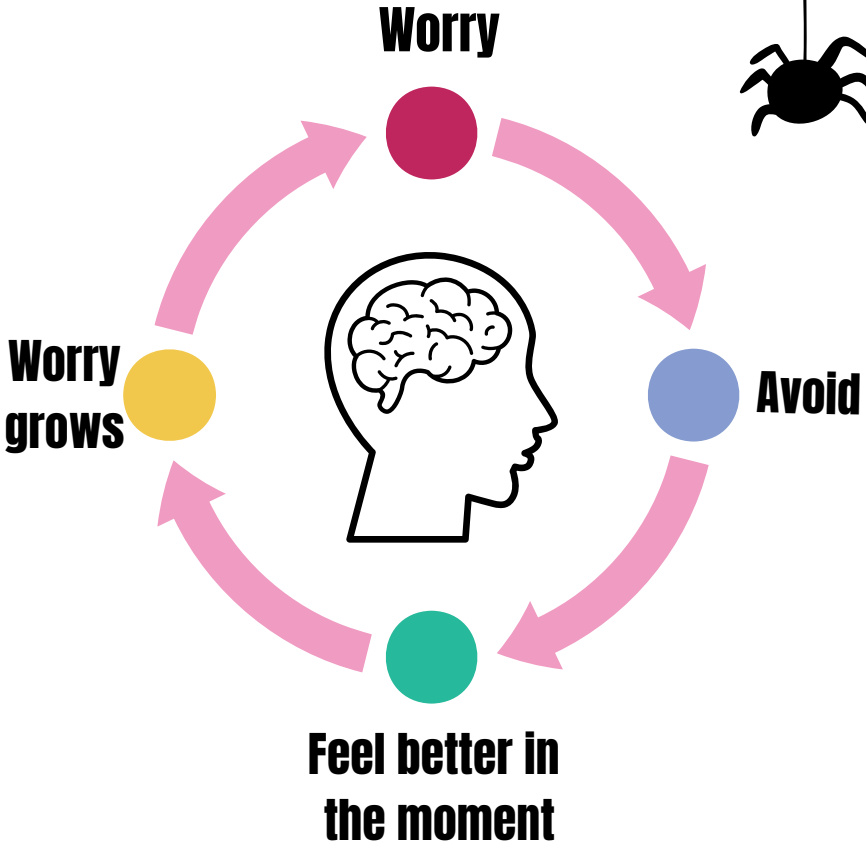
Pay attention to what is happening around you at that moment. Try some **BREATHING** exercises, **MINDFULNESS** ideas and **DISTRACTION** techniques



SHOW WORRY WHO'S BOSS

The Worry Cycle.....	p26
Reversing The Worry Cycle	p28
Ups And Downs	p30
Doing What Makes Us Worried	p34
Comfort/Stretch/Panic Zones	p40
Worry Time	p46
What Can I Control?	p50
Is This Worry Meant For Me?	p54
Action Planning	p58

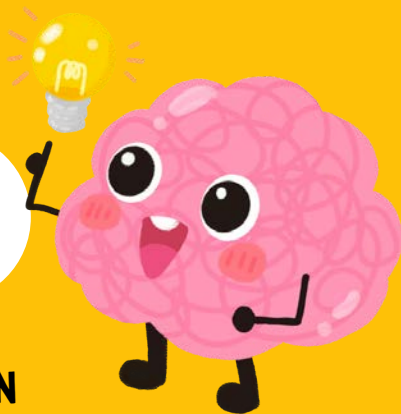
THE WORRY CYCLE



The worry cycle can keep on repeating, making our worries grow and grow unless we step in and

BREAK THE CYCLE.

WHAT IS REALLY GOING ON?



LET'S BREAK THIS DOWN



WORRY

Worries about the PAST or the FUTURE. Fear of what HAS happened or what COULD happen. For example, worrying about speaking to new people or going to school.

AVOID

Worry becomes so great you then AVOID DOING the thing you are worried about. For example, avoiding situations where you meet anyone new, and skipping activities.

FEEL BETTER IN THE MOMENT



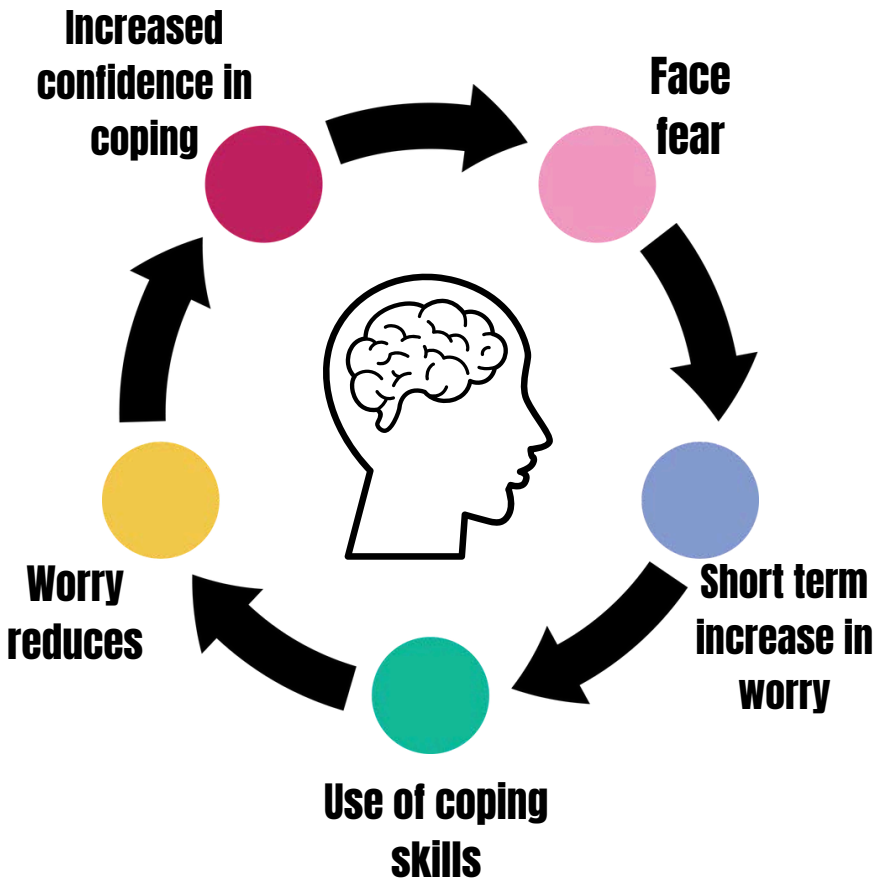
Not having to do the thing you are worried about feels GREAT... at first. You RELAX and feel RELIEVED that your worst fears have not come true. However...

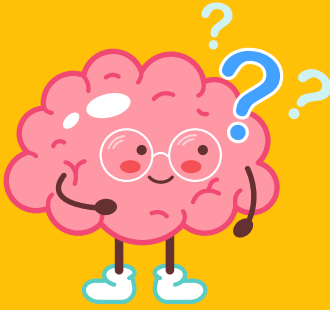


WORRY GROWS

Every time you AVOID a situation because you are worried, your anxiety has the chance to GROW. This happens because your fears haven't been challenged and you haven't had to find a way of COPING. Overall, this then leads to INCREASED WORRY, which starts the cycle all over AGAIN.

REVERSING THE WORRY CYCLE





LET'S BREAK THIS DOWN

FACING YOUR FEARS

Take a **STEP TOWARDS** doing the thing that makes you **WORRIED** or **AFRAID**. It doesn't have to be huge. A **SMALL** step can be just as meaningful.



SHORT TERM INCREASE IN WORRY

At first, you will feel **MORE** stressed and worried. Remind yourself that this is **SUPPOSED** to happen and it won't last forever.

USE OF COPING SKILLS

Being outside your **COMFORT ZONE** forces you to find a way to **COPE** and **DEAL** with the worry.

**Our brains are
REMARKABLE** at
doing this!



LONG TERM REDUCTION IN WORRY

Worry starts to melt away.



INCREASED CONFIDENCE

You begin to realise that you can '**FACE YOUR FEARS**' and you start believing in yourself. The brain learns that

YOU CAN DO HARD THINGS!

UPS AND DOWNS



All emotions that we feel come and go.
They are temporary so they don't last.

This is important to remember when thinking about emotions such as **WORRY** and **ANGER**. They will pass, and you **WON'T** feel this way forever. Try to remember this the next time you feel sad or worried. These feelings will eventually go away and at some point, you will feel **HAPPY** and **CALM** again.



Think about a time when you felt upset, such as not getting a toy or game you hoped for or when you were not allowed to do something you wanted. How did you feel at the time? How do you feel about it now? How we feel in the moment often feels different to how we feel later.

Emotions are messages and we can choose to listen to them.



Our emotions are there for a reason. They tell us things about ourselves and the situation. Feeling happy might mean we are safe and around people we care about. Feeling nervous about a test might mean we haven't prepared enough.

The way we feel happens for a reason. Emotions don't just come out of nowhere. Next time you are feeling a BIG emotion, try and take a minute to think about some of the reasons you are feeling this way. Are you angry because you feel something is unfair? Did you get interrupted when focusing on a task? Does it feel worse because you are hungry or tired?

Even though we might not be able to control how we **FEEL**, we can control how we **REACT** to our emotions. We can help these big emotions move through our bodies when we are feeling worried or overwhelmed.

RIDING THE WAVE

It can be helpful to think of all emotions, whether good or bad as being like **WAVES.**



Waves start as small ripples on the surface of the water, they then gain speed and force and eventually peak, before breaking and getting smaller again.

Our emotions do the same.



Worry can start small and then grow until it reaches its peak. Then it starts to get smaller again. Next time you feel a worry **BUILDING**, try to picture it as a **WAVE** in your mind. Know that it can get bigger but it will **ALWAYS** get smaller.

Think of yourself on a surfboard RIDING this wave, until it passes.



LET IT RAIN

When you feel a **BIG** emotion building, practise using the **R.A.I.N** technique below.



R - Recognise BEFORE trying to deal with an emotion, see if you can DESCRIBE it and put a NAME to it. You might think to yourself, “Ok, my heart is racing, and I’m breathing quickly, I know that I’m feeling scared”.

A - Allow Next, try to ALLOW the feeling to be there. Practise ACCEPTING it for what it is.

I - Interact DON’T keep everything bottled up inside. TALK to family or friends about how you are FEELING.

N - Next Step Now, focus on your NEXT STEP. Move forward by doing something else to help CALM your mind. Try some gentle breathing or mindfulness exercises.



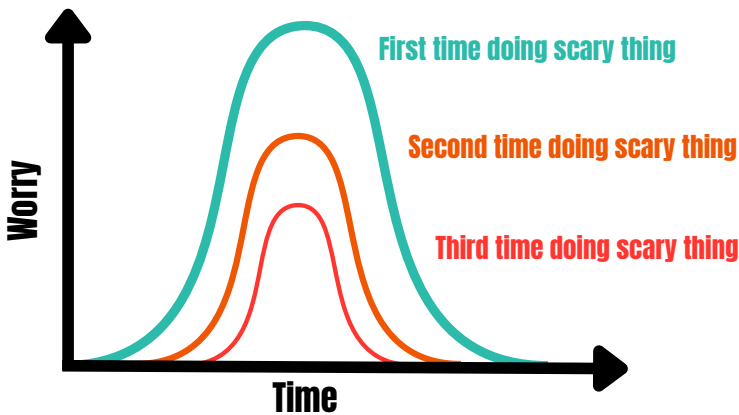
WHAT HAPPENS WHEN WE DO THE THING THAT MAKES US WORRIED



We now know that feeling worried is a feeling which will come and go. As with any feeling or emotion, nothing lasts forever.

Doing things which make you feel worried or scared, becomes easier the more you do them.

We call this **'habituation.'** This is a fancy word, which really means the more you do a certain thing, the more normal it feels.



Spoiler alert....

THINGS WILL *get* EASIER

This graph shows what happens when you **KEEP** doing the thing that makes you worried or scared. The first time you do it, you will feel **A LOT** of worry and uncertainty. The **NEXT** time you do it, you will still feel nervous and worried, but **LESS** so than the first time. The **MORE** you keep doing the thing that makes you scared, the **LESS** scared you become.



Over time, you will become much more comfortable with whatever is causing you to feel worried or scared, BUT only if you continue to keep trying.

Your worry might never disappear, and it will take **DIFFERENT** people **DIFFERENT** amounts of time to feel less anxious.

**This is the science behind the phrase
'conquering our fears'.**



DON'T RUN AWAY FROM THE THING THAT MAKES YOU WORRY...



DO IT!

When we first start doing the thing that makes us worried, it feels a bit uncomfortable. But our bodies are very clever at adjusting to the new situation.


Our bodies do this **ALL** the time. They adapt! Think about a time you have been going for a swim, and the water has been a bit **COLD**. You don't dip your toe in and then turn around, go home and miss out! **You get in!** You get in because you know that after a little while, the water will feel fine, and you will **ENJOY** your swim. **Your body ADJUSTS!**

The same is true for doing the things that make you worried.

Not running away when you feel uncomfortable, means you are sticking around for all the GOOD things that can often FOLLOW.



FACE FEARS



Think about someone who has a fear of spiders. They might be so **SCARED** of spiders they cannot be in the **SAME ROOM** as one or can't **EVEN LOOK** at a photograph of one!

If their fear is so **BIG** that they cannot go on a trip to the zoo, or can't watch a movie with a spider in it, or won't go on holiday to a country where spiders live, then their fear is causing them to **MISS OUT** on lots of other **GOOD** things too.



'Getting over our fears' might not always be possible but, 'facing our fears' is really about making our fears smaller so we feel more comfortable.

This means that FEAR doesn't STOP us from doing the things we WANT to do.

YOU ARE THE BOSS OF YOUR OWN EMOTIONS



‘Taking charge of your feelings’ is when you don’t let the **FEELING** decide what you do, but instead, **YOU** make that choice. Let’s take a closer look...

Feelings being in charge...

“I feel worried about going to a party with lots of people I don’t know, so I am not going.”

You being in charge of your feelings...

“I feel worried about going to a party with lots of people I don’t know, but I’m still going to go (even though I’m a bit worried).”



**You control your emotions,
Your emotions don’t control you**



THE 'COMFORT ZONE'

What?

You might have heard of the phrase 'COMFORT ZONE' before. This is usually used to describe somewhere where you feel **safe**.

This might be a **physical place**, like your bedroom, but we can also use it to describe a **situation**, such as speaking with your best friend. It's where we have a sense of **CONTROL** and **ROUTINE**.



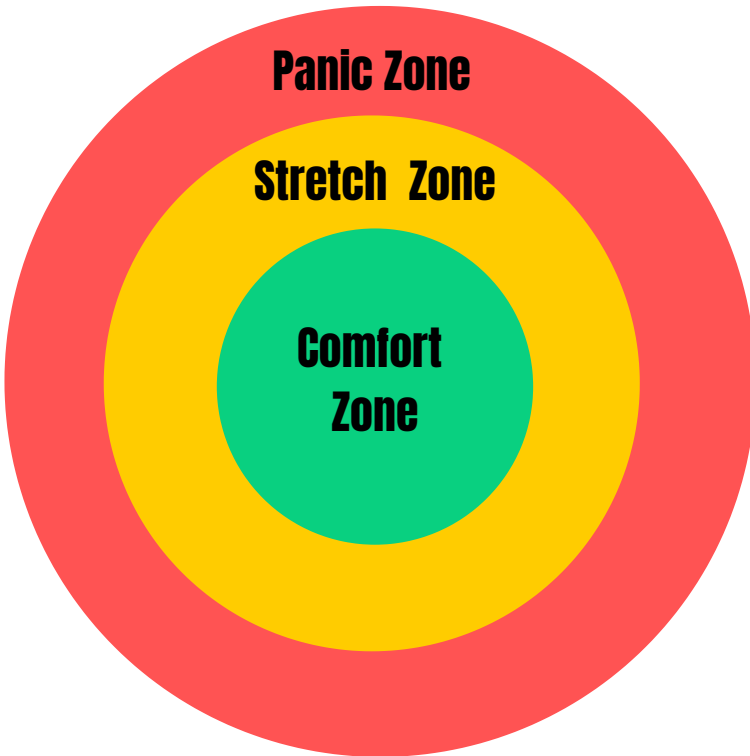
We feel comfortable because we know what to EXPECT and how to HANDLE IT. This can be a great thing as it makes us feel SECURE and allows us time to RELAX and SWITCH OFF. However, it also means that we are not getting the chance to do anything NEW and EXCITING. It means we are not able to CHALLENGE ourselves and GROW. This can cause us to feel bored and a bit stuck after a while.

Comfort Zone

- Feels safe and secure
- Stable/ unchallenging
- Predictable
- Can be boring

Stretch Zone

- Can be nerve-racking
- Requires focus/ effort
- Rewarding/ Exciting
- Doing new things



Panic Zone

- Worried/ scared
- Overwhelmed
- Unable to think clearly

THE 'STRETCH ZONE'

No, we don't mean pulling your best yoga pose!

What?

The **STRETCH ZONE** lies just outside your comfort zone. It's where you get to try **NEW** things, **LEARN** and **CHALLENGE** yourself.



When you push yourself into your '**STRETCH ZONE**' you might feel a little **uncomfortable** or even a bit **worried**.

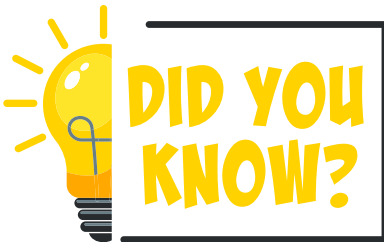
However, you are **STILL** in **CONTROL** and this feeling won't last forever.



Spending some time outside your comfort zone can make you feel **GOOD** and teach you to **BELIEVE** in yourself. This helps to build **self-confidence** and **self-esteem**.

The best way we can learn and grow is by stepping outside our comfort zone. Even though it can be scary at times, we should try and EMBRACE the stretch zone. Here, we can take RISKS, learn from our MISTAKES and achieve our GOALS.

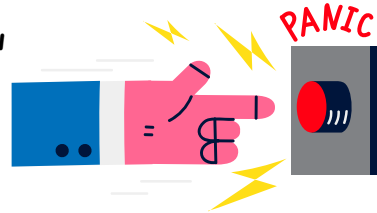
At first, when you are trying something new, for example, a new sport, you will be **PUSHING YOURSELF** into your **STRETCH ZONE**. You might feel nervous or uncomfortable. But, if you **KEEP DOING** this activity every week, very quickly, it will become **ROUTINE** and, you will know what to expect. It will become part of your comfort zone, where you feel **HAPPY** and **SAFE**.



The more time you spend in your 'stretch zone,' the bigger your 'comfort zone' becomes.

THE 'PANIC ZONE'

It is important that we know our **LIMITS** and don't push ourselves too **HARD**, too **QUICKLY**. Doing this means



we might push past the 'stretch zone' and into the 'panic zone', where we **NO** longer feel in control. This can lead to **PANIC** and can cause our comfort zone to **SHRINK**.



In the 'PANIC ZONE,' you may feel overwhelmed, (like everything is too much) and out of control. It is hard for your brain to be able to function properly in the panic zone and you might find it difficult to make decisions.



Everybody's COMFORT, STRETCH and PANIC zones are different.

We are all **UNIQUE**, and something that someone else might be comfortable with might be enough to push you into your **PANIC ZONE**.

Learning to TUNE into how we are feeling helps us to RECOGNISE if we are starting to go beyond the stretch zone and into the panic zone. Ask yourself, "Am I still in control of my feelings?" If not, it is important to TAKE A STEP BACK AND LOOK AFTER YOURSELF.

This might mean going back into your COMFORT ZONE and doing something you ENJOY. Don't let the panic zone stop you from trying again. Next time, plan to take a smaller step and stay in your stretch zone.



WORRY TIME



What is it?

Worry Time is a set **TIME IN THE DAY** when you have **CHOSEN** to think about a worry and give it your time and attention. When a worry pops into your head, you might choose not to think about it until during **WORRY TIME**. This can help you **CONTROL** your worries because you know that you have a plan to deal with them.

For some worries, WORRY TIME works well, and it is much easier for us to enjoy what we are doing when we know we have 'booked in' a worry for another time.

What Worry Time is not



Having a Worry Time absolutely does **NOT** mean that you are not allowed to speak about your worries anytime you want to.

For some worries, you might want to **STOP** what you are doing and have Worry Time **THERE AND THEN**.

This can be on your own or with a grown-up.

Everybody has worries and it is **ALWAYS** ok to talk about them if you want to. If you choose to use Worry Time as a way of helping you manage your worries, remember you should **NEVER** feel like you can't speak about how you are feeling at the time.



DURING WORRY TIME



It is a good idea to have a grown-up with you during Worry Time. Make sure you set a time limit. Between 5-15 minutes, should be plenty to start with. You can always schedule another Worry Time for later. Have a **PLAN** of what worries you want to deal with.

During this time, you can focus completely on a specific worry. Give yourself permission to run through worst-case scenarios if you want to. Talk about your fears with whoever is with you. It can help a lot to talk about what is troubling you.

There are lots of ways you can record any worries you have. This might be in a **NOTEBOOK**, a **JOURNAL** or using a special worry **JAR** or **BOX** you have created.



Try taking some time to design and make your very own **WORRY JAR OR BOX**. Being **CREATIVE** and making something is a **GREAT** way to feel good about **YOURSELF** and boost your **HAPPINESS**.

- **Take any clean jar and decorate it however you would like.**
- **This could be done by wrapping paper around it, colouring it in, or even using stickers.**
- **You could do the same by taking any box, such as a shoe box and turning it into a worry box.**

Any worries you have during the day can be written down and put inside your worry jar or box.



WHAT CAN I CONTROL?

**Not everything is within our control.
There are some worries we can do something about,
and other worries we cannot.**

This is sometimes called our **'CIRCLE OF CONTROL.'**

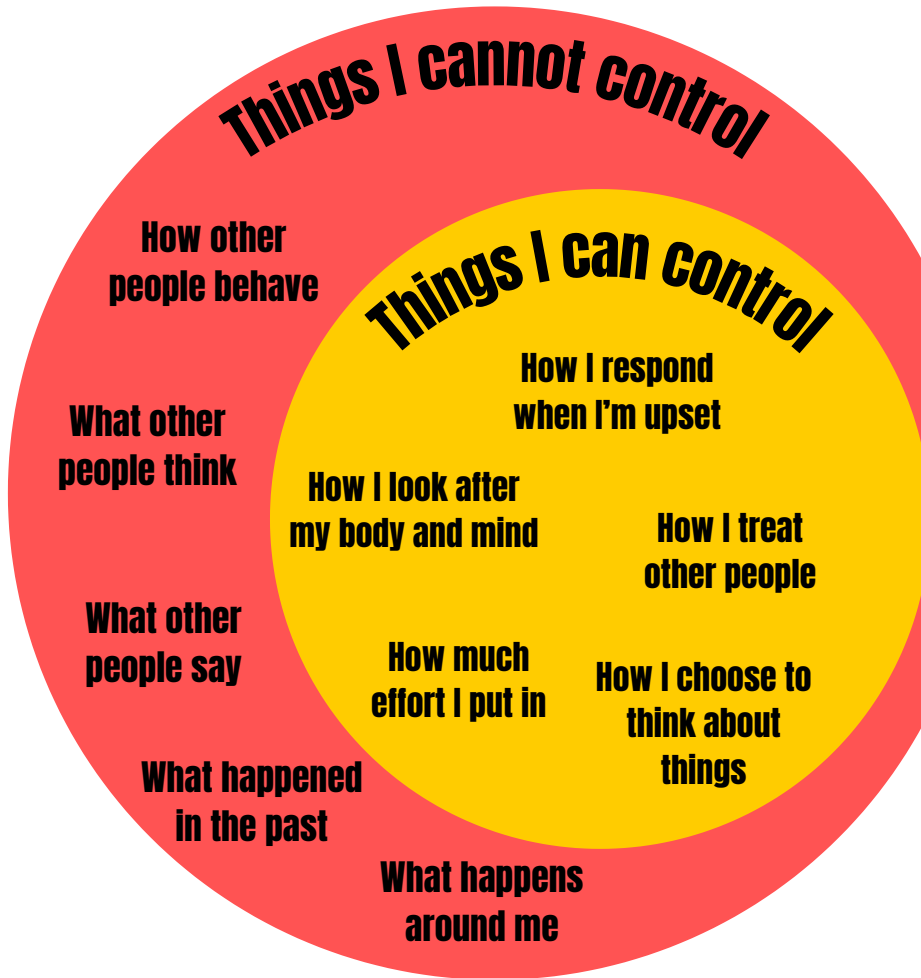
Think of it as a big imaginary circle around us.

It is only the worries **INSIDE** this circle that
we can act on.

EVERYTHING ELSE - no matter how much it worries us,
we can do absolutely nothing about it. We can,
however, control how we **THINK** and **REACT** to those
worries. This can be a **VERY POWERFUL** thing.



Circles of control





Take a sheet of paper and draw a medium-sized circle in the middle, surrounded by a large circle round about it.

In the **INNER CIRCLE** write or draw any worries that you have that you have **CONTROL** over. This might be something like “I am worried about getting my homework done on time.”

In the **OUTSIDE CIRCLE**, write down any worries that are completely out of your control. These are the problems that no matter how much you worry, you will **NOT CHANGE** them. For example, “I am worried that it might rain on sports day.”



Inner Circle

These are the problems that you are able to DO SOMETHING about.

All of the things you have listed inside the INNER circle should be where you FOCUS your attention when tackling worry. Try not to let these problems BUILD UP over time and start weighing on you. If you do, they can start to feel like a mountain that you need to climb. Instead, try DOING something about it right away. Think of one action, no matter how small and DO IT. If you do, you are likely to feel LESS worried and MORE in control.

Outer Circle

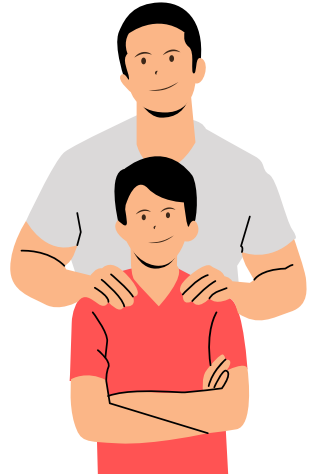
These are the problems that you have absolutely NO CONTROL over.

It does not matter HOW MUCH you worry about these problems, it will NOT change them. For all of the things listed in this area, the biggest and most powerful thing you can do is to learn to LET THEM GO. Try using some of the different tips and tricks from this book, such as distraction techniques, breathing exercises and worry time ideas, to help you do that.



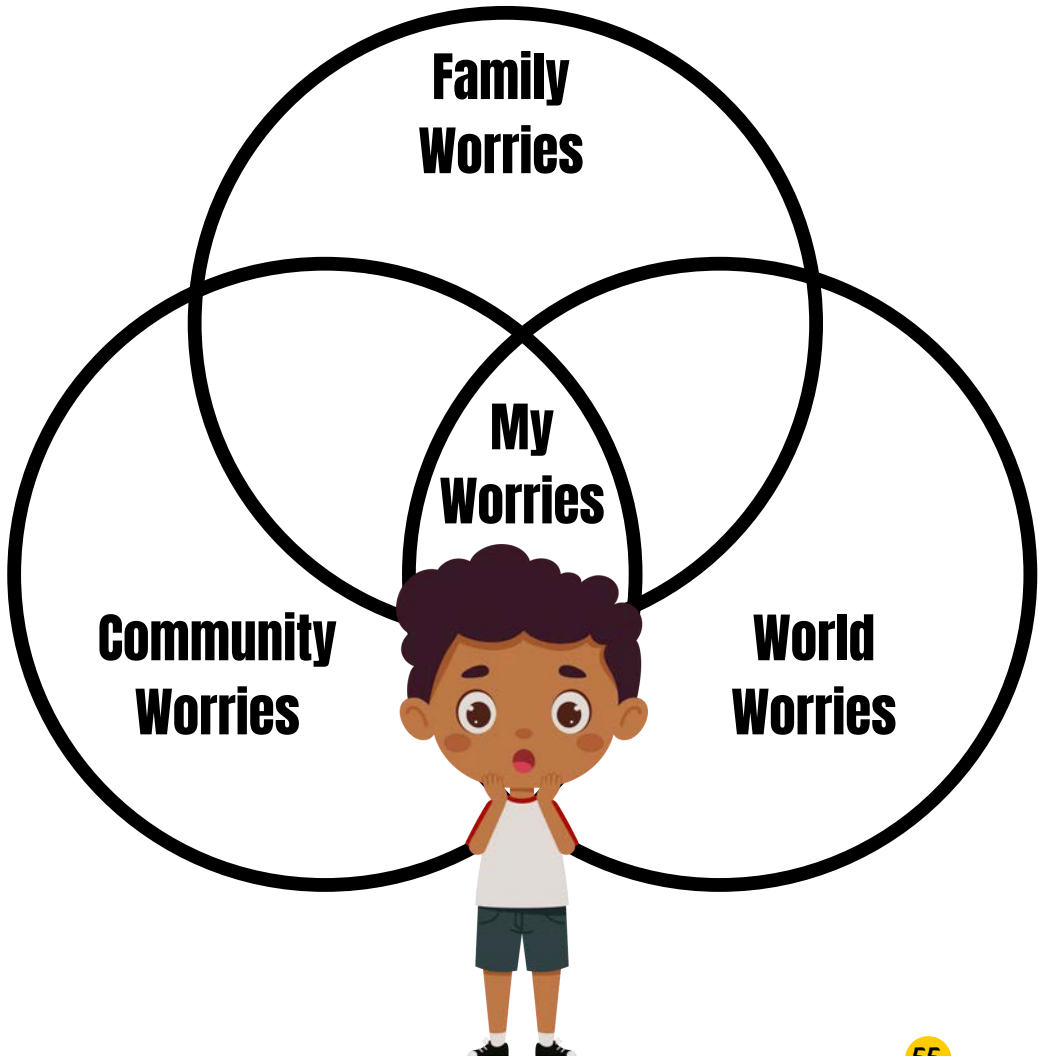
IS THIS WORRY MEANT FOR ME?

There are **LOTS** of people in this world with lots of **DIFFERENT** (and **SIMILAR**) problems. But you are not meant to worry about everything. **YOU** get to **CHOOSE** if you worry about something (or **NOT**).



When we have a worry, one of the questions we need to ask ourselves is, 'IS THIS WORRY MEANT FOR ME?' There are lots of worries that are only really meant for **GROWN-UPS**. When you think about it, you might find that you can **PASS A WORRY OVER** to your parents instead.

WORRIES



**IS THIS WORRY
MEANT FOR
ME?**



WORLD WORRY

There are certain things in the world that most people have a joint concern about, such as keeping our oceans clean and preventing climate change.



COMMUNITY WORRY

In your local area, lots of people will share an interest in making sure the local schools, parks, buses, trains and other things are all working well.

FAMILY WORRY

Some worries might be unique to just you and your family, such as a family pet being unwell.



Me

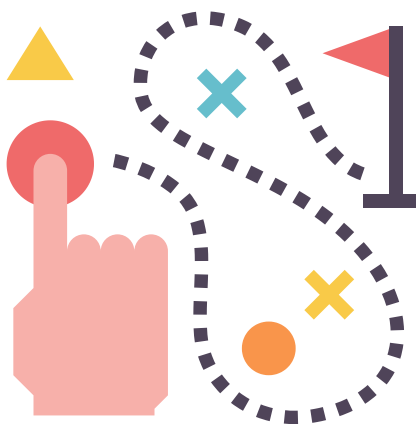
MY WORRY

Some worries might be more personal to you, such as being afraid of the dark. But it is important to know that you are NOT ALONE. Speak to a grown-up about these worries. Talk about what is making you worried. Think about what you can do about it. Then come up with a plan to deal with it.

CREATING AN *action plan* FOR WHEN WORRY STRIKES

WORRY is one of those pesky things that can sometimes **STRIKE** when you **LEAST EXPECT** it. In that moment it can be very **DIFFICULT** to think **CLEARLY** and to **FOCUS**.

Having an **ACTION PLAN** means that you have a plan already thought out and **READY TO GO** in the moment when anxiety, fear, or nervousness might hit.



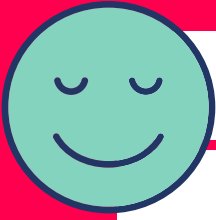
YOU ARE UNIQUE AND YOUR *Strategy* SHOULD BE TOO

It is important that you make a plan that is **UNIQUE**. This means it needs to include things that are going to be **HELPFUL** and **WORK** for **YOU**. This will be **DIFFERENT** for everyone. Remember, it doesn't matter how it **LOOKS** to anyone else, it only matters how it **FEELS** to you.



Think about things that help to make you feel **CALM** and **RELAXED**. With a grown-up, write down these ideas. This is the first step to forming your own **PERSONALISED** plan to fight off feelings of worry.

 **TAKE
ACTION**



Some Ideas



1

STOP

Stop what you are doing. Take yourself away from the situation if possible.

2

CLOSE YOUR EYES

Close your eyes and relax your shoulders.

3

BREATHE

Breathe slowly and deeply. In through your nose and out through your mouth. Pick one of your favourite breathing exercises from this book.



4

BE PRESENT

Bring yourself back into the here and now. Think about where you are and what is around you. Use your senses to think about what you can see, hear, smell, touch and taste.

5

IT'S NOT FOREVER

Remind yourself that this is a temporary feeling and that it will pass.

6

VISUALISE

Think about the emotion being like a wave, building but then peaking and getting smaller again. Visualise this wave and focus on your breathing.

and Some More



7

CHALLENGE

Challenge any negative thoughts. Is there another way of looking at it?

8

SUPPORT

Think about what advice and support a friend would give. What would a friend say to you right now?

9

AFFIRMATIONS

Have a phrase or statement that you say to yourself in these moments. Repeat it either out loud or in your head. These might be words that help you feel stronger, calmer or happier.

10

SAY OUT LOUD

“I am safe.”
“It’s ok to make mistakes.”
“I am the boss of my own worry and I can tell it to leave.”

11

GROUNDING OBJECT

Sometimes, people find it helpful to have a physical object to hold or to wear, which helps keep them calm. This might be a piece of jewellery which reminds you of someone, or a small stone from one of your favourite places.



PUTTING IT INTO ACTION

After you have created your **PLAN** for how you will cope when anxiety strikes, have a go at putting it into **ACTION**. Once the feeling has passed, you might find it helpful to speak to a grown-up about what things you think worked **WELL** and what **DIDN'T**.



You can then make CHANGES to your plan. Keep doing this until you have perfected a way of RIDING OUT any negative emotions that come your way. Over time, you will find that dealing with these difficult feelings gets EASIER, especially if you PRACTISE.

CALM DOWN IDEAS



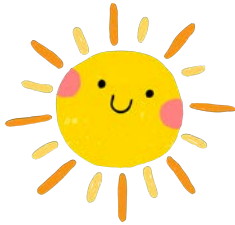
**Take some
deep breaths**



Count to 10



Listen to music



Get outside



**Speak to
someone**



**Paint, draw,
or create**

POSITIVE

**Say something
positive to
yourself**



**Imagine
yourself in a
happy place**



BE IN THE HERE AND NOW

Distraction	p66
Mindfulness	p74
Breathing Exercises	p78
Touch Techniques	p84

DISTRACTION

Shifting our attention to something else takes our mind off worry and can help us feel calm and in control.

Sounds simple, right? But, when we worry it can sometimes be very difficult to get those thoughts out of our head.



The following pages contain different distraction techniques and mindfulness ideas to help you with this. This lets us enjoy what we are doing at that moment and **STOPS** our mind getting bogged down with other things.



inhale
exhale



Next time you are trying to take your mind away from a worry, try focusing on your breathing.

BREATHE IN through your nose for 4 seconds and **OUT** through your mouth. Try not to let your mind wander. If you realise you are thinking about **SOMETHING ELSE**, just keep bringing your mind back to focusing on your **BREATHING**.

Focus on what is around you

Worries are often things that have happened in the **PAST** or things that might happen in the **FUTURE**. By thinking about what is going on around us, we can **STOP** our thoughts from racing and thinking about other things.

It can also help us feel **HAPPIER** and more **RELAXED**.





Water Therapy

Water can have a very SOOTHING effect on your body and mind. You don't need to be swimming in a pool or sitting in a hot tub to feel calm.

- ★ **Sometimes, simply running your hands under warm water and focusing on how it feels can help relax you.**
- ★ **Try holding an ice cube and moving it between your hands until it melts.**
- ★ **You could also take a shower or a bath. At the end of your shower, try a cold water blast. This can help boost your energy and the happy chemicals in your brain.**
- ★ **If you don't have time for a shower use an ice-cold face cloth over your eyes.**



How?

There are LOTS of different ways that we can DISTRACT ourselves from worry. Sometimes we might be in the mood for an activity that is LOUD and ENERGETIC. Other times we might need an activity that is CALM and RELAXING. Here are some ideas...

Get Active

This could be going for a run or bike ride with a grown-up, or playing with a ball in the garden.
Anything that gets you moving!

Read

This could be reading a book, magazine or even listening to an audiobook.

Listen To Music

This might be listening to calming sounds, like the waves crashing or birds singing. Or it could be listening to your favourite song played loudly so you can sing and dance around.

Get Creative

Try doing some mindful drawing or colouring. Making something is a great way to help us feel good about ourselves.

Put On A Podcast

There are lots of great podcasts available for free. A grown-up might be able to help you set this up.

Play a Game

This might be a simple memory game, a Rubix cube or a quick card game. Computer games or apps also work well but try setting a timer to limit this to 10 minutes.

Get Outside

Whether it's going for a long walk or stepping outside into the garden for 5 minutes. Connecting with nature helps us feel calm and happy.

BE IN THE HERE AND NOW

LIFE CAN BE BUSY! There can be a lot going on between school, activities, friends and family. Sometimes, life can feel **VERY FAST**. Sometimes, it can feel like there is so much going on that we don't get a chance to **THINK** about the here and now.



Thinking about what is going on around us can help us enjoy the **MOMENT** and be **THANKFUL** for the **SMALL** things that we might otherwise not have noticed. It also stops us from worrying about something which has happened in the **PAST** or something which might happen in the **FUTURE**

This is called MINDFULNESS.

**Being ok
with the
way things
are**

**Being
Still**

Accepting

Breathing

**Noticing
the
small things**

**Being
in the
moment**

BEING MINDFUL IS...

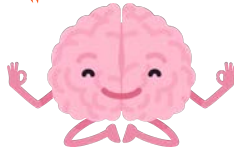
**Taking
in what is
around you**

Forgiving

**Doing
one thing
at a time**

**Emptying
your mind**

Patience



MINDFULNESS

**Is being aware of what is happening right now
without wishing it was different.**

Being mindful can be **SIMPLE**, but it isn't always **EASY!** Our minds like to wander and start thinking about other things! If this happens, simply bring your **FOCUS** back to what you are **DOING** in that **MOMENT**.

Try doing **ONE** thing at a time. Make sure you move away from any **DISTRACTIONS**. Turn off all electronics. This means any TVs, tablets, computers or phones.

5 SENSES

Our **5** senses help us to learn about the world around us. Sometimes, we can become less aware of our senses when we are distracted by other things.



sight



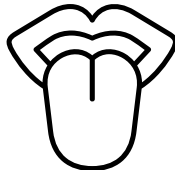
touch



smell



sound



taste



TRY IT OUT



Tuning into our senses helps to keep ourselves in the **MOMENT**. Think about when you brush your teeth. This is something you do **ALL** of the time and chances are your body goes into autopilot so you don't even **THINK** about what you are doing.

Next time, you are brushing your teeth. Think about all 5 of your senses and what they are telling you.

SIGHT TOUCH SOUND SMELL AND TASTE

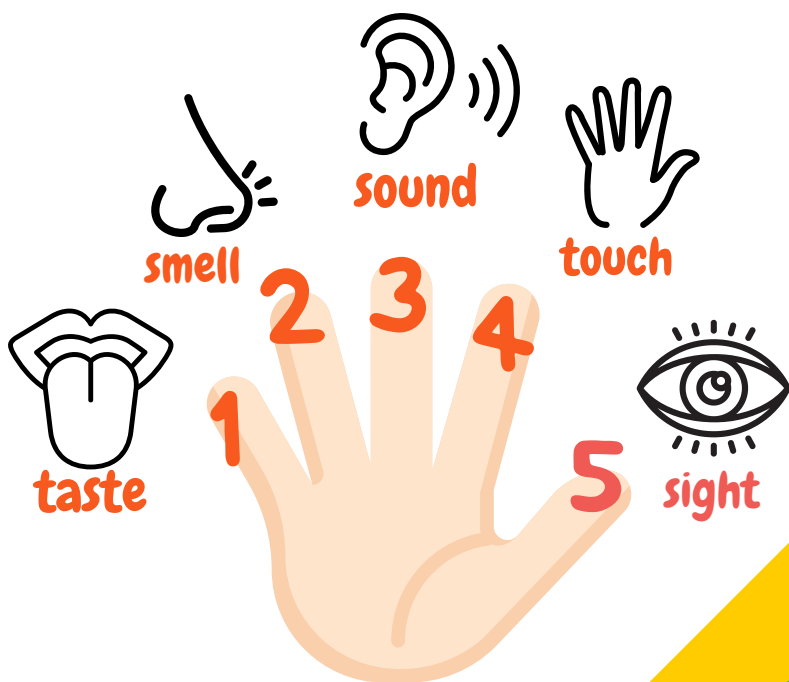
- ★ You **SEE** the colourful toothpaste tube.
- ★ You **FEEL** the bristles over your teeth and gums.
- ★ You **HEAR** the brushing noise and running water.
 - ★ You **SMELL** the mint.
 - ★ You **TASTE** the flavour.



MINDFUL HAND

When you find yourself feeling worried take a minute to focus on what is going on about you. Think of:

- ☆ 5 things you can see
- ☆ 4 things you can feel
- ☆ 3 things you can hear
- ☆ 2 things you can smell
- ☆ 1 thing you can taste



Stop BREATHE & THINK

BREATHING. Something we do all day, every day, without even **THINKING** about it.

Have you ever noticed that when you feel worried or upset your breathing changes? It can become quick and difficult to control.

Take some time to practise breathing in a different way. This can help **FOCUS** our mind and help us tune out all of the **RACING** thoughts for a little while.



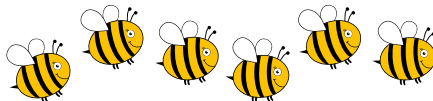
BUMBLE BEE BREATHING



BREATHE IN

BREATHE OUT

1. Sit on the floor with your legs crossed.
2. Take your middle finger on each hand and place them in your ears.
3. Close your eyes and focus on your breathing.
4. Try not to think of anything else.
5. Take a deep breath in through your nose.
6. Then, breathe out through your mouth, making a buzzing bee sound at the same time.



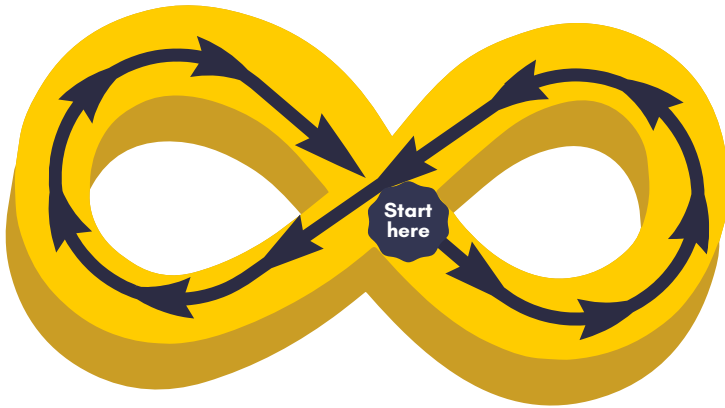
TEDDY BEAR BREATHING



1. Start by lying on the floor, flat on your back.
2. Make sure you are comfortable.
3. Place a teddy or soft toy on your tummy.
4. Take deep breaths in through your nose.
5. Then out through your mouth.
6. Watch the teddy go up and down as you breathe.
7. Keep doing this until you are feeling calm and relaxed.

FIGURE OF EIGHT BREATHING

BREATHE IN



BREATHE OUT

Start in the middle where the two loops join and...

- ★ Use your finger to trace along the figure of eight.
- ★ Move at a slow and steady speed.
- ★ Breathe in on the first loop.
- ★ Breathe out on the second loop.

If you are out and about, you can try drawing a figure of eight on a piece of paper or picturing it in your mind.

ELEPHANT BREATHING



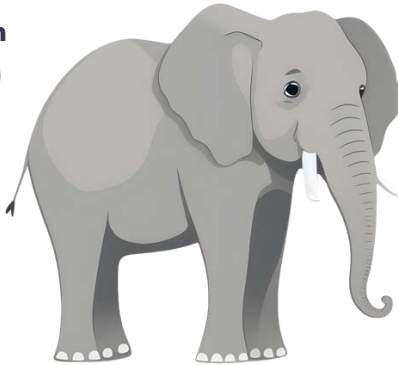
Breathe out
(arms down)

Hold

Hold

Breathe in
(arms up)

Breathe in
(arms up)



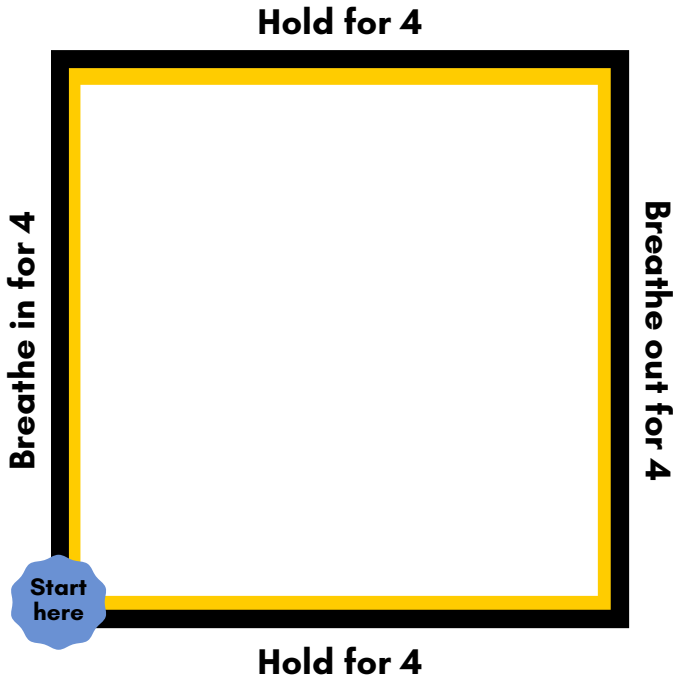
Hold

Hold

Breathe out
(arms down)

1. Stand with your feet apart.
2. Reach both your arms out in front of you. Imagine your arms are the elephant's trunk.
3. Breathe in deeply through your nose, and at the same time raise your arms above your head.
4. Breathe out gently through your mouth, and at the same time bring your arms back down.
5. Continue doing this until you are feeling calm and relaxed.

BOX BREATHING



- ★ **Keep your breathing slow and steady.**
- ★ **Trace your finger along the line.**
- ★ **Breathe in through your nose.**
- ★ **Breathe out through your mouth.**
- ★ **Repeat 5 times.**



TOUCH

People have used **TOUCH** as a stress buster for centuries, and it is easy to see why. Concentrating on this one sense can be a great way to focus our attention and stop our busy brains from **WORRYING** about other things.

In the next few pages, we will learn about some quick and easy ways to reduce stress using touch, such as...

- ★ **Thumb holding**
- ★ **Tapping**
- ★ **Letting it go**
- ★ **Calming hand**

THUMB HOLDING

This is a very quick and simple technique for reducing stress and worry. It can be used anywhere, at any point and can help you feel more in control.

How it works

Applying pressure over the base of your thumb is thought to activate one of the pressure points within your body. Some people feel this helps to relieve stress in the moment.

What to do

- ★ Use your thumb and middle finger to pinch around the bottom of your other thumb.
- ★ Keep the pressure firm and steady.
 - ★ Hold for 20 seconds.
 - ★ Repeat on the other side.






TAPPING TECHNIQUE

This technique involves applying pressure to different **ENERGY POINTS** in the body. In traditional Chinese medicine, it's believed that **ENERGY FLOWS** through our body at these points. Lots of people have found this a helpful way of feeling **CALMER** and releasing tension.

How it works

The major pressure points are:

- 
- | | |
|----------------------------|--------------------------|
| 1. Side of the hand | 6. Under the nose |
| 2. Top of the head | 7. Chin |
| 3. Eyebrow | 8. Collarbone |
| 4. Side of the eye | 9. Under the arm |
| 5. Under the eye | |

- ★ Tap each of the energy points **SEVEN** times.
- ★ Use the pads of your fingertips to tap.
- ★ Ensure the tap is **FIRM** and has a **STEADY** rhythm.

Top of the head

Eyebrow

Under the eye

Side of the eye

Chin

Under the nose

Collarbone

Under the arm

Side of
the hand



LET IT GO

- Get yourself into a comfortable position and close your eyes.
- Hold one hand out in front of you with your palm facing the ceiling.
- Using the other hand, stroke down your arm, starting from the shoulder all the way down to your hand and off the tips of your fingers.
- Use firm and steady movements.
- Repeat this several times on each arm.

Focus on how this feels. Listen to the sound of the strokes make. Relax your mind and breathe deeply. Try to keep your attention on exactly what is happening in the moment.

CALMING HAND

Hold your hand out in front of you.

Hold your **INDEX FINGER**, relax your shoulders and puff out all of the air in your lungs.

Apply pressure over the base of your **THUMB**. Hold this for 10 seconds.

Hold your **MIDDLE FINGER** and slowly inhale through your nose. Pause.

Hold your **RING FINGER** and slowly and steadily exhale through your mouth.

LITTLE FINGER - Make your hand into a fist, then fully stretch it out.



Repeat as often as you need to.



GRATITUDE AND CONNECTION

Gratitude	p92
Kindness	p100
When Someone Is Unkind	p106
Get Creative	p108
Looking After Your Relationships	p114
We Are All Part Of A Community	p118

GRATITUDE

Scientists have proven that thankful people are usually happier people. Learning to be more grateful can help us worry less.

THANKFUL PEOPLE ARE...



Most of us are good at saying 'THANK YOU' to others. But, there is a difference between being **POLITE** and being truly **GRATEFUL**. Gratitude is a skill, and like all skills, if we practise we get better at it.

BEING THANKFUL



The next time something good happens, try to...

NOTICE

What are you thankful for?

APPRECIATE

Can you think of reasons why you are thankful?

FEEL

How does this thing you are thankful for make you feel?

ACT

What can you do to show your appreciation?

Taking the time to truly think about why we are thankful helps us notice all the small things, things that we are sometimes too busy or distracted to pay attention to. After a while, you will **NOTICE** that there are lots of things to be grateful for and lots of people who **LOVE** and **CARE** about you.

**3 things that
you are thankful
for today**

**2 emotions that
you felt when
someone
helped you**

**5 things that
you are thankful
for in your life**

GRATITUDE CHALLENGES

Think of...

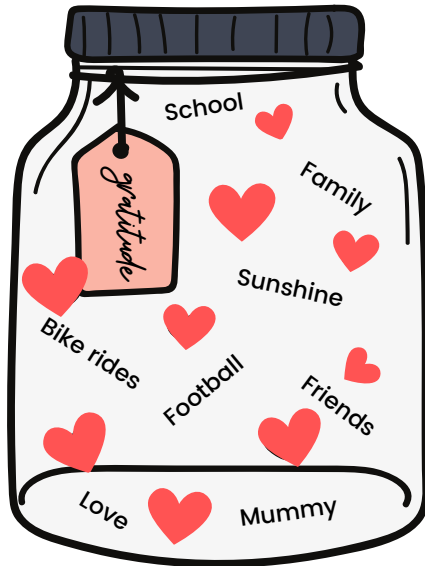
**3 ways we can
show someone
we are grateful
for them**

**3 reasons why people
help one another**

GRATITUDE JAR



Decorate a jar and ask everyone in your family to write down one thing that happened today that they are thankful for.



Do this every day for a week, then at the weekend, read through all of the things your family are grateful for. Are any of them the same? Can you guess who has put in each one? Is anyone thankful for something you did? If so, how does it feel to know someone appreciates you?

ACTIVITY

HAPPY Thanks giving

GET TOGETHER

Get your family involved in organising a mini Thanksgiving. Speak to a grown-up about organising a family meal.



MAKE IT EXTRA SPECIAL

To make it feel extra special you could light a candle for the table or make some name tags for the place settings.

FAMILY MEAL



This doesn't need to be fancy or any particular type of food. You might want to do a family pizza night or even make a dessert to have after dinner.



GRATITUDE

During the meal ask everyone to chat about 2 or 3 things that they are thankful for. You might find it interesting to hear what other people are grateful for. You could even discover new things to be thankful for that you hadn't thought about before.



APPRECIATION

There are lots of ways we can show someone we are grateful for them or for what they have done.

Showing someone you appreciate them might involve returning a favour and doing something helpful for them. It might be making them a thank you card or writing them a thank you note. You could tell them why you liked a gift and how it made you feel.

FINDING THE GOOD

Have you ever noticed that it is much **EASIER** to be **THANKFUL** for things when everything is going well? It can be much more difficult to find the **POSITIVES** when things have not gone to plan.



Challenge

If a trip to the park is cancelled because of the rain, our **BRAIN** naturally wants to focus on the thing we are **MISSING OUT** on.

But not going to the park in the rain might mean you don't get cold and wet. It might mean you are able to do something else instead, like a movie afternoon with the family.

Next time something doesn't go to plan, see if you can think of one positive thing that happened because of that. Find the 'silver lining.'

GIVING

Giving to others is a great way to feel good about yourself. Not only does it make you feel happy, but it makes others feel happy too!

Giving makes the world a happier place for everyone.

Giving...

BOOSTS
CONFIDENCE

MAKES YOU
FEEL GOOD
ABOUT
YOURSELF

MAKES YOU
FEEL CLOSER
TO SOMEONE

HELPS BRING
PEOPLE
TOGETHER



Give to give. Don't give to get.

Of course, it feels good to give and get something in return. But don't let this be the reason you give to others.

KINDNESS

Being kind is not something that people either are or are not. One person can sometimes behave kindly in one situation, but not in another.

CHOOSE to be kind, not only in the way you speak and act towards others but also in how you treat YOURSELF.

It can often help to think about how you would talk to a friend if they were in your shoes. If a friend had not done as well as they had hoped in school or at a sport, how would you talk to them about it?

The chances are you would be a lot more **SUPPORTIVE** and kind to your friend than you would be to **YOURSELF**. We can often be our own worst enemies when we feel like we have 'failed'. Let's try and treat ourselves with the same **UNDERSTANDING** and **KINDNESS** as we do our friends.

Being KIND is a choice that we can make in everything we do.



Kindness MATTERS!

**"NO ACT OF KINDNESS, NO MATTER HOW
SMALL, IS EVER WASTED."**

Kindness is....

MAKING
EVERYONE FEEL
INCLUDED

MAKING
SOMEONE
HAPPY

THINKING ABOUT
HOW YOUR WORDS
MIGHT MAKE
SOMEONE ELSE FEEL

TAKING CARE
OF
OTHERS

SAYING
SORRY

SHARING

CARING ABOUT
OTHER PEOPLE
AND THEIR
FEELINGS

BEING
HELPFUL

GIVING,
BUT NOT
EXPECTING






Smile 😊



Smiling releases a burst of ‘happy chemicals’ in the brain. Looking happy on the outside can sometimes make us feel better on the inside. Smiling can also help us feel connected to people and can help us feel better about our worries.

Smiling is contagious. It spreads from one person to the next.

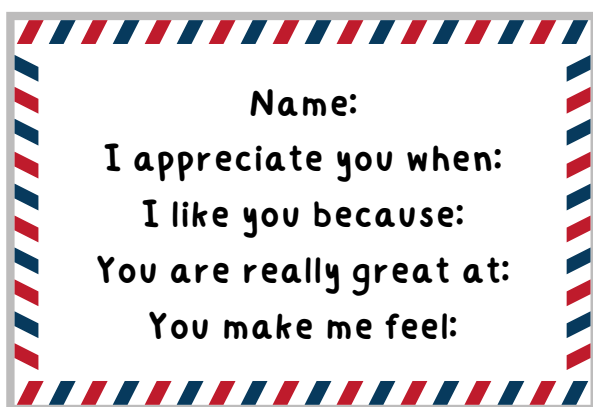
THE SMILING GAME



You need two people. Stand or sit so that you are facing each other. One person starts by being the ‘smiler’. It is their job to try out as many different types of smiles that they can think of, whilst the other person tries not to smile back. Take it in turns, and you will notice how difficult it is not to smile when someone smiles at you.

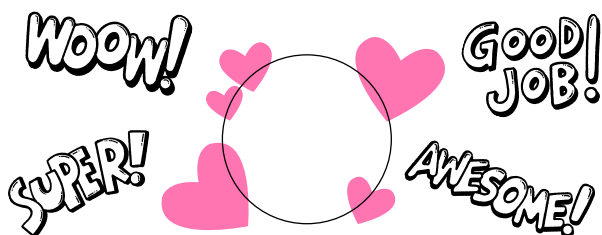
COMPLIMENTS

Kindness can be saying something nice to someone.
We call this a compliment. Kind words are important.
They can make people feel **HAPPY, LOVED**
and **APPRECIATED**.



Name:
I appreciate you when:
I like you because:
You are really great at:
You make me feel:

**Why not try making some compliment cards for
some of your friends and family?**



I am kind

**Surprise someone with kindness.
When you are kind to other people, kindness
will always find a way back to you.**



**5 DAY RANDOM ACTS OF
KINDNESS CHALLENGE**

**For the next five days, carry out at least
one random act of kindness.**

I can make a difference

Here are some more suggestions
to get you started.



WHEN SOMEONE IS UNKIND



The world is full of lots of different people who can feel and **BEHAVE** in lots of different **WAYS** at different **TIMES**. Other people's emotions are complicated just like our own.

If someone behaves in an unkind way, stop for a minute and think about what might have caused them to do this. Often, it isn't anything to do with what you have done or said. More commonly, it is because of something else that is going on in their life.



This doesn't mean that it is EVER OK for someone to behave unkindly towards you. We expect our friends to treat us with KINDNESS, in the SAME WAY that we treat them with kindness.



If you find yourself in a situation where someone is **NOT** being kind, then it is absolutely **OK** to **TELL THEM YOU DON'T LIKE** the way they are behaving.

When you do that it makes me feel upset. I don't want you to do that again.

I don't like it when you speak to me like that. Please stop.

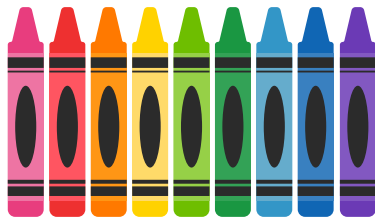
You are hurting my feelings.



I don't find that funny.

GET CREATIVE

Drawing, painting, modelling, and design are all great ways to get creative and boost how you feel. Art helps to unlock our imagination and can increase happy chemicals in our brains.

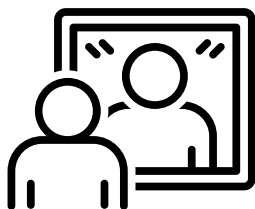


You might think art isn't for you or that you are not very creative. But art isn't simply being good at painting and drawing. You don't need to be the best artist in the world or even to have done it before.

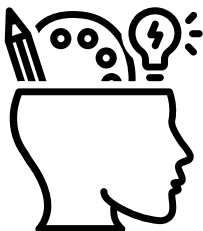
Getting creative is about giving ourselves freedom. This can be a wonderful thing for our minds!



BENEFITS...



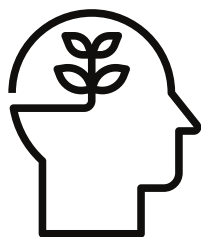
Improve self-awareness



Learn new skills



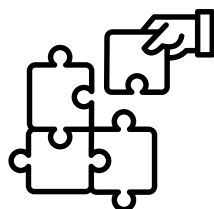
Meet new people



Boost self esteem



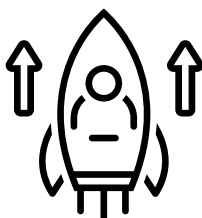
Increase confidence



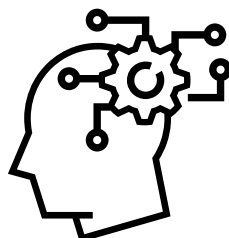
Improve problem solving skills



Distraction from unwanted thoughts



Feel good about yourself



Enhance hand-eye coordination

CREATE A HAPPINESS BOX



A happiness box can be used to store things that make you feel happy and loved. It can be used when you are feeling upset, sad or worried.

You will need:

**Cardboard box (e.g. an old shoe box),
coloured pens,
scraps of fabric or
old magazines,
glue.**

Ideas of things to put inside:

- **A reminder of a special place (shell, dried leaf, flower)**
- **Worry stone**
- **Photos of family and friends**
- **Some puzzles or colouring sheets**
- **Your favourite comfy t-shirt**
- **A treat for yourself - bath bomb**

Now, ask yourself what people, places, activities or things make you feel:



**Happy?
Calm?
Confident?
Loved?**



**With the answers to these questions in mind,
create your happiness box!**


COLOUR ME HAPPY



**You will need:
a sheet of blank paper and coloured pens/pencils/crayons**

 Think about what **REALLY** makes you happy. Think about times in the past when you felt happy.

 What colours and pictures do you think about when you think of happiness?

 Take your piece of paper and draw a large circle. Fill the circle with colours, people, and things that make you happy.







You can also try this activity using other emotions, such as anger, sadness or worry.

Identifying things which affect our emotions, can help us to better **UNDERSTAND** our feelings.



MINDFULNESS SCRIBBLE



-  Take a blank piece of paper and grab a pen/pencil.
-  Now close your eyes.
-  Take a deep breath in through your nose and out through your mouth.
-  With your eyes still closed start drawing.
-  You might want to scribble furiously or draw relaxed spirals.
-  Once you have finished, you can use coloured pens/pencils to colour in the different sections within the shape you have created.

DID YOU KNOW...



For centuries, art has been used all over the world to help people **CONNECT**, but it wasn't until recently that people started to realise just **HOW MUCH** art can affect our emotions.

Margaret Naumburg (1880 – 1983) became known as the Mother of Art Therapy. She founded the **Walden School in New York in 1915** and believed that children should have the freedom to **CREATE!**

It can be difficult at times to express our thoughts and feelings in words. Art helps us to do this and allows us the freedom to be ourselves, without any pressure or judgement.



LOOKING AFTER YOUR RELATIONSHIPS



Forming STRONG and SUPPORTIVE relationships with family and friends can make us HAPPIER. These strong connections help us feel less lonely and less worried.

My relationship with myself

This is one of the most important, if not THE MOST important, relationship we have, yet we often forget about it. Learning to look after ourselves and treat ourselves KINDLY means we are then able to do the same for OTHERS.

My relationship with others

Having people in our life who make us feel happy and who we enjoy spending time with, is so important for our happiness. Human beings are social animals and we love to connect with others. Positive relationships take time and effort to BUILD and KEEP strong.

WHAT DO YOU THINK?

Listen

Talk about a problem. Sharing what is troubling you, shows that person that you trust them and are interested in their opinion.

Keeping your relationships Strong

Make the effort to see or speak to them regularly. This can be as long or short as you like.

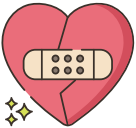
Be genuinely interested in what is going on in their life and how they are feeling.

**LISTEN.
LISTEN...**



WHEN THINGS ARE NOT GOING SO WELL

It is very unlikely that we are going to see eye to eye with absolutely everyone all of the time. Having disagreements is normal. However, it is important that we can deal with these situations in a way that doesn't hurt our relationship with the person. Unresolved fights lead to feelings of worry, frustration and sadness and this can be bad news for our mental health.



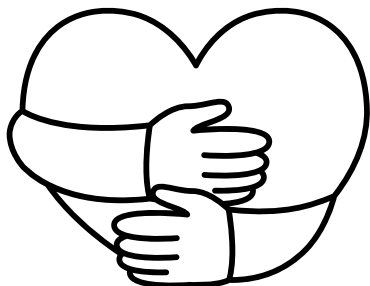
- **Try and talk through things calmly.**
- **If you are not able to do this, give yourself some headspace and take yourself away from the situation. This gives you time to think and allows feelings of anger, frustration or annoyance to settle.**
- **Once you are ready, try and put yourself in the other person's shoes. How might they be feeling? Why do you think they see things differently from you? Is there another way to look at what is going on?**



SENDING A HUG



Do you have any grandparents, aunts, uncles, cousins or friends who don't live close to you but who you would like to give a hug to? Why not try making a hug you can post to them? This can be the perfect way of showing someone special you love and care about them.



**What you will need:
Piece of card,
coloured pens/pencils,
scissors,
string,
sticky tape.**

- ♥ Place each of your hands on the piece of card and draw around them.
- ♥ Use your coloured pens to decorate the hands.
Carefully cut around each of the hands.
- ♥ Cut a piece of string (roughly the length of your arm.)
- ♥ Use the sticky tape to attach one hand to each end of the string.



Your hug is now ready to give



WE ARE ALL PART OF A COMMUNITY

As humans, we are social beings. We have evolved to live in communities, to help and learn from each other and keep ourselves safe. Communities help us to connect and to feel like we belong.

A **COMMUNITY** is a word for a group of people who have things in **COMMON**. This might be...



Going to the same school



Having similar hobbies and interests



Living in the same place



Caring about the same things or having similar values



Having similar backgrounds and experiences

Being part of a community means that we can work together to make it a happier place for **EVERYONE**.



THERE ARE LOTS OF THEM

You will probably be part of LOTS of different types of communities. See if you can think of two communities you are part of.



Ideas to get you started...

- ★ Neighbours who look out for you.
- ★ Family who care about you.
- ★ Teachers who help you learn.
- ★ Friends who you have fun with.
- ★ Doctors and nurses who help you when you are unwell.
- ★ People who have the same interests and hobbies as you.

HELPING YOUR COMMUNITY

Think about some ways that you could make a difference within your community.

Make an elderly person's day by writing a letter or drawing a picture to send.

Some local nursing homes are happy for children to write to their residents.

Do a litter pick at a local park or beach.

Look after the environment. Recycle, bring a water bottle or walk/bike instead of going by car.



**Donate
clothes or toys
to charity.**

**Donate to a local
food bank.**

**Volunteer
at school.**



**Sign up for a sponsored
walk/run/skip!**

This is your chance to feel great
by raising money and awareness
for a fantastic cause.

**These are just a few ideas to get you started.
What else could you do?**



BUILDING BLOCKS TO HAPPINESS

Self Care	p124
Sleep	p130
Get Moving	p136
Good Food, Good Mood	p142
Digital World	p150
Getting more Support	p154

take care
of your mind

* Self Care *

do what
makes
you happy

To put it simply, self-care or self-kindness is the little things we do to make us feel happy. This means taking the time to look after yourself and doing things that bring you **JOY**.

Life can quickly become overwhelming if we don't make time for fun and relaxation. Self-care is about listening to our feelings and trying to understand our needs.

The most important thing about self-care is not what it LOOKS like to everyone else but how it FEELS to you.

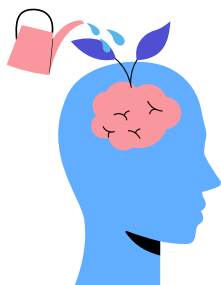




SELF CARE is a PRIORITY



Don't wait until you are feeling worried or upset before taking care of yourself.



Do something that makes you feel happy every single day. This means you are less likely to feel worried and upset in the first place.

You might find that what you need to feel happy and calm **CHANGES**, depending on how you are feeling or as you get older. Sometimes, you might need to talk to someone and other times you might need to be alone. Likewise at times you might feel like running around and others like being still. What works for **YOU** might not work for **SOMEONE ELSE**.

HOW TO BE

Self-care can be lots of different things...

1 EXERCISING



2 SPENDING TIME WITH FRIENDS



3 EATING FOODS TO BOOST YOUR MOOD



4 GETTING ENOUGH SLEEP



5 DOING THINGS THAT BRING YOU JOY



6 BREATHING EXERCISES



KIND TO YOURSELF

7 TAKING A
BREAK WHEN
YOU NEED IT



8 MEDITATING



9 SPENDING TIME IN
NATURE



10 SAYING 'NO' WHEN YOU
FEEL THERE IS TOO
MUCH GOING ON

This is
too much



11 REMOVING YOURSELF FROM
A SITUATION WHEN YOU
FEEL ANGRY



12 ASKING FOR HELP AND
TALKING ABOUT HOW YOU
FEEL



Make a list of things which make you feel good.

BEFORE THE WHEELS FALL OFF...



When you are struggling it is more important than ever to listen to your body and what it needs.

Looking after yourself is much easier when you are already feeling good. If you are struggling or having a hard time, it might be more difficult to do the things you enjoy.



Think of your body and mind as being like a car. If we keep asking it to do long journeys day after day, it is going to need to be looked after in order to run properly. Humans are no different!

Doing small, simple things every day is important to keep our body and mind happy. This helps to prevent things from reaching a crisis point, where it can feel like the 'wheels are falling off' and everything is spiralling out of our control.

Check in with yourself every day to help you recognise how you are feeling. Are you struggling? Do you need to spend more time focusing on looking after yourself?



Self-care is a lot of things, but what it is not, is a replacement for you asking for help when you need it or having to cope with everything on your own.



SLEEP

Getting a good night's sleep is one of the **MOST IMPORTANT** things we can do to help make us feel happy, calm and able to take on the world.

We live in a busy world with lots to keep our brains active. Sometimes, it can be hard to UNWIND and SWITCH OFF, which means our sleep can often suffer.

Think about how much has changed... it wasn't that long ago that there was no such thing as the internet, computers, mobile phones, television or even electricity. Think how different our evenings would be if we didn't have lights, computers, and phones. We now have a whole new world of entertainment, making it more and more difficult to tear ourselves away and **GO TO BED!**



UNLEASH YOUR INNER SUPER POWER



Why is sleep so important?

Sleep is one of the key building blocks for a healthy body and mind. There are so many benefits to sleep;

A good night's sleep can also help us feel happy, relaxed and less worried.

Sleep allows our bodies to fight off illnesses, helps us build memories and learn new skills.

Sleep helps us think more clearly and allows us to deal with challenges in a better way.

Think about a time when you didn't have enough sleep. Did it make it harder to concentrate in school? Did it mean you felt more upset when something didn't turn out the way you wanted?



UNDERSTANDING YOUR SLEEP

Being a 'good sleeper' is a skill and like all skills it can take a little while to learn and will need practise.





6 WAYS TO IMPROVE YOUR SLEEP

No screens at least 1 hour before bed



This allows your brain time to unwind and switch off. It also stops the blue light from the screen stimulating your brain.

Turn your room into a cave

Make sure your bedroom is a quiet, relaxing and safe place, which is easy to fall asleep in. It should be dark and peaceful. Try not to have any phones, tablets, televisions or video games in your room.



Exercise

Being more active during the day can improve how well you sleep. However, try to avoid exercise too close to bedtime, as this can cause your body to release a sudden burst of energy, making it more difficult to fall asleep.



Set a regular bed and wake time

Having a regular bedtime and 'wake up' time will make it easier for your body to fall into a natural cycle.



Keep a journal

Writing down what you are thinking about is a good way to make sense of your thoughts and help empty your mind before bed. Meditation also helps to do this.



Food & Drink

Some fizzy drinks and chocolate can contain something called caffeine. Caffeine can stop your brain from feeling sleepy, making it harder to go to bed.





KEEP A SLEEP DIARY

**The first step to improving your sleep
is understanding your sleep.**

DEAR DIARY

Start by keeping a sleep diary. Write down what time you start getting ready for bed, what time you go to bed and what time you wake up. Do this for one week. At this stage, you are simply recording how you sleep. You aren't trying to change anything...yet.

Write down four things you will do this week to improve your sleep. Check out the next page for some ideas on creating a bedtime routine.

- _____
- _____
- _____
- _____



CREATE A BEDTIME ROUTINE

By giving your brain lots of signals that it is time to go to bed, you will find it is much easier to fall asleep.

Carrying out the same actions each night at a regular time, in roughly the same order, will make it very easy for your brain to predict that it is time to sleep.



Plan

Think about what would work well for you and create a personalised bedtime routine. Write this down and include the timings.



Try it out

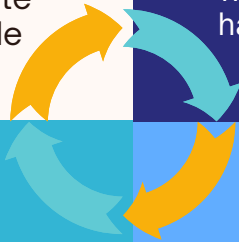
Do this before bed every night for at least two weeks. Then, think about what parts of the routine have worked well and what hasn't worked so well.

Keep going

Continue this cycle until you have created your very own bedtime routine, which is completely personalised to you.

Make changes

Make any changes you feel are needed to make it better. Then try it out.



Z Z Z Z Z Z Z Z

EXERCISE



Whilst exercise won't make all your worries and stress disappear, it will help you make sense of your thoughts and help you feel calmer. This allows you to tackle a situation with a clear mind and greater focus.



EXTRA BENEFITS

Not only does exercise cause our brain to release a 'HAPPY' chemical, but it can be a great way of CHALLENGING ourselves.

Doing something new (things out of our comfort zone) can help build our CONFIDENCE and improve our SELF-ESTEEM (how we see ourselves.)

Sports can often be very social, with lots of people coming together to do something they enjoy. It is a good way to meet NEW FRIENDS and be part of a COMMUNITY.

GET

GO ON A BIKE RIDE



DO 20 STAR JUMPS



PLAY IN THE PARK



TRY SOME YOGA POSES



SKIPPING CHALLENGE



DANCE AROUND



MOVING

TIDY YOUR ROOM



KEEPIE-UPPIES IN THE GARDEN



SIGN UP FOR A JUNIOR PARK RUN



GO SWIMMING



JOIN A NEW SPORTS CLUB



CREATE AN EXERCISE CIRCUIT IN THE GARDEN





WHAT TYPE OF EXERCISE IS BEST?

It really **DOESN'T MATTER** what type of exercise you do. Moving your body more and getting your blood pumping is **GOOD** for you. Whether this is dancing to your favourite music, running around with your friends, going for a walk with Mum or Dad or playing a sport.

There is not a 'right' type of exercise that you should be doing. Whatever it is, try and find a way each day to be more active. And remember the most important thing about the activity is that it should be fun!



WHEN THE WORLD FEELS LIKE A LOT

When we are finding things hard, or we are feeling sad, worried or upset it can become much more **DIFFICULT** to exercise. We might not feel like playing sports or running around, and **THAT'S OK!**

You are doing
★ **GREAT!** ★

Try to build in even a few minutes of simple stretching into your day, but if this is still too much **DON'T WORRY**. You might need to **FOCUS** on looking after your body and mind in other ways first and then come back to building in a short burst of activity when you are ready. It can help to get a grown-up involved and do this together.

Start SLOW and go from there. Celebrate your MINI WINS and keep it FUN.

Good Food Good Mood

In recent years, there have been lots of exciting discoveries made about how the right food can not only boost our energy levels but can also help us feel **HAPPIER**.



Our gut is closely linked with our **EMOTIONS**. Have you ever felt grumpy, upset or annoyed when you have been hungry? You might also have experienced the feelings of butterflies in your tummy when you have felt nervous or excited.

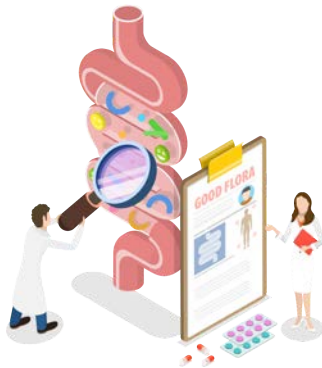
Our gut is a very clever system in our body which **SPEAKS** directly to our brain and vice versa. When we feel worried or upset we might then get a sore tummy, but when our gut is happy and has been fed with the right foods, it also sends **HAPPY** signals to the brain.

GO WITH *Your* Gut

Scientists have now discovered that our gut is filled with millions of tiny good bacteria. We call these bacteria the GUT MICROBIOME.

These good bacteria live inside us and help boost our mood, improve our sleep and help our body fight off illnesses.

It is amazing to think that until recently we didn't even know they **EXISTED!** There have been lots of new and exciting discoveries, but we still have lots to **LEARN** about the gut microbiome.



FOODS THAT CRASH YOUR MOOD



Foods can help us feel **HAPPY**. However, the reverse is also true. Some foods can cause our mood to dip, making us feel **DOWN** and a bit **GRUMPY**. They can also make it harder to sleep and concentrate.

Foods which are high in sugar, and fats and are highly processed, (such as biscuits, sweets, cakes, and crisps) can cause **SUGAR RUSHES**. This causes our blood sugar to spike and then crash, which causes mood swings and makes us feel more easily annoyed.



SWAPPING some of these high sugar, fatty and processed foods for the types of foods on the next pages can help to level out our mood and help us feel more **HAPPY** and **CALM**. It also makes it easier for us to **CONCENTRATE**.

MOOD HACKING YOUR DIET

Now that we know that food can change how we feel. We can take everything we know about the 'FOOD-MOOD CONNECTION' and use it to help us feel happier, more relaxed and less worried.



Getting started

Start with the basics. Don't try to make any huge changes to your diet overnight. Start with a few small changes and go from there.

Water, Water, Water! Keeping our bodies hydrated by drinking plenty of water can lift our mood and improve our concentration.

Plants - By increasing how many different plants (this means fruit, vegetables, grains, oats, nuts, and seeds) we eat each week we can help to keep our gut happy and well-fed.

Eat the RAINBOW

RED



ORANGE



YELLOW



GREEN



BLUE



PURPLE



WHITE





FOODS THAT BOOST YOUR MOOD

One of the best ways we can boost our mood is to try and eat lots of 'WHOLE FOODS'.



Whole foods are foods that are as close to their **NATURAL** form as possible.

Flapjacks

Recipe

These delicious flapjacks make a great after school snack.

Ingredients

- 4 ripe bananas
- 250g oats
- 3 tablespoons of honey
- 50g milk chocolate chips
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon

Procedure

- Preheat the oven to 180°C/160°C(fan).
- Mash the bananas in a large mixing bowl and mix in the oats.
- Add in the chocolate chips, honey, cinnamon and vanilla extract. Mix well.
- Line a 20 x 20 cm baking tin and pour in the mixture.
- Press down firmly.
- Bake for 15-18 minutes.
- Allow to cool before cutting.



Get creative and put your own spin on the recipe. Try adding...

- Grated apple
- Raisins
- Dried cherries/cranberries
- Pecan nuts (or any combination of nuts or seeds)



JUNIOR MASTERCHEF

Have fun, bond and create memories together.

KEEPING BUSY

Cooking can be a great way to take your mind off any worries and focus on the moment.



LEARN A NEW SKILL

You will also learn new skills, which you can be proud of. It can be a fantastic feeling helping to create yummy food for your family and friends. You can even try and include some mood boosting foods in your cooking and baking.



TALK IT OUT

When you are busy in the kitchen, you might find it easier to open up and talk about anything that is on your mind.



COOKING TOGETHER BOOSTS CONFIDENCE AND SELF-ESTEEM.

Helping with cooking is a great way of feeling useful and can help improve how we think and feel about ourselves.

*time to
cook*

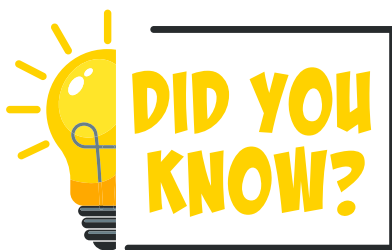


Online



There have been incredible **LEAPS FORWARD** in **TECHNOLOGY** between your parents' generation and yours', from mobile phones and tablets to smartwatches and even robot hoovers!

Computers have completely CHANGED the way we live our lives. There are so many GOOD things that have come about because of advances in technology, but sometimes technology can make us feel UNHAPPY and WORRIED too.



In the early days of television, programmes were only broadcast for less than 12 hours a day. There was also a break in programming between 6-7 pm where the screen went blank. It became known as the 'toddlers truce.' This break was to help parents get their children away from the television and ready for bed!



THE INTERNET AND SOCIAL MEDIA

In today's world, Facebook, Snapchat, Instagram, and YouTube (to name a few), have become part of our everyday lives. Social media can help us form communities and lets us connect with other people. It allows us to stay up-to-date with what is going on and can make us feel like we belong.



However, social media can also lead to stress and can put pressure on us to compare ourselves with others. This can make us feel sad, frustrated and lonely. Especially when spending time online causes us to miss out on real conversations and time with friends and loved ones.

LOOKING AFTER YOURSELF ONLINE

Limit screen time

Try setting rules that the whole family have to follow. This might be ‘no screens during dinner’ or ‘devices and TV off one hour before bedtime.’



Coming across something online, which you find upsetting

If this happens it is important to speak with a grown-up about what you have seen and how it made you feel. They may then be able to ‘block’ or report the content which means no one else can see it.

OFFLINE

Set Boundaries

Chat with a grown-up about apps and websites which are safe to use and which ones are not. Grown-ups can set locks and restrictions on devices too.

Feeling pressure to respond straight away

Sometimes it can feel like we constantly need to be available. This might be through online games, texts or calls. This can be A LOT to handle. Try asking a grown-up to turn off notifications for some apps and games.



FOMO - Fear of missing out

Having lots of different ways to connect to people is great but it can sometimes make us feel like we are missing out. Especially when we are hearing and seeing what other people are doing. Remember, things you see online can seem different to real life.

Don't compare yourself

Don't try to compare your REAL life with someone else's ONLINE life. You will only see a tiny part of what someone wants you to see. Remember, photos can be posed and people usually only take photos of the good times.



SUPPORT SUPPORT SUPPORT

It is important to know that all of the information in this book does NOT replace reaching out and asking for help and support from others. If you are struggling with feeling worried, angry, scared, sad or with any other feelings, it is always ok to speak to someone. This may be your doctor, school, family or friends.



Who to ask for help

- You can speak to your school guidance teacher or a teacher that you trust and feel comfortable with.
- You can speak with your doctor or nurse.
- You can also speak to your school nurse
- You may want to speak to a Childline Counsellor



VISITING THE DOCTOR

As a GP myself, I wanted to write a quick note to let you know what might happen when you visit the doctor.

When you speak to a doctor, they may ask you lots of questions. They are only trying to **UNDERSTAND** how you are **FEELING** so they know how to **HELP**. We understand that it is not easy talking about feelings, particularly to someone you may not know well. There is **NO PRESSURE** to say the 'right' thing or act in a certain way.

If you think it might be difficult to talk to a doctor or that you might forget what you want to say, you could try asking a grown-up to help you write something down. This might be bullet points or sentences.



Whatever works for you is fine!

FURTHER RESOURCES

Below are some further resources which you may find helpful.



Childline 0800 11 11 

24 hours a day, 7 days a week free confidential support for people under the age of 19. They offer support via phone and online, as well as 1-2-1 counsellor chat and email support.

The Mix 0808 808 4994 

Online information and helpline support 4 pm – 11 pm, seven days a week for people under the age of 25. Free 1-2-1 webchat services and telephone helpline. Email support is also available.



Young Minds 0808 802 5544 (Parents Helpline) 

Online information and support for young people under the age of 25 and their parents/carers. The helpline is open to parents Monday to Friday 9.30 am - 4 pm. Alternatively, you can contact them via their weblink.

Samaritans. Call free 116 123 

A UK-based charity that provides support at any time, from any phone for free. Alternatively, you can also email jo@samaritans.org

HappyMaps 

www.happymaps.co.uk

This award-winning charity provides support for children, parents and professionals. Helps you find the support you need, along with accurate information and recommended resources endorsed by the Children and Adolescent Mental Health Service.

Mental Health Foundation 

www.mentalhealth.org.uk

Based in the U.K. Explore further information surrounding different aspects of mental health online.





BEFORE YOU GO...

Thank You!

Thank you for being here and for taking the time to read this. I am extremely grateful than you have chosen to read my book and I hope that you found it useful. For more information you can check out our social media at [@mymagicmindkids](#).

Jayle

