

My Wellness Toolkit and Workbook



ELITE
Supported Employment

What is your Wellness Toolkit?

Your **Wellness Toolkit** is a list of things you have done in the past, or still do, to stay well. This can also include things you already do or can do to help yourself feel better, when you are feeling unwell. Wellness tools can also be something that makes you happy, smile or relax.

Examples of Wellness Tools:
(Circle the wellness tools that you think would help you)



Rest well and get plenty of sleep



Journaling - Writing down your thoughts and feelings



Get plenty of exercise



Eat healthily



Talk to a health professional



Talk to someone on the telephone



Mindfulness Exercises



Read a book



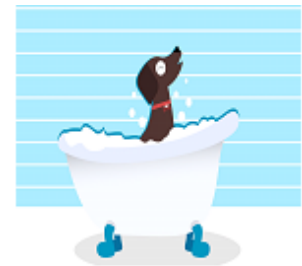
Look through old pictures, memories and create a scrapbook



Repeat positive quotes



Listen to Music



Take a relaxing bath



Sing or dance



Make a list of what you are good at



Wear your favourite outfit, even if it's silly



Do something that makes you laugh



Call a helpline

What makes me feel good?

Write a list of things that make you feel good.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

You may want to write a list of things that make you feel bad, so you can avoid these as much as possible.

What makes me feel bad?

1. _____
2. _____
3. _____
4. _____

Write down things that you could do every day that make you feel well:

What has changed recently to make you feel unwell?

What do you need to do differently, to help you feel well again?

Emotion/Feelings



WORRIED

anxious, overwhelmed,
uncomfortable, unsafe, fearful



PROUD

self-reliant, strong,
empowered, pleased



CALM

quiet, relaxed,
peaceful, serene



HAPPY

loved, joyful,
safe, cheerful, hopeful



SAD

unhappy, disappointed,
miserable, hopeless, gloomy



BRAVE

courageous, fearless, empowered,
strong, daring, independent



ANGRY

annoyed, frustrated, cross,
outraged, hurt, mad



SCARED

frightened,
terrified, fearful



DISAPPOINTED

unhappy, sad,
upset



CONFUSED

overwhelmed, puzzled,
muddled



LONELY

sad, overwhelmed, ignored,
forgotten, unhappy hurt



SHAME

unhappy unsafe,
guilty



GUILTY

shame, confused,
unhappy uncomfortable



EMBARRASSED

confused, worried, sad,
uncomfortable, shy, unhappy



EXCITED

happy, joyful, thrilled,
curious, silly, interested













































CONFIDENT

relaxed, secure,
comfortable

Tracker: Record your feelings every day, using the tracker on the next page. On days that you are feeling sad, anxious or worried and don't know how to cope with your feelings, try using your wellness tools.

Emotion Tracker

My Name _____ Month _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
   HaPPY Silly Upset	   HaPPY Silly Upset	   HaPPY Silly Upset	   HaPPY Silly Upset	   HaPPY Silly Upset	   HaPPY Silly Upset	   HaPPY Silly Upset
   Afraid An9ry Sad	   Afraid An9ry Sad	   Afraid An9ry Sad	   Afraid An9ry Sad	   Afraid An9ry Sad	   Afraid An9ry Sad	   Afraid An9ry Sad

I felt haPPY _____ times this week.











































I felt silly _____ times this week.

I felt upset _____ times this week.

I felt afraid _____ times this week.

I felt an9ry _____ times this week.

I felt sad _____ times this week.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
   HaPPY Silly Upset	   HaPPY Silly Upset	   HaPPY Silly Upset	   HaPPY Silly Upset	   HaPPY Silly Upset	   HaPPY Silly Upset	   HaPPY Silly Upset
   Afraid An9ry Sad	   Afraid An9ry Sad	   Afraid An9ry Sad	   Afraid An9ry Sad	   Afraid An9ry Sad	   Afraid An9ry Sad	   Afraid An9ry Sad

I felt haPPY _____ times this week.

I felt silly _____ times this week.

I felt upset _____ times this week.

I felt afraid _____ times this week.

I felt an9ry _____ times this week.

I felt sad _____ times this week.

Identifying Unhelpful Thoughts

Whenever your mood changes, try to write down what you were doing, how you felt and what you were thinking at the time. You might find that patterns begin to emerge.

Situation	Feelings	Thoughts

Positive Thought Replacement Worksheet

Begin this activity in a quiet place. On the left, write down as many negative thoughts that come into your mind. When finished, take the time to challenge every negative thought by finding a positive, truthful replacement and then write it on the right side. This activity takes time and cannot be rushed.

Try to set aside at least 20 minutes for each session.

Automatic Negative Thoughts	Positive Thought Replacement
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
11	11
12	12

Managing Anxiety

Anxiety is something we all experience from time to time. It is a normal response to situations that we see as threatening to us, for example, sitting an exam, it would be natural to feel anxious. When experiencing anxiety, you may notice changes in your general health and well-being and behaviour.

Signs of anxiety can include

Changes in appetite – eating too much or too little	Increase in outbursts of anger, aggressive behaviour or self-harm
Changes in usual sleeping habits. Waking early in the morning or sleeping too much	Irritability and agitation
Loss of skills (e.g. self-care, independence skills, concentration)	Pacing
Loss of interest in daily activities usually enjoyed	Sweating

Breathing Activity

When you're feeling anxious, you might notice that your heart rate and breathing get a bit faster. You may also begin to sweat and feel dizzy or lightheaded. When you're anxious, getting your breathing under control can relax both your body and mind.

To get your breathing under control when you're anxious, follow these steps:

1. Sit in a quiet and comfortable place. Put one of your hands on your chest and the other on your stomach. Your stomach should move more than your chest when you breathe in deeply.
2. Take a slow and regular breath in through your nose. Watch and sense your hands as you breathe in. The hand on your chest should remain still while the hand on your stomach will move slightly.
3. Breathe out through your mouth slowly.
4. Repeat this process at least 10 times or until you begin to feel your anxiety lessen.

Relax your muscles Activity

When you feel anxious, you might notice strain or tension in your muscles. This muscle stress can make your anxiety more difficult to manage in the moment you're experiencing it. By relieving the stress in your muscles, you can usually reduce your anxiety levels.

To quickly relieve your muscle tension during moments of anxiety:

1. Sit in a quiet and comfortable place. Close your eyes and focus on your breathing. Breathe slowly into your nose and out of your mouth.
2. Use your hand to make a tight fist. Squeeze your fist tightly.
3. Hold your squeezed fist for a few seconds. Notice all the tension you feel in your hand.
4. Slowly open your fingers and be aware of how you feel. You may notice a feeling of tension leaving your hand. Eventually, your hand will feel lighter and more relaxed.
5. Continue tensing and then releasing various muscle groups in your body, from your hands, legs, shoulders, or feet. You may want to work your way up and down your body tensing various muscle groups. Avoid tensing the muscles in any area of your body where you're injured or in pain, as that may further aggravate your injury.

Relax by interrupting your anxious thinking Activity

It can be hard to think clearly when you feel anxious. Sometimes anxious thinking can make us believe harmful thoughts that are untrue or make us do things that make our anxiety worse. It can be helpful to break or interrupt your anxious thoughts, so you can think clearly and react appropriately to your thoughts.

Here's how to break your anxious thought cycle:

1. Ask yourself whether endless worry is a problem for you. If the answer is yes, it's good to be aware of that.
2. Try different ways of interrupting your anxious thought process, such as:
 - Singing a silly song about your anxiety to an upbeat tempo or speaking to your anxieties in a funny voice.
 - Choose a nice thought to focus on instead of your anxiety. This could be a person you love, your happy place, or even something you look forward to doing later that day, such as eating a nice dinner.
 - Listen to music or read a book.
3. Be conscious when you shift your attention from your anxiety to a task at hand and notice how you feel.

Relax by staying present Activity

Mindfulness is the practice of being present in your current state and surroundings, gently and without judgment. Staying present can help you create a calm state of mind when you feel your thoughts racing and anxiety building.

To bring yourself outside your thoughts into the present:


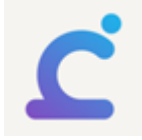


1. Find a quiet and comfortable place to sit and close your eyes.
2. Notice how your breathing and body feel.
3. Now shift your awareness to the sensations you observe in your surroundings. Ask yourself *What's happening outside of my body?* Notice what you hear, smell, and feel in your environment.
4. Change your awareness several times from your body to your environment and back again until your anxiety starts to fade.









Useful Mobile Audio files:

<http://www.valleysteps.org/resources/downloads/>

Mindfulness	Stress Control
Touch Meditation Sitting with Breath Sitting with sound Sitting with body and twinges Sitting with thoughts Body Scan Choiceless Awareness Mountain Meditation	Understanding Stress Deep Relaxation Quick Relaxation Belly Breathing

Useful Mobile Apps

Catch it	Make sense of moods - (Free to use) Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary. The app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT).	
Calm Harm	Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected. What does it do? The four categories of tasks target the main reasons for why people self-harm. Distract helps to combat the urge by learning self-control; Comfort helps to care rather than harm; Express gets those feelings out in a different way and Release provides safe alternatives to self-injury.	
Daylio - Diary, Journal, Mood Tracker	(Free to install but includes in-app purchases) Daylio enables you to keep a private diary without having to type a single line. Pick your mood and add activities you have been doing during the day. You can also add notes and keep an old school diary. Daylio is collecting recorded moods and activities in the statistics and calendar. This format will help you to understand your habits better. Keep track of your activities and create patterns to become more productive.	
FearTools – Anxiety Aid	FearTools is an evidence-based app designed to help you combat anxiety, aiding you on your road to recovery. This application is especially useful for Generalized Anxiety Disorder, Phobias, and Social Anxiety Disorder.	

Ten Percent Happier - Meditation & Sleep	<p>(Free with in-app purchases) Want to sleep better, be more mindful, improve your relationships, and become just about ten percent happier? This is the app for you. Our guided meditations, videos, talks, and sleep content will help you build (or boost) your meditation practice, and stick with it.</p>	
Mental Health Recovery Guide	<p>(Free to use) There are 17 essential things you need to know to fast track your recovery from mental illness. The Mental Health Recovery Guide (MHRG) will tell you what they are. If you suffer from depression, schizophrenia or bipolar disorder, and if you are a mental health outpatient, or a newly discharged psychiatric in-patient at the UK's NHS or elsewhere in the world, MHRG will help you to get well and stay well.</p>	
Mindshift	<p>(Free to use) Is anxiety getting in the way of your life? MindShift uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.</p>	
Mood Tools - Depression Aid	<p>(Free to use) If you are feeling sad, anxious, or depressed, lift your mood with MoodTools. MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.</p>	
Stay Alive	<p>(Free to use) This app is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.</p>	
Silvercloud - (Free to use)	<p>Silvercloud provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues. These programmes address wellbeing, life balance, time management, communication skills, goal setting, communication and relationship management, anger management, stress management, relaxation and sleep management, among many others.</p>	
SAM: Self-help for Anxiety Management	<p>(Free to use) <u>SAM</u> is an app to help you understand and manage anxiety. The app has been developed in collaboration with a research team from <u>UWE, Bristol</u>. SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection. The "Social cloud" feature will enable you to share your experiences with the SAM community while protecting your identity.</p>	
Wellmind	<p>(Free to use) Wellmind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.</p>	
What's Up	<p>(Free to install but includes in-app purchases) What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds!</p>	

Useful Contacts

Anxiety UK

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm)

Website: www.anxietyuk.org.uk

Bereavement

Cruse Bereavement Care

Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm)

Website: www.cruse.org.uk

Bipolar UK

A charity helping people living with manic depression or bipolar disorder.

Website: www.bipolaruk.org.uk

CALM

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

Men's Health Forum

24/7 stress support for men by text, chat and email.

Website: www.menshealthforum.org.uk

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website: www.mentalhealth.org.uk

Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: www.mind.org.uk

No Panic

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access

Website: www.nopanic.org.uk

OCD Action

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: www.ocdaction.org.uk

OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: www.ocduk.org

PAPYRUS

Young suicide prevention society.

Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)

Website: www.papyrus-uk.org

Rethink Mental Illness

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: www.rethink.org

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers - SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most:

www.sane.org.uk/textcare - Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

Young Minds

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: www.youngminds.org.uk

NSPCC

Children's charity dedicated to ending child abuse and child cruelty.

Phone: 0800 1111 for Childline for children (24-hour helpline)

0808 800 5000 for adults concerned about a child (24-hour helpline)

Website: www.nspcc.org.uk

Refuge

Advice on dealing with domestic violence.

Phone: 0808 2000 247 (24-hour helpline)

Website: www.refuge.org.uk

Addiction (drugs, alcohol, gambling)

Alcoholics Anonymous

Phone: 0800 917 7650 (24-hour helpline)

Website: www.alcoholics-anonymous.org.uk

National Gambling Helpline

Phone: 0808 8020 133 (daily, 8am to midnight)

Website: www.begambleaware.org

Narcotics Anonymous

Phone: 0300 999 1212 (daily, 10am to midnight)

Website: www.ukna.org

Victim Support

Phone: 0808 168 9111 (24-hour helpline)

Website: www.victimsupport.org

Beat - Eating disorders

Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)

Website: www.b-eat.co.uk

Mencap

Charity working with people with a learning disability, their families and carers.

Phone: 0808 808 1111 (Monday to Friday, 9am to 5pm)

Website: www.mencap.org.uk

Family Lives

Advice on all aspects of parenting, including dealing with bullying.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: www.familylives.org.uk

Relate

The UK's largest provider of relationship support.

Website: www.relate.org.uk