

Mental Health Resource Booklet



Taking Time To Focus On The Good Things

A resource to help individuals focus on some of the positive things going on instead of stress/worries

Spoon Theory Resource

The idea of spoon theory is that at the start of everyday a person has so many spoons to begin with e.g. 15 spoons, things happen over the course of the day that use up the spoons e.g. I have to go to the shop takes a spoon, I have to go to a birthday party takes 2 spoons as it's longer and more stressful, once you are out of spoons you cannot deal with any more stressors and it's important to make sure you engage in self-care coping strategies

What I Can Control Resource

A useful resource for individuals that like predictability and need to feel in control. You can look at all the examples and cut them out and decide whether they will go in the things I can control circle or things I can't control. Feel free to add in your own too. This is a good exercise to reiterate that even though it feels like we don't have control over everything there is still plenty we do have control over.

Anxiety Trigger Scale

An anxiety trigger scale can be individualised to the person using it to indicate situations which potentially trigger their anxiety and understand when they need to use coping strategies.

Daily Mood Tracker

A mood tracker that can be used daily to track how you are feeling which can allow you to use more self-care techniques.

Grounding Techniques

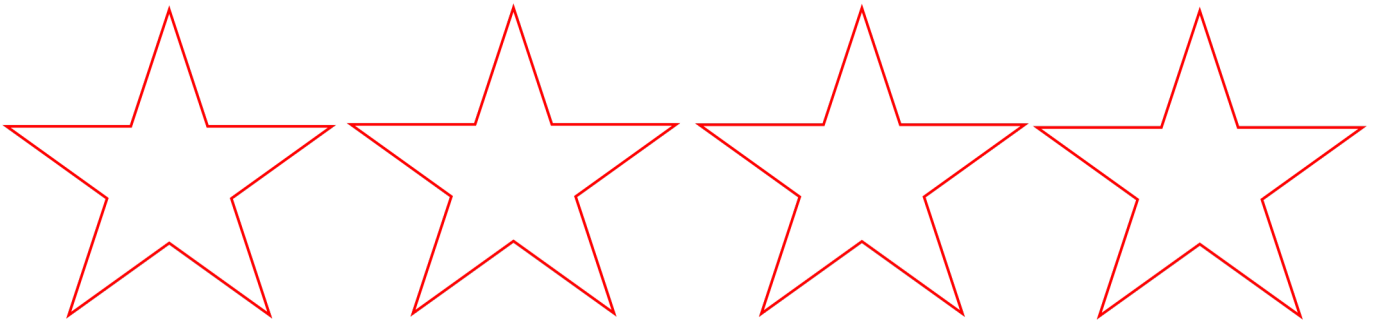
A selection of grounding calming techniques that can be used anywhere, you can print, laminate and put these on a keyring if you felt that would be useful

Belly Breathing Exercise

Learning how to belly breathe can help with managing stress, improving focus and improving health, Regular belly breathing activities can have many health benefits such as reducing blood pressure and heart rate and improving relaxation.

Taking time out to focus on the good things

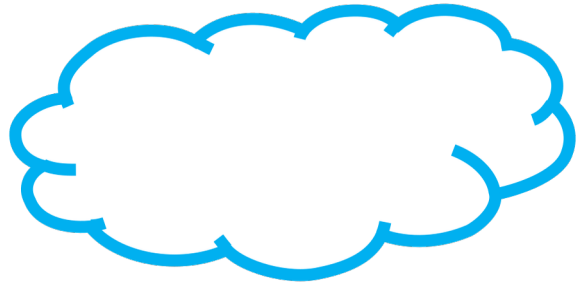
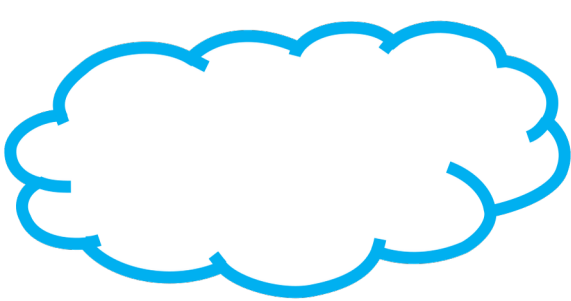
People, places or things you like



One thing you have worked hard on

A large, horizontal rectangular box with a thick purple outline, intended for writing down one thing you have worked hard on.

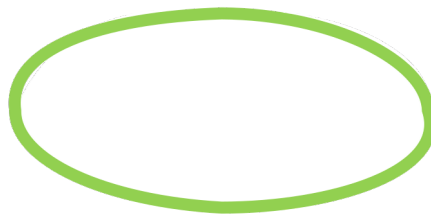
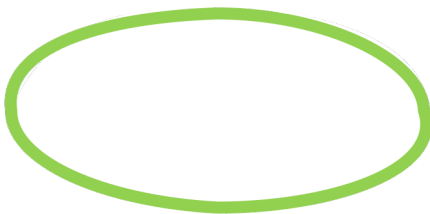
What are two things you are grateful for



One thing you like about your life right now

A large, horizontal rectangular box with a thick yellow outline, intended for writing down one thing you like about your life right now.

Two people you can trust and talk to about how you feel



What are three things you are looking forward to



Spoon Theory

Remember using this theory we are talking about our stress or energy levels, spoons might be used up by physical, emotional, social or mental activities we have to do throughout the day, let's start with having 10 spoons, the more energy or stress an activity then the more spoons we use, once your spoons are used up you can either make sure you are doing self-care activities or take a spoon from the next day meaning you will need a more relaxing day tomorrow. E.g. if you only got 3 hours of sleep you might mark off 2 spoons at the very start of the day as you are more tired. You can mark them off as you use them to keep track if you want.



Morning

Activity	Spoons used

Afternoon

Activity	Spoons used

Night

Activity	

Total spoons used today:

Things I Can't Control



Turning off the news

What I think and feel

My attitude

If others follow a crowd

What other people think and feel

Allowing myself self-care

Other people's actions

If I finish my schoolwork

My actions

What I do if I am bored

How long I spend using technology

If I am kind or mean

Getting myself washed and dressed

The weather

How long I will be off school for school holidays

Managing my feelings

What will happen in the future

Finding things I like to do

What you say to other people

Other people's interests

What other people say to you

How long I won't be able to see family and friends

An anxiety trigger is something that makes you feel worried or anxious. It's a good thing to rate your triggers so that you can figure out how to keep yourself calm and put in place strategies to help.



If something doesn't go to plan or changes		Not knowing what will happen next	
Going to a new place		Answering a phone call	
Not understanding what someone is saying		Meeting someone new	
Thinking something bad will happen to my family		Going to a party	
Having a conversation with a friend		Visiting a family members house	
Going to school		Thinking something bad will happen to me	
Replying to a text message		Being in a big group of people	
Loud noises		Going to an activity in my free time	
Making small talk		If someone is late	
Changes in my body or weight		Going to a busy shop	
Making a mistake		Talking to someone I don't know	
Getting schoolwork finished		When I don't want to do something, someone has asked me to do	

Anything else? _____

Daily Mood Tracker

Happy
Calm
Motivated
Focused

Sad
Lonely
Down
Insecure

Sick
Tired
Bored
Just OK

Anxious
Frustrated
Annoyed
Angry

Month:

Use the colour code above to track
your mood over the month!



Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

If you have more of the negative-coloured emotions increase your self care tools

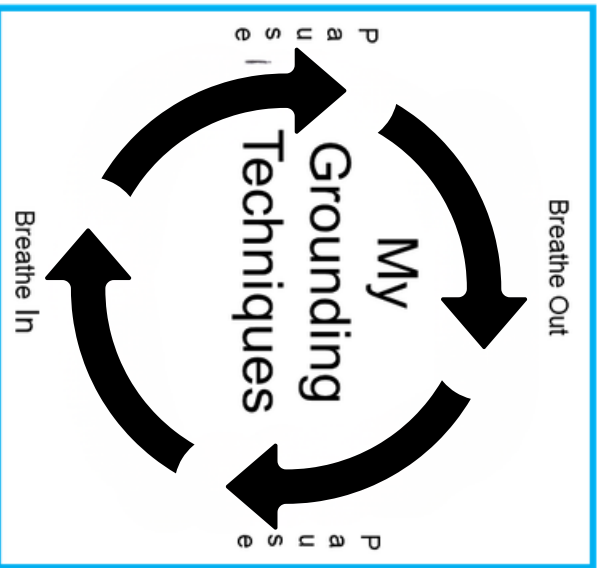
Coping Tools: What Helps Me

Read a Book or Magazine
Hug or Climb a Tree
Journal or Write a Letter
Use Kind Self-Talk
Rest, Nap or Take a Break
Make a Collage or Scrapbook
Go on a Hike, Walk or Run
Take good care of Earth
Drink Water
Play a Board Game
Do Something Kind
Make and Play with Slime
Discover Treasures in Nature
Take a Shower or Bath
Exercise
Drink a Warm Cup of Tea
Forgive, Let Go and Move on
Practice Yoga
Jump on a Trampoline
Cuddle or Play with your Pet
Practice Gratitude
Do a Puzzle
Blow Bubbles
Smile and Laugh

- ☐ Ride a Bike or Skateboard
- ☐ Create Origami
- ☐ Cook or Bake
- ☐ Ask for Help
- ☐ Talk to Someone you Trust
- ☐ Weave, Knit or Crochet
- ☐ Build Something
- ☐ Get a Hug
- ☐ Visualise a Peaceful Place
- ☐ Stretch
- ☐ Make Art
- ☐ Use Positive Affirmations
- ☐ Take Slow, Mindful Breaths
- ☐ Clean, Declutter or Organise
- ☐ Use Aromatherapy
- ☐ Cry
- ☐ Try or Learn Something New
- ☐ Listen to Music
- ☐ Get Plenty of Sleep
- ☐ Use a Stress Ball or Fidget Toy
- ☐ Kick, Bounce or Throw a Ball
- ☐ Take or Look at Photographs
- ☐ Eat Healthy
- ☐ Play Outside
- ☐ Sing and/or Dance



Grounding Techniques



Be A Tree

"I am firmly planted. I feel my feet rooted to the ground. My back is a strong trunk helping me feel stable in the moment. I feel my toes connecting with the ground. My arms are my branches. I feel them reach out into the world."

Senses 5,4,3,2,1

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

Give yourself a Power Hug

Practice placing the left hand on the right shoulder for a tap and then the right hand on the left shoulder for another tap. Then squeeze into a hug and say something like "I am in control," or "I am safe in this moment." Tap, tap, squeeze, affirm. Tap, tap, squeeze, affirm. Repeat this as many times as needed!

What can you see

- 5 colours you can see
- 4 shapes you can see
- 3 soft things you can see
- 2 people you can see
- 1 thing you can read

Find something in the room that begins with each letter

(until you feel calmer)

A B C D E F
G H I J K
L M N O P
Q R S T U V
W X Y Z

Belly Breathing Exercise

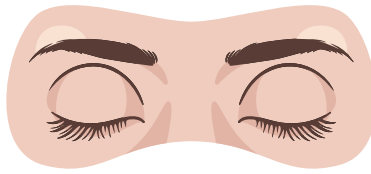
6 Steps to Belly Breathing

Step 1



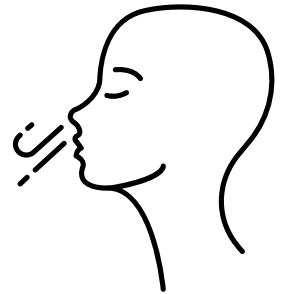
Sit in a comfortable position

Step 2



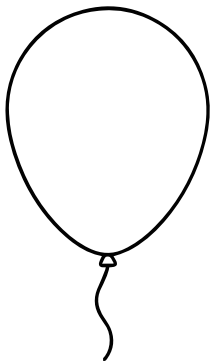
Close your eyes

Step 3



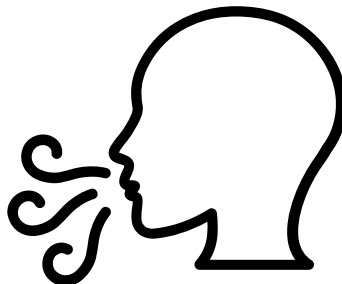
Breathe in slowly and count to five

Step 4



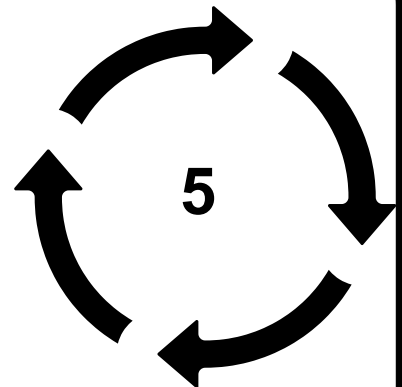
Feel your belly fill with air like a balloon

Step 5



Breathe out slowly through your mouth

Step 6



Repeat the cycle five times