

MY WELLNESS TOOLBOX



Things that support my wellbeing

Firstly, we need to think about all the different things that help to make u or keep us well. These things mak up our 'wellness toolbox' which can be a jumble of all sorts of different things. This is about being kinder to yourself and learning more about yourself and what works for you.

THINGS TO DO

Ask yourself . . .

What stops you feeling bad?
What makes you feel happy?
What helps you relax or feel calm?

focus on positives

try new things

eat regular meals

socialising

shower

chill out

get enough sleep

listen to music

exercising

give yourself space

*positive use of phones
& social media*

make time for yourself

believe in yourself

*contacting friends &
people important to you*

*wear something that
makes you feel happy*

*talking to people in a
positive way*

smile

Things I can do for myself to keep me feeling as well as possible

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Secondly, we need to think about things that we should avoid in order to help ourselves feel as good as possible.

THINGS TO AVOID

being alone all day

focusing on negatives

Comparing yourself to other people

worrying too much

taking anger out on others

taking things to heart

negative use of social media

staying in bed all day

being hard on yourself

*smoking,
drinking,
drugs*

Feeling guilty about spending time alone or about not going out

being anti-social

hurting yourself

Things I should actively avoid because they make me feel bad or worse:

Make use of the network around you

Finally, make a list of the people that you can go to when you are not feeling well e.g. friends, family, teachers, the Wellbeing Coordinator in school, doctor ...

The person/people I will connect with if I am not feeling well is:
