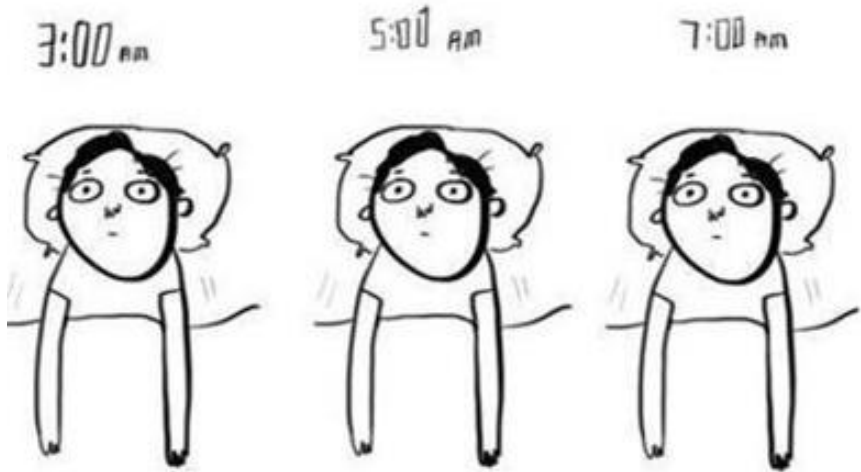
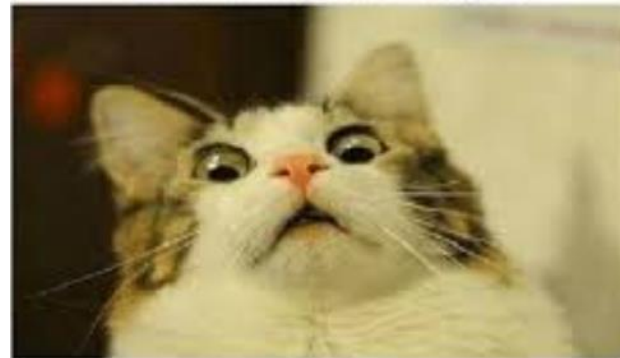


The not-so perfect day – sometimes the day doesn't go as planned. Do you relate to any of these examples below?



When your phone at 1% and you can't find your charger



When things don't go as planned it can lead to negative thinking – this is normal and only human.

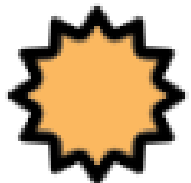
Challenging a negative thought



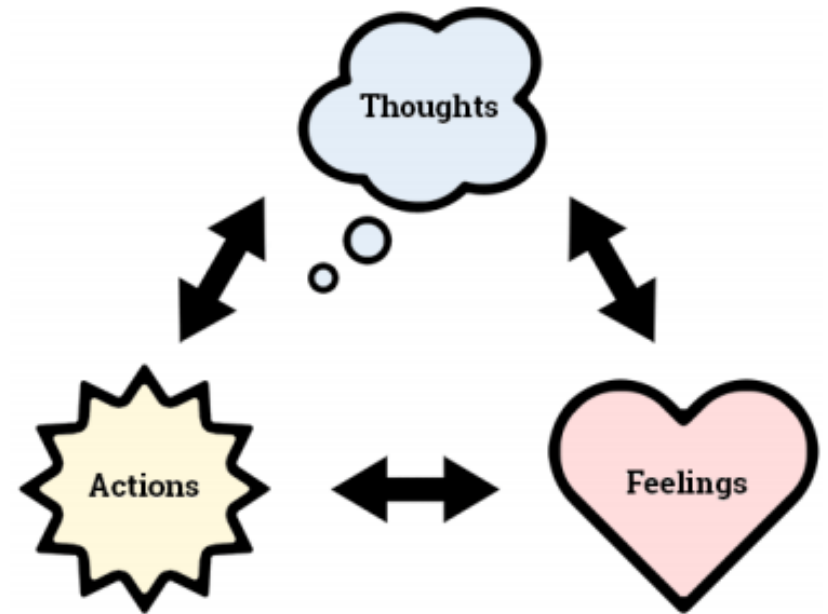
Thoughts are the words that run through your mind. They are the things you tell yourself about what is going on around you.



Feelings come and go as different things happen to you. You might feel happy, angry and sad, all in one day. Some feelings are uncomfortable, but they are not bad.



Actions are the things you do, or the way you behave, usually because of your thoughts or feelings.



Challenging a negative thought

What happened?

My friend Emma hasn't spoken to me as much as usual over the past week.

My Thoughts

I thought: "Emma hasn't talked to me much this week. She must be mad at me."

Look at the example. You can see how this situation can happen easily.
How could we manage this differently?

Because I was upset I ignored Emma and avoided her at school.

My Actions

I felt sad and hurt.

My Feelings

The Poisonous Parrot

The Poison Parrot is a good way to look at the negative thoughts that we have in our heads.

Think about it like you have a mean, nasty parrot on your shoulder and it is their voice you hear when you are being less kind to yourself.

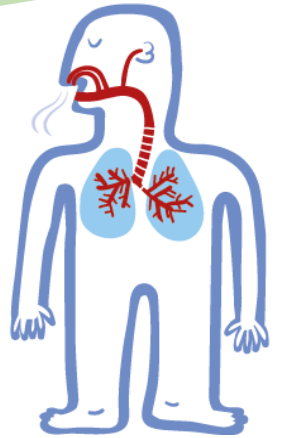


How can I help myself? **Self-care** is so important.

Manage your mind's control room
– talk, do some exercise, be creative



Breathe!
More O2, more calm



Three good things –
come up with 3 good things that have happened



First Aid Kit (we have in school) packed with fun, relaxing activities



1 week, 1 month, 1 year – will the problem matter then?





- **Kooth.com** is a website you can use to get **advice, support and guidance** from qualified counsellors.
- This could be via a live chat service, or from young people your own age via moderated forums, for any problem, no matter how big or small.
- The service is open 365 days a year Monday-Friday 12-10pm, weekends 6-10pm.



A promotional poster for Kooth. At the top is the Kooth logo. Below it is a photograph of three diverse young people (two girls and one boy) smiling and laughing together. Overlaid on the photo is the text "Need to talk?" in large white font, and "We're online until 10pm" in smaller white font, with a yellow dot before the word "online". Below the photo is a light blue horizontal bar containing three icons: a speech bubble, a document, and a group of people. Under each icon is the text "Friendly counsellors", "Self-help", and "Community support" respectively. At the bottom of the poster, on a white background, is the text "Free, safe and anonymous online support for young people" and "kooth.com" in bold black font.

Whitley Ways of Wellbeing

DECLUTTER your bedroom or workspace 	teach someone about FIGHT/ FLIGHT 	 UNPLUG FROM YOUR DEVICES FOR A NIGHT	Do a random act of KINDNESS for someone	Try some colouring in 	Spend time with your FAMILY 
Go for a 15  minute walk	Ask a friend how they are feeling 	go to bed 1 HOUR earlier 	 Celebrate something you are proud of	TRY A NEW EXERCISE 	 Learn how to cook something for yourself 
READ for 20 minutes before bed 	Make a list of things that worry you 	Ask for help from a TEACHER 	 play your fave music REALLY LOUD	manage your EMOTIONS 	 try a MINDFULNESS breathing exercise

- Taster of self-care tips and techniques to look after your wellbeing.
- Try to take a photo as proof!
- You might want to complete this with your friends or family.
- You might want to send in your photos to your tutor or head of year.