

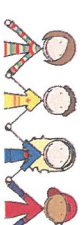
Cheshire Young Carers

Northern Lights Business Park  
Rossfield Road, Ellesmere Port  
CH65 3AW

0151 356 3176  
[info@cheshireyoungcarers.com](mailto:info@cheshireyoungcarers.com)

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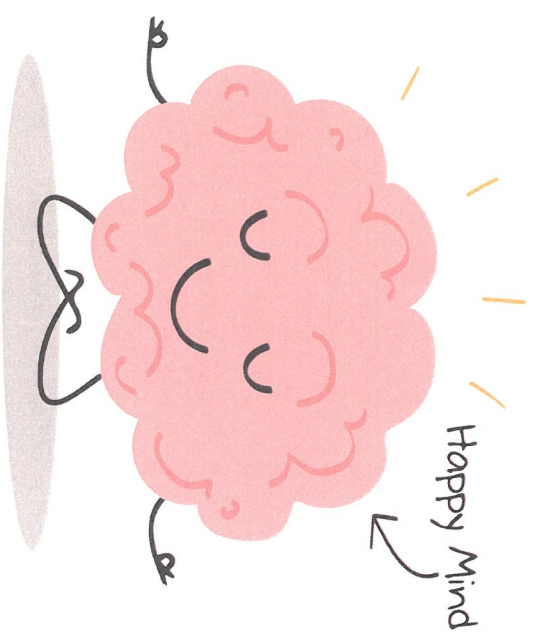
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# Wellbeing Pocketbook

Helping YOU to have a happy mind

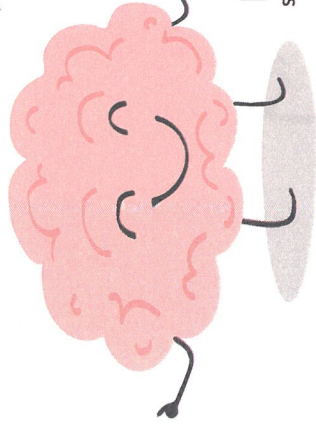


Northern Lights Business Park, Rossfield Rd, Ellesmere Port CH65 3AW  
[info@cheshireyoungcarers.org](mailto:info@cheshireyoungcarers.org) | 0151 356 3176

# Wellbeing

## What is Wellbeing?

Wellbeing means "the state of being comfortable, healthy, or happy. However, while it does include happiness, it also includes other things, such as how satisfied people are with their life, their sense of purpose, and how in control they feel. Wellbeing can be understood as how people feel and how they function, both on a personal and a social level, and how they evaluate their lives as a whole."



Happy Brain

## How to look after your own wellbeing?

There are 5 steps you can take to improve your mental health and wellbeing:

### 1. Connect

Plan a day out with friends, cook a meal with family, play games online together. Take time to be with your family or friends, listen, talk, laugh.

### 2. Be Active

Being active is great for both your physical health and also your mental health. Exercise releases feel good chemicals in our brain that help improve mood and reduce stress. Try getting out of the house more for a walk, run, maybe even join a local sports team or club

### 5. Give

Being kind and giving to others can help improve your mental wellbeing by creating positive feelings and a sense of reward. Try spending time with friends or relatives who need support or company or offer to help someone you know with a work project

### 5 Steps to Wellbeing

### 4. Keep Learning

Research shows learning new skills can also improve your mental wellbeing and boost self-confidence and raise self-esteem. Try learning a language, a new recipe, take up a new hobby such as knitting or painting or a new sport.

### 3. Pay Attention

Being present in the moment can improve your mental wellbeing and make difficult feelings more manageable. Some people call this awareness "mindfulness". By slowing down we are able to notice what we are doing and how we are truly feeling. Try practicing mindfulness through breathing exercises, going on a mindful walk and take in the sights, smells, etc. You could also try doodling, colouring in or listen to music.

Looking for extra support with your mental health?  
Have a look online at the following services



Scan QR code to watch Cheshire Young Carers, Wellbeing Tales

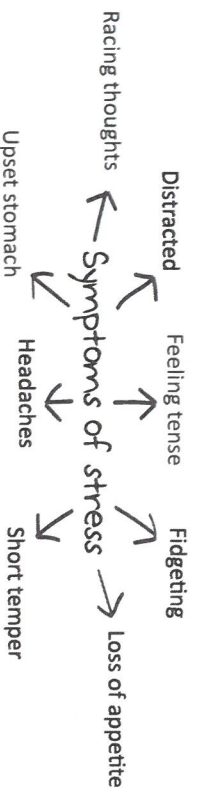
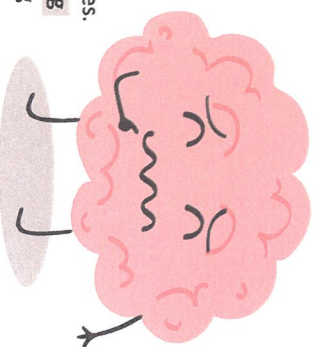


# Stress

What is stress?

Stress happens when we feel under pressure or tense because of something or sometimes a variety of things. It is a natural feeling but one that can be overwhelming at times.

Stress is our body's way of responding to a demand or feeling worried, threatened or in turmoil. It can be about something real or imagined.



What causes stress?

## 1. Big Changes

Not being able to do what you did before such as seeing friends and family or going to school. Changes could also be moving- house, changing school or anything that you feel is changing something important to YOU.

## 2. Important Events

These can be the first time we join a friendship group, exams that you really want to get the best grades for, things going on at home that could influence our mood or falling out with friends.

## 3. Things being 'too much'

Sometimes life can be busy, with a lot going on, so this can often lead to some situations being overwhelming or 'too much'.

Healthy ways of dealing with stress?

To help with stress try improving your sleeping patterns, eat healthier, exercise more. Talk to friends/family for advice on your situation and make a plan. Step away from a situation and use positive distractions such as playing music, painting, etc to centre yourself.

# Worry + Anxiety

What is it?

Worry is a feeling of concern about something that has happened or what we think may happen.

What is it?

Anxiety is similar to worry. However, it feels more intense. It can feel much more difficult to control.

Our brain is a bit like a smoke detector; it lets us know when we are in danger. Sometimes it may alarm when there is no danger. The reason for this is that the more stress we experience the more sensitive our brain's smoke detector gets.

Responses we might have to worry or anxiety

Fight or Flight Response

Freeze Response

This is when our body is preparing to defend or attack something that makes us feel worried or anxious. Whilst this can keep us safe it can also cause problems if it sets off at the wrong time. For example if we run away from something when we are not in danger and end up getting lost.

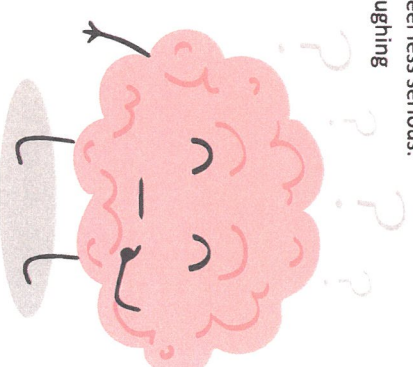
The freeze response is when we stop still, feeling like we are unable to move. This can be helpful if we've had an accident, as movement could cause further injury, but also unhelpful if we need to move away from something putting us in danger.

Friend Response

This is when our body tries to defuse something that makes us feel worried or anxious, we may try to make a joke about what happens to make it feel less serious. For example if you ever get told off in school and start laughing (without even knowing why you are laughing).

Flop Response

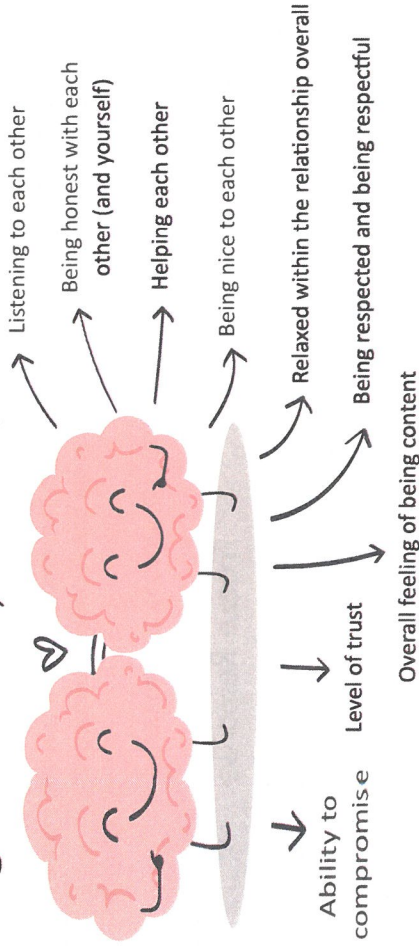
The flop response is our brain's way of trying to protect itself, for example if something traumatic happens, our brain may send signals to our body that make us pass out, so we don't have to consciously go through the traumatic experience that is happening.



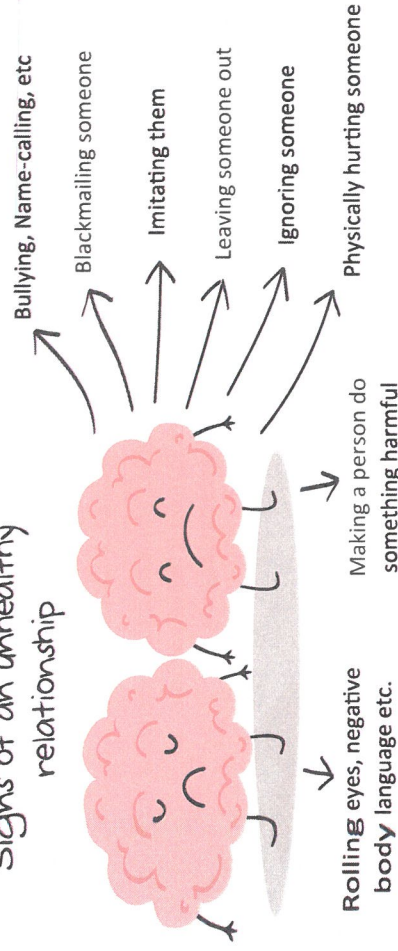
# Relationships

A relationship is a close connection between two or more people. At all stages of life you can have a variety of relationships, this can be with family, friends, a partner, classmates, pets; basically any other children or adults that you see regularly. It is important to understand the different types of relationships and recognise whether it is healthy or unhealthy.

## Signs of a healthy relationship

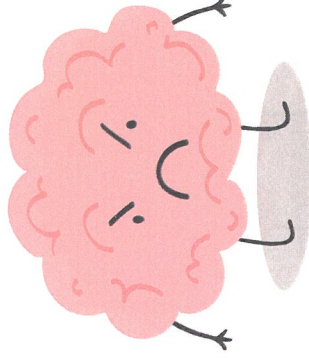


## Signs of an unhealthy relationship



Relationships should be healthy overall, sometimes people fall out, sometimes people argue, this can happen in any relationship, but it's important to realise when a relationship is not healthy, nobody should feel under pressure to do things they don't want to do, or feel like they aren't good enough for somebody else, or accept someone treating them badly.

# Anger



## What is Anger?

Anger is a feeling that happens when we feel under threat in some way, a strong emotion brought on by a person or something that can cause great pain. It is normal to feel angry some of the time, it is how we manage our anger that is what is important.

## How to manage your anger

You can think of your anger like a volcano, it builds up and then explodes! You can try to reduce your anger if you recognise it at different stages and express it in healthy ways for example, instead of shouting at someone take yourself away from the situation and take a few deep breaths, if that still hasn't eased your anger you could try screaming into a pillow.

## Know your triggers

Triggers are things that make us feel angry, they are different for everyone, but may include things like being treated badly and stress. Sometimes we may be upset about one thing, and a different thing will trigger our anger. Triggers may cause our 'flight or fight' response

## Unhealthy ways of expressing anger

Some ways of expressing anger are unhealthy, because they may lead to either ourselves, other people, or objects being damaged or hurt. Some unhealthy ways of expressing anger include: hitting things/people, breaking things, running away, and ignoring the anger completely

## Healthy ways of expressing anger

Healthy ways of expressing anger may stop and reduce the feeling before it starts, so we don't 'explode' and do something that might hurt someone or ourselves. For example

- Try hitting or screaming into a pillow
- Talking to someone about how we feel
- Doing exercise
- Leaving a situation that is making us feel angry
- Taking deep breaths