

don't forget to...

{NOTES TO SELF}



① FOCUS ON THE GOOD.
(It's there.)



→ Like reading or drawing or playing or dreaming

② DO SOMETHING YOU LOVE.



③ GO OUTSIDE.



④ LOVE WHO YOU ARE NOW.

(The past is over. Let it goooo.)



EVERY

DAY

TODAY

23

IS A

START!

FRESH

⑤ KEEP BEING BRAVE.

→ It might feel hard sometimes, but the night'll end + the clouds'll part.

THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate



Anxiety presents itself in many different ways...

The desire to control people and events



Difficulty getting to sleep



Feeling agitated or angry



Defiance and other challenging behaviors



Having high expectations for self, including school work & sports



Avoiding activities or events (including school)

Pain like stomachaches and headaches



Struggling to pay attention and focus



Intolerance of uncertainty



Crying and difficulty managing emotions



Over-planning for situations and events



Feeling worried about situations or events

Eat a regular, balanced diet.



Exercise!!!

Just going for a walk around the school can help.



Get adequate sleep



Managing Stress



Seeking help from mental health workers



'Belly Breathing' exercises



Changing how you perceive or view stress



Talking to a friend, partner, family member, teacher, or another adult whom you trust.

THE JOURNEY TO WELLNESS

ALPHABET guide to WELLBEING!

ANXIETY IS A NORMAL HUMAN EMOTION. REMIND YOURSELF THAT IT WILL PASS & YOU ARE SAFE.

BREATHE! TAKE TIME EACH DAY TO CHECK IN WITH YOUR BREATH. TAKE LONG, SLOW BREATHS DEEP DOWN INTO YOUR BELLY.

CALMING. CALM & SOOTHE YOUR BODY & MIND WITH A CUP OF CHAMOMILE TEA.

DISTRACTION CAN BE A USEFUL TOOL TO SHIFT YOUR FOCUS AWAY FROM UNHELPFUL THOUGHTS & BEHAVIOURS.

EAT A BALANCED DIET, RICH IN ANTIOXIDANTS & EXERCISE OFTEN.

FRIENDS & FAMILY. SURROUND YOURSELF WITH SUPPORT & PRIORITISE HEALTHY CONNECTIONS & RELATIONSHIPS.

GROUND YOURSELF IN THE PRESENT MOMENT BY TUNING IN TO YOUR SENSES, YOUR BODY & YOUR BREATH.

HEALTHY HABITS. CREATE POSITIVE DAILY RITUALS OF SELF-CARE.

INNER CRITIC. GET TO KNOW YOURS & LEARN TO KEEP IT IN CHECK WITH SELF-COMPASSION.

JOURNAL. WRITE OUT YOUR FEELINGS, THOUGHTS, FEARS, GOALS & DREAMS TO HELP YOU PROCESS THEM.

KEEP CLEAR BOUNDARIES FOR YOURSELF & OTHERS. IT'S OKAY TO SAY 'NO'.

LAUGH. FIND TIME FOR FUN. LET YOUR HAIR DOWN. KEEP IT LIGHT & FIND THE HUMOUR IN LIFE.

MINDFULNESS. OBSERVE YOUR THOUGHTS & EMOTIONS WITHOUT JUDGEMENT. BE PRESENT.

NAME YOUR EMOTIONS. ACKNOWLEDGE THEM WITHOUT JUDGEMENT.

OBSTACLES PROVIDE YOU A CHANCE TO LOOK FOR OPPORTUNITIES & OPTIONS FOR GROWTH.

PLAN & PRIORITIZE. KEEP LISTS OR SCHEDULES & DON'T OVERLOAD YOURSELF. BOOK-IN DOWN TIME & SELF-CARE.

QUIET. GIVE YOUR MIND & SENSES A BREAK. TURN OFF & TUNE OUT.

REST! IT'S OKAY TO DO NOTHING SOMETIMES. PUT YOUR FEET UP, GRAB A CUPPA & READ A BOOK.

SLEEP. IT'S SO IMPORTANT TO GET ENOUGH SLEEP EACH NIGHT. PRIORITIZE A SOOTHING WIND-DOWN ROUTINE BEFORE BED.

TECHNOLOGY FREE TIME. SPEND TIME EACH DAY AWAY FROM YOUR SCREENS, ESPECIALLY BEFORE BED.

UNIQUE YOU ARE THE BEST AT BEING YOU. TRY NOT TO COMPARE YOURSELF WITH OTHERS.

VALERIAN CAN BE A GREAT NATURAL WAY TO HELP ANXIETY, STRESS & SLEEP.

WATER. MAKE SURE YOU ARE DRINKING ENOUGH WATER EACH DAY - NOT JUST IN COFFEES!

XAMINE YOUR UNHELPFUL THOUGHTS & CHALLENGE THEM. REMEMBER, NOT ALL THOUGHTS ARE TRUE!

YOGA. TUNE IN TO YOUR BODY, NOTICE WHERE YOU FEEL TENSION. HONOUR THIS MIND-BODY CONNECTION.

ZERO TOLERANCE FOR THINGS IN YOUR LIFE THAT DON'T HONOUR YOUR WORTHINESS.

THE STRESS RELIEF GIRAFFE



OUT OF
CONTROL

SCARED OF
LOSING
CONTROL

NERVOUS

UNSURE

CALM

WHAT YOUR CHILD CAN DO:

- Calm breathing exercises
- Use visualisation meditation techniques
- Body tightening exercises (progressive muscle relaxation)
- Sigh to become fully present in the moment
- Practice music therapy
- Change location / surroundings
- Use a stress ball / fidget toy
- Give themselves a 10-second hug to boost their mood
- Colour, draw, write, craft, etc.
- Practice positive self-talk / words of affirmation
- Exercise
- Go outside
- Play
- Hydrate with water