Lesson 2 Resource 2: Helpful for Mental Health List

* Drinking water
* Smiling
* Advice website: www.childline.org.uk
* Punching a pillow
* Hugging a pillow
* Going outside - fresh air
* Writing or drawing about the feelings
* Eating a balanced diet that includes plenty of fruit and vegetables
* Taking deep breaths
* Reading
* Doing something physically active
* Writing a diary or journal of feelings
* Getting enough sleep
* Recognising things can feel better
* Making a memories box
* Listening to music
* Thinking positively
* Advice text/phone line:
* ChildLine 0800 1111
* Talking about problems to a doctor, nurse or counsellor
* Taking rest, relaxing, quiet time
* Being honest about your feelings
* Taking your mind off it
* Spending time with friends
* Being kind to others
* Helping someone else
* Thinking of happy times
* Stroking a pet
* Talking to a trusted adult
* Squeezing a stress ball
* Accepting that change happens to everyone
* Chatting to a friend
* Writing to a friend
* Imagining the feelings drifting away



Write your ideas here…

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