

All About Me: Calming Down and Self-Soothing

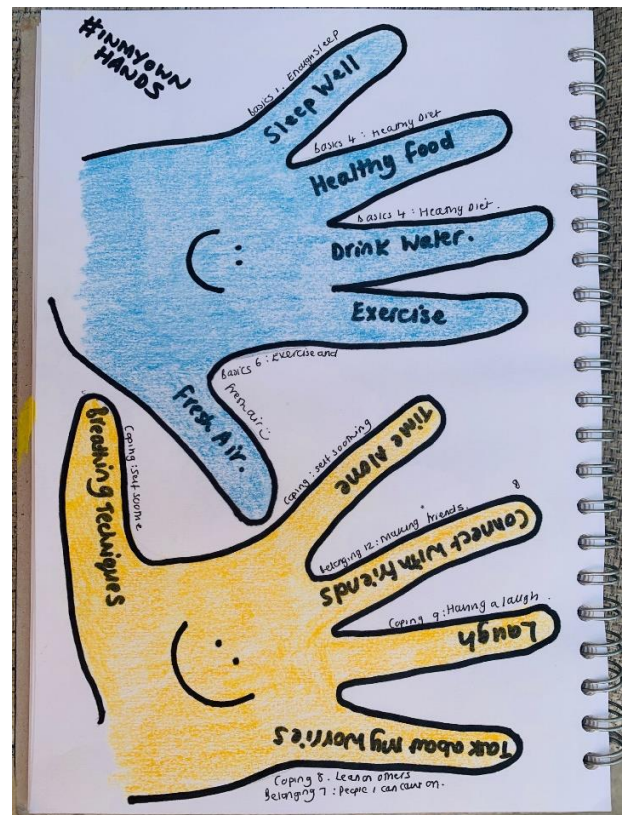


Have you ever stopped to put yourself first? We don't always put ourselves first and we should. Daily self-care is really important for our mental health and wellbeing. In our good days and the more difficult ones. Have you taken time to think about what things can lift you when you are down? Calm you when you feel anxious or overwhelmed? Or just generally raise a smile and bring some happiness into your life?

The following activities will help you to think about what these self-care activities could do for you. Choose one. Enjoy. Please do share sketches, photographs or examples. We would simply LOVE to see these. Tag us on twitter @resilientrutland or Facebook ResilientRutland.

Activity 1: In my own hands

Draw two hands – you could draw round your own hands or free sketch them it doesn't matter. So 10 fingers/thumbs to identify 10 things that you find helpful to self-soothe or cheer yourself up – label them and see what you have. Then you make a promise to try /focus on one of these every day to help your own self care. Here is mine – the left hand I used for basics that I know I need and can let slip. The right hand is more about activities or people to help. Your hands may be completely different!



Activity 2: Self Care Wheel



Draw round a plate or use a compass if you like. Divide your circle up into as many sections as you like. In each section write something just for you – to raise a smile, to relax, to calm or refresh yourself. You could do a few of these if you like. Then you can simply spin the wheel and focus on a self-care activity just for you! Here is mine but what will be in yours?

Activity 3: Self- Care Jar



friend? Do some art? Sing? What ideas have you got?

Find a jam jar or similar that is no longer needed. You may want to decorate it or personalise it in some way. Cut up some little strips of paper. On each strip write down a self – care activity. What will they be? Lie down and listen to music? Read a book? Find some quiet time alone? Call a



Notes: The Resilience Framework for Children and Young People (October 2012 adapted from Hart and Blincow with Thomas 2007) contains 42 different resilient moves. This is an everyday action that research and evidence has shown us can build resilience. By sharing resilient moves we will share a common language and ideas to build resilience. This is important now even more than ever. <https://www.boingboing.org.uk/resilience/resilient-therapy-resilience-framework/>



Thank you @boingboing, @youngminds, Headstart Resilience Revolution @HSBlackpool for sharing resources & inspiration for Resilient Moves. Dr Pooky Knightsmith for her resources, courses & getting me thinking @PookyH. Lyn Harte 2020