

# Emotional Support Pack

There are some suggestions in this pack to help us feel mentally and emotionally well, it includes relaxation exercises and some suggestions to help dealing with your emotions.



We understand this is a difficult and strange time and we understand you may have worries. Please talk to an adult about any worries or concerns you may have. Do not bottle it up.



There are probably lots of people who are feeling the same way you are, so don't worry - Talk to a grown up!

# Keeping Mentally Healthy

## A few tips to keep good mental health

- **Be kind to yourself and others**  
It is important to be kind to yourself as well as others. Forgive yourself for any mistakes and learn from them.
- **Rest and relax**  
Try some of the relaxation tips included in this pack and make sure you take time to rest.
- **Eat well**  
Eat regularly, eat lots of fruit and vegetables and drink lots of water to stay hydrated.
- **Learn new skills or practice a hobby**  
Do things you enjoy! Practice an instrument, dance or sing.
- **Do exercise that you enjoy**  
Try to get outside for some fresh air or exercise in the garden. We need to exercise as it reduces stress and improves our health.
- **Connect with others**  
Talk to people and stay in touch with friends and family if you can.
- **Get creative**  
Draw, paint, sculpt, write and play! Creativity can help us to stay calm.
- **Sleep well**  
It is important to sleep and keep a healthy sleep pattern. Try to go to bed at the same time each night.
- **Accept how you feel**  
Do not beat yourself up for how you feel this could make you feel worse. Talk to someone about how you are feeling.

# Star Breathing

Start on any "breath in" side and trace your finger around the star slowly, following the instructions to calm yourself when you feel angry, upset, stressed, anxious or worried.



## 5 Senses to help bring your anxiety down



**Using your senses helps to ground you back in the moment and allows you to focus on your breathing and concentrate on things you enjoy.**

Look for 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste.

**5-Sight:** Look around the room for something that makes you feel safe and loved, it could be pictures or photographs of your family.

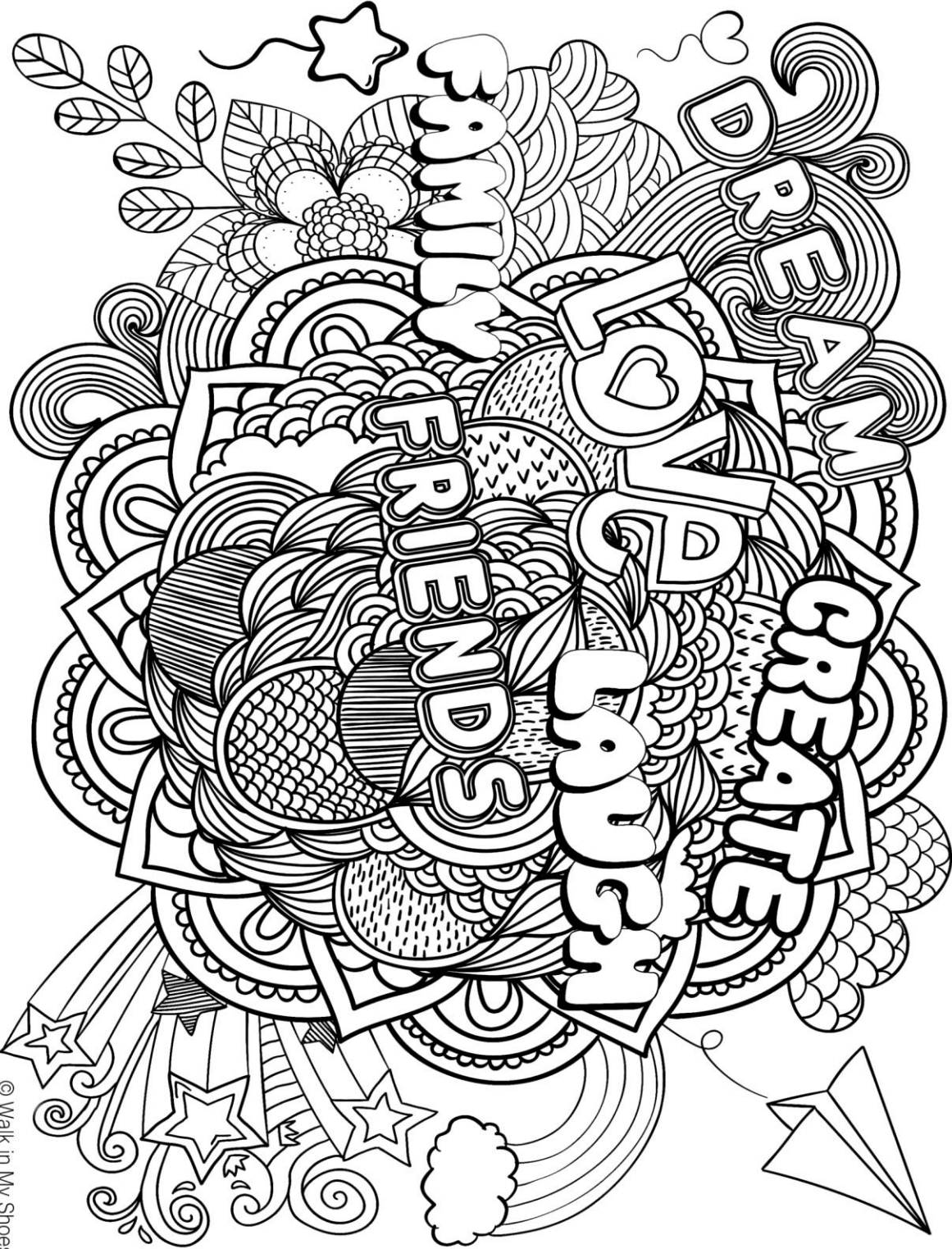
**4-Touch:** Hold something you like the feel of, it could be a fluffy blanket or your favorite teddy bear.

**3-Hear:** Listen to some relaxing music. There are plenty of relaxing songs online.

**2-Smell:** Smell something that you find comforting; it could be your mums' scarf that smells like her or the smell of your duvet cover.

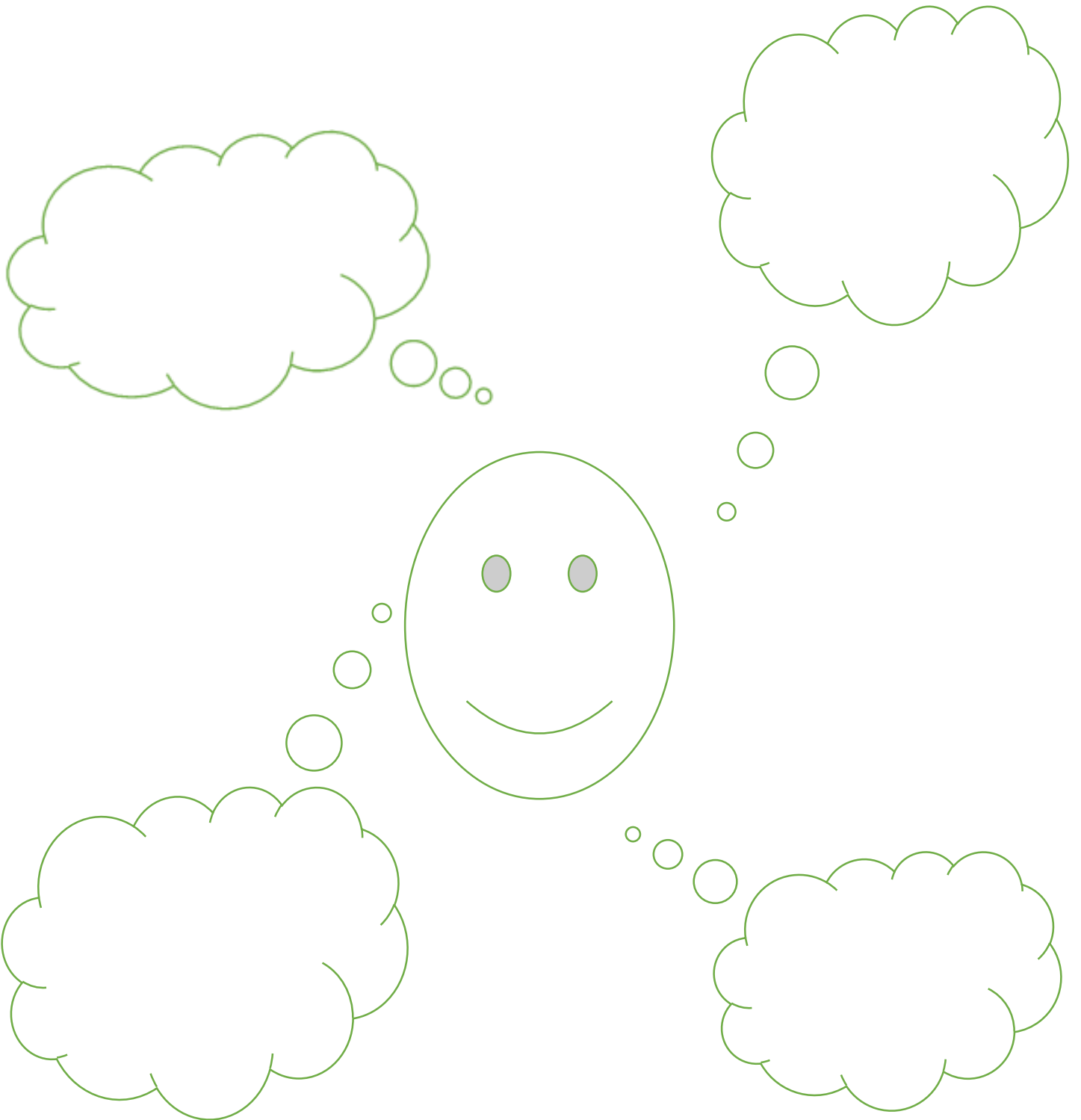
**1-Taste:** Eat something you like; it could be a mint or a sweet (something with a strong taste works best).

Try some mindfulness colouring to relax your mind



## Things that you make you happy

What makes you happy? Have a talk with a grown up and fill in the thought bubbles. You could also colour the smiley face.



Here are some numbers for parents if you are concerned for your family's wellbeing.

**NHS Every Mind Matters**

<https://www.nhs.uk/oneyou/every-mind-matters>

**Young Minds Parent support**

Helpline 0808 802 5544

**Mind**

<https://www.mind.org.uk/>

**Parenting and Family Support-Family Lives**

Helpline 0800 800 2222

<https://www.familylives.org.uk>

**Build Sound Minds**

<https://minds.actionoforchildren.org.uk/>

information for parents to support the mental health of their young people