Self help apps

Mind Shift
Helps you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

Headspace
Teaches you the basics of meditation and mindfulness.

For me

Designed by ChildLine to support young people up to the age of 19. The app covers many issues including self-harm, anxiety, bullying and body image issues.

Clear Fear

Award winning app to help anxiety using cognitive behaviour techniques.

Calm harm
provides tasks that help you resist or manage the urge to self-harm.
Distract helps to combat the urge by learning self-control;
Comfort helps to care rather than harm;
Express helps get feelings out in a different way;
Release provides safe alternatives to self-injury.

Stop, Breathe & Think
the app for meditation & mindfulness, has a unique approach that allows you to check in with your emotions

Wellbeing Journal

CITY OF YORK COUNCIL

School Wellbeing Service

How am I feeling today?

Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school/college, friendships and home.

Mood

0 1 2 3 4 5 6 7 8 9 10

School/college

0 1 2 3 4 5 6 7 8 9 10

Friendships

0 1 2 3 4 5 6 7 8 9 10

Home

0 1 2 3 4 5 6 7 8 9 10

Colour							
Date							

Websites and helplines

Young Minds (The UKs leading charity committed to improving emotional wellbeing and mental health of children and young people) **www.youngminds.org.uk**

The Mix (The UKS leading support and advice service for under 25's on a whole range of topics) **www.themix.org.uk Telephone: 0808 808 4994**

Child Line (National Organisation offering free confidential advice and support to children and young people) **www.childline.org.uk Tel 0800 1111**

Calmzone.net (CALM- Campaign Against Living Miserably) aimed at young men **www.thecalmzone.net Calm Helpline: 0800 585858**

Samaritans (confidential emotional support 24 hours a day) **www.samaritans.org Tel 116 123 Text support number : 07725 90 90 90**

Bereaved children support (York-based bereavement support for children and young people) **http://www.bcsy.org.uk/.**

School Wellbeing Service http://www.yor-ok.org.uk/sws.htm

York Mind https://www.yorkmind.org.uk/

Papyrus (Papyrus is the national charity dedicated to the prevention of young suicide.) Hopeline uk 08000684141 Text: 07786209697

My Wellbeing Plan

It is really helpful to remember what you want to achieve and all the things/people that will help you. Complete the wellbeing plan below and remember to keep practicing your strategies and reviewing them. Keep the ones that work and change the ones that don't. Keep going you're doing great!!

My goals:-

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Helpful strategies:-

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People/activities I enjoy:-

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I can talk to:-

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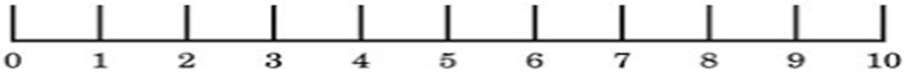
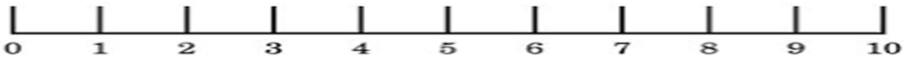
How am I feeling today?

Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school/college, friendships and home.

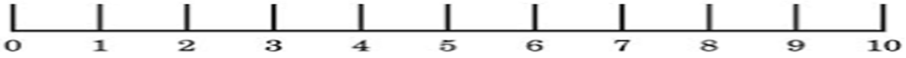
Mood



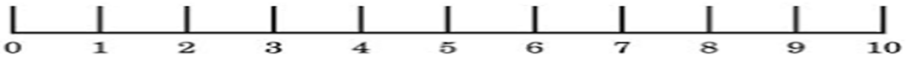
School/college



Friendships



Home



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Unhelpful thinking styles

Mind reading

When we assume that we know what others are thinking-usually about us.

Where is the evidence? Are these my own thoughts?

Prediction

We believe we know what is going to happen.

Ask myself 'am I making predictions'? How likely is it?

Compare and Despair

When we see the good in others but only the negative in ourselves.

What would be a more balanced way of looking at this?

Critical self

Self-criticism, putting our self down, see mistakes as all our fault,

I'm being hard on myself, am I really responsible for the situation?

Black and white thinking

Believe things can only be one of 2 ways, good or bad, right or wrong.

Allow for grey areas. Widen my spectrum of beliefs.

Catastrophising

When we believe that the worst possible thing will happen.

Question myself- what is more likely to happen?

Mountains and Molehills

When we exaggerate a negative outcome or minimise a positive one

How would it appear to someone else? Check out the bigger picture.

Emotional Reasoning

Feeling anxious means there must be danger. Feeling bad means things must be bad.

The feelings are a reaction to my thoughts-an automatic brain reflex.

Mental Filter

When we see only the negative- we have our 'gloomy' specs on.

Am I only aware of the bad things,? Take my 'gloomy 'specs off and take a more realistic look.

Judgements

Judging things a round us rather than describing what we actually see.

Try to find another perspective, an alternative way of seeing an event,.

Write a log of all the acts of kindness you do and how it makes you feel.

Day	Act of kindness	How did it make you feel?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Random acts of Kindness

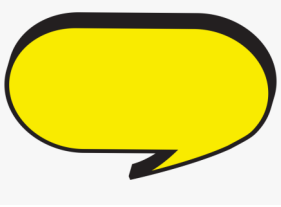
Being kind to people not only makes them feel happy, but can also make you feel great!. Here are some ideas of random acts of kindness for you to try with friends and family.

Leave positive post-it notes for people

Smile at everyone you come across

Say hi/hello to people

Donate clothes, books, dvds



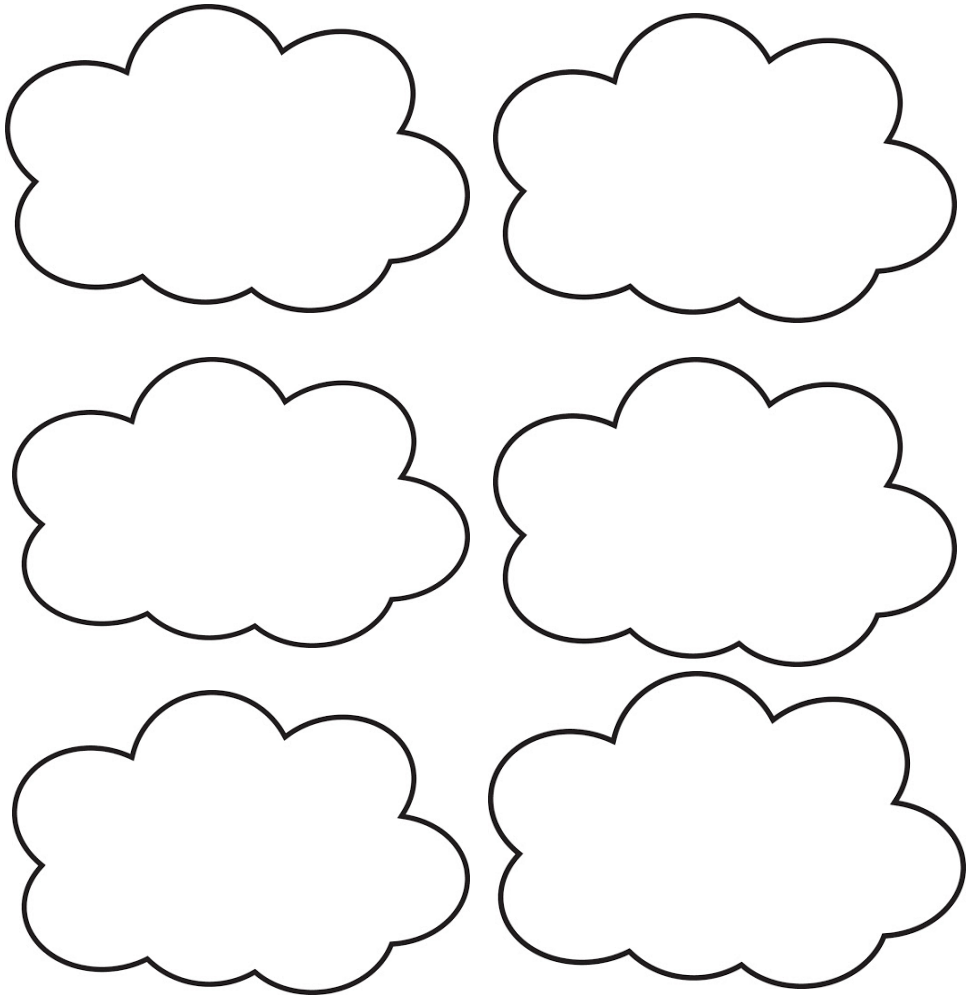
Check in on your friends

Make someone a hot drink

Reframing your thinking

Sometimes we get into a habit of having unhelpful thinking styles, which affect how we feel and behave. One way to break this habit is to reframe your thinking. Have a go by writing down your unhelpful thought, which thinking style it is and then how you could reframe your thinking so it is more helpful.

Unhelpful thought **Helpful Thought**



Letting Go with Mindfulness

This method involves practicing letting go of unhelpful thoughts. Use the letting go scale to rate how well you are able to 'let go' of negative.

1) Ask yourself, ***what am I experiencing right now?*** Observe your thoughts, feelings and body sensations without changing or answering the thoughts back for 30 seconds to 1 minute.

2) Now bringing ***your focus of awareness to your breath***, focusing on the sensations of your breath as it moves back and forth in your belly. .Spend about 30 seconds to 1 minute doing this.

3) Now ***expanding your awareness to sensing your whole body breathing***, being aware of sensations throughout your body. If there are any strong feelings around, try saying to yourself "whatever it is, it is OK, just let me feel it" For all of the unhelpful thoughts say to yourself "let go" on each breath. Do this for 1 minute.

4) *Complete the table* and rate how much you were able to let go of the negative thought.

Centre for Clinical Interventions
• Psychotherapy • Research • Training

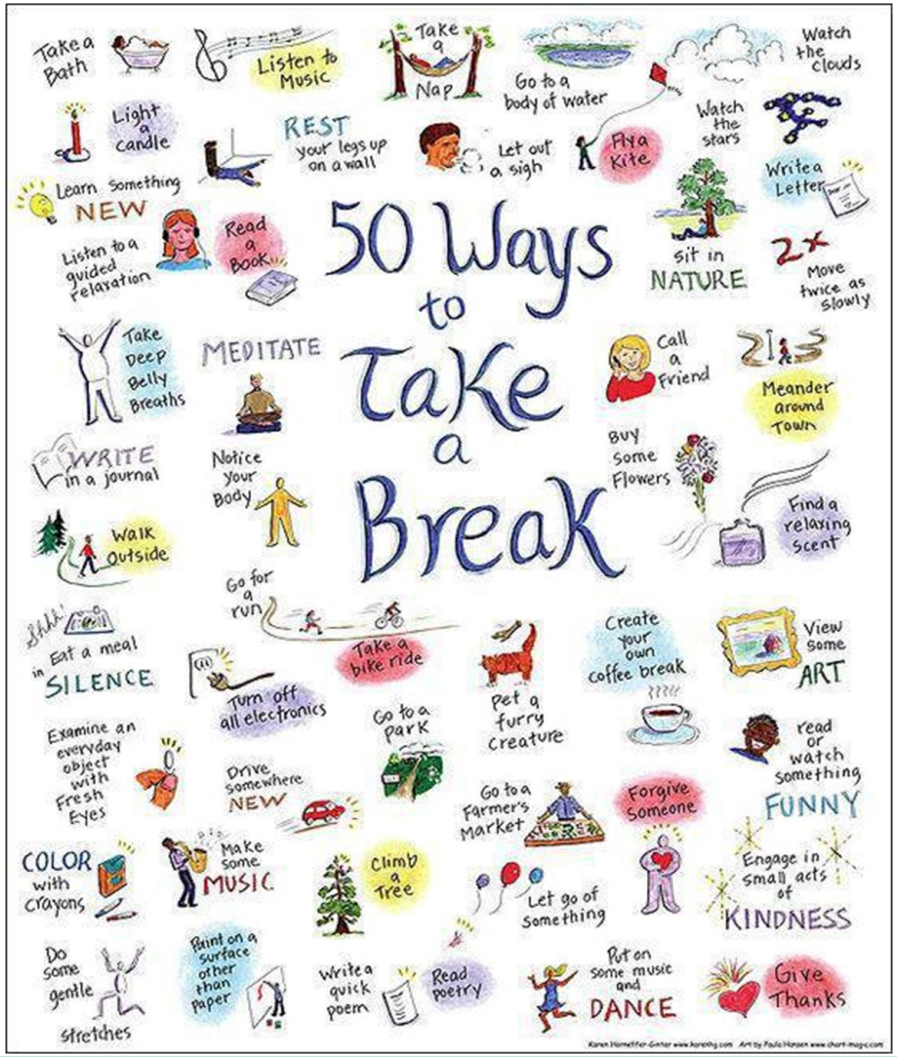
Positive Affirmations

It is really important to remind yourself that you are fantastic. Complete the sentience's below using positive "I AM" statements. E.g. I am friendly, I am funny.

1. I am .....
2. I am .....
3. I am .....
4. I am .....
5. I am .....
6. I am .....
7. I am .....
8. I am.....

Take a break

Life can be really busy and sometime very stressful. Remember to take breaks and do something that you enjoy. Here are some ideas below .



Letting go scale and recording log

0	1	2	3	4	5	6	7	8	9	10

Not at all *Completely let go*

Day/date	Let go rating Before	*Describe what happened when you engaged in mindfulness? What was difficult or easy about letting go of the negative thought?*	Rating after

Positive thinking

Write at least one thing per day that has made you laugh feel happy, proud, positive

Day	Event	How did it make you feel?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

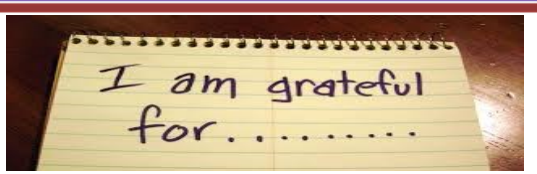
Exercise record

Day	Type of exercise	How did it make you feel?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Physical Exercise

When we do physical exercise our body releases happy chemicals called endorphins which make us feel good. Therefore it is a great idea to exercise for at least 30 minutes a day so we stay healthy and feel fantastic.

Gratitude Diary



Write at least one thing that you are grate-ful for each day such as the sun was shining.

Monday

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Tuesday

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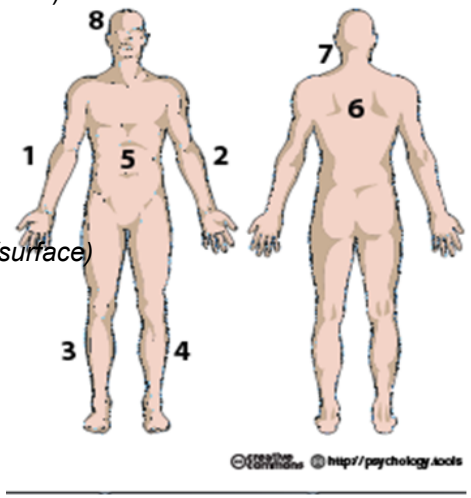
Relaxation tips

Progressive Muscle Relaxation
Our bodies respond automatically to stressful situations and thoughts by becoming tense. The opposite relationship also works: a good way of relaxing the mind is to deliberately relax the body.
In a progressive muscle relaxation each muscle group is tensed in turn, and the tension is then released. This relaxes the muscles and allows you to notice the contrast between tension and relaxation.
Relaxation should be enjoyable so if any part of the exercise is too difficult skip it for the moment. If you have any injuries you may wish to leave out that part of the exercise.

Preparation
Lie down flat on your back, on a firm bed, a couch, or on the floor. Support your head and
neck with a pillow or cushion. Alternativelty sit in a comfortable chair with your head
well-supported. Close your eyes if you are comfortable doing so.

Instructions
Focus your attention on different parts of your body in sequence. Go through the sequence three times:
1) Tense & release: Tense that body part, hold it for a few moments, then relax
2) Lightly tense & release: Tense that body part with just enough tension to notice, then relax
3) Release only: Just pay attention to each muscle group and decide to relax it

Recommended sequence
1 Right hand & arm
(clench the fist & tighten the muscles in the arm)
2 Left hand & arm
3 Right leg
(tense the leg, lifting the knee slightly)
4 Left leg
5 Stomach & chest
6 Back muscles
(pull the shoulders back slightly)
***7** Neck & throat*
(push the head back slightly into the pillow/surface)
***8** Face*
(scrunch up the muscles in your face)

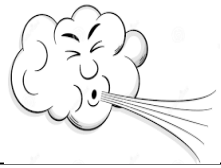


Grounding technique

5 things you can

4 things you can

3 things you can

2 things you can

1 Deep breath