

15 ways to help promote and support Good Mental Health



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1. Make sure you get enough sleep
2. Eat healthy food and drink healthy drinks
3. Learn how to relax and switch off
4. Connect with friends and family
5. Learn new things every day
6. Help others whenever you can
7. Exercise each day
8. Talk about your feelings
9. Be mindful and take notice of what is happening around you
10. Be thankful for all the things you have
11. Set goals for yourself and embrace your wishes and dreams
12. Challenge any negative thoughts
13. Learn how to smile more!
14. Ask for help if you have a problem
15. Have fun and laugh!





Make sure you get enough sleep

What time do you go to bed on a night?
What time do you wake up on a morning?
How many hours do you sleep each night?
How do you feel?

Try logging your sleep over a week to see if you are getting enough.

Time you go to bed	Time you wake up	How many hours sleep?	How did you feel that day?

Can you work out the average over a week. Get someone to help you if you can't do it yourself.

My average is

How did I usually feel over the week?

Am I getting enough sleep?



Make sure you get enough sleep

Have a read through the list and perhaps add some of your own?

DO

- Decorate a pillowcase with happy thoughts.
- Some relaxation exercises before you go to bed on a night
- Have a nice milky drink to help you relax and sleep better.
- Watch happy films or read happy books.
- Some exercise during the day so you feel physically tired
- Go to bed at a reasonable time. (Your mum or dad know best!)
- Have a warm relaxing bath before bed.
- Use a cuddly toy to cuddle and keep close to you.
- Talk to someone if you are worried about anything..
- Get into a comfortable position in bed.
- Leave a night light on if that helps.
- Put some socks on if you get cold feet.
- Practise visualisation – imagine your happy place in your mind.
- Go to the toilet before getting into bed.
- Have a bedtime routine and stick to it every night.

DON'T

- Watch scary films or read scary books.
- Go to bed feeling angry, stressed or worried – share your feelings.
- Don't eat food just before bed.
- Drink caffeinated drinks such as Cola, Coffee or tea.
- Play on computer games before bed. Put them away 2 hours before bedtime.



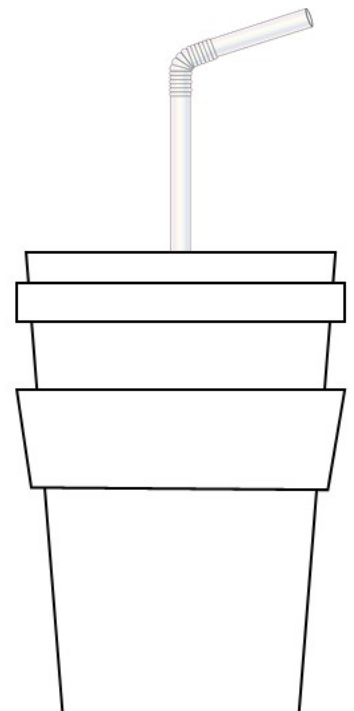
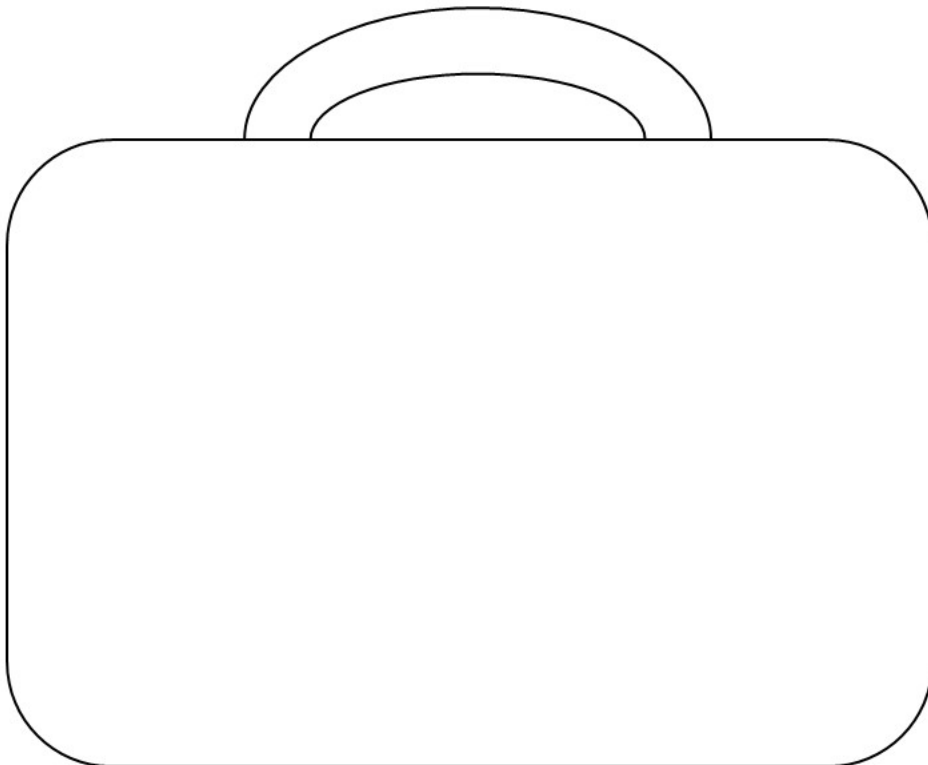
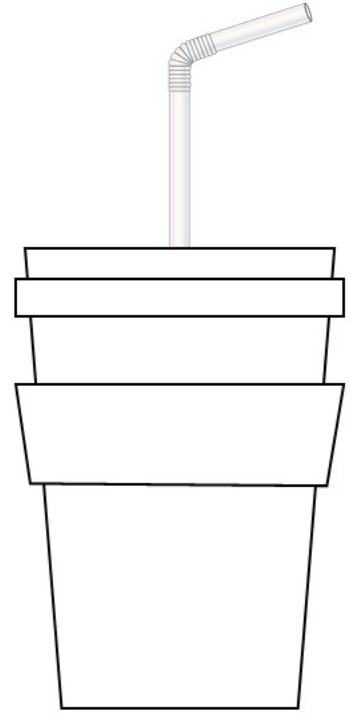
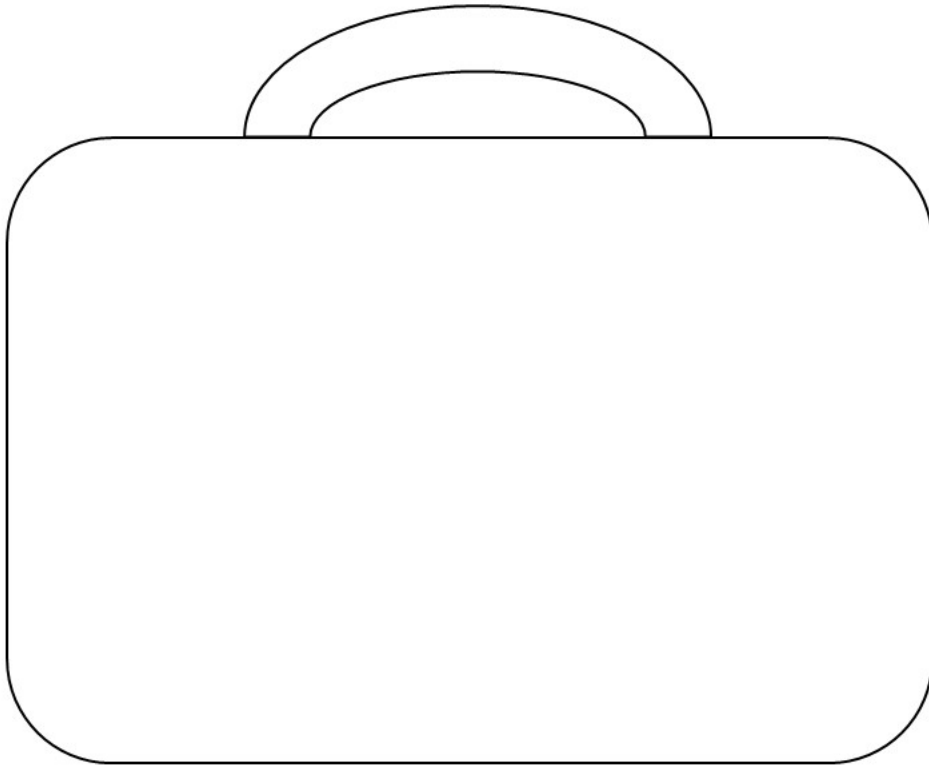
Make sure you get enough sleep

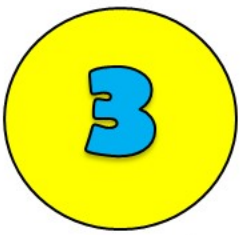
Draw and write down your bedtime routine. Make it as cosy as you can so you feel relaxed and sleepy. Stick to your bedtime routine every night.



Eat healthy food and drink healthy drinks

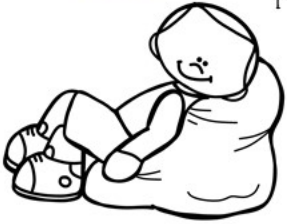
Fill two lunchboxes with food. One that you consider unhealthy and one that you consider healthy. Write the name of a drink you consider healthy and one that you consider unhealthy on the cups. You might want to research this with the person helping you with this booklet.





Learn how to relax and switch off

Think about how you can include some relaxation time every day. What relaxes you? What helps you switch off? What gives your brain a rest as well as your body?
Fill the jar with ideas for you to relax and switch off.





Connect with friends and family

It is important to connect with other people every single day. Who do you see and talk to every day? How could you connect with more with your friends and family?

Draw a picture of you and write all the people's names that you connect with each day.





Learn new things every day

Learning something new every day is exciting and it will make you feel better. It makes you more confident and raises your self-esteem.

Keep a diary for a week on what you have learnt that is new.

Day	What I learnt today	How did it make me feel?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Learn new things every day

Set yourself targets for things you want to learn about.





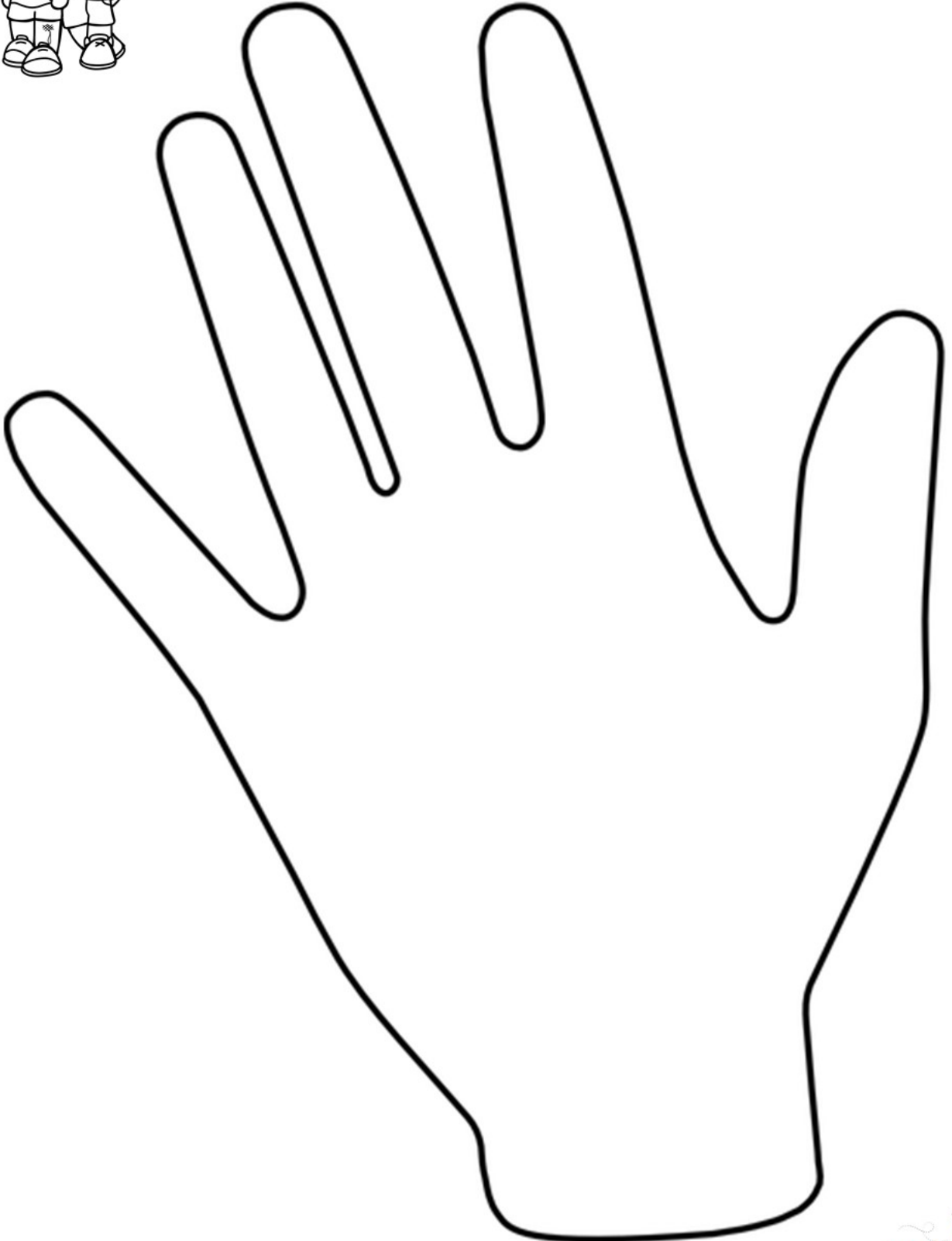






Help others whenever you can

Who do you help now? Who could you help more? Fill the 'helping hand' with all the things you do to help others..





Exercise each day

What exercise could you do each day? Have a look at this list and perhaps add a few more ideas yourself. Any activity that gets you a bit breathless is great for you!



- Swimming
- Football
- Dancing
- Cycling
- Walking
- Running
- Tennis
- Skipping
- Climbing
- Trampolining
- Gymnastics
- Hopscotch
- Bowling
- Jumping jacks
- Bunny hops
- Hopping
- Jumping
- Roller skating





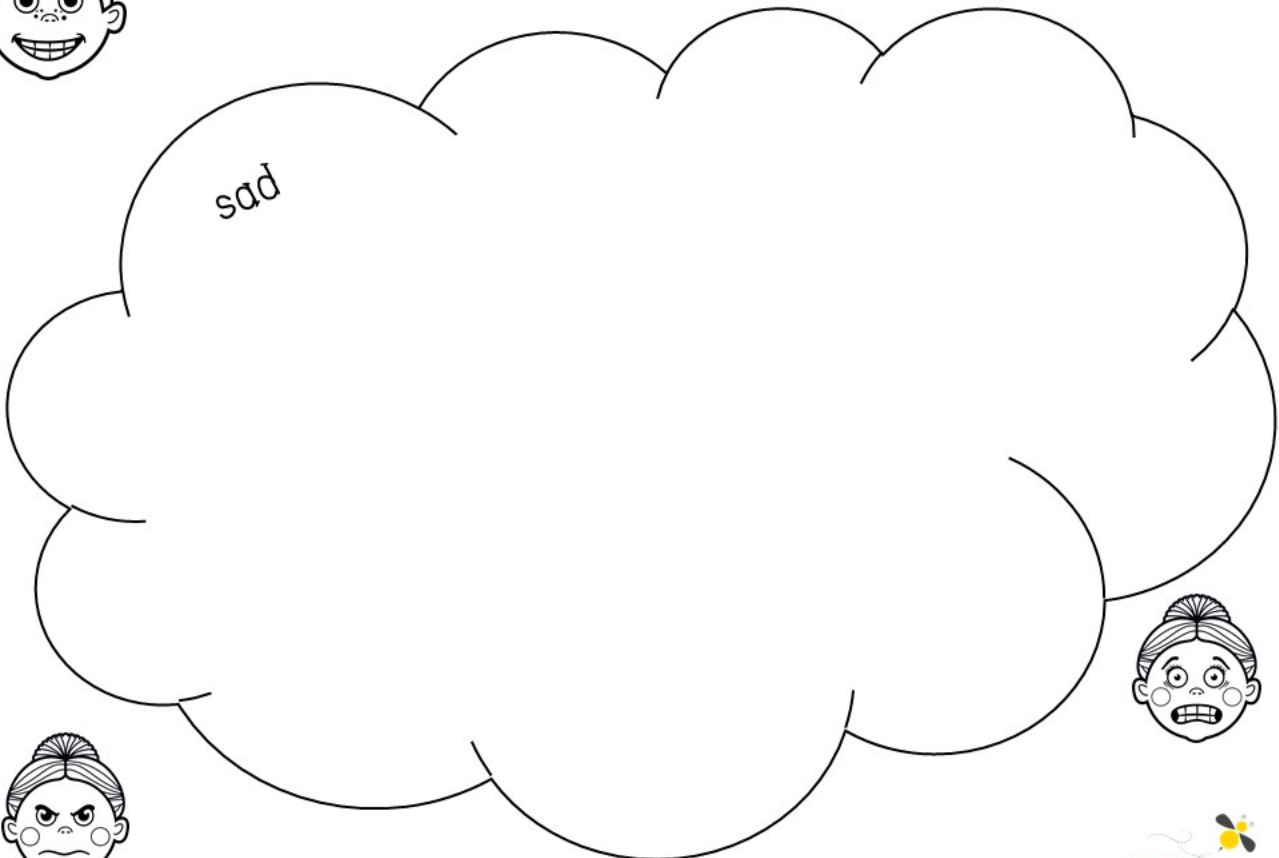
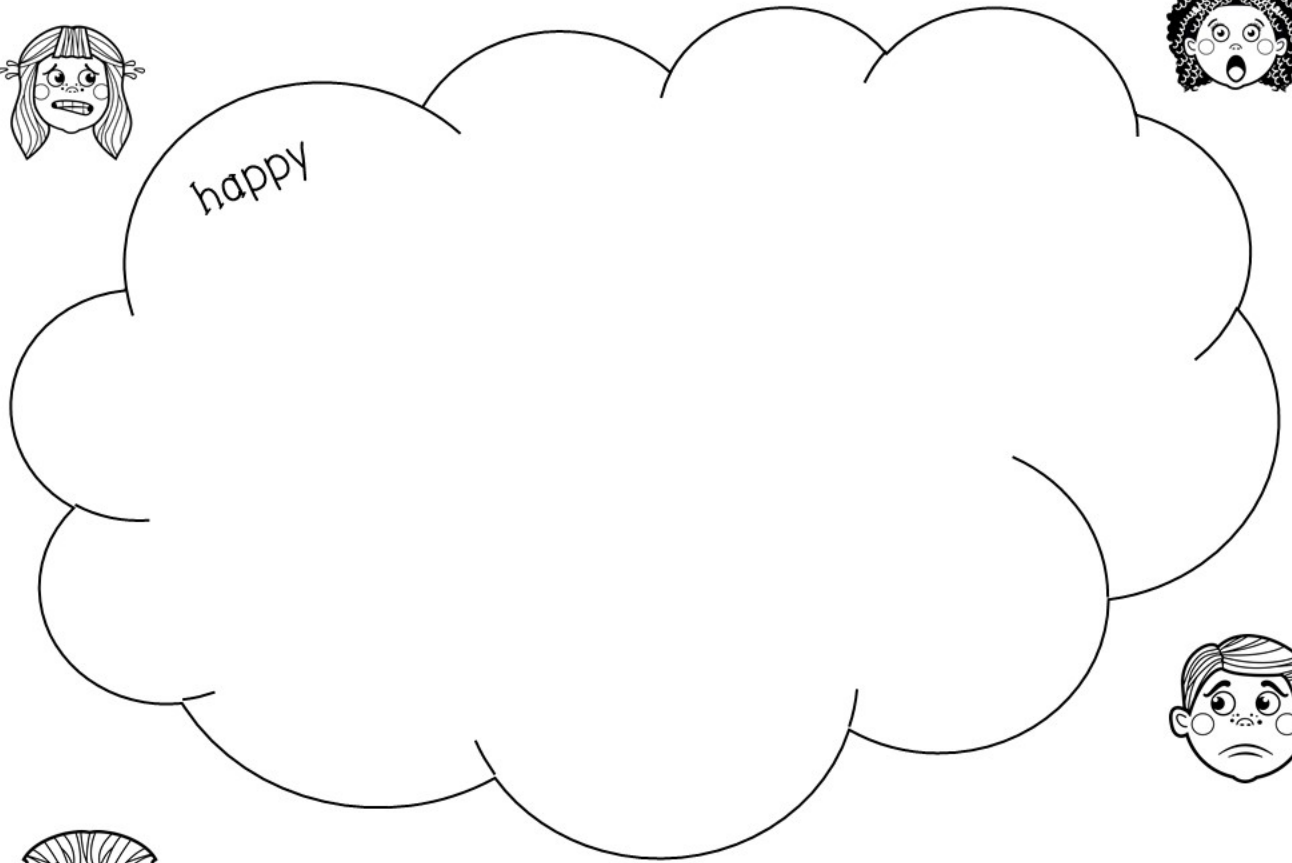
The very least you can do is a run around the playground each day. See how many times you can run without stopping.





Talk about your feelings

Write down as many feeling words that you can think of. Write the positive ones in one cloud and the negative ones in the other cloud.










Be mindful and take notice of what is happening around you

Taking notice of what is around you right now in the present moment is called mindfulness. If you practice mindfulness it will really help you feel better.

Set a timer for 1 minute and just be aware of what you can see, hear, feel, taste and smell. Be aware of your senses. Try it for 1 minute each day and record your findings.

Day					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



Be mindful and take notice of what is happening around you

Mindfulness colouring can be really helpful because you are just concentrating on what you are doing in that present moment. Try not to let your thoughts wander. Just be there, colouring in the present moment. Try colouring these images.



How did it make you feel whilst you were colouring?

I feel



I feel



Be thankful for all the things you have

Can you come up with 26 things you are thankful for beginning with each letter of the alphabet. There are 4 empty boxes for you to think of anything else too that you are thankful for.

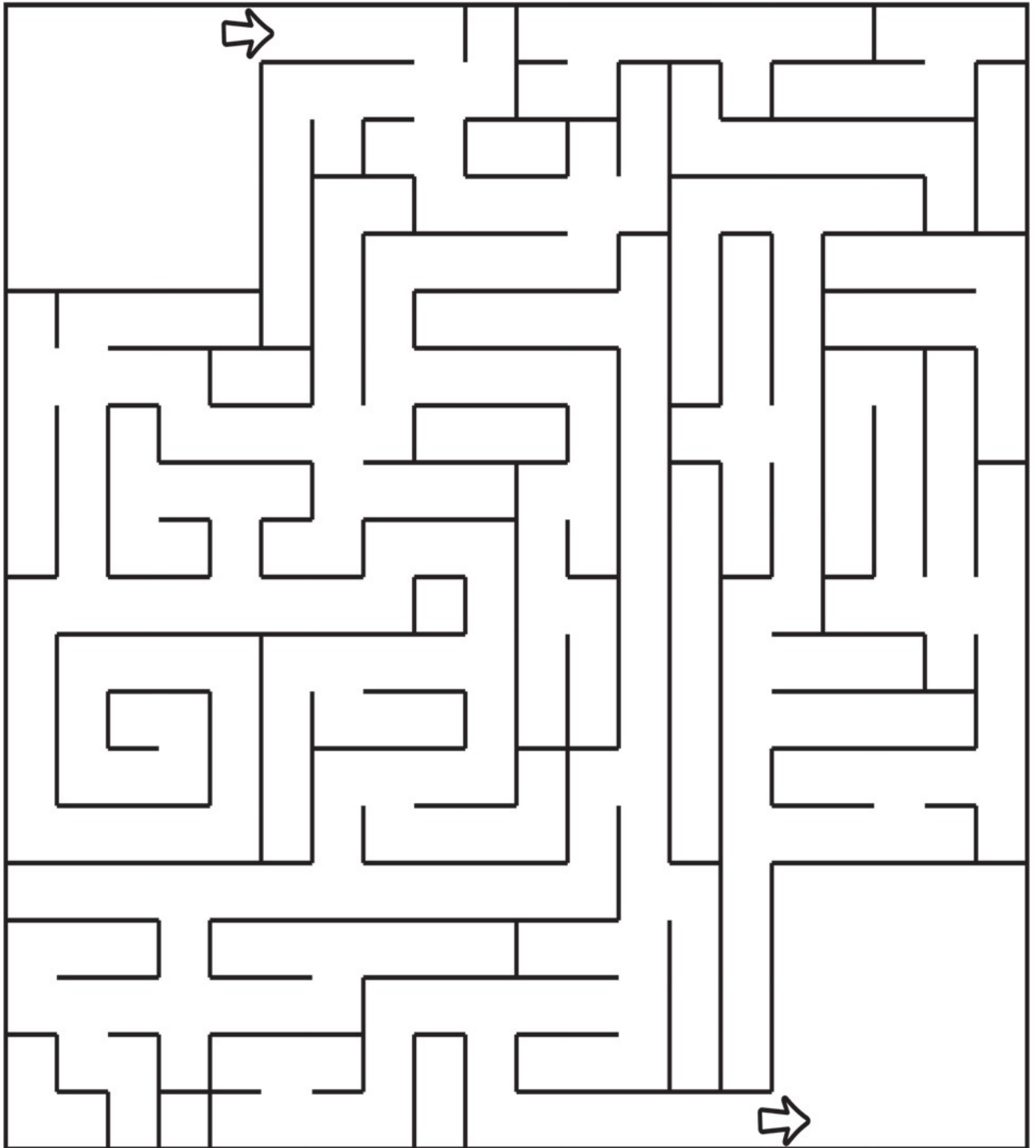
a	b	c	d	e
f	g	h	i	j
k	l	m	n	o
p	q	r	s	t
u	v	w	x	y
z				

At the end of everyday before you go to sleep. Think about what you are thankful for that day.



Set goals for yourself and embrace your wishes and dreams

What do you wish for? Draw a picture of you in the first box and your wish or goal in the end box. Can you find the route to get there? Talk about all the things you can do to reach your goal to the person helping you with this booklet. What happens if you find yourself facing a barrier? What do you do?





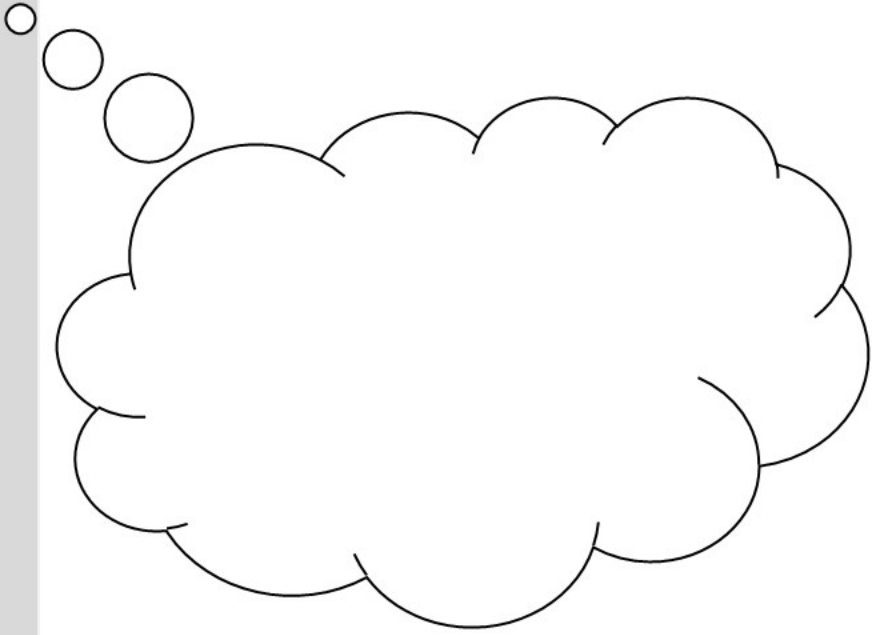
Set goals for yourself and embrace your wishes and dreams

Think about 3 things you want to do. 3 things that you wish for. Put one wish in each thinking bubble and then think about how you can achieve these wishes.

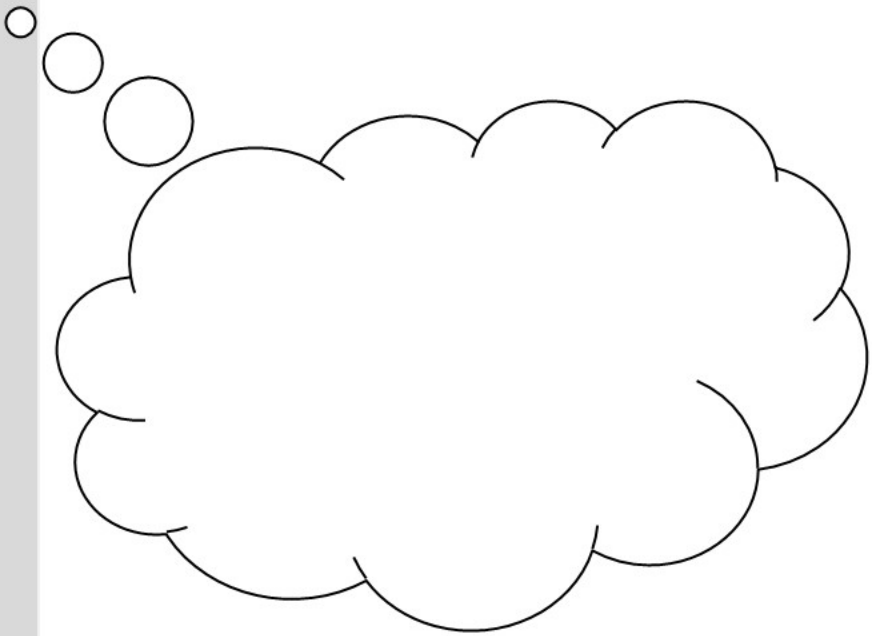
The form consists of three identical thought bubbles arranged vertically. Each bubble is a large, irregular cloud shape with a scalloped edge. To the right of each bubble, three smaller circles of decreasing size are connected by a thin line, leading into the bubble. The bubbles are currently empty, intended for the user to write their wishes.

Challenge any negative thoughts

If you think bad things it makes you feel bad. If you think positive things it makes you feel better. Try challenging and changing any bad or negative thoughts that you have. Write down some of the bad or negative thoughts that you have and see if you can come up with a different thought with help from the adult supporting you. Write down how each thought might make you feel.



I feel



I feel



Learn how to smile more

How about a smiling challenge? How many people can you smile at today? Have a practice now.

Draw a picture of your smiling face below. Smile into the mirror, smile at your friends, smile at your teachers, smile at your family members. It feels GREAT to smile!



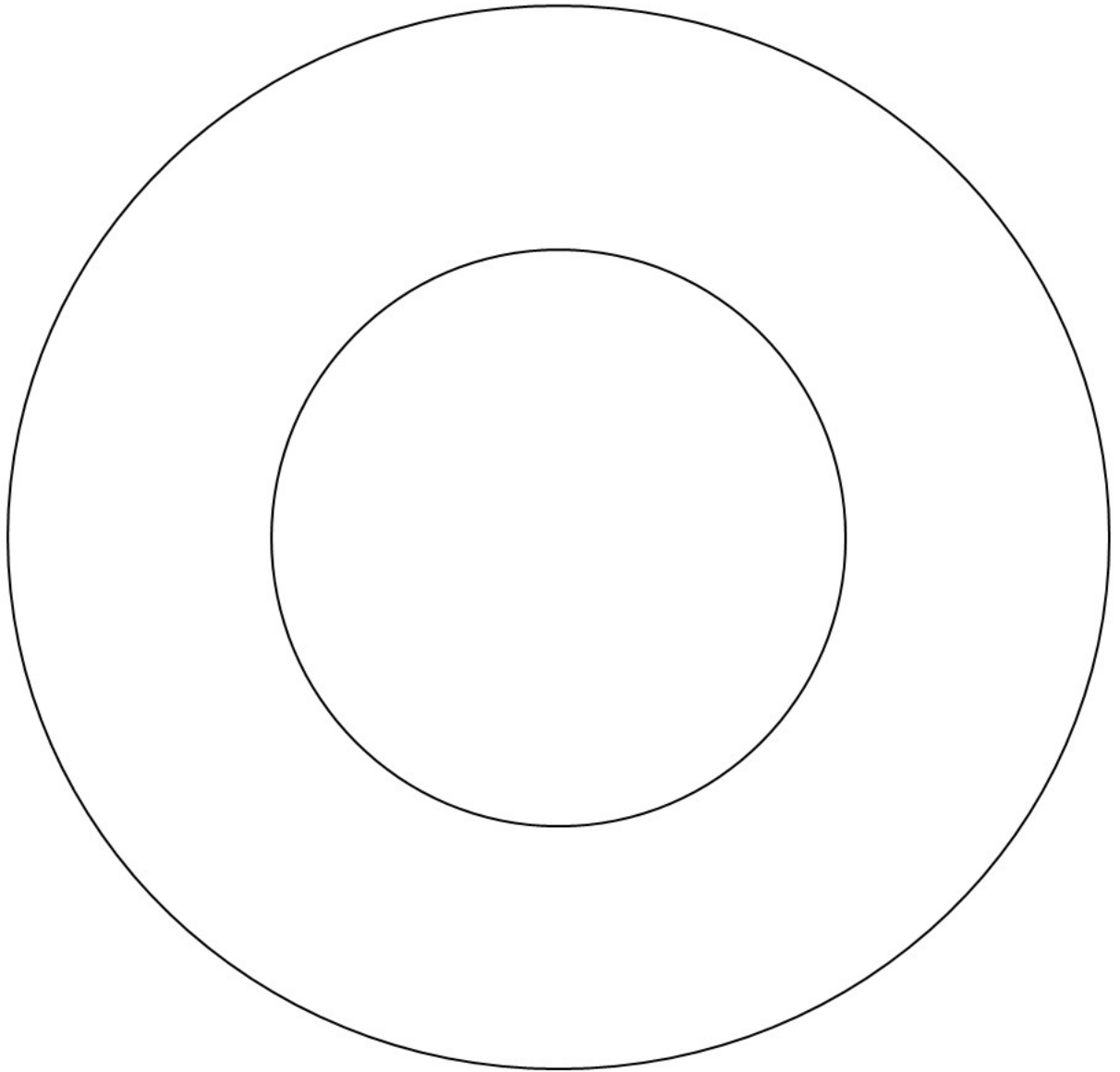
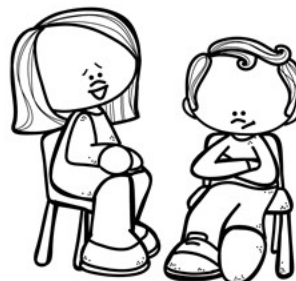
Try to notice the response you get from smiling at everyone. Are people being friendlier to you? Are they smiling back at you?

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Ask for help if you have a problem

Who can you turn to for help if you have a problem? Who supports you.

Write the names of the main people in the inner circle and then all the other people you could also go to for help in the outer circle,

A diagram consisting of two concentric circles. The inner circle is smaller and centered within the larger outer circle. This diagram is intended for students to write the names of people they can turn to for help, with the inner circle for primary support and the outer circle for secondary support.



Have fun and laugh

Having fun and doing things you enjoy is so important for your health and wellbeing. Draw pictures of all the things you enjoy doing in each box. Make sure you do something fun every day.

A large, empty rounded rectangular box with a black outline, intended for drawing a picture of a fun activity.A large, empty rounded rectangular box with a black outline, intended for drawing a picture of a fun activity.A large, empty rounded rectangular box with a black outline, intended for drawing a picture of a fun activity.A large, empty rounded rectangular box with a black outline, intended for drawing a picture of a fun activity.A large, empty rounded rectangular box with a black outline, intended for drawing a picture of a fun activity.A large, empty rounded rectangular box with a black outline, intended for drawing a picture of a fun activity.

How did you do?

Mark off each section below once you have completed it.

Number	Section	Done
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