

## Lesson 2 Resource 2: Helpful for Mental Health List

- ☑ Drinking water
- ☑ Smiling
- ☑ Advice website: [www.childline.org.uk](http://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...

☒ ...