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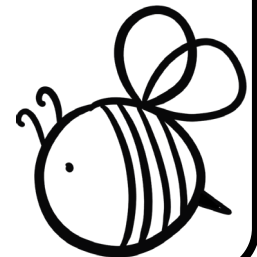
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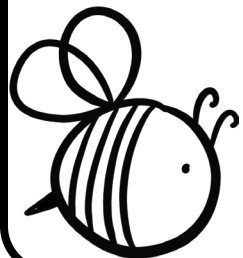




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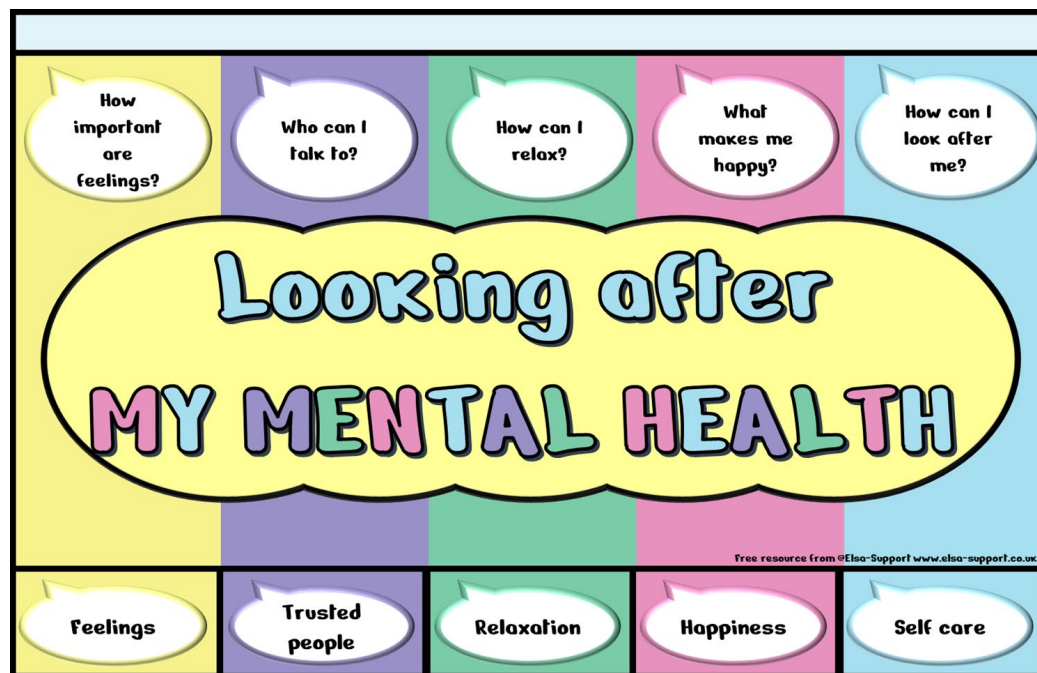
Looking after my mental health tab booklet

This resource is to help remove the stigma of mental health and help children to understand what they might need for good mental health. This booklet is here to show that it's okay to talk about feelings and to help children know what they can do to have happy and healthy minds.

This resource is to support World mental health day.

Cut out all of the sheets and put them together to form a tab booklet.

Example



How
important
are
feelings?

Who can I
talk to?

How can I
relax?

What
makes me
happy?

How can I
look after
me?

Looking after MY MENTAL HEALTH

When you tell someone how you feel, they can understand you better and help you when you need it.

Feelings are like messages from your heart and mind. They tell you how you're doing on the inside, just like a weather report tells you about the weather outside.

If you're upset, your feelings might be telling you that something needs to change.



Where am I feeling this?
What physical signs are there?

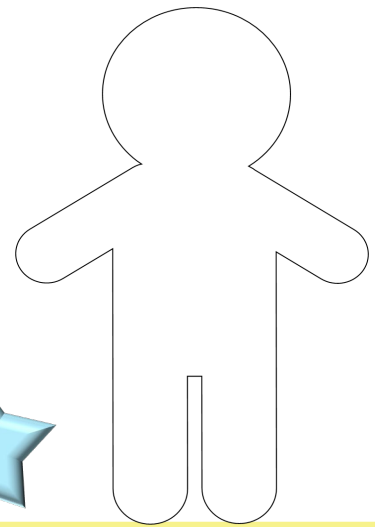
Why do I feel like this?
Problem solve why

How am I feeling today?
What name can I give the feeling?



How big is the feeling?
1 is small and 10 is big

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----



Feelings

It's like when someone says, "I understand how you feel," and it makes you feel better, like your feelings are okay.

Talking about how you feel with someone can make you feel better. It's like having a friend who listens and makes you feel not alone when you have strong feelings.

It allows you to address issues before they become bigger problems

My top 3 trusted people
Write their names



Why do you trust them? What can you talk to each person about?
Jet down things about each person.

1

2

3



1	
2	
3	

1	2	3

**Trusted
people**

Taking time to relax every day is like giving your brain a break. It helps your mind stay happy and healthy.

Taking time to relax is super important for your mind. It makes you less stressed, feel happier, sleep better, and handle your big feelings better!

Relaxation is like a quiet place where you can think about your feelings and figure out how to handle them, especially when they are tricky or tough.

Highlight your favourite ways to relax:

- **Reading a book**
- **Drawing or colouring**
- **Deep breathing**
- **Listening to music**
- **Taking a warm bath**
- **Going for a walk**
- **Hugging a stuffed animal**
- **Doing yoga or stretching**
- **Watching clouds**
- **Playing with a pet**
- **Watching a movie**
- **Writing in a journal**

Think of a new way to relax that isn't on the list. Write or draw your idea below.

**What would help you most when you feel stressed?
Write or draw**

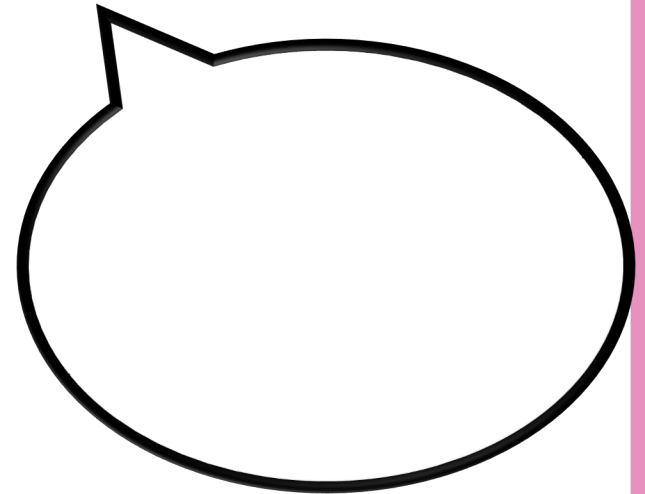
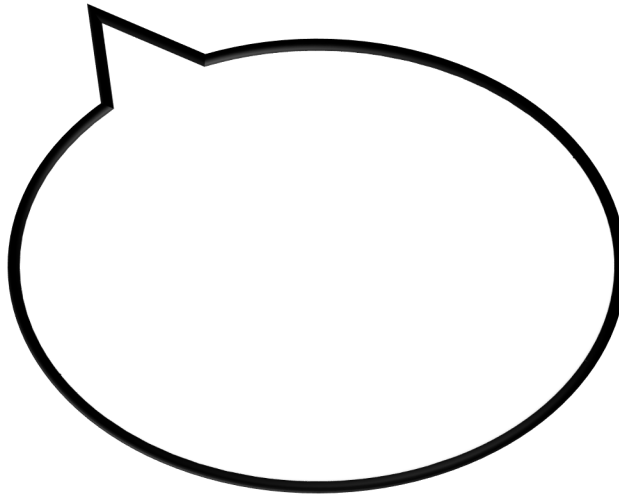
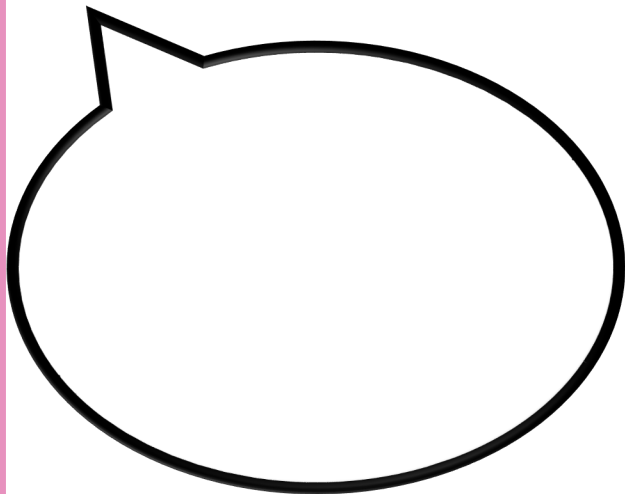
Relaxation

Being happy is like having a big smile inside you. It makes you feel really good, like you're full of positivity, happiness, and hope.

Being happy makes you feel good in your mind and body. It helps you stay healthy and makes everything feel better.

When you're happy, it's like having a shield that protects you from feeling really sad or worried. It keeps your mind feeling good and strong.

What makes you feel happy? Write or draw in the talking bubbles



When you take care of yourself, you become strong on the inside too. You can handle tough stuff better.

Self care is like giving your body and mind what they need to stay strong and happy. It helps you bounce back from tough times, get along with others, and feel really good about life.

Doing things like deep breathing or relaxing helps you feel calm and peaceful.

- Eat healthy foods.
- Get lots of exercise.
- Keep yourself clean.
- Write or draw your feelings.
- Share with someone you trust.
- Practise deep breathing when upset.
- Play with friends and family.
- Help someone when you can.
- Read books and learn new things.
- Try new hobbies or games.
- Draw, paint, or make art.
- Listen to or play music.
- Calm down with deep breaths.
- Spend quiet time alone.
- Enjoy nature outside.

- Say nice things to yourself.
- Be a good friend to yourself.
- Play games and have fun.
- Use your imagination to pretend.
- Go to bed at the same time each night.
- Relax before sleep with a book or quiet time.
- Don't use screens too much.

Highlight the ones you do or that you want to do more of

What do you do for self care?