

Lesson 2 Resource 2: Helpful for Mental Health List

- ☒ Drinking water
- ☒ Smiling
- ☒ Advice website: 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...

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