


My

=, Wellness =

Journal

**“youth**trust”



# A Message From Youth Trust

---

Life is hard, but accessing support shouldn't be. The Youth Trust works to empower young people to face life's challenges by providing youth-led emotional and therapeutic support, whenever you need it.

Youth trust has been supporting young people on the Isle of Wight for over 35 years. By providing a professional one-to-one counselling service, as well as a wellbeing service and group work.

We have created this wellness journal to help you if you feel like life is getting a bit too much or just so you can check-in with how you are feeling. It will become your guide to support your own wellbeing. You can refer to it daily, as a reminder and guide or for when times get difficult.

This is your wellness journal. You decide how to use it, who gets to see it, whether you work on it alone or with someone and how much time you spend on it.



# ABOUT ME

Draw a picture of yourself here!

Name:

I am happiest when/  
my favourite things:

If you were an animal,  
what animal would you be?

3 Things I am grateful  
for:

Use this space to add  
in your support  
network.

This could be friends,  
family or anyone you  
can turn to when you  
need support.

My  
Support  
Network

## TAKE NOTICE

Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs.

Taking notice of things we're grateful for, is a great way to boost our mood.

## CONNECT

Connecting with the people around us is a great way to remind ourselves that we're important and valued by others.

## GIVE

Research has found a link between doing good things and an increase in wellbeing.

## 5 WAYS TO

## WELLBEING

Here are some small actions you can do to improve personal your wellbeing

## LEARN

Learning new things is a good way to meet new people and boost our self confidence, which in turn improves our mental health and wellbeing.

## BE ACTIVE

We know that there's a link between staying active and positive mental health and wellbeing.

by moving our bodies, we can look after our mental and physical health at the same time.

A journey of a thousand miles begins with a single step.

LAO TZU

# Things That Support My Wellbeing

Things that make me  
feel good:

---

---

---

---

---

---

---

---

New things you would  
like to try:

Things you love:

Activities you enjoy:

---

---

---

---

---

---

---

---

“ —

Life is like riding a bicycle.  
To keep your balance, you must  
keep moving.

Albert Einstein

— ”

# My Triggers

Triggers are things or situations that can make it harder for us to stay well. They can be emotional or external and are different for everyone.

My Potential Triggers:

---

---

---

---

---

---

---

---



To  
believe  
yourself  
**BRAVE**  
is to be  
brave

Joan of Arc



Things to avoid:

Early warning signs that things are  
going less well for me:

---

---

---

---

---

---

---

---

# What Next?

## Write it Down



if you are confused, overwhelmed or not sure how you feel, it might help to start by writing down what you are feeling.

## Talk to Someone You Trust



talk to an adult you can trust; this could be a parent, teacher, doctor or friend.

## Make an Action Plan



Create an action plan of things that might help you feel better.

## Call a Helpline



Call a helpline or use a website, if you are not ready to talk to someone you know.

samaritans.org 116 123  
childline.org.uk 0800 1111

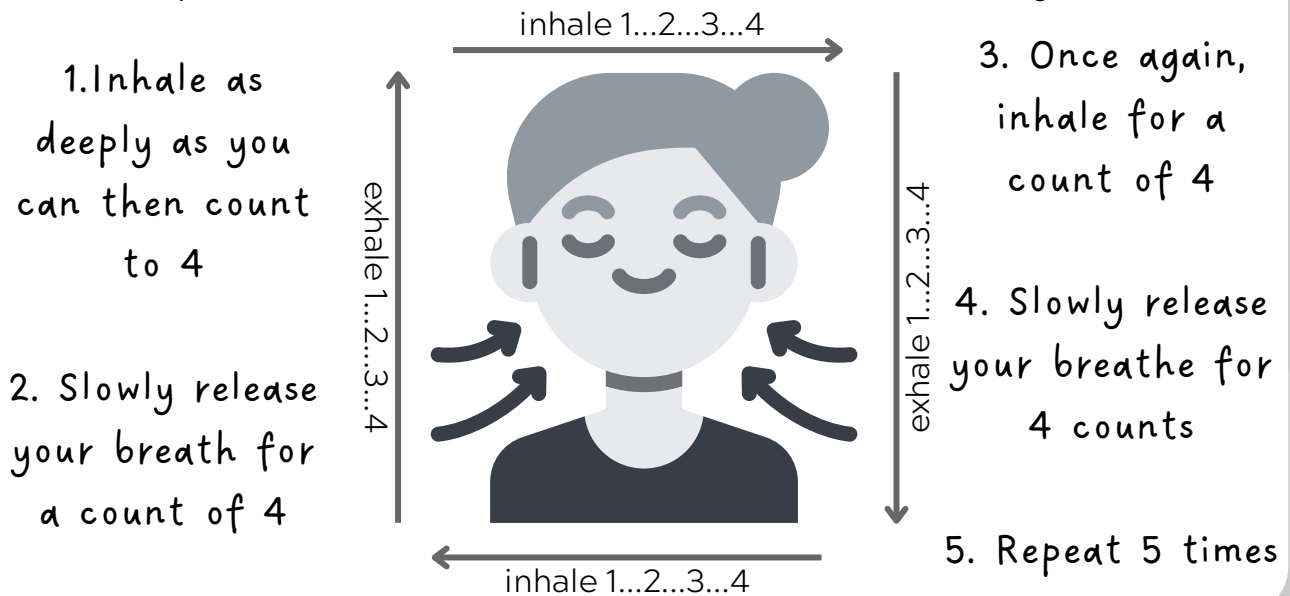
“ Life can only be understood backwards; but it must be lived forwards.

Soren Kierkegaard

”

## Breathing

Box Breathing is a controlled breathing exercise that helps reduce stress and calm the nervous system.



## Sleep

Why is sleep important:

- Sleep helps repair the body
- Lowers stress levels
- Supports growth and development
- Maintains a healthy immune system
- Helps learning, creativity and memory



Try:

- Going to bed at the same time everyday
- Avoid eating large meals before sleeping
- Write down things that are worrying you before you sleep
- Exercise regularly
- Turn your phone off 1 hour before bed
- Keep your bedroom quiet, cool and dark.



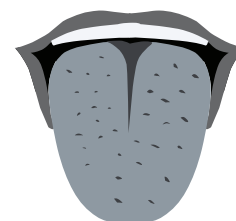
## Grounding With Your 5 Senses



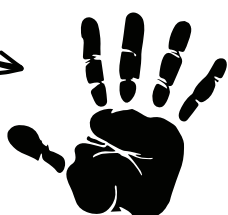
**5 THINGS YOU  
CAN SEE**



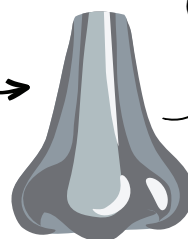
**3 THINGS YOU  
CAN HEAR**



**1 THINGS YOU  
CAN TASTE**



**4 THINGS YOU  
CAN TOUCH**



**2 THINGS YOU  
CAN SMELL**

Repeat this exercise as many times as you need to calm down and feel more grounded. Try moving to different locations to use more senses.

## Muscle relaxation

When we are feeling stressed we can carry tension in different parts of our bodies, this can result in sore and achy body parts.

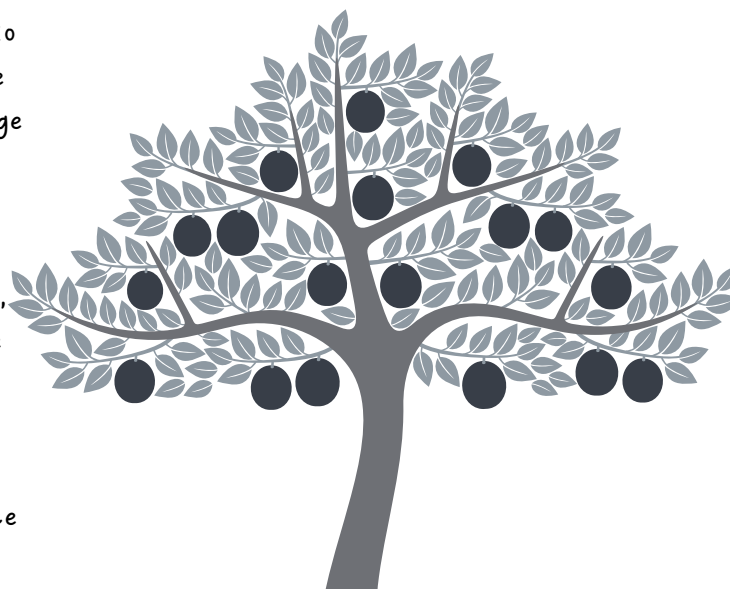
Try this technique for releasing muscle tension:

### **PRETEND YOU HAVE A ORANGE IN YOUR HAND.**

1. Reach up high to the orange tree and pick a orange in both hands.

2. Squeeze the oranges really hard, to get all the juice out!

3. Once you have squeezed all the juice out each orange,



throw the oranges onto the floor and relax your hands.

4. Repeat until you have enough juice for a whole glass of orange juice!

5. After your last squeeze shake your hands to relax!

# At Your Fingertips

3 textures you can touch right now:

1

2

3

Your comfiest piece of clothing:

Softest thing you've ever touched:

The best hug giver:

“

Forever is  
composed  
of now's.

Emily Dickinson

”

cool or cosy?  
smooth or textured?  
soft or sturdy?

# Start of Week Reflection

Week commencing .....

What's happening this week:

---

---

---

---

---

---

---

---

---

---

New things I'd like  
to try this week:

Things to remember  
this week:

The secret of life, though, is to fall seven  
times and to get up eight times.

Paulo Coelho

# End of Week Reflection

What happened this week:

---

---

---

---

---

---

---

---

---

---

What feelings have you experienced:

What went well this week:

“Something in me knows where I am going.”

Jackson Pollock

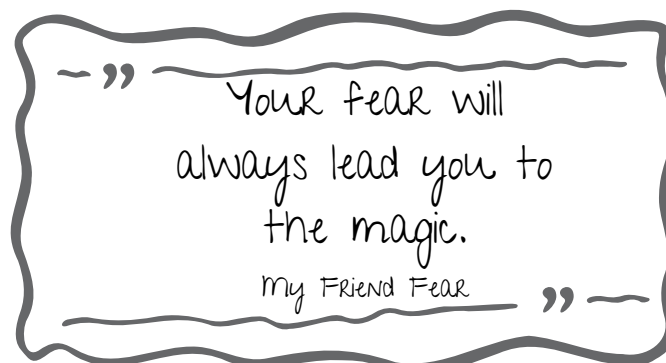
# Word Search

S C G F R S C R X Z D N A A Y  
 Z O F N D Q L Y E I G L A S D  
 B N A E Z U W E L L B E I N G  
 R N L A E L W E E D A Z V E E  
 E E Q H F L C U H P I X C F D  
 A C F D U I I Z I F G S U P V  
 T T E Q T M K N O T J V J L E  
 H E S O E S G O G E A N C C W  
 E M N R I E T I T S C O U D C  
 T R E B D N L A V H T W Z B J  
 N Y W A R S E D V E I R Y R S  
 A K X X E E A E J S V V A C F  
 I O E O S S R I T E E T V E W  
 A W E L T V N B E B I K M F F  
 H A L E G O D R S H B O J A B

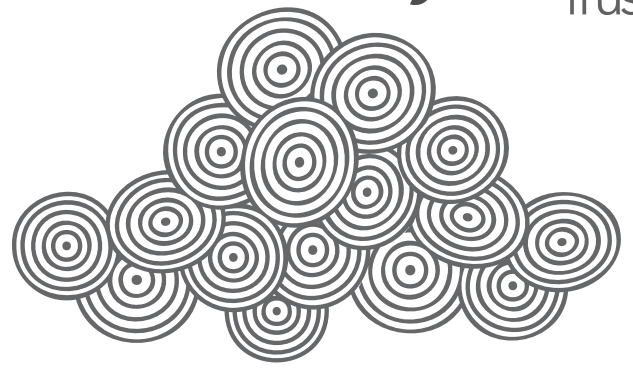
Active  
 Give  
 Notice  
 Breathe

Learn  
 Connect  
 Relax  
 Feelings

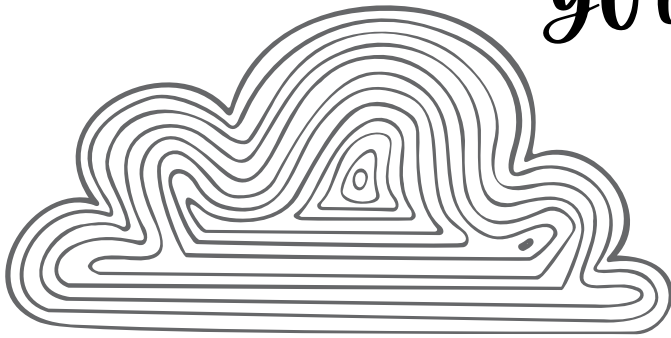
Rest  
 Wellbeing  
 Sleep  
 Senses



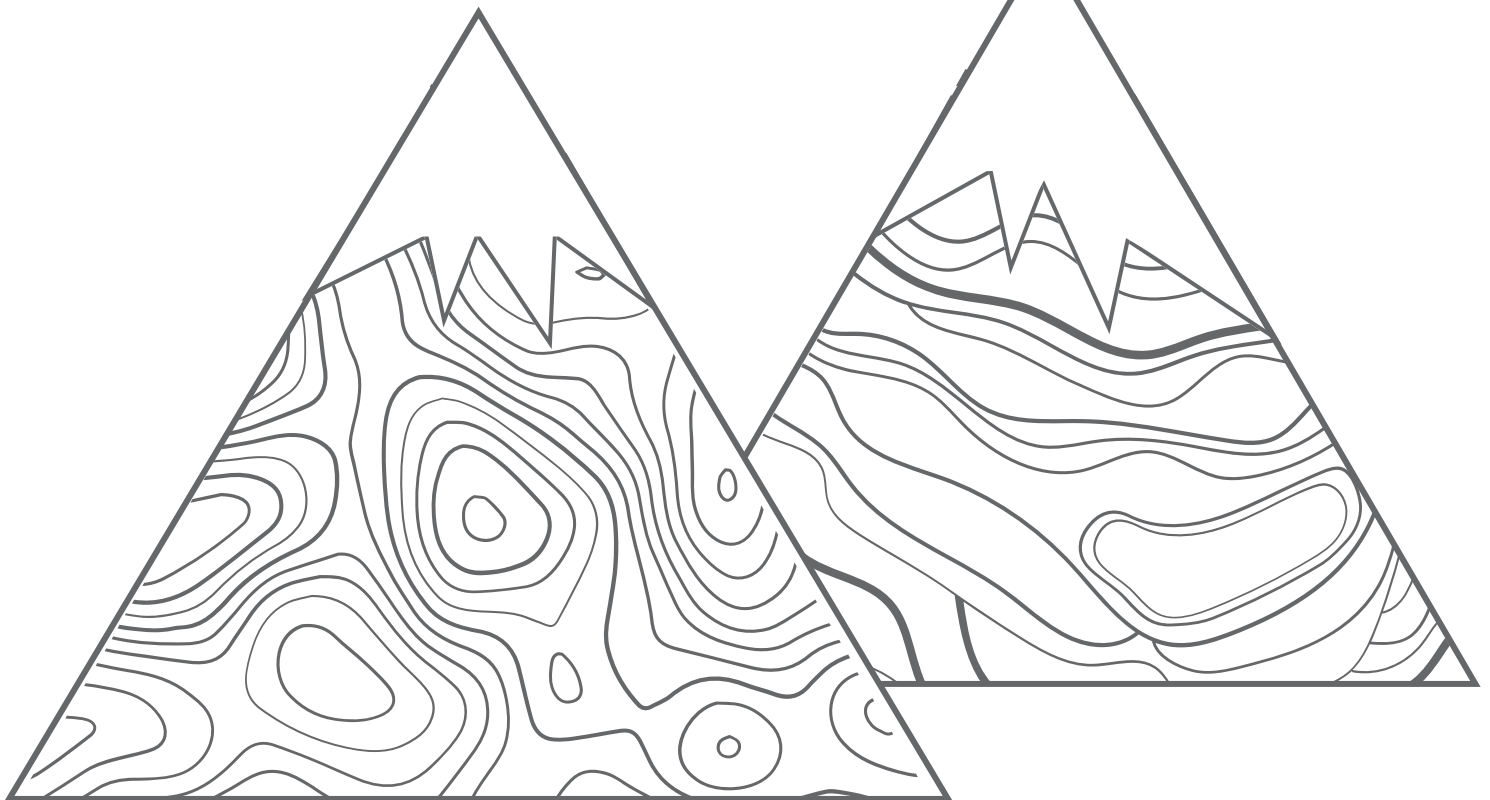
# CREATE



*your own*

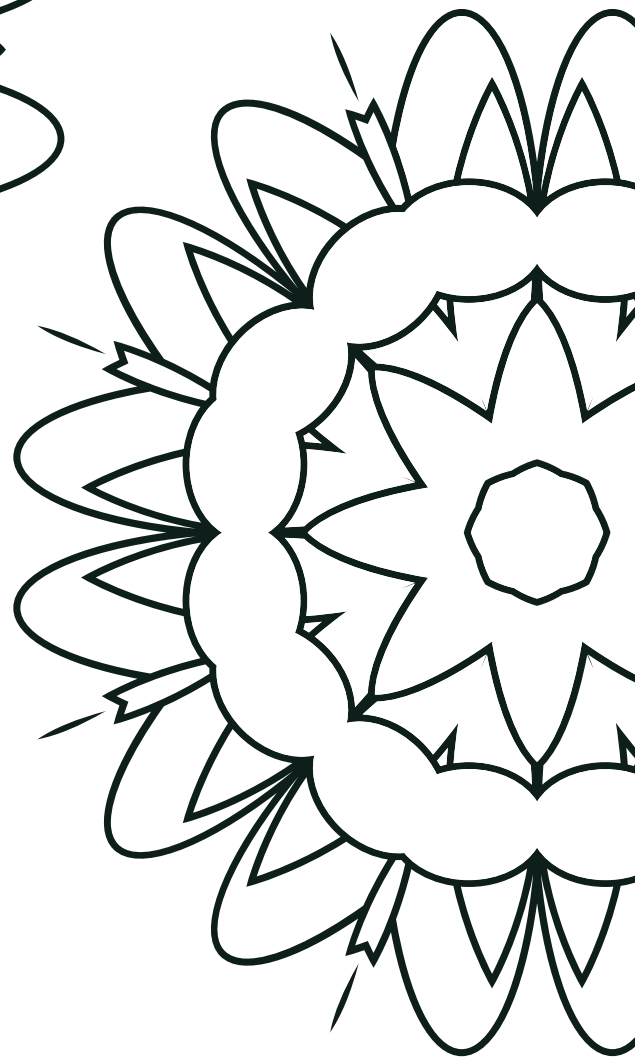
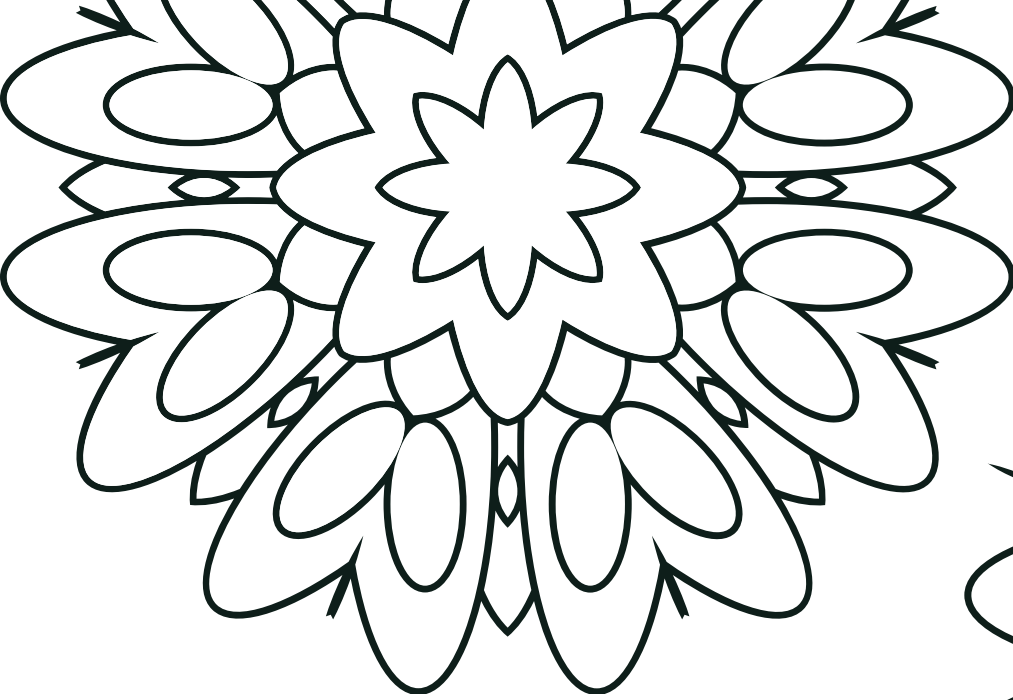


# CALM

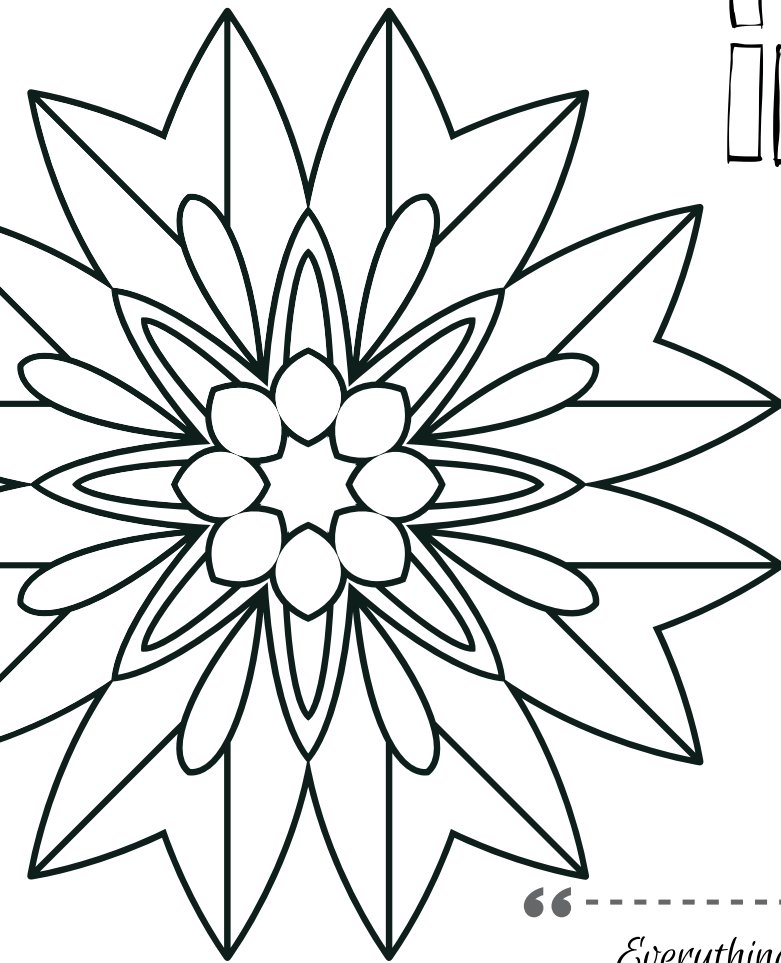


“  
EVERYTHING HAS BEAUTY,  
BUT NOT EVERYONE CAN  
SEE.  
CONFUCIUS

”



breathe  
in,



breathe  
out

“  
*Everything's a Story.  
You are a Story.  
I am a Story.*  
Frances Hodgson Burnett  
”



Space to write or draw  
thoughts and reflections



# Sources of Support



Free confidential counselling & wellbeing services for children & young people aged 4-25

📍 114 Pyle Street Newport

✉ info@iowyouthtrust.co.uk

☎ 01983 529569

**MENTAL HEALTH  
DROP IN**

Every Wednesday 2:30-4:30pm @ The Hub



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

Confidential suicide prevention advice to young people struggling with thoughts of suicide, and anyone worried about a young person. Available 24/7

✉ pat@papyrus-uk.org

text: 07860039967

CALL **HOPELINEUK**  
**0800 068 4141**

**YOUNGMINDS**

fighting for young people's mental health

Find the help and advice you need.  
You are not alone.

Support for young people and parents.

text YM to 85258

🌐 youngminds.org.uk

**childline**

ONLINE, ON THE PHONE, ANYTIME

Childline is for under 19's in the UK, for any issues you are going through.

Free, confidential, available 24/7  
7 days a week.

☎ 0800 1111

🌐 childline.org.uk

**THE MIX**

The Mix helps young people take on any challenge, from mental health to money, breakups to drugs, and everything in between.

Helpline open until 12am everyday.

🌐 themix.org.uk

☎ 0808 808 4994

**Whatever  
you're facing**  
We're here to listen

Call free day or night on

**116 123**

Email  
jo@samaritans.org

samaritans.org

**SAMARITANS**