

# My Wellbeing & Resilience Action Plan



Name

Date

# Colouring can be a really good calming activity...

Our online wellbeing toolkit has lots of calming colouring for you to download

[www.startnowcornwall.org.uk/toolkit](http://www.startnowcornwall.org.uk/toolkit)



The Start Now Wellbeing & Resilience Action Plan was created by young people in Cornwall with the fabulous Dr Pooky Knightsmith.

Thank you everyone!



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### Take 5...



...ways to wellbeing!

# What's the WRAP?

## Our Wellbeing & Mental Health

We all have mental health in the same way we have physical health. So sometimes you're in tip-top health and sometimes your body gets ill or gets hurt. In the same way your mental health can change, **sometimes:**



- **You're feeling great!**
- **You're just about OK**
- **You can be a bit down in the dumps**
- **Sometimes your mental health can get to the point where it's not OK at all and it's important to get some extra support.**



But it doesn't happen in a straight line. Our wellbeing can change depending on what's happening to us and around us. Sometimes it can feel a bit like being on a roller coaster!





# What's the WRAP?

The **WRAP** is for everyone wherever you're at. It's full of self-care ideas and great reminders about the things that help you to do well and keep you feeling OK!

The **WRAP** can give you tools to help you recognise when you need to get support and how to find it.

The ideas in the **WRAP** have been put together by young people just like **you**.

All the ideas have worked for someone but none have worked for everyone... **YOU are unique** and your plan should be too.



Choose things to add to your plan that are going to be best for **YOU**.

And if **YOU** have a great idea that's helped you that you would like to share with others, let us know and we'll add it!

**You can complete the plan on your own or work through it with a trusted adult.** It's a good idea to revisit and refresh your plan every so often as our mental health and wellbeing changes for all sorts of reasons... and it can be encouraging to check-in and see how well you're doing...

**Contact us:** [www.startnowcornwall.org.uk/get-involved/get-in-touch/](http://www.startnowcornwall.org.uk/get-involved/get-in-touch/)  
or send us an email: [headstartyouth@cornwall.gov.uk](mailto:headstartyouth@cornwall.gov.uk)



# #YouGotThis!

# Things that support my wellbeing

Let's think about some things that can help support your wellbeing...

What makes you feel happy?

What stops you feeling bad?

What helps you relax or feel calm?

What can act as a distraction from your worries?

What new things would you like to try?

What has worked well for you before?



- Remind yourself of all the things you are grateful for
- Get enough sleep
- Find a reason to get out of bed
- Have a shower or a relaxing bath
- Exercise
- Make time for you
- Eat regular meals and try to get your 5 a day
- Listen to music
- Stay in touch with friends and family
- Try something new
- Take a break from phones, tablets & social media
- Chat to a friend
- Routine
- Look for something positive in each day
- Chill out with breathing ideas
- Smile

Check out these great suggestions from other young people in Cornwall

We've got some great activities & ideas in our Wellbeing Toolkit



# Things that are good for my wellbeing

- What things can you do every day to keep yourself feeling well?

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- What are the things to do, less often than every day, to keep yourself well?

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- Are there things that could make you feel well you don't do - or you could a lot more of?

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# Things to avoid when I'm feeling low

Sometimes when we are feeling down we can make ourselves feel worse by some of the things we do... Are there things that you know you do that it would be good to take steps to avoid.

I bottle things up & don't tell anyone how I'm feeling!



I stop doing the things I really enjoy

- Keeping things to myself
- Feeling guilty about spending time alone
- Being hard on myself
- Staying in bed all day
- Taking things to heart
- Worrying too much
- Letting go of routines
- Hurting myself
- Focusing on negatives
- Taking anger out on others
- Being antisocial
- Being alone all day
- Comparing myself to other people
- Smoking, drinking, drugs
- Negative use of social media
- Frenemies' - who are supposed to be friends but often make you feel worse

Check out what other young people in Cornwall told us



When you see things are getting tough - there are some ideas that might help in the Toolkit

# Things to avoid when I'm feeling low

Sometimes when we are feeling low we can make it feel worse by some of the things we do...

What are the things you think need to avoid because they can make you feel bad or worse when you are feeling low?

**Write them here:**

A large grey rounded rectangle containing ten horizontal orange lines for writing.



It's hard to remember the good stuff and positive things to do when we're feeling low... so it can be a good idea to recognise when we start feeling low...



# Triggers, challenges & early warning signs

## Triggers and challenging situations

Triggers are things that happen to us or challenging situations we face that make it harder for us to stay well.

### When we asked young people they spoke about:

- Getting into trouble in school
- FOMO
- Moving to a new school or class
- Not living up to expectations
- Exams
- Being bullied
- Comparing yourself with others
- Physical or mental illness



- School holidays
- Difficulties at home
- Change
- Failure
- A break-up
- Friendship issues
- Wanting everything to be perfect

Do any of these sound familiar to you? Are there any other challenges or triggers for you?

The young people also told us about some of their suggestions of things to do to help manage triggers and challenges

- Call a helpline
- Talk to someone you trust
- just talking to someone
- Admit there is a problem – don't ignore what's happening
- Make a plan to help you get through this tough time
- Make an effort to do things you enjoy – even if it's hard to feel motivated
- Let family or friends support you
- Have some calming ideas or breathing techniques to help you cope in the moment
- Try to take one minute at a time so you don't get overwhelmed



# Triggers, challenges & early warning signs

## Early Warning Signs

It's useful to learn to recognise the signs in our **thoughts, feelings, appearance or behaviour** which might help us or those who care about us to recognise when we need help.

Thinking about this can also help us recognise when **a friend might need our support** too.



**What are the signs that things are going less well for you or for a friend?**

*The young people who helped us by sharing their ideas suggested:*

- Losing interest in things
- Self-harm
- Being late for school / not doing work
- Unusual behaviour
- Neglecting appearance or cleanliness
- Changes in social media habits
- Not answering the phone
- Mood swings
- Feeling unable to cope
- Feeling low, angry, stressed, lonely or crying
- Avoiding friends and social events
- Forgetting things



# Getting help and support

**If you spot the warning signs that things are going less well for you what should you do next?**



If you're struggling, **It's really important that you get some help. Talk** to an adult you trust - maybe a parent, school staff member, or doctor. **Sometimes it can seem a bit scary asking for help...**

## Asking someone for help.

### Try these ideas:

- Plan what you want to say. Write a list to help you remember
- Practice saying it out loud
- Tell the person you want to talk to them. Say something like *"I want to talk to you about something important please can we talk privately"*  
This can help make sure you won't be disturbed
- Take as long as you need. The person won't mind and will understand.
- It's OK to cry
- Accept the help that's offered



# Getting help and support

**If you're not ready to talk to someone face to face, call a helpline or use a website e.g.:**



## **In Cornwall**

**Your Way** [www.your-way.org.uk](http://www.your-way.org.uk)

**Mind Your Way website** [www.mindyourway.co.uk/](http://www.mindyourway.co.uk/)

**Kooth** - [www.kooth.com](http://www.kooth.com)

## **National**

**Childline** - [www.childline.org.uk](http://www.childline.org.uk) **0800 1111**

**Young Minds Crisis Messenger** text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, **you can text YM to 85258.**

**Who do you think you could talk to if you need help and support?**

Write a list of people who could help you and how to get hold of them.

**Are there any websites / helplines you want to include in your plan?**

# The one minute safety plan

Your **one minute safety plan** is something to keep close at hand for those times when things seem really hard and you feel completely overwhelmed.

It is something you can get to really quickly and can help you begin to feel safer in a very short time. Use this part of the plan to make a note of:

- Your favourite **calming activity** (e.g. a breathing exercise)
- **People you can ask for help**
- **Helpline / website** you could use
- **Distraction ideas** (something that can take your mind off the thoughts that may be going round and around in your head).

- Starfish breathing
- Mindful Minute
- Box breathing
- One Minute at a Time
- 54321 Relax!



- The Samaritans 116 123
- Your Way online chat:
- [www.your-way.org.uk](http://www.your-way.org.uk)
- Childline 0800 1111

## Here are some favourite ideas from the young people who helped us...

- Someone at school...
- Someone in a club / team you belong to...
- Someone at home...
- Youth worker...
- Helplines / websites...
- GP...
- Friends...
- Someone in your family



- Do a puzzle
- Make a happiness box
- Cuddle a pet
- Tidying!
- Do some exercise
- Call a friend
- Go for a walk
- Draw / paint / colour
- Listen to a favourite song

You can find more ideas in the Wellbeing Toolkit



# My one minute safety plan

## If I feel overwhelmed...

...I can calm down by using my favourite calming idea

Blank area for writing a favourite calming idea.

## ...I can ask these people for help

Blank area for writing names of people to ask for help.

## ...I can get help from these websites / helplines

Blank area for writing websites or helpline numbers.

## ...I can use these distraction ideas

(something that can take your mind off the thoughts that may be going round and around in your head).

Blank area for writing distraction ideas.



A good idea, if you have a smartphone, is to take a photograph of your plan so it's always handy.



## Well Done! You've completed your WRAP!



It's a good idea to revisit and refresh your plan every so often as our mental health and wellbeing changes for all sorts of reasons... and it can be encouraging to check-in and see how well you're doing...

You can download another copy of the plan or complete an online version of the plan online at:

[www.startnowcornwall.org.uk/wellbeing-action-plan/](http://www.startnowcornwall.org.uk/wellbeing-action-plan/)

You can also find lots of great wellbeing ideas and activities in our online  
**Wellbeing Toolkit**

**And Don't Forget...**  
**...It's OK not to be OK**



 [startnowcornwall.org.uk](http://startnowcornwall.org.uk)

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