



My Wellbeing & Resilience Action Plan

Name:

Date:



www.startnowcornwall.org.uk



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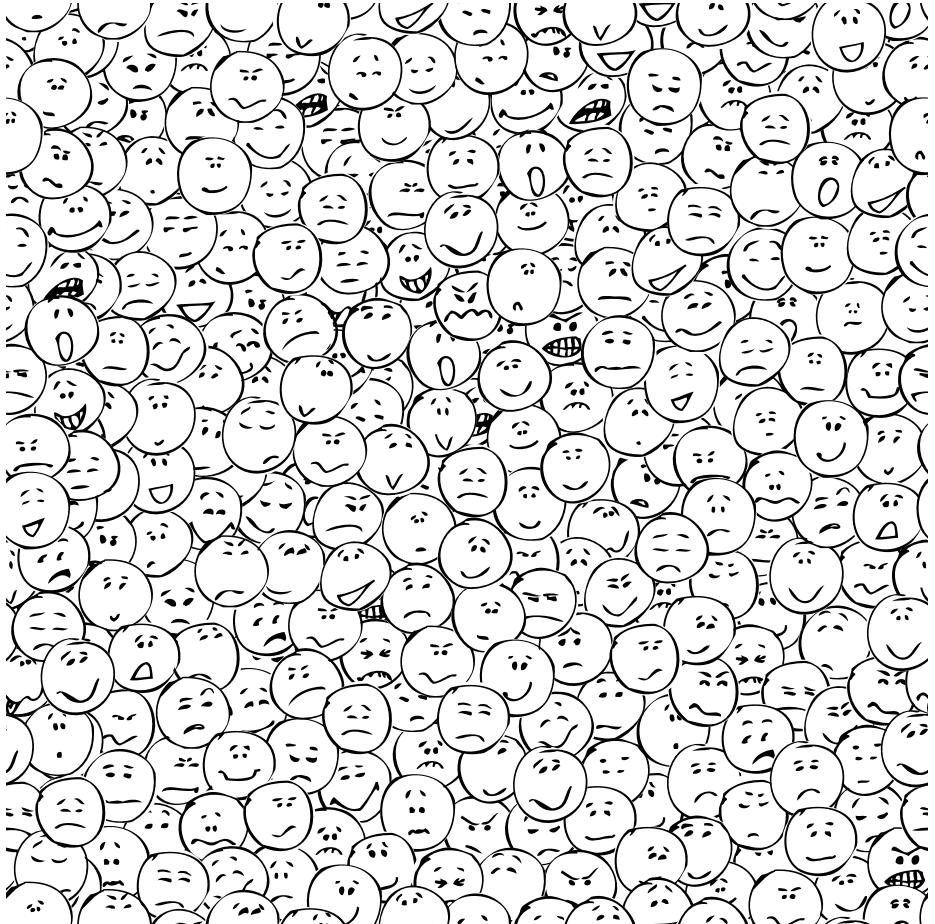
Together 
for Families

START
NOW



Colouring can be a really good, calming activity

Our online wellbeing toolkit has lots of calming colouring and doodling ideas to download 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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- Find out more

5 ways to wellbeing



What's the WRAP?

Our wellbeing and 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. It can feel a bit like being on a roller coaster!



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 *feel 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 these ideas have worked for someone, but none have worked for everyone...

YOU are unique and your plan should be too.



Choose things for your plan that are *right for YOU.*

And if YOU have a great idea that's helped you and you'd like to share it 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, or 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 or *send us an email:* headstartyouth@cornwall.gov.uk



#YouGotThis!

Things that are good for my wellbeing

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



Check out these great suggestions from other young people in Cornwall

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

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

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What things can you do, less often than every day, to keep yourself well?

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Are there things that could help you feel well that you don't do at the moment? Or things you currently do, but not enough?

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Things to avoid when I'm feeling low

Sometimes when we are feeling down, there are things that we do that can make us feel worse... Are there things that you know you do that it would be good to take steps to avoid when you're feeling low?

When I'm feeling low...

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

I stop doing the things I really enjoy



Check out what other young people in Cornwall told us
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- 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

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

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**It's hard to
remember the good
stuff and positive things to
do when we're down.
So it can help to recognise
when we start
feeling low...**

**When you feel like things are getting
tough, check out our Wellbeing Toolkit
for ideas that might help**



Triggers and challenges

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 about their triggers, they mentioned:

- 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? Write them here:

The young people we talked to had some ideas of how you could manage your triggers and challenges:

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

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.

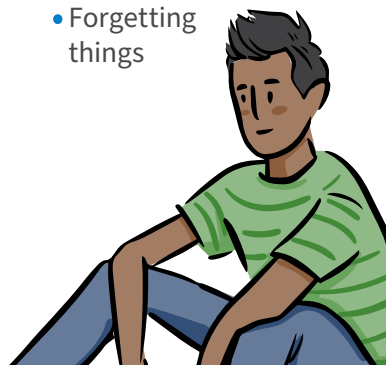
Thinking about this can also help us recognise when a friend might need our support too.



What are the signs that things aren't going too well for you or for a friend?

Some early warning signs might be:

- 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 could you do next?



If you're struggling, it's really important that you get some help. Talk to an adult you trust - maybe someone in your family, staff at school or club or your GP.

Sometimes it can seem a bit scary asking for help, but you could try...

- Planning what you want to say. Write a list or make notes to help you remember
- Practice saying it out loud
- Telling the person you want to talk to them. Say something like **"I'd like 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



It's good to talk

If you're not ready to talk to someone face to face, call a helpline or find support online...



In Cornwall

Your Way | your-way.org.uk

Mind Your Way | mindyourway.co.uk

Kernow Connect services |
actionforchildren.org.uk/kernow-connect

Kooth | kooth.com

National

Childline | www.childline.org.uk
or call **0800 1111**

Young Minds Crisis Messenger |
text YM to 85258

Free, 24/7 crisis support across the UK.
If you are experiencing a mental health crisis
and need support, text YM to 85258.

Who could you talk to if you need help and support? Write a list of people who could help you and how to get hold of them here...

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

Write them here



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's something you can access quickly and easily to help you start feeling safer fast.

Your One Minute Safety Plan might include...

- Your favourite **calming activity** (e.g. a breathing exercise)
- A list of **people you can ask for help** and their contact details
- A **helpline or website** you could call or visit for support
- **Distraction ideas** (something that helps take your mind off the unhelpful thoughts that may be going round in your head)

The young people we worked with suggested these ideas...

Calming

- Starfish breathing
- Mindful minute
- Box breathing
- One minute at a time
- 54321 Relax!

People you could ask for help

- Someone at school
- Someone in a club or team you're in
- Someone at home
- Youth worker
- Your GP
- Friends
- Someone in your wider family

Distraction ideas

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

Helplines & websites

- Samaritans: **116 123**
- **your-way.org.uk**
- Childline: **0800 1111**

My One Minute Safety Plan

If I'm feeling overwhelmed...

I can calm down by



I can ask these people for help

I can get help from these websites/helplines

I can distract myself from negative or unhelpful thoughts by



If you've got a smartphone, why not take a photo of your plan? That way, you've always got it with you.



Well done! You've completed your WRAP!

You can download another copy or complete an online version of the plan, as well as find great wellbeing ideas and activities in our online Wellbeing Toolkit. And now there's a WRAP on a free APP!

www.startnowcornwall.org.uk



Connect Card...

FREE Stuff! FUN Stuff!
Mental Health Stuff!

startnowcornwall.org.uk/connect-card

And don't forget... It's OK not to be OK and it's OK to get help if you need it!



If you would like this information in another format or language please contact:

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e: customerservices@cornwall.gov.uk | t: 0300 1234 100

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