

The 5 Ways to Wellbeing



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR HOOD

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

Your time,
your words,
your presence

CALM DOWN WITH TAKE 5 BREATHING



1. Stretch your hand out like a star.
2. Get your pointer finger ready to trace your fingers up and down.
3. Slide up each finger slowly - slide down the other side.
4. Breathe in through your nose - out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down. Keep going until you have finished tracing your hand.



GROUNDING WITH YOUR FIVE SENSES

5 THINGS YOU CAN SEE		SUN PICTURE ON THE WALL PEOPLE WALKING
4 THINGS YOU CAN FEEL		WIND BLOWING FEET ON THE FLOOR PENCIL IN HAND
3 THINGS YOU CAN HEAR		BIRDS CHIRPING CLOCK TICKING CAR HORNS
2 THINGS YOU CAN SMELL		FOOD FROM THE CAFETERIA LAUNDRY DETERGENT ON CLOTHES FRESH CUT GRASS
1 THING YOU CAN TASTE		MINT Breakfast TOOTHPASTE

A TO Z OF COPING SKILLS

A ASK for help	B BREATHE deeply and slowly	C COUNT forwards or backwards	D DRINK some cold water
E EXERCISE run, jump, skip, kick a ball or walk fast	F FIND a safe place	G GO to your happy place	H HUG a friend or family member
i IGNORE people who are annoying you	J JOKES to help you laugh	K KIND hands. Keep them to yourself	L LISTEN to calming music
M MEDITATE use yoga or mindfulness	N NAME the emotion you are feeling	O OBSERVE Use mindfulness techniques	P PAINT your feelings
Q QUESTION your thoughts	R RUN as fast as you can	S SEPARATE yourself from the situation	T THOUGHTS negative to positive
U USE your safe place	V VOICE your concerns	W WRITE down your feelings	X EXHALE breathe out your feelings
 elsa support www.elsa-support.co.uk	Y YELL as loud as you can into a pillow	Z ZONE out and relax yourself	

Dear Teenagers,

Not everyone is going to like you. You won't always be included. You won't always fit in. You won't always be invited. And, that's okay.

Don't waste your time wondering why or trying to convince people to appreciate you or see your value.

Focus on being a good person and being the best you can be.

Don't waste your time proving it to people who don't matter.

Just move on and find a tribe that accepts and appreciates you for who you are.

Raising Teens Today



App support



KEEP CALM AND USE COPING SKILLS

Growing Healthy Sunderland

Children, Young People and Families

SPOC Number 0300001552

CYPS 0191 566 5500

Young Minds 85258

Samaritans 116123

Childline 08001111