



# Talking points

## Looking after yourself

10 ways to look after your wellbeing:

### 1) Talk about feelings

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled - it is not always easy:

What does it feel like in your head?

What does it make you feel like doing?

### 2) Keep active

Regular exercise keeps you physically healthy.

It boosts your self-esteem and helps you concentrate.

It makes you look and feel better and helps you sleep well.

### 3) Eat Well

What we eat affects how we feel.

Food has a long lasting effect on your mental health.

Your brain needs a mix of nutrients to stay healthy and function well.

A healthy balanced diet is good for physical AND mental health.

### 4) Drugs?

Solve your problems with drugs? Alcohol, nicotine, weed, pills?

They may all blank out problems very briefly but NEVER for long, and once addicted may harm you.

### 5) Keep in touch

Strong family ties and supportive friends can help you deal with stresses in life.

### 6) Ask for help

There are many ways to get professional help. Ask an adult to help you.

There are groups you can join where people have the same need as you.

[www.onyourmindglos.nhs.uk](http://www.onyourmindglos.nhs.uk) is a very good website for young people exploring different concerns and anxieties.

### 7) Take a break

Don't plod on and on – stop and have a break.

Do something different for a short time yoga/meditation, skipping, dance to music, have a proper lunch break.

Have 'me' time. Have a rest.

**8) Do something you are good at**

What do you like doing and doing well?

Discover a hobby.

Enjoy doing something for someone else. Support a charity.

**9) Accept who you are**

Be happy with who you are.

Be proud of who you are a 'Unique, precious, a child of God'.

See *Quaker Faith and Practice: Advices and Queries*

**10) Care for others**

Look out for other people – notice how they are feeling.

What support or practical help could you give them?

Support a group raising money for a charity.

Discuss with the group these ideas. Ask them for their own ideas of 10 things that they think will help develop their wellbeing.

As a group create and illustrate a booklet built on their suggestions.

Preparation:

Using Four A4 sheets of paper together, fold in half to make an A5 book.

Number inside pages 1-10.

Front cover for Title and Name.

Back cover for list of personal phone numbers, local contacts, Childline and Samaritans.

Either: Print the headings 1-10. Cut out and stick at top of each page 1-10.

Create front and back cover.

Photocopy pages of whole book for each participant.

Or: Using a computer, open pages in landscape with two columns (spacing: 1cm : 2cm : 1cm).

Use numbered pages 1-10 in mock-up, to order headings 1-10.

Create front and back cover.

Print copies for all.

Provide wool and a large needle so people can fold and sew up their own 'book'.

Work through the book: ask for observations; further ideas for each page; how you might support a friend; and illustration suggestions.

Tread lightly and work at a good pace so you get to the end without it being boring.

When it is completed ensure there is a copy for everyone and maybe some copies for others in the meeting.