



# February Half Term Self Care 2023

Its time to take care of yourself, have some you time and find something fun to do!



How many positives - Thinking positively or negatively (being optimistic or pessimistic) can become a habit which can affect mood and levels of happiness. When there's lots of negative news in the media, and genuine worries, it can be hard to remember the positives from each day. This idea helps young people consider the positives in their day and keep the negatives from becoming overwhelming. This activity could focus on seeing the positives in themselves as well as the world around them.

## How many positives can you think of?

Fill in the shapes with as many positives you can think of. E.g. "I am brave, kind, caring..."

**Remember, no matter how you feel, there is always someone to talk too!**

There is *always* someone to talk to; use one of these free services to use if you feel low, lonely, or vulnerable. ¶

\*CHILDLINE - <https://www.childline.org.uk/> - 0800-1111 open 24hrs/7 days a week ¶

\*SAMARITANS - <https://www.samaritans.org/> - 116-123 open 24hrs/7 days a week ¶

\*NHS Mental Health Line 0800-0309-500 open 24hrs/7 days a week ¶

\*SHOUT - Text 85258 ¶

\*YoungMinds - text YM to 85258 - 27hrs/7 days a week <https://www.youngminds.org.uk/about-us/contact-us> ¶

**Anxiety** - what strategies do you use, listen to a music list, walk around the garden, read some of a book, have you made a Self-Soothe box - find out at:

<https://www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box/> or 0844-967-4848 open 27hrs/7 days a week.....or the ClearFear app ¶



**Suicidal** - Call 999 or go to A&E if you or someone is feeling suicidal ¶

Papyrus Hopeline UK 0800-068-4141 or text 07860-039967 or email [pat@papyurs-uk.org](mailto:pat@papyurs-uk.org) all open 9:00am-midnight everyday ¶

Download the StayAlive app from Google playstore ¶



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE



#StayAlive

**Parent Support** - YoungMinds and WSCC ¶

West Sussex Safeguarding Hub: 01403-229900 Mon-Fri 9am-5pm and 0330-022-26664 5pm-9am and weekends ¶

For detailed advice, emotional support and signposting about a child up to the age of 25. Call free 0808-802-5544 from 9:30am - 4pm, Mon - Fri <https://www.youngminds.org.uk/parents> ¶

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**Self-harm** - what have you planned as your distraction techniques - go for a walk, make someone a cup of tea, bake some cakes, walk the dog, look at your favourite photos, doodle/draw.....or engage with the CalmHarm app ¶

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