



# My Resilience Workbook

Name:



# Welcome!

Lancashire Mind have created this booklet of activities and useful information to help you look after yourself.

The tools included in this workbook are designed to help you look after your own wellbeing.

It is completely up to you how you use it, you may find all or just a couple of the activities useful. You may even use the booklet to develop some new skills.

If you need some more support with your wellbeing, check out the organisations listed on the last few pages.

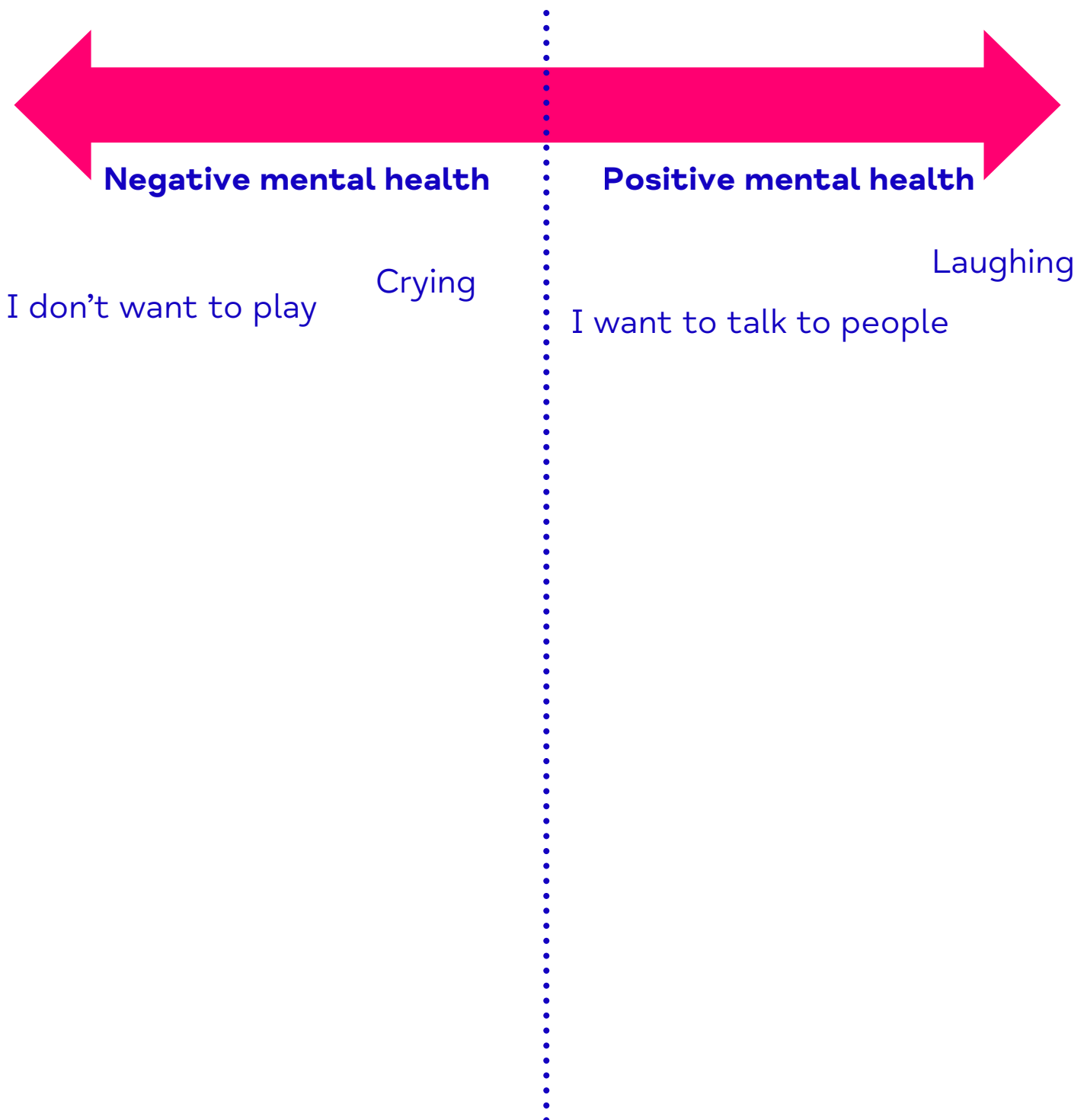
We hope you find it useful - take care and enjoy!



# What does my wellbeing look like?

Our wellbeing works on a spectrum and we go up and down between positive and negative feelings all the time. It's good to recognise what the different ends of the spectrum look like for us, so we know when we're having a bad day and might need more support.

Use the space below to write what positive and negative mental health looks like for you (we've given some examples to help):



# My Self-Care

What makes you feel good and helps your wellbeing?

What makes you feel not so good and might make your wellbeing worse?

What are 3 things you could do if you're having a bad day?

1.

2.

3.



## The Wellbeing Tree

Trees need roots to survive and to keep grounded. Imagine you're wellbeing is a tree - what things do you have/do that help keep you grounded? Write them below:

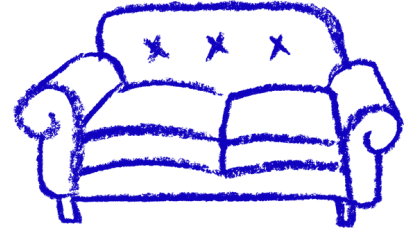


# The 5 Ways to Wellbeing

Research suggests that there are five ways to help us feel happier, a bit like a 'five a day' for our mind.

## Connect

Connect with people around you e.g. friends, family or neighbours. Spend time strengthening those relationships.



## Be Active

Find an activity you enjoy. It can be a walk, a kickabout with friends. It could even be doing some stretches or tidying!

## Keep Learning

Try something new! Sign up for a club, learn a new skill or google something that interests you.



## Take Notice

Be more aware of your surroundings and what is happening right now. Try and notice the little things.

## Give

Give to others and make yourself feel good. Give a compliment, give someone your time, or offer them a brew!



# Ideas to Connect



Pick four people that you have a positive relationship with - it could be a family member, friend or neighbour. Then use the profiles below to find out a bit more about them!

Name

Favourite colour

Favourite hobby

Talents

Name

Favourite colour

Favourite hobby

Talents

Name

Favourite colour

Favourite hobby

Talents

Name

Favourite colour

Favourite hobby

Talents

# Ideas to Be Active



## BIG Stretches



Reach as high up as you can  
Try and touch your toes



Now try these:



---

## little Stretches

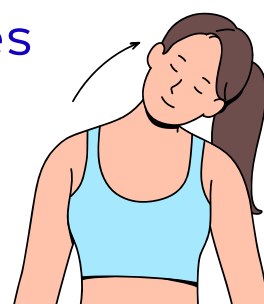
Wiggle and bend your toes

Scrunch up your face, hold for 4 seconds, then relax

Make a tight fist then release and stretch your fingers

Slowly turn your head side to side, then up and down

Roll your wrists in slow circles



# Ideas to Keep Learning



Use this growth map to think about things you'd like to learn or get better at, and how you can do it.

Things I'm good at right now:

Things I'd like to get better at:

New things I'd like to try:

What I need to do to get better:

What I need to try new things:

# Ideas to Take Notice



At the end of each day, try and think of 3 good things that have happened that day - it doesn't matter how big or small!

Monday	1	2	3
Tuesday	1	2	3
Wednesday	1	2	3
Thursday	1	2	3
Friday	1	2	3
Saturday	1	2	3
Sunday	1	2	3

# Ideas to Give



Paying someone a compliment, or telling them why you appreciate them is a great way to spread positivity. Write down some ideas for something you can tell someone when you next see them.

Dear

You are amazing because

Dear

I appreciate you because

Dear

You are amazing because

Dear

I appreciate you because

# What I already do

# What I could try

1



Connect

2



Be active

3



Keep learning

4



Take notice

5



Give

# Dealing with worry and anxiety

Feelings of worry or anxiety are a normal part of life, but it's good to have ways of dealing with them before the feelings grow too big for us to handle.

Talking about them is a good start - look at the different types of worry below and see if you can work out which one is affecting you. Then try and put any worries you have into the Circles of Control on the next page.



The Brood: something happened a long time ago but the brood is still thinking about it.



The Niggle: Every now and then, the niggle gets mischievous and reminds you about something annoying.



The spiral: when one worry links to another worry and then another worry and soon you are spinning!



The frazzle: Look, the frazzle is very busy and can't stop. Stressed?! No!! They are fine!!



The fret: Doesn't want to talk about it and is going to hide from anyone trying to help.



The panic: Has lost control! It's going to run around screaming!

# Circles of Influence

Sometimes things can feel overwhelming and it's not always easy to make sense of your worries. Follow the diagrams below to see which circle your worries fall into. Then you can easily see what things you can change for the better...

## Things I can control



Asking for help

How I treat people

# Things I can't control

How other people behave

What other people think of me

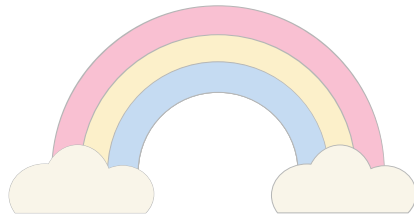
If your worry is in this circle, try and think about what you CAN control that will make you feel better. It takes practice, but after time, you'll start to be able to let go of the worries that are out of your control.

# Tips for dealing with feelings of anxiety

This section of the workbook is designed to give you practical methods for dealing with anxiety.

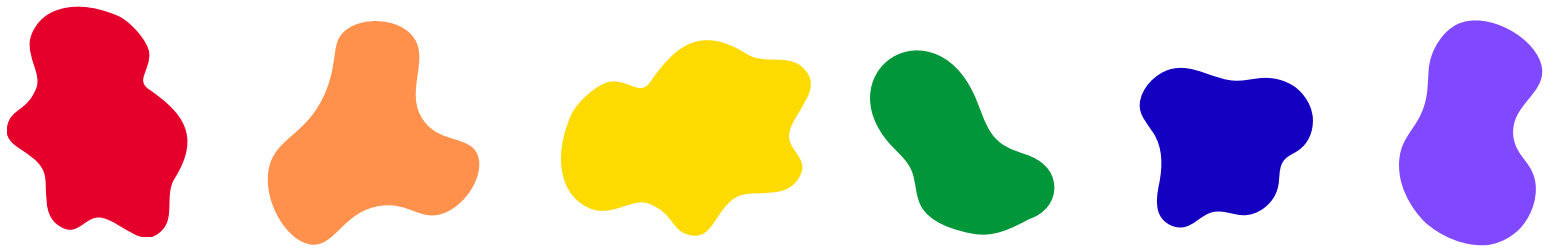
Remember - everyone is different so not all these methods will be good for you. Some involve controlled breathing, and some involve doing grounding activities that help distract your brain when feeling overwhelming emotions.

It also takes practice - it's best to practice them when you're feeling good, so that you can get used to them and use them when you're experiencing feelings of anxiety



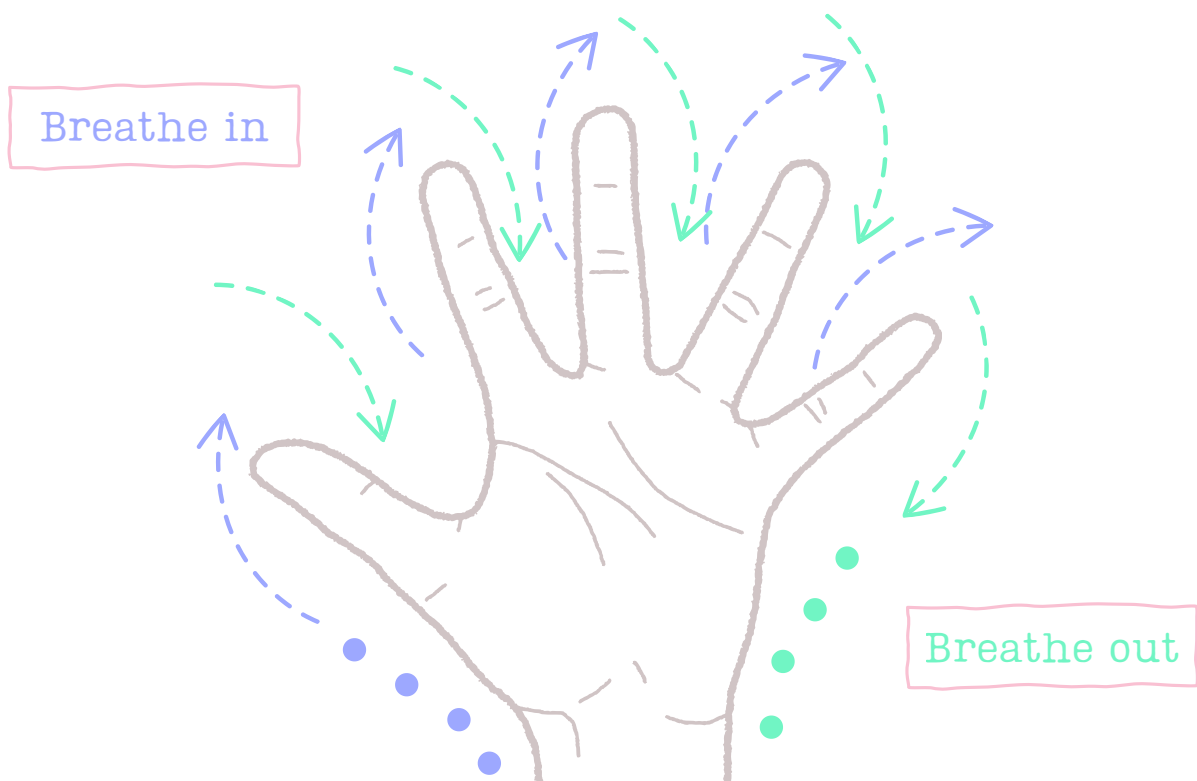
# Rainbow Grounding

Look around you and try to find the colours in order



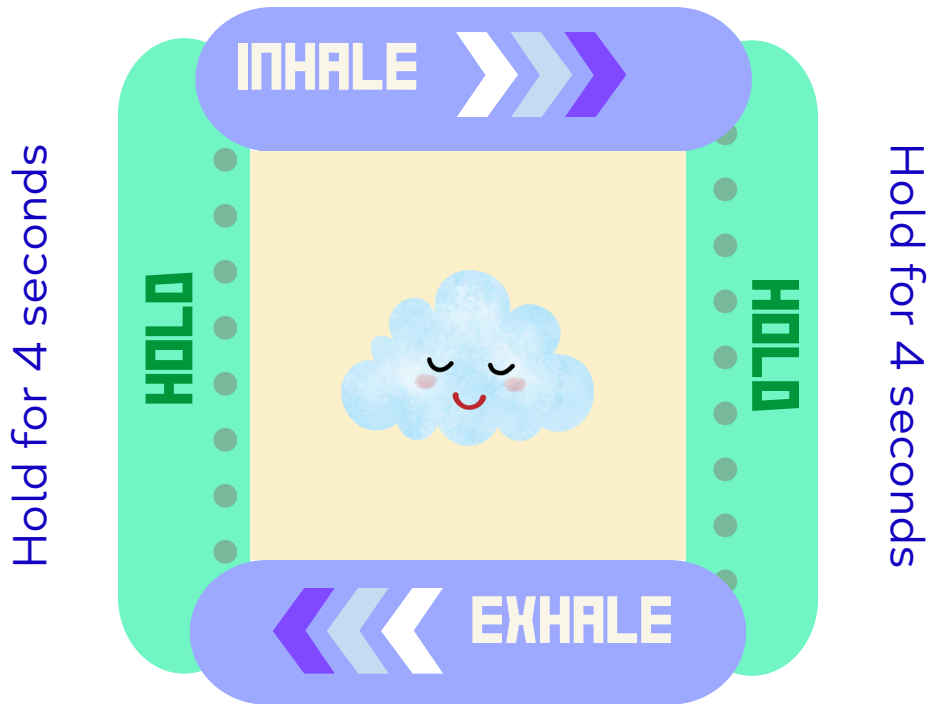
## Five finger breathing

Hold out one hand. With your other hand, slowly trace up your finger whilst breathing in, then trace down the other side of your finger whilst breathing out.



# Box Breathing

Inhale for 4 seconds



Exhale for 4 seconds

---

## Belly breathing

Place one hand on your chest and the other on your belly.  
Breathe in through your nose counting to 4, and breathe  
out for a count of 4

Tip: Try to expand your belly  
when you are breathing in,  
not your chest!



# Grounding

Name **5** things you can **see** 

Name **4** things you can **feel** 

Name **3** things you can **hear** 

Name **2** things you can **smell** 

Name **1** thing you can **taste** 

# Anchoring

Finish the sentences to anchor yourself in the moment



My name is...



The weather today is...



My birthday is...



Today's date is...



My address is...



The time is...



# What's your favourite?

List your 3 favourite...

Foods

Drinks

Animals

Books

Films

Places

Colours

Songs



## The alphabet game

A B C D E F  
G H I J K L  
M N O P Q R  
S T U V W X  
Y Z

Try and name one thing for every letter of the alphabet

This could include:

Animals

Food

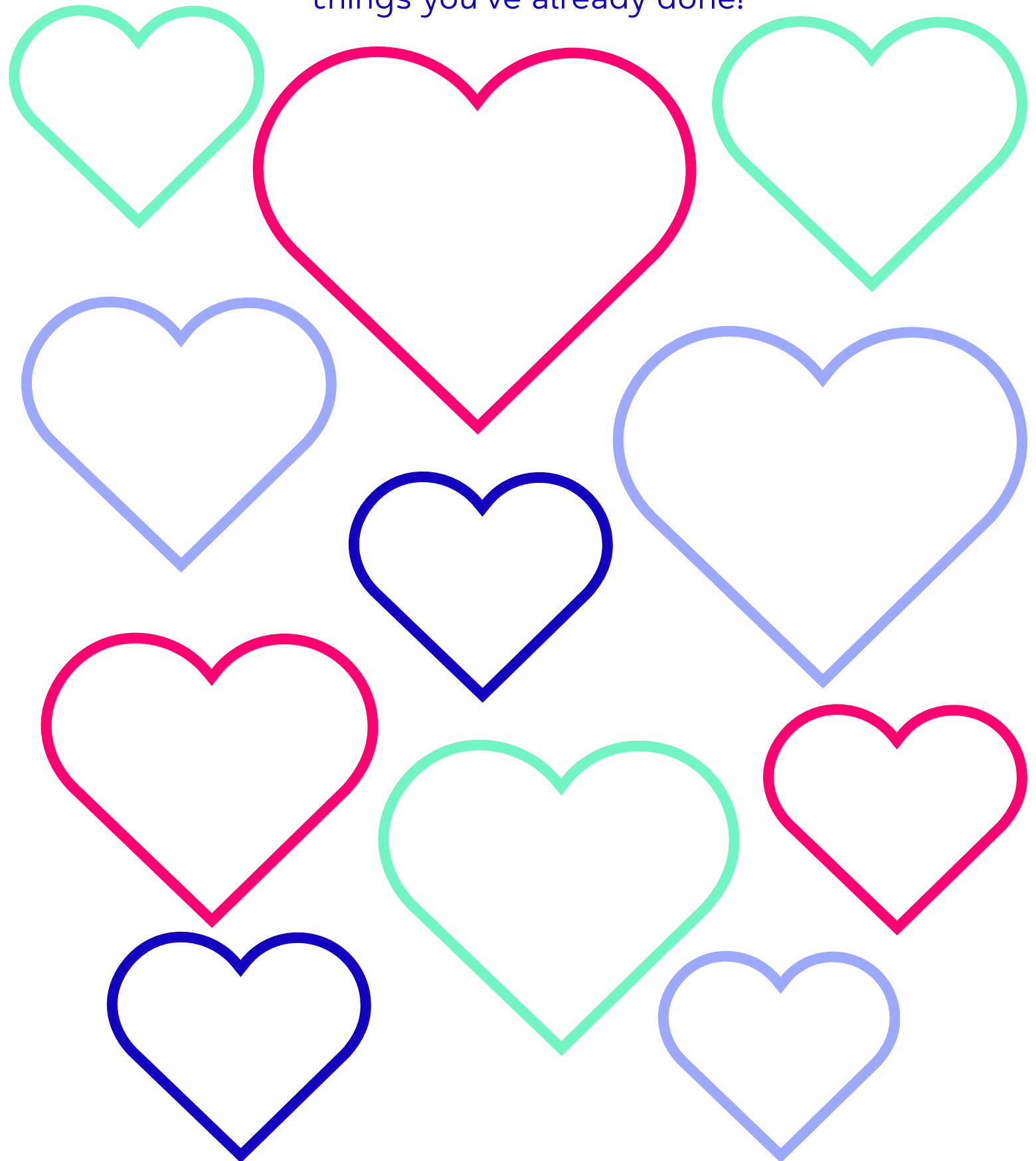
People's names

Films

Countries

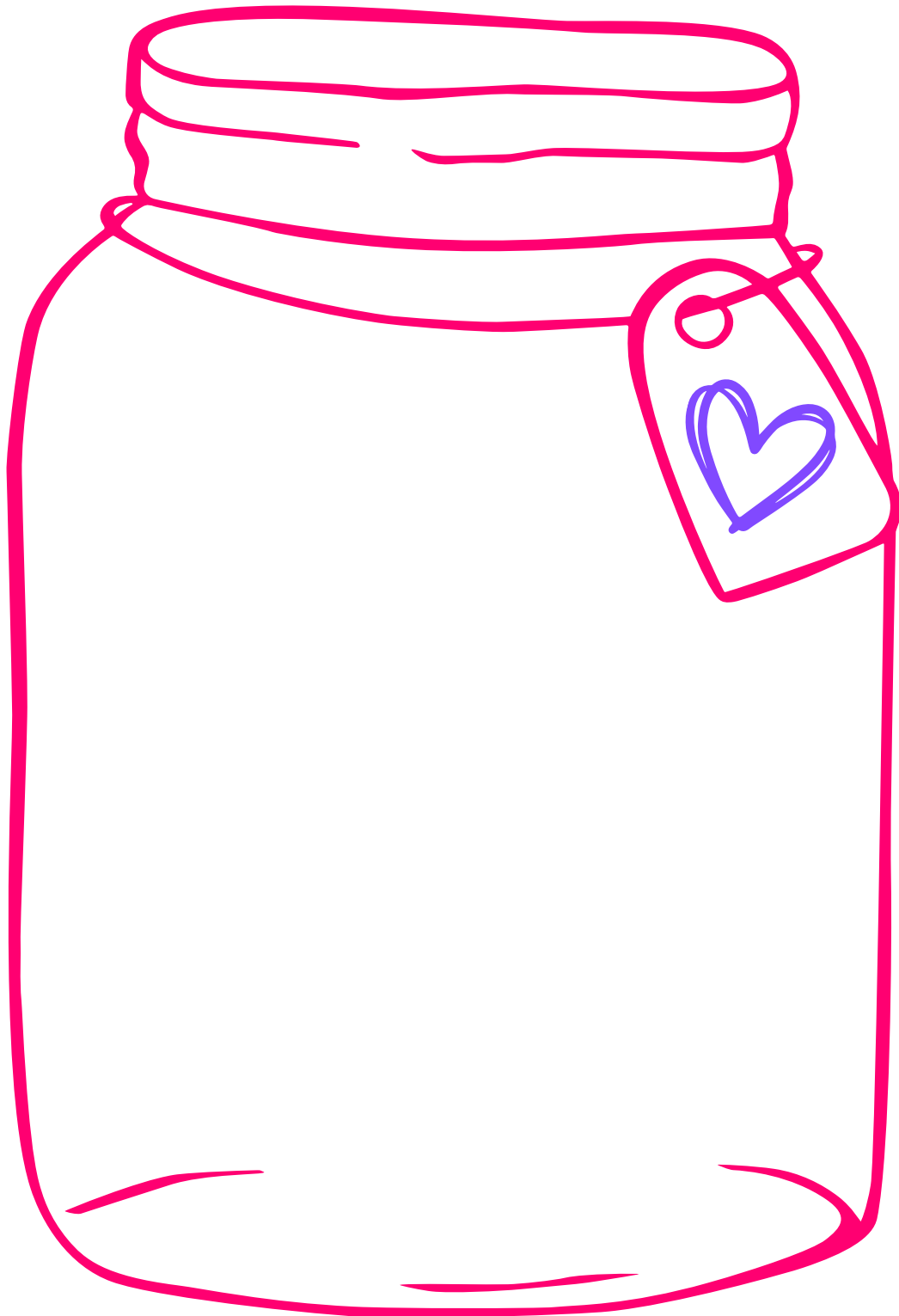
# Being kind to me

Fill in the hearts with things that you have achieved - it can be anything at all that you're proud of. When you're finding something tricky, come back to see all the great things you've already done!



# Thinking positive - memory jar

You can do this on the page, or with a real jar if you have one! Every time something good happens and you make a new positive memory, write it down and put it in the jar. Then, if you're having a bad day, you can come back to the jar and think about those positive times.





## Sleep Hacks

- Establish a good routine by going to bed and waking up at roughly the same time each day
- Try doing some breathing exercises or yoga before bed to relax
- Try keeping a sleep diary (use ours on the next page to start!)
- Avoid tech for an hour before bed. It can be really hard but makes a big difference
  - Check your intake of caffeine and sugar

## Worry and sleep

If you find yourself worrying about things when trying to get to sleep, try writing down those thoughts before you get to bed, and any solutions you can think of.

Try and get the thoughts down on paper for another time so you can relax into sleep.

# Sleep routine diary

Fill out this diary to take notice of your sleep patterns and try and get into a routine.

What did you do before bed?	What time did you go to bed?	How was your sleep?	What time did you wake up?	How did you feel when you woke up?
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				

What did you do before bed?	What time did you go to bed?	How was your sleep?	What time did you wake up?	How did you feel when you woke up?
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				



# Journaling pages

Keeping a journal can be a really good way of processing big feelings. If you're not sure how to start, use the writing prompts below. Otherwise, this is your space to use however you think will help you!

How do you feel today? Has anything happened to make you feel like this?

What has been your favourite part about today?

What has been difficult about today?

Think about your favourite place in the world - can you describe it using the 5 senses?

What are your goals for tomorrow?

# Journaling pages

# Journaling pages

# Journaling pages

# Creative wellbeing activities

## Make a stress ball



### What do I need?

Balloons

Plain flour

Funnel

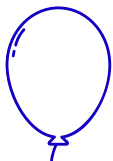
Empty plastic  
bottle

### What's the benefit?

Relieve tension

Release energy

Help anxiety



## Instructions!

1. Use the funnel to pour flour into the plastic bottle.
2. Blow the balloon up and pinch the end so the air doesn't come out.
3. Stretch the neck of the balloon over the lip of the bottle until it's completely covering the bottle opening - don't let any air out! It's easier if you get a friend to pinch the balloon closed while you stretch the neck over the bottle lip.
4. Tip the bottle upside down and gently shake/tap until all the flour has fallen into the balloon.
5. Take the balloon off the bottle and SLOWLY deflate it (the flour will come out if you deflate it too fast).
6. Tie a knot in the end of your balloon.

# Make a glitter jar

## What do I need?



Jar with lid

Glitter

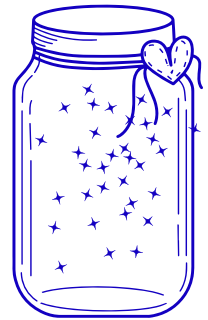
Clear PVA glue

Warm water

## What's the benefit?

Grounding tool

Helps with anxiety



## Instructions!

1. Make sure your jar is empty and clean.
2. Pour the glue into the jar - the more glue you use, the slower the glitter will move, but don't fill more than a third of the jar (for extra glitter, you can use glitter glue!).
3. Pour in the warm water until there are a few centimetres of space left at the top (to make it extra colourful, you can add food colouring to the water)
4. Add your glitter - add as much or as little as you like and in any colours.
5. Tighten the lid onto the jar and shake up the contents (do it over a sink in case of spillage).
6. If feeling overwhelmed or need to calm down, shake the jar and practice grounding techniques as the glitter settles.

# Make positivity dice



## What do I need?

Cube template

Scissors

Glue

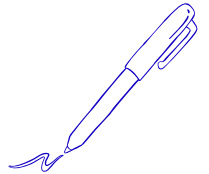
Marker pens



## What's the benefit?

Chance to reflect

Encourages positive wellbeing strategies



## Instructions!

1. Find and print off a template (these are really easy to find - just google 'cube template')
2. Cut out the cube template
3. In each box, draw or write an activity that makes you feel positive - it could be something that makes you laugh, or feel happy or feel calm
4. Fold along all of the lines on the template
5. Put some glue on the tabs of the template (on the same side of the paper as your drawings)
6. Fold the sides of the dice together (make sure all of your drawings face the outside) and stick the tabs so they're on the inside of your dice
7. To use when you're feeling low (or just bored), roll the dice and do the activity it lands on
8. It can also be used for other positive strategies e.g. writing positive affirmations on each side or positive reminders about yourself

# Self-care apps



Headspace offers guided meditations, courses and mindfulness exercises on subjects like stress, anxiety, worry and building resilience.



Hub of hope believes that, no matter what you're going through, you shouldn't have to do it alone. Find services local to you.



Helps you take control of your worries and anxiety. The app uses techniques from Cognitive Behavioural Therapy, through diaries and gratitude journals.



Free gratitude based daily mental health journal ,designed to cultivate a simple habit of wellness journaling.



Designed for sleep, meditation and relaxation. Guided meditation, sleep stories, soundscapes, breathwork and stretching exercises.

# Signposting for further help



[www.lancashiremind.org.uk](http://www.lancashiremind.org.uk)  
[admin@lancashiremind.org.uk](mailto:admin@lancashiremind.org.uk)

## childline

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

"It's alright to  
ask for help"

**SAMARITANS**

 **116 123**

## kooth

Kooth is a free online service  
offering emotional  
and mental health support  
for children and young people

[www.kooth.com](http://www.kooth.com)

## AnxietyUK

Here for you since 1970



Feeling low?

Anxious?

Struggling  
to cope?

Text  
**SHOUT**  
to **85258**  
for free,  
confidential  
support, 24/7



**NHS**

Discover simple  
steps to look after  
**your mental health**

Search every mind matters

every mind  
matters