

Young Persons Mental Health Journal Suitable for Key Stage 3 and above



Journal User Guide

This journal has been designed to be completed by any young person in key stage 3 and above. You might want to think about sharing your journal with a close friend or adult but that's up to you. The journal resources at the back of the journal are to be used alongside certain activities which will be annotated in the chat symbol:



So write your name on your journal, Good luck and have fun finding new things about yourself.

This journal belongs to

.....

I might talk about my journal to

.....

Positive Self Talk

Lots of sciency people agree that the part of your brain that affects your level of mood and self-esteem can be positively strengthened by the spoken repetition of complements, just as you would complement a friend for doing well in a test or having an especially nice hair doo. We often complement others but never enough ourselves.



Starting today and every day so forth, stand in front of a mirror and pay yourself three complements or encouraging words for the day ahead. For example: “your eyes look especially sparkly today”, or “you are going to smash that English exam today”. It may feel funny at first but keep doing it every day and remember to say the words aloud even if it’s just a whisper.

What kind of nice things could you say about yourself?
You could put these on sticky notes to put on your mirror to remind you of great things to say.



"I am brave"

"I am funny"

"I can do this"

"I am helpful"



Professor Mind Says: "If someone pays you a complement, remember to just say "thank you" and accept it graciously".

Having Gratitude

Having gratitude for the things we have in our lives is a very powerful tool to develop. By reminding ourselves daily of the many people and experiences that we can be grateful for in our lives, we can build resilience for the periods of stress and worry that we will all inevitably encounter, and prevent our mood getting too low over a long period of time. Furthermore, the more we look for positive aspects of our lives, the more we will find!

Challenge Time: Every day for the next week write down one thing you are thankful for. Then use a notepad to keep writing and form a really positive habit.

for example:

1. I am grateful for my dog who makes me laugh
2. I am grateful for ice cream especially chocolate flavour
3. I am grateful for school so I can get a good job in the future

Today I am thankful for.....



Day One

Day Two

Day Three

Day Four

Day Five

Day Six

Day Seven



Professor Mind Says: "Do not focus on the results. Focus on the activity and, as spring follows winter the results will sure enough come in time".

the hardest questions are the ones
that open doors
M.L.Patel

Problem Solving

What issues are giving you cause to panic, stress, be angry or anxious? Bear in mind that a major part of how we learn is by making mistakes. Use the boxes below to record a problem you had to face, what you did, how well it went and if you would do anything differently next time.

What was your problem and how did you solve it?

Was this a good solution?



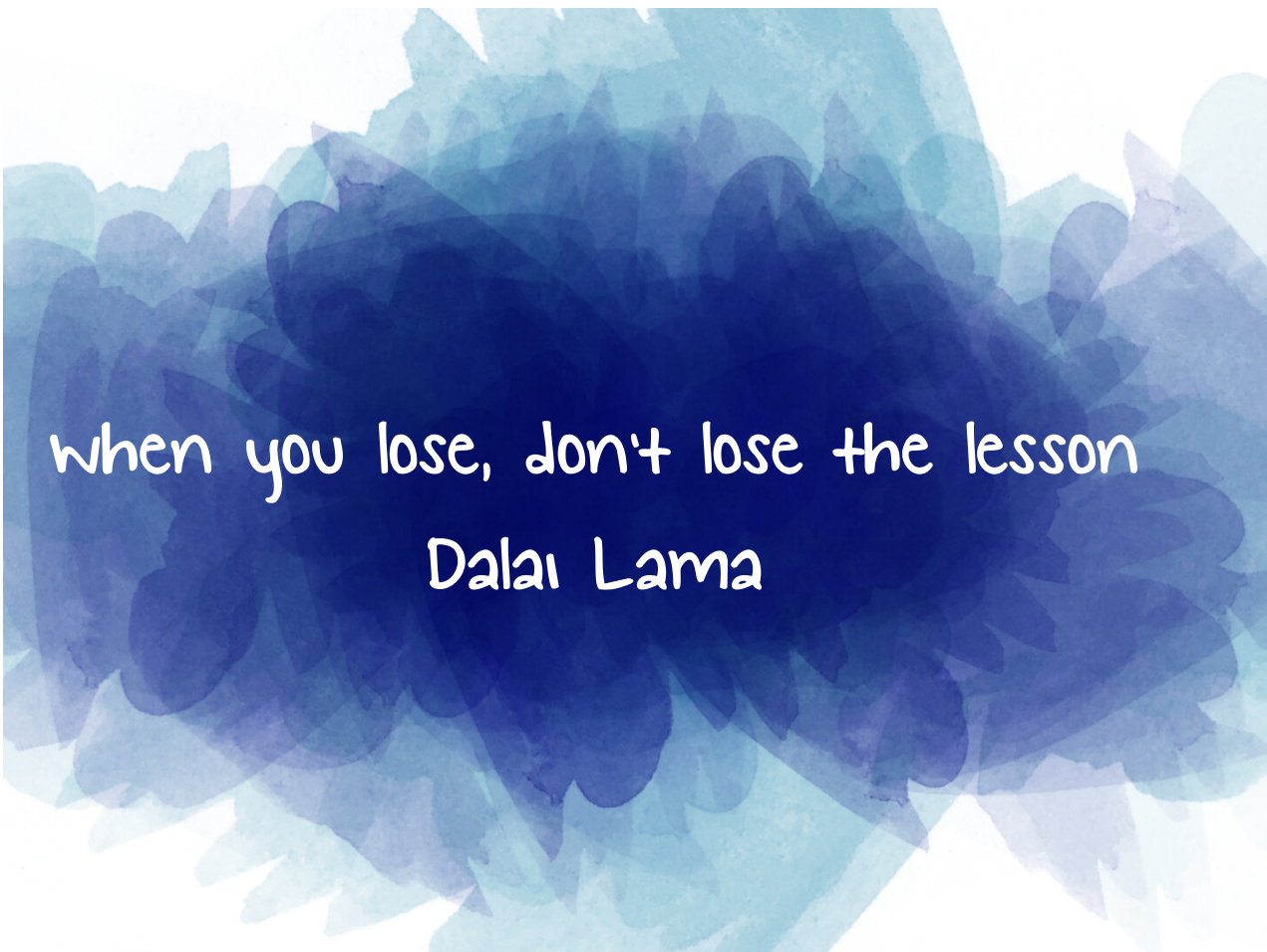
No - Not to worry, what would you do next time instead?



Yes - Then be proud of yourself and remember how you solved this problem.



Professor Mind says: "Do not get stuck in a negative mindset. If you mess up, own it and move on".



when you lose, don't lose the lesson
Dalai Lama

Managing your Stress Bucket

Stress is a very common and natural response to certain events and situations. Stress in itself is not dangerous and can in fact help us to get certain things done for example preparing for an exam you are worried about. A build-up of stress however is bad for your health and as such we need to find positive ways of releasing this stress. Exercise and reading a book are both good ways of stress release. Fill in the boxes below to identify your current sources of stress and how you might help release this stress.

What fills my stress bucket?







What helps me de-stress

Unhelpful Coping Strategies that only recycle stress (things you do in the short term that are not beneficial in the long term for example binge eating or shouting at parents)





Focused Coping Strategies that promote long term stress relief e.g. relaxation, exercise etc.



Tell a Story about your Fears

When it comes to making sense of events that have left you scared or confused, it can really powerful to write things down or draw a picture. .

Use the boxes below to record your story. Include any characters, emotions, events etc. You may find this exercise hard at times; If you do then take a break and come back to it. If you do not want to put yourself in the story you could always use another character to portray the events. To name your fears helps to help place the event as another life experience and to promote discussions with parents or carers.



Professor mind says: "Writing thoughts and emotions down actually helps to integrate the right 'emotionally focused' side of the brain with the left 'logically focused' side of the brain allowing us to process the information".



There are far, far
better things ahead
than any we leave
behind

C.J.Lewis

What do you dream of doing?

It's great to have dreams of what we want to do and places we would like to visit. Some dreams can be quite straight forward and others can be out of this world.

I want to be a vet

I want to build a hotel on the moon

I want to travel the World

I want to bake a cake

Draw one or more of your dreams



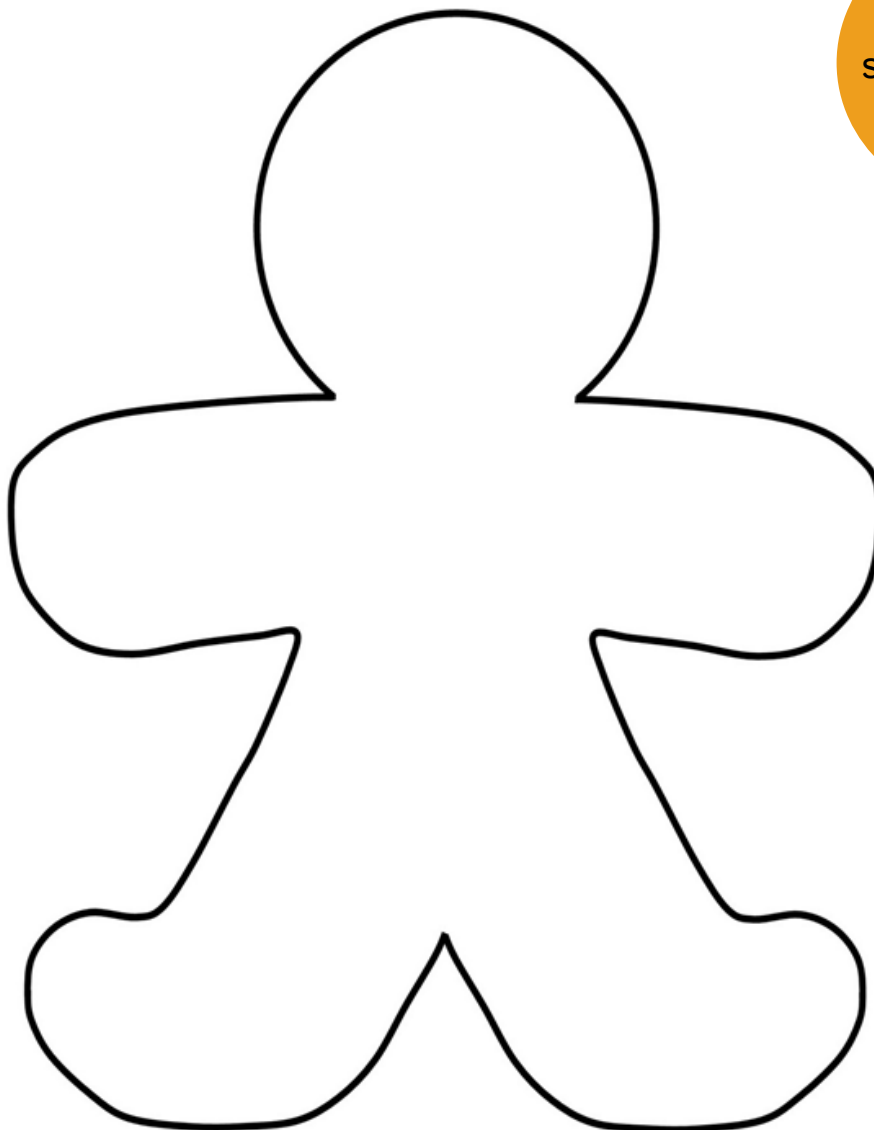
Professor mind says: "I use something called a vision board to record all my dreams. Why not google 'vision board' and do your own".

Recognising your Early Warning Signs

When we get scared or angry our body may feel different. We may get a stomach ache, headache or wobbly legs. These are all natural and part of the fight, flight (running away) or freeze response. They are called our early warning signs.

It's really helpful to know your early warning signs, so use the outline below to write or draw how your body feels when angry, worried or a mixture of both

See 'warning signs explained'



Professor mind says: "Awareness is the first step in managing our response to situations that make us angry or anxious"

How to Manage your Early Warning Signs

It's really normal to feel the fight or flight response for many different reasons. The more we talk about how we feel the more relaxed we will feel in the future. SO, if you get the itch to run away (flight) or shout and kick your table (fight) then do the following:

1. Know your self

Get a notebook and write down what you are feeling and what is going on to make you feel like this?

2. Get some help

If you don't like the way you are thinking, feeling or behaving about something then talk to a friend, parent, carer or teacher.

3. Make a plan

When you start to feel your early warning signs either talk to someone about them or learn to switch them off and calm down.

If I feel in danger I will speak to



.....

If I need to calm down I will

Be a Relaxation Detective

People relax in many different ways including listening to music, deep breathing, getting some exercise, reading a book or having a bubble bath.

See 'Breathe Box' to learn deep breathing technique



Ask friends and family how they relax and make a list here



Now decide what you will do to relax

Journal Resources

Early Warning Signs Explained

The biological symptoms to the fight or flight responses are detailed below

Vision blurry or tunnel vision as we focus on the danger or an escape route

Dizziness as a result of too much oxygen from rapid shallow breathing

Dry mouth as the digestive system shuts down as energy diverted to muscles

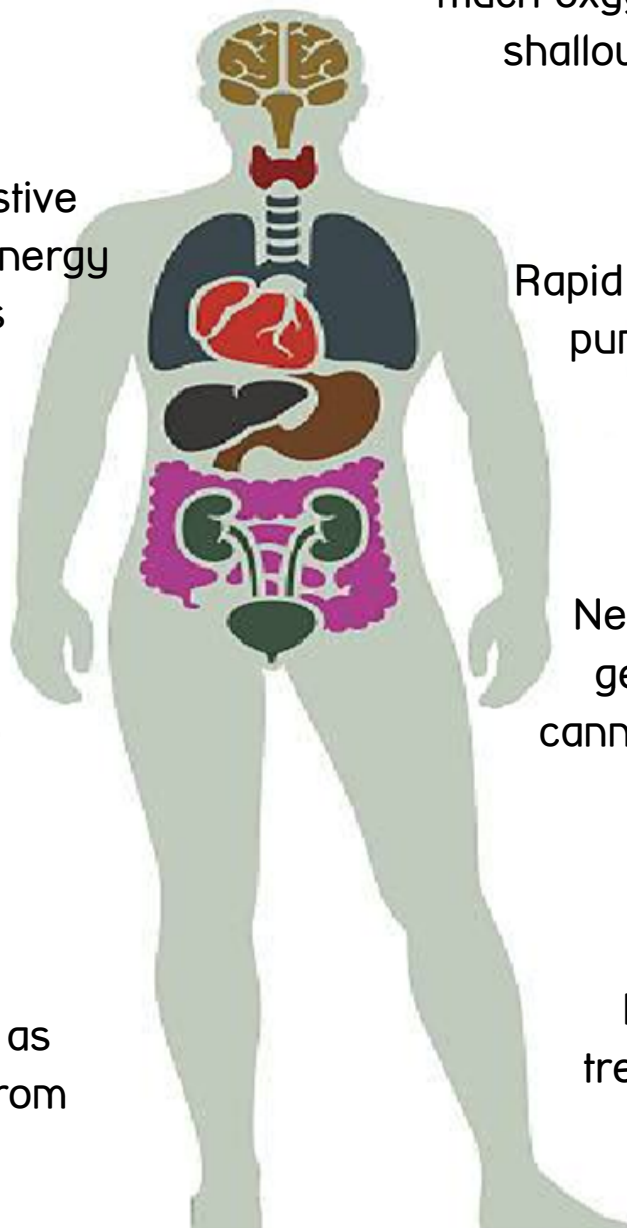
Rapid heart rate as blood pumped to enhance muscles

Cold clammy hands as blood diverted away. Sweating used to keep body cool and more efficient

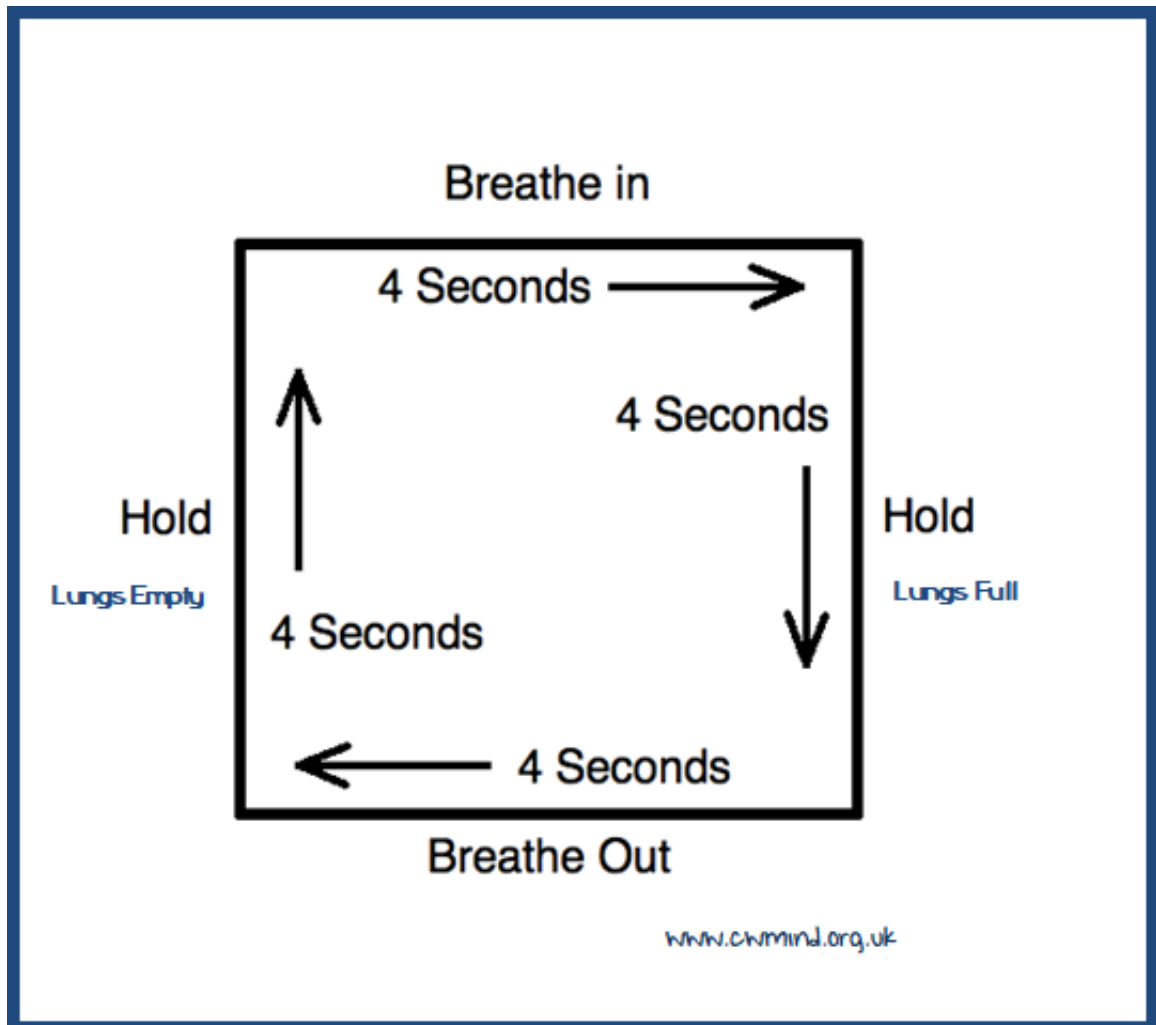
Need toilet as body gets rid of food it cannot currently digest

Nausea or butterflies as blood diverted away from digestive system

Muscles tense or tremble as body gets ready for action



The Breathe Box



- Start at the top and work your way round the box for as long as it takes to take effect.
- Try to inhale using your nose and then exhale through your mouth as if you were blowing through a straw .
- Ensure you are breathing from your diaphragm (belly). If you put a hand on your stomach you should feel it moving in and out as you breathe.
- The In -breath and Out -breath holds are as important as the deep breathing
- To use the box as a sleeping aid, hold for 7 seconds instead of 4.