



Just Breathe

The Wellbeing Journal by Lisburn Castlereagh Youth Council 2021
#LCYCjustbreathejournal



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'Give yourself the
same care and
attention that
you give to others
and watch
yourself bloom.'

Who are we?

We are The Lisburn Castlereagh Youth Council (2019-2021).

An important part of our role is to ensure that young people's voices are heard and to research and consult with young people on important issues that affect them. This year (2020-2021) the youth council have been focusing on four main issues of work:

1. Environment
2. Safe places for young people
3. Mental health
4. Covid-19.

Our goal is to raise awareness and campaign on issues within the above listed subgroups that affect young people within our area.

Please note: This is a well-being journal made *BY* young people, *FOR* young people.



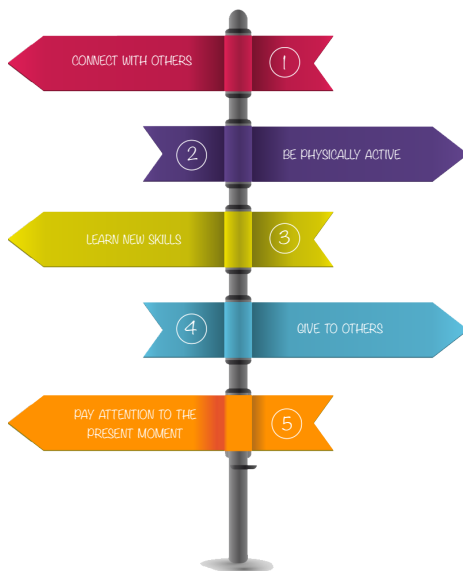
Why did we make the journal?

As young people ourselves, we have all been able to appreciate just how difficult it has been navigating our way through a global pandemic. 2020 and 2021, so far, have provided many challenges for young people, their families, and communities.

We wanted to make a resource that could help support young people's mental health and well-being and something that would promote awareness of these issues, giving helpful tips and engaging activities to help us all SET- ACHIEVE- REFLECT (set small goals, achieve our goals, celebrate them and reflect on our journeys).

This is how and why we came up with the wellbeing journal. We hope it provides an effective and creative outlet for young people from across Northern Ireland.

5 Steps to Wellbeing



The Take 5 Framework suggests that practicing these five main steps can improve your mental health and overall well-being. Trying to incorporate these steps to well-being into your weekly routine could help you feel more positive and happier in daily life. As a youth council we have designed all of our journal chapters with these in mind. Our goal is that this journal will have a positive impact on you and your overall well-being.

So how do I use the journal?

This journal is a simple tool that allows you to focus on your mental health and wellbeing. Whether it be by setting personal goals, taking time to reflect or by keeping yourself occupied with the range of activities included.

It can be used at anytime and anywhere; With 5 diverse themes of wellbeing as a running theme throughout, it should create an interest for all.

The journal is unique and designed especially for young people aged 15-21. As well as useful sections for organizing and planning your week, there are helpful tips, goal setting and reflection exercises- each chapter has a specific theme but none of it is tied to dates like a diary would be... meaning you can focus and work through the journal in any order you desire and at any pace.

The weekly layout is designed to allow you to plan, to journal, note important dates or appointments for the week, whatever you see fit – it is fully customisable.

We would love you to show us how you are using your journal by posting to social media and using the hashtag.

#LCYCjustbreathejournal

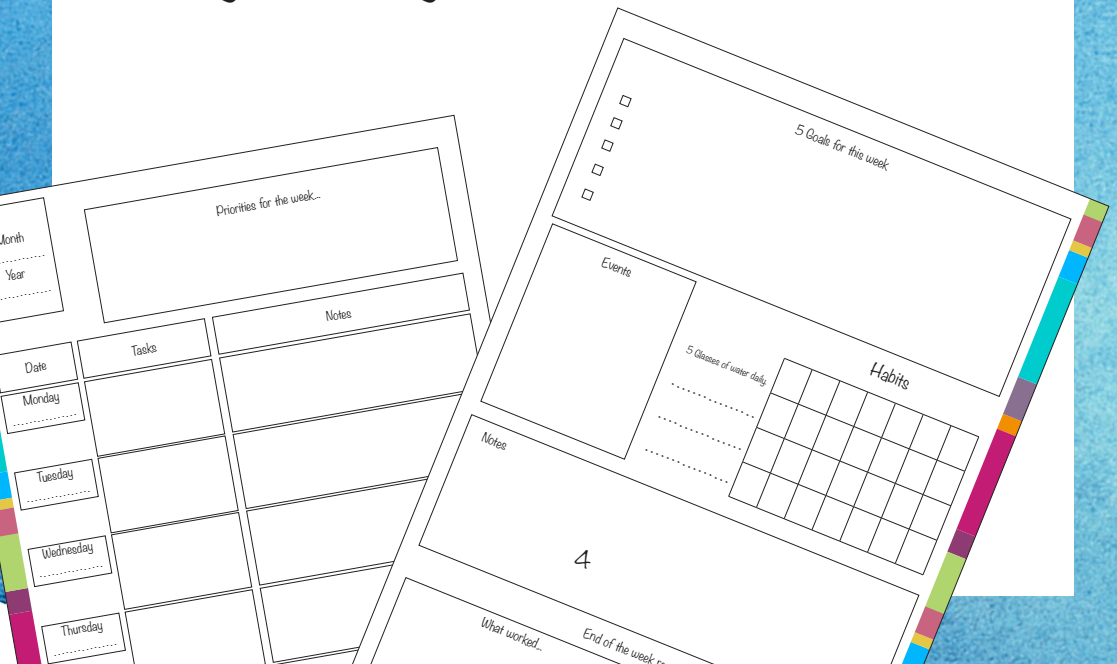


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set-achieve-reflect

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Just as important as taking care of your physical health, develop your own coping mechanisms and build resilience.

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TAKE FIVE

When you need to take 5 minutes to relax and unwind, we have a few activities that can help.

“

Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.

”

-Princess Diana

Chapter One

Random Acts of Kindness



Let's Grow Kindness



Smile



Donate Clothes



Say Hello



Hold the
Door Open



Pick up
Rubbish



Share Snacks



Free Hugs



Put Positive Sticky
Notes on Mirrors



Bring Your
Friend
Hot Chocolate



Leave a 'Like'



Send a
Handwritten
Note



Say Please &
Thank you

MY
Goals
FOR THIS
CHAPTER

I want to try ...

I want to learn ...

I want to make time for ...

A random act of kindness...



Month

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Priorities for the week...

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Events

Habits

5 Glasses of water daily.

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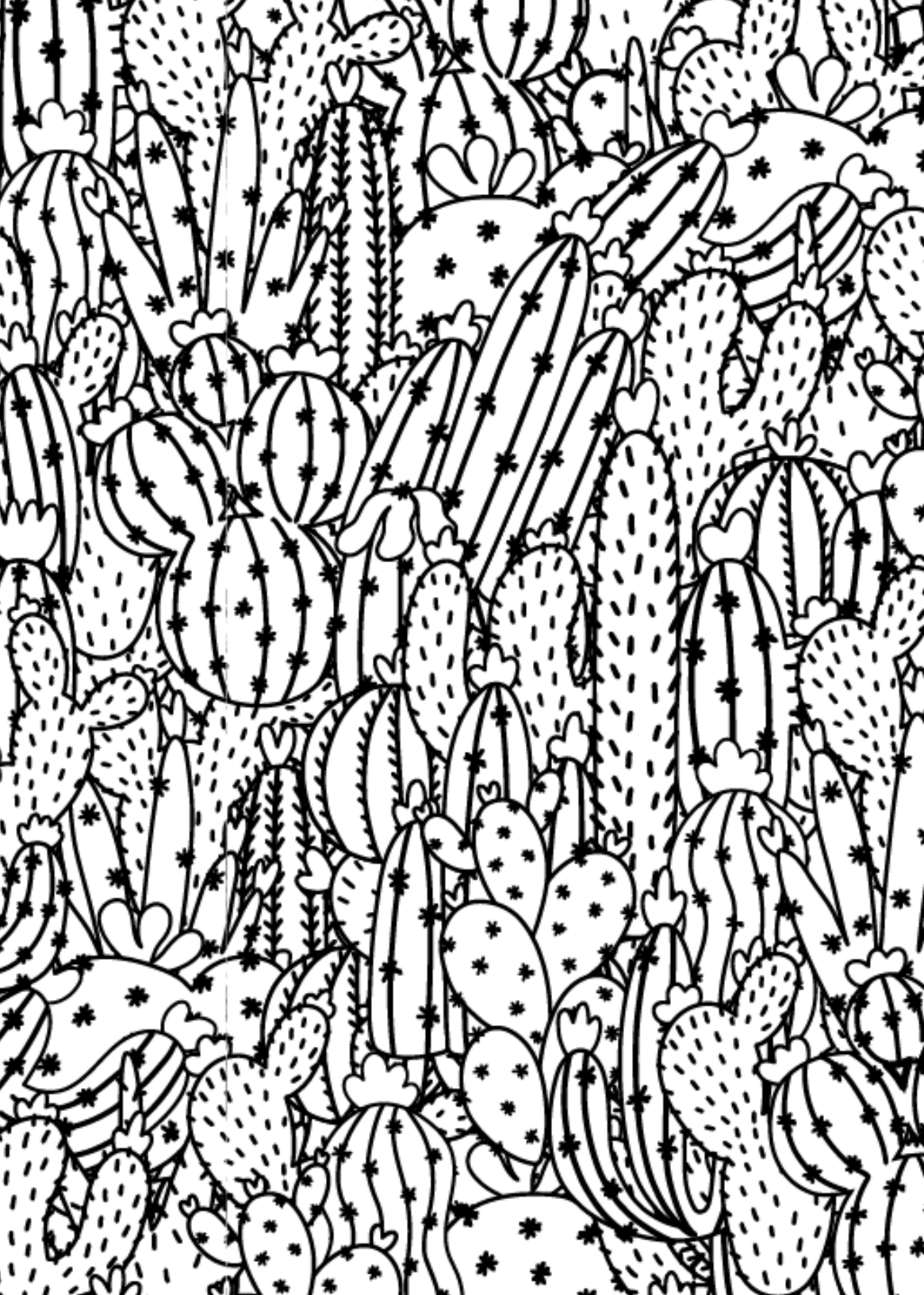
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What didn't work...



Reflecting back

ON THIS CHAPTER

I tried...

I learnt ...

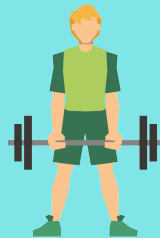
I made time for ...

A random act of kindness...

*"Kindness is the ability to know what the right thing to do
is and having the courage to do it!"*

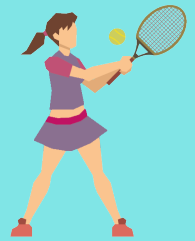
-RAktivist

RESPECT YOUR BODY,
FUEL YOUR BODY,
CHALLENGE YOUR BODY,
MOVE YOUR BODY,
AND MOST OF ALL,
LOVE YOUR BODY.



Chapter Two

Health & Fitness



Some tips for getting started...

1. Focus on one goal at a time.

Start with something small, pick one thing you want to focus on. This could be a short walk, drinking more water, trying to eat your five portions of fruit and veg daily.

2. Make it your own.

It's easy to become overwhelmed by social media. Your goal should be *your* goal. Focus on yourself and make it achievable.

3. Make it measurable, specific, and time-bound.

The more specific your goal, the clearer the path to achieving it. A great way to remember this is through the SMART method, which helps you make sure your goal is specific, measurable, achievable, relevant, and timely.

4. Take small steps first.

You should be at a 9 out of 10 when it comes to your belief that you can achieve your goal. Having early success will help your confidence.

5. Play the long game.

A long-term mentality will help you see your goal as a lifestyle change, rather than quick fix, and you'll be much more likely to adhere to it.

6. Be flexible in your definition of success.

Though it is important to make your goal specific, it's also important to give yourself permission to alter it as you progress with your fitness journey. Don't be too hard on yourself.



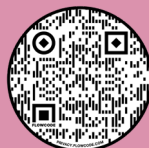
Don't know where to start? Here are some helpful links...



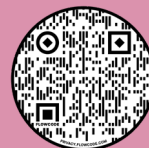
Introduction to
Healthy Eating



15 Minute
Workout



Kickstart a
Healthy Lifestyle



15 Minute Tik Tok
Dance Workout

MY Goals

FOR THIS CHAPTER

SMART is a well-established tool that you can use to plan and achieve your goals. While there are a number of interpretations of the acronym's meaning, the most common one is that goals should be Specific, Measurable, Achievable, Relevant, and Time-bound.

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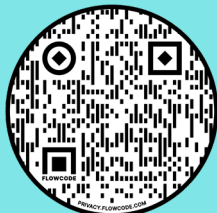
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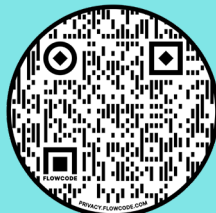
As recommended by Lisburn & Castlereagh Youth Council

WORKOUTS TO GET YOU MOVING

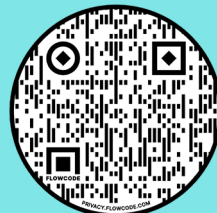
SHAUNA HARRISON
"I MOVE THROUGH MULTIPLE
WORLDS DAILY, BUT MOSTLY I JUST
MOVE."



SHAUNA'S WEBSITE

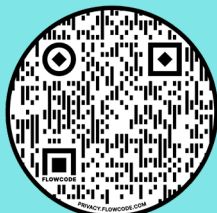


YOGA WITH SHAUNA



YOUTUBE CHANNEL

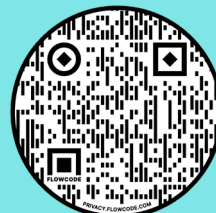
NORA MINNO
SHARES HER PASSION FOR
CREATIVELY COMMUNICATING THE
LATEST IN FITNESS AND NUTRITION
TO PROMOTE POSITIVE HEALTH
OUTCOMES



A WORKOUT WITH NORA

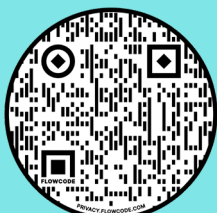


NORA'S WEBSITE

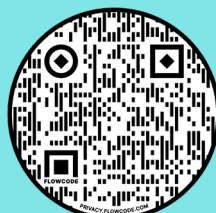


NUTRITIONAL INFORMATION

SOMETHING DIFFERENT-
THERE ARE SO MANY
OPTIONS ONLINE, HERE
ARE A COUPLE OF OUR
FAVOURITES TO START



MAD_FIT TIKTOK
WORKOUTS

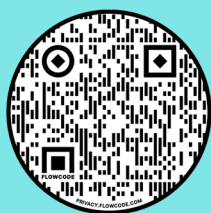


BESPOKE
PHYSICAL THERAPY

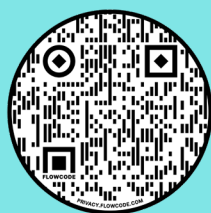


Inspirational Eats

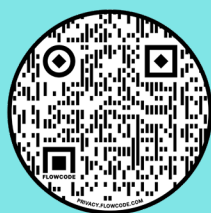
FOLLOW THE CODE AND
EXPLORE FOR YOURSELF



WHOLE FULLY



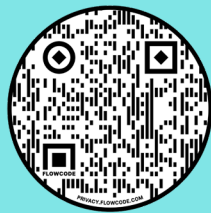
BELFAST FOOD BLOGGER



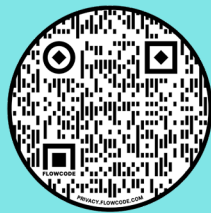
@SAMSEATS



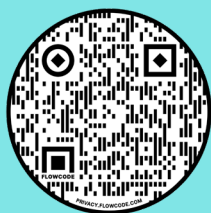
SHECK EATS



POPPY COOKS



ABBIES APPETITE



PINCH OF NOM



HEALTHY MINUTE MEALS



EAT FEEL LIVE

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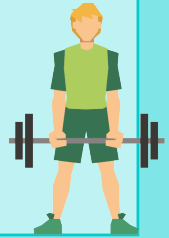
Reflecting back

ON THIS CHAPTER



My Goal ...


What I managed to accomplish this chapter ...



How I felt achieving this ...



Something i'm going to continue...



*I will remember
that my best is good
enough for today.*



Chapter Three

Donate

No one has ever become poor by giving

— Anne Frank

Did you know?

Studies show that giving and donating has added health benefits for the giver. Moreover, there are a variety of ways that those who give charitable donations can reap added (and surprising) health benefits while helping those in need.

Whether it is offering support to a friend or loved one, volunteering our time to assist an organisation, or donating money to charity, there are many benefits to taking the time to help others. Giving to a charity may also help boost your physical health and mental well-being including:

- Improved Self-Esteem and Self-Worth
- Positive Moods and Low Depression Rates
- Longer Life Expectancy
- Improving the World Community

The gift of giving always comes full circle. Giving is receiving and generosity is contagious.

DONATING ISN'T
ALWAYS ABOUT
GIVING MONEY,
THERE ARE SOME
REALLY EASY WAYS
TO HELP OTHERS



Ideas to get you started

- Donate unused clothing to charity.
- Take time to have coffee with someone.
- Contact a family member and ask if you can help them out.
- Help a neighbour out.
- Donate your time to a charitable organisation.
- Donate your skills.
- Become an organ donor.
- Volunteer with your local 'Mens Shed'

You can help to end isolation for blind and partially sighted people with the freedom to read again.

Here are a couple of ways to help;

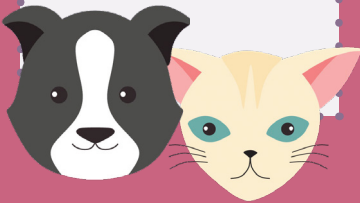
-Use Talking Book and give a lifeline to someone locally with sight loss.

<https://www.rnib.org.uk/>

-You can download and use the 'Be My Eyes' App to help people day to day.



You can volunteer at your local animal shelter; helping out with cleaning kennels, walking dogs, socialising cats and many other activities.

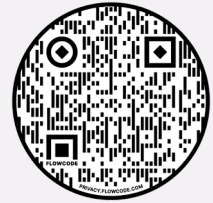


Pens and Pencils you are no longer using?

Pens for Kids UK has facilitated the sending of 1,002,417 pens and pencils to schools and orphanages in need of such items overseas. You can check them and other options out online.



There are lots of ways you can do your bit to help lonely or socially isolated elderly people in your community. The person you're helping will reap health benefits, and you'll find you will as well. Follow the link and check out more practical ideas.



Post Pals is a small charity run solely by volunteers who are dedicated to making seriously ill children and their siblings smile by the sending of cards, letters, little gifts, support and friendship. We support children aged 3 to 17 in the UK.

The Wands for Wildlife® organisation is inspiring people around the world to help wild animals and the environment through the re-purposing of discarded mascara wands.



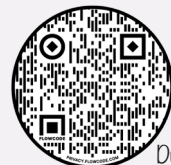
LUSH FRESH HANDMADE COSMETICS

LUSH accepts returns of empty full size LUSH products through their 'bring back five pots' scheme. By returning them, you can receive a complimentary face mask.

Food banks are grassroots services designed to help people in the community who may be struggling to pay for food. There are two locally just scan the codes.



Lisburn



Dundonald

Blood Donation

Why give blood?... Giving blood saves lives. The blood you give is a lifeline in an emergency and for people who need long-term treatments.

Why does the Health Service need you to give blood?

New blood donors from all backgrounds are needed to ensure there is the right blood available for patients who need it.

The NHS needs:

- Nearly 400 new donors a day to meet demand
- Around 135,000 new donors a year to replace those who can no longer donate
- 40,000 more black donors to meet growing demand for better-matched blood
- 30,000 new donors with priority blood types such as O negative every year
- More young people to start giving blood so there is enough blood in the future.

<https://www.blood.co.uk/why-give-blood/>



Organ Donation

Who can become an organ donor?

Anyone can register to donate their organs and tissue when they die, regardless of their age or medical conditions. To ensure that all donated organs are safe, the donor's medical and lifestyle history is assessed at the time of donation.

Becoming an organ donor only takes a few minutes if you register online, but can bring a lifetime of health and happiness to those who are waiting for a transplant.

Register to donate your organs using this link below:

<https://www.organdonation.nhs.uk/register-your-decision/donate/>

MY Goals

FOR THIS
CHAPTER



I am going to donate ...

I want to make time for ...

I want to help ...

Why I feel the need to donate ...

Things I need to put in place...

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What didn't work...



Reflecting back

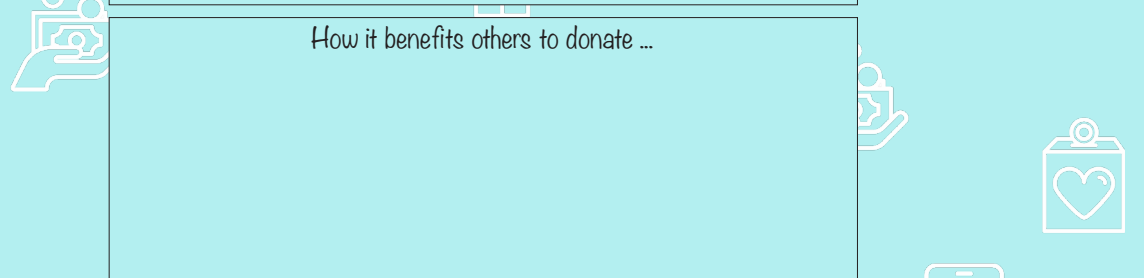
ON THIS CHAPTER



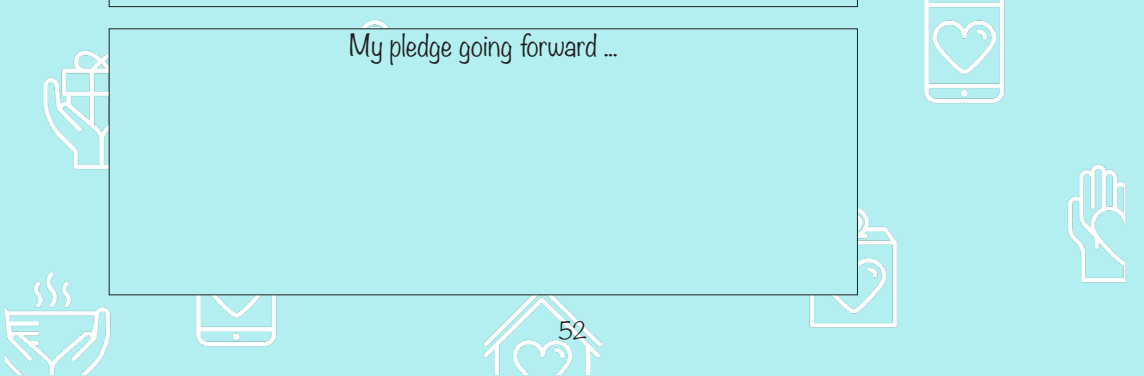
Five words to describe donating ...



How it felt to donate ...



How it benefits others to donate ...



My pledge going forward ...

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| L | T | T | G | L | O | A | S | I | C | R | S | G | O |

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| GIFT | GIVING | HELPFUL |
| DONATION | COMMUNITY | KINDNESS |
| CHARITY | SUPPORT | ORGAN DONOR |
| TIME | MENTAL HEALTH | SKILLS |



'The earth is what we all have in common'

-Wendell Berry

Chapter Four

The World Around Us

"It's surely our responsibility to do everything within our power to create a planet that provides a home not just for us, but for all life on Earth."

-David Attenborough

Environmental Wellness;

The ability to recognise your own responsibility for the quality of the air, the water and the land that surrounds us. It is the ability to make a positive impact on the quality of your environment, be it your home, your communities or your planet. It all contributes to your environmental wellness.

Start the Conversation

What's the most beautiful place in your country? Why do you like it? Describe it.

What kinds of pollution do you know? Which is the worst? Discuss in group.

Some people carelessly throw away rubbish wherever they go. What can we do about this?

People throw away tonnes of rubbish everyday. How can we reduce the amount?

What do you recycle? How can we recycle more?

Do you drink bottled water? Why or why not? What is it's effect on the environment?

MY Goals

FOR THIS
CHAPTER

Practical ideas to help the environment

Turn off the tap when you brush your teeth – this can save 6 litres of water per minute.

Invest in a reusable water bottle or coffee cup to save money and help the environment. Metal straws also mean less plastic goes to landfill.

Recycle ink cartridges and batteries.

Use a rubbish separator to help recycle household waste.

Remember your 'Bags For Life' when you head to the shops.

Make an effort to cycle or walk where possible

Replace bulbs with energy efficient light bulbs.

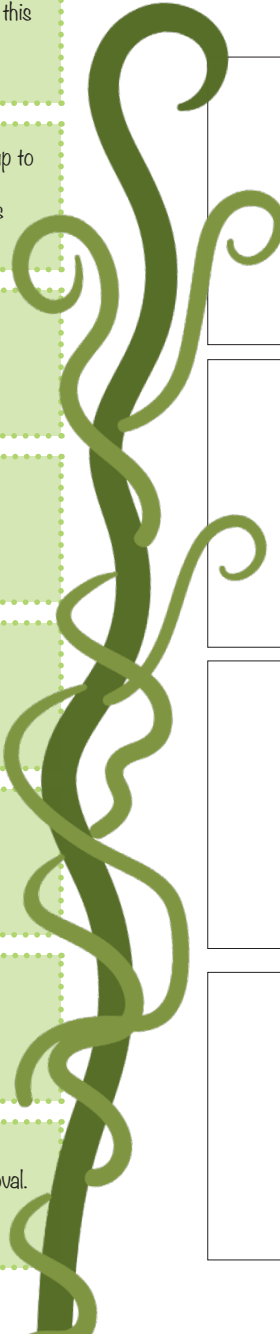
Use 100% Cotton Cloths for makeup removal.

I want to try ...

I want to learn ...

I am going to make time to ...

I am going to stop...



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Priorities for the week...

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Events

Habits

5 Glasses of water daily.

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Notes

End of the week review.

What worked...

What didn't work...

Reflecting back

ON THIS CHAPTER

I tried...

I learned ...

I made time for ...

I stopped...

I found an alternative for...

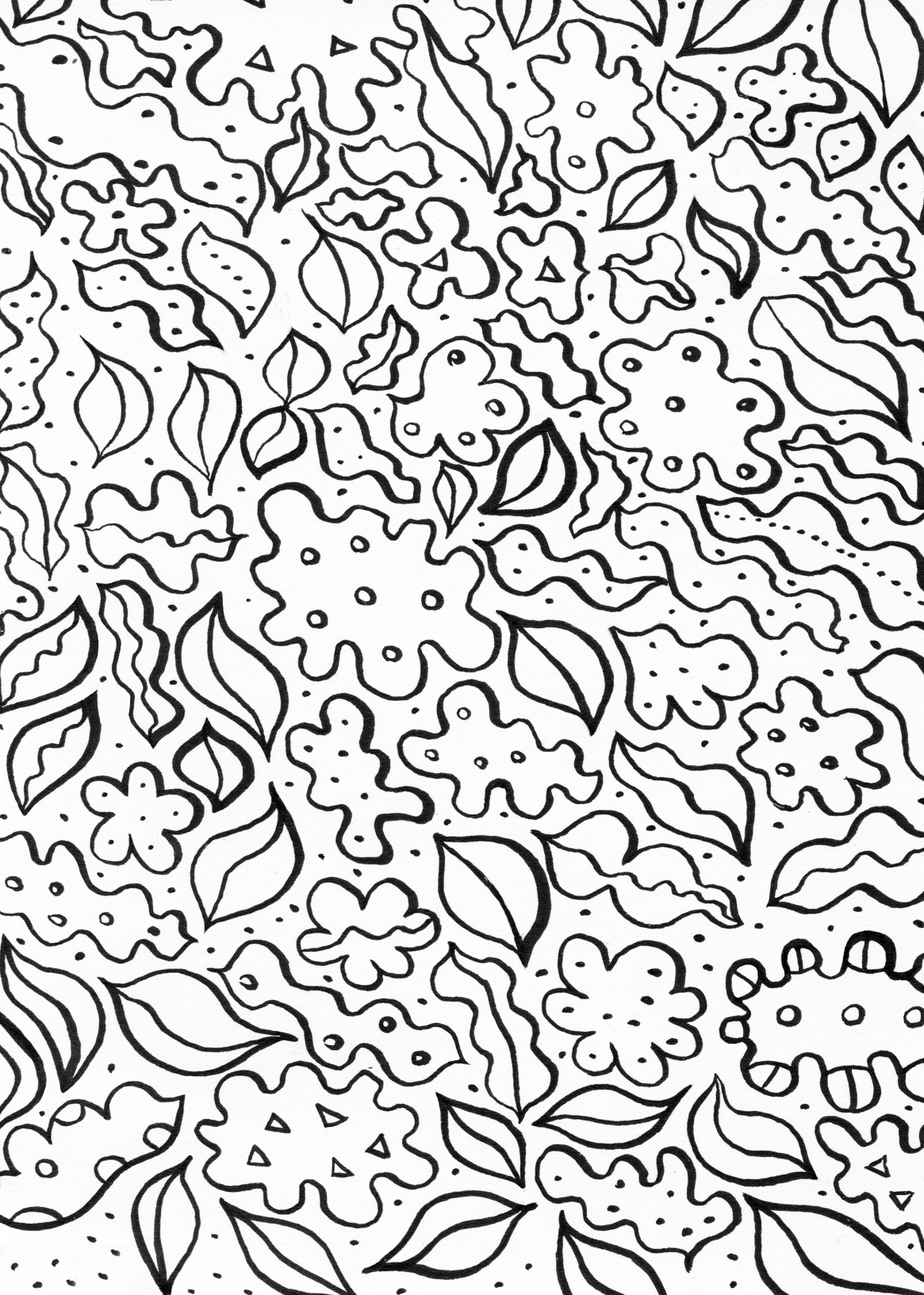




What I can do to make this world a better place...

USE THE CLOUDS TO SET GOALS FOR THE FUTURE





Be Humble,
Be Teachable
And Always
Keep Learning.



Chapter Five

Life Skills



Life Skills can often be overlooked,
why not use this chapter as an
opportunity to see how you can
upskill for an easier life.

In a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life. From the benefits it brings to the individual, to the positive effect it has on employability and wider society.

Life skills can help to develop self-confidence and empower you to successfully deal with significant life changes and challenges. It can help provide consistency and calm to a busy lifestyle.

Do you know how to...

Use a washing machine?

Schedule your day?

Cook a meal?

Tidy Your Room?

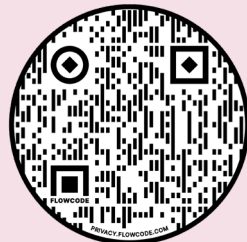
Budget Money?

Manage your time?

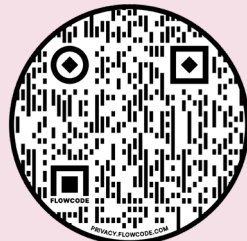
Cope with a failure?

Write a CV?

There are a wealth of resources online,
here are two to get you started.



The Home Edit



Dad, how do I?

MY
Goals

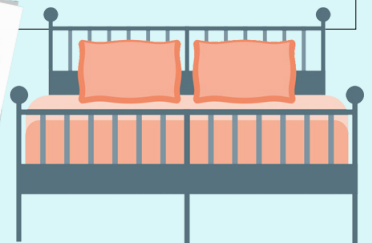
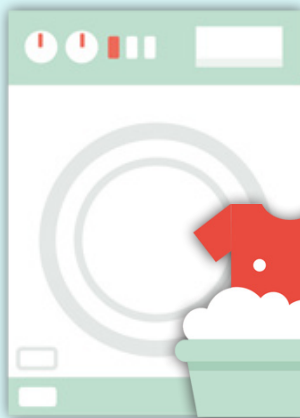
FOR THIS
CHAPTER

I want to try ...

I want to learn ...

I want to make time for ...

Things I am interested in...



Whether it's in school, your job or your lifestyle as a whole, learning how to manage your time effectively can help you feel more relaxed, focused and in control. It's a really effective life skill to help get through whatever life brings. Creating a schedule is a really effective way of helping.

SCHEDULE

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Daily Schedule

DATE: _____

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REMINDERS

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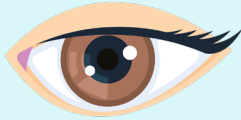
D:

S:

In life, things don't always go to plan. Sometimes the best way to get through failure is to...

R.O.A.R.

Recognise



Sometimes we all need reminded that failure is a normal part of a learning process. We need to get comfortable with the feeling of not always getting what we want and be able to recognise that feeling.



Own It

We need to own our mistakes, taking ownership of actions and words.



Accept

Accepting failure and mistakes help us move forward. Acceptance lets you move past your failure or mistake and not letting it take over your thinking.



Reflect

Reflecting on mistakes or failure and making changes, is how we learn.

How do you grow from them? What did you learn? What could or would you do differently the next time?

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Events

Habits

5 Glasses of water daily.

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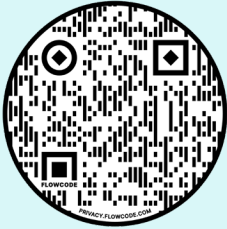
Notes

End of the week review.

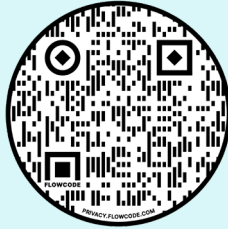
What worked...

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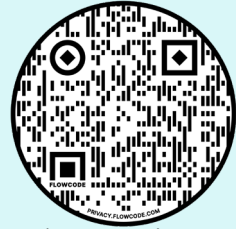
Things to learn at home...



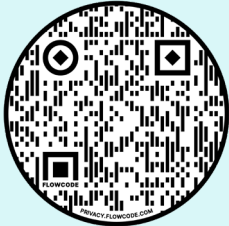
Bake Banana
Bread



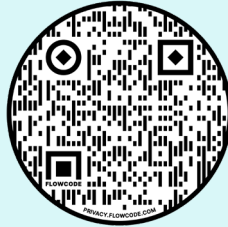
Internet safety



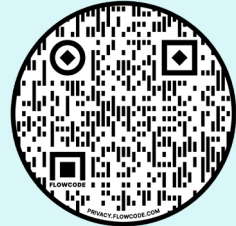
Learn to love
yourself



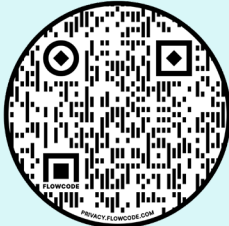
How to do the
Washing



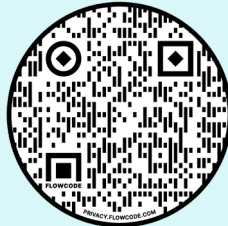
Sign Language



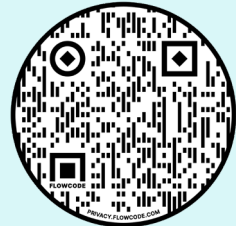
First Aid



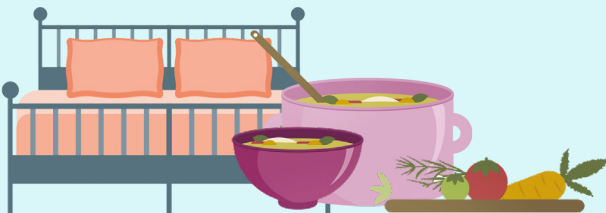
Learn to make
French Toast



Learn how to
make a bed



Learn a
Language



Reflecting back ON THIS CHAPTER

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|-------------|---------------|---------------------|
| I tried ... | I learned ... | I made time for ... |
|-------------|---------------|---------------------|

Did I learn something new?

| | YES | A LITTLE | NO |
|-----------------|--------------------------|--------------------------|--------------------------|
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| CLEANING UP | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| IRONING | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| BUDGETING | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| TIME MANAGEMENT | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| RESILIENCE | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| SELF-CARE | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| _____ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Warriors of light are not perfect. Their beauty lies in accepting this fact and still desiring to grow and to learn.
-Paulo Coelho



*'You are the sum of who you surround
yourself with' - Unknown*

Chapter Six
Socialise More

Isolation and communicating more...

Social relationships are critical to the maintenance of health and a lack of them often correlates with feelings of loneliness. As humans, social interaction is essential to every aspect of our health. Research shows that having a strong network of support or strong community bonds fosters both emotional and physical health and is an important component of young adult life.



TOP TIPS FOR STAYING SOCIAL

- Put yourself out there.
- Be open-minded.
- Message an old friend.
- Don't let conversation pass you by.
- Complement someone.
- Be in the moment.
- Learn from others.
- Don't overthink it.

Let's be Social

Museum from Home

You can enjoy a virtual visit to the British Museum, find out how to keep exploring the Museum from home. Something fun to do with friends online. There are 11 ways to visit virtually, find out more on their website. <https://blog.britishmuseum.org/>



Keeping in touch with people can be difficult, Lisburn and Castlereagh Youth Council have researched some exciting ideas to keep in touch with friends and family.

Game with Friends

Backyard.co merges flawless video, voice & text chat with everyone's favorite games, all in one place. A fun way to keep engaged with your friends.



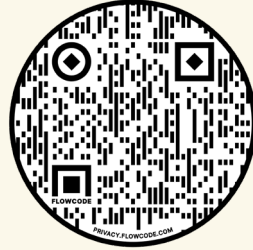
Create a Book Club

Book clubs promote a love of literature in a positive, nurturing environment. The purpose of any club is to bring a community together to learn about and discuss something that matters to them, and a book club is no different. It's also something that can be in person or online.



Challenge:

Design and host a zoom quiz, whether in lockdown or not. These can be a fun way to socialise and because it's online, it means everyone can get involved. We've attached a code with some top tips to get you started.



MY
Goals
FOR THIS
CHAPTER

Who I'm going to reach out to ...

How I am going to be more social...

Where I plan to socialise ...

Why it's good for me to socialise...

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Priorities for the week...

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Events

Habits

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Notes

End of the week review.

What worked...

What didn't work...

Reflecting back

ON THIS CHAPTER

I tried...

I learned ...

I made time for ...

My favourite way to socialise...

*"Humans are social beings,
and we are happier, and better,
when connected to others."*

—Paul Bloom





"The way we spend our time defines who we are"
-Jonathan Estrin





Chapter Seven
Time

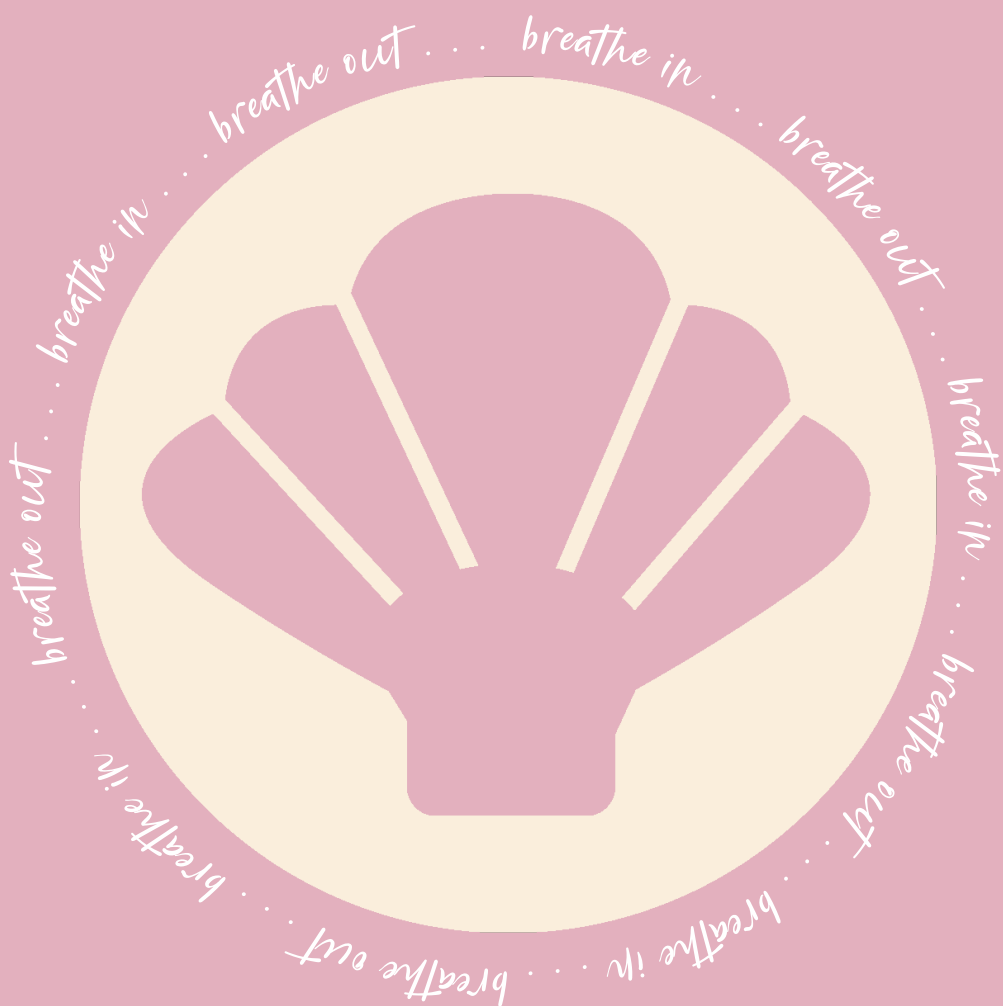
Is it in my Control?

One way to prevent anxious thoughts is to focus on the things that we can control. Spending time worrying about the things that are outside of our control doesn't help and can only make things worse.

THINGS THAT ARE
In my Control

THINGS THAT ARE
Out of my Control

Mindfulness Exercise



Use this shell to listen to your breathing. Take a few minutes to follow the words and centre yourself.

10 BEST TIME Management SKILLS

- 1 BEGIN WITH A CLEAR FOCUS.
- 2 MAKE A TASKS LIST.
- 3 PRIORITISE WISELY.
- 4 MINIMIZE INTERRUPTIONS.
- 5 STOP MULTITASKING.
- 6 DON'T PROCRASTINATE.
- 7 USE A CALENDAR.
- 8 IT'S OK TO SAY 'NO'.
- 9 KEEP A CLOCK IN FRONT OF YOU.
- 10 KNOW YOUR DEADLINES.

The Eisenhower Matrix

URGENT
+ IMPORTANT

IMPORTANT
BUT NOT URGENT

URGENT
BUT NOT IMPORTANT

NOT IMPORTANT
NOR URGENT (DO IT LATER)

“Most things which are urgent are not important,
and most things which are important are not urgent.”

The Eisenhower Matrix is a method of prioritizing your tasks on the basis of their urgency. It helps to determine the activities which are important and the ones which do not deserve your attention at all. The brainchild behind the famous Eisenhower Matrix is Dwight D. Eisenhower. When you are busy scheduling your tasks, don't forget to schedule time for yourself.

Month

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Year

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Events

Habits

5 Glasses of water daily.

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End of the week review.

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What didn't work...

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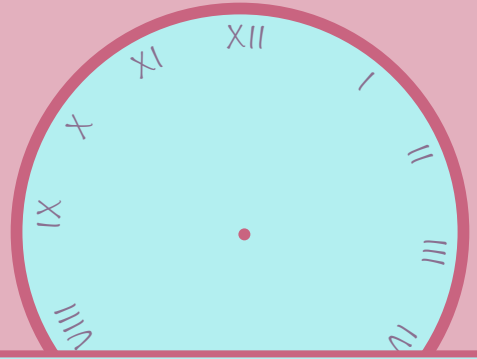
End of the week review.

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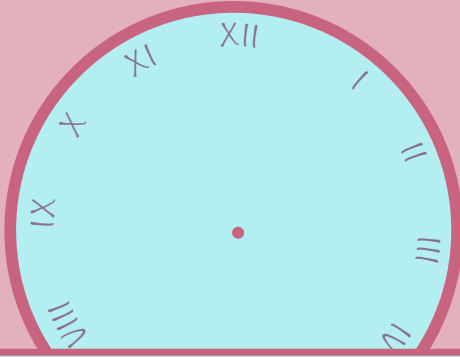
What didn't work...

Reflecting back

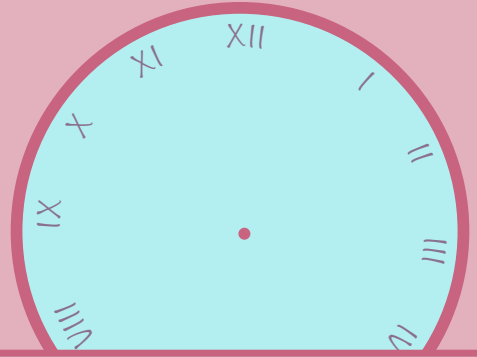
ON THIS CHAPTER



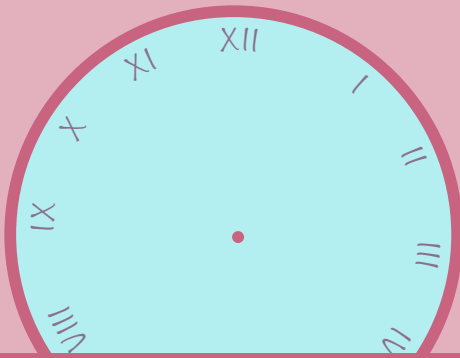
Key lessons learnt.



How did i spend my time differently?



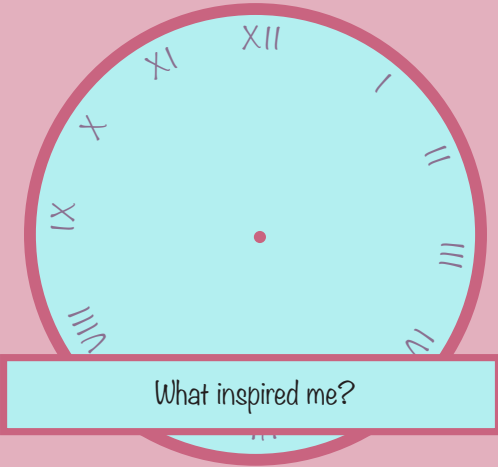
What challenged me?



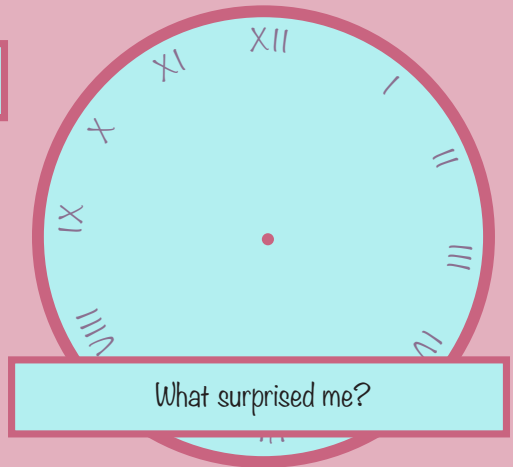
One change I'm bringing forward.



What have I achieved?



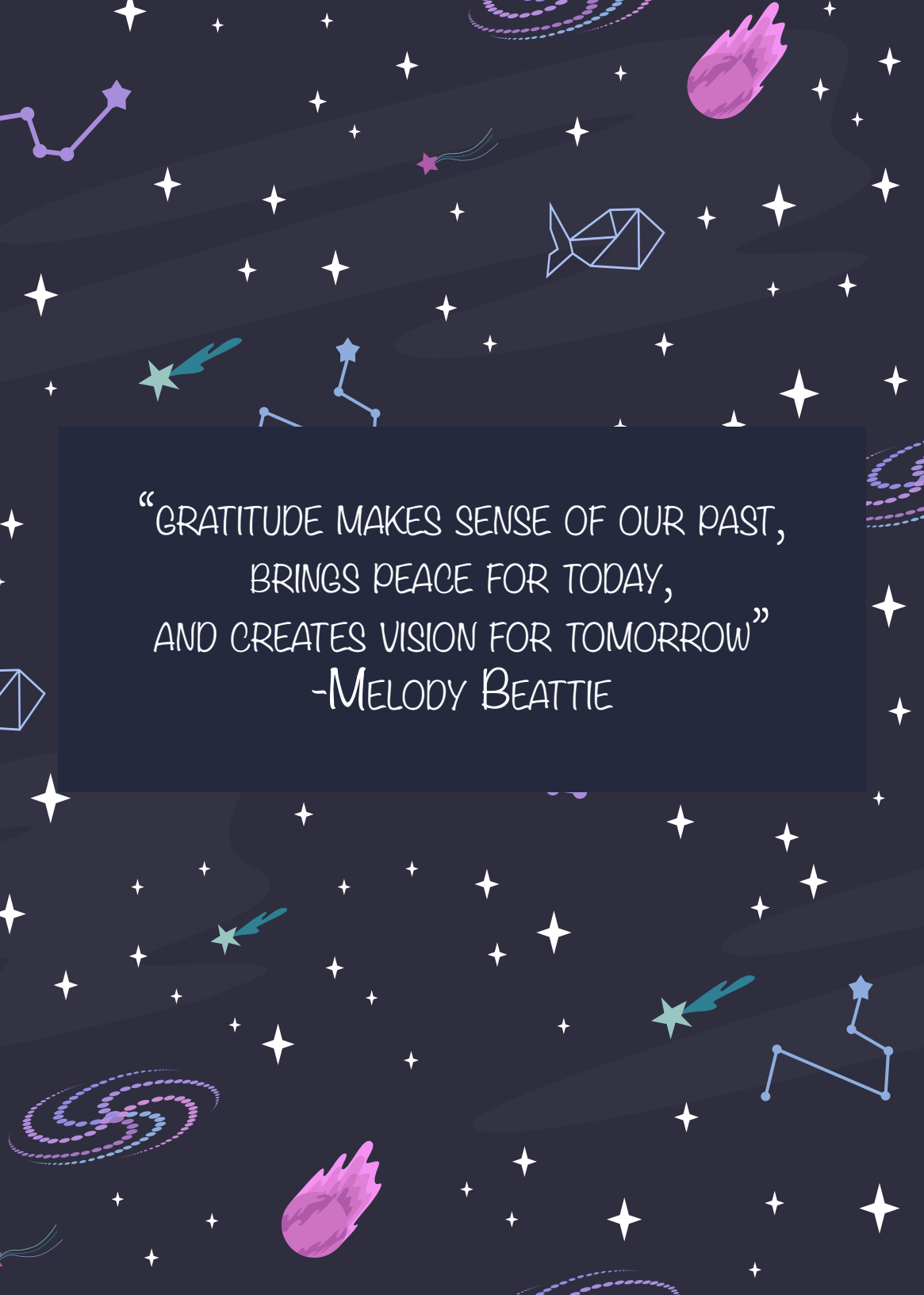
What inspired me?



What surprised me?



One person that made me smile.



“GRATITUDE MAKES SENSE OF OUR PAST,
BRINGS PEACE FOR TODAY,
AND CREATES VISION FOR TOMORROW”
-MELODY BEATTIE



Chapter Eight

Gratitude

One of the reasons why gratitude can change your life is because it shifts your focus. Whatever we focus on, we move towards. When we live in a state of negativity, we see more of that, it becomes easy to see things in a negative light because that is where your focus is, it's easy to see problems and dilemmas and this becomes a habit, but moving from a negative to a positive mindset is easier than you think, you can counteract it with the positives and all the things that you are grateful for.

A-Z of something you're grateful for...

a _____

b _____

c _____

d _____

e _____

f _____

g _____

h _____

i _____

j _____

k _____

l _____

m _____

n _____

o _____

p _____

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s _____

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u _____

v _____

w _____

x _____

y _____

z _____

MY Goals

FOR THIS
CHAPTER

Gratitude is a warm feeling of thankfulness towards the world, or towards specific individuals. The person who feels gratitude is thankful for what they have, and does not constantly seek more.

I want to try ...

I want to make time for ...

I want to learn ...

My Mantra/Positive Affirmation

My Gratitude Jar



FILL THE JAR WITH THINGS THAT MAKE YOU FEEL GRATITUDE

A Week of Gratitude

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



Month

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Priorities for the week...

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Notes

End of the week review.

What worked...

What didn't work...

FILL OUT YOUR TOP 5 SONGS YOU LIKE TO LISTEN TO TO HELP YOU REFLECT

GRATITUDE PLAYLIST...

- 1.
- 2.
- 3.
- 4.
- 5.



Reflecting back

FILL OUT ONE OF EACH YOU
ARE GRATEFUL FOR. ...

A PERSON

SOMETHING

A MEMORY

A PLACE

A SKILL

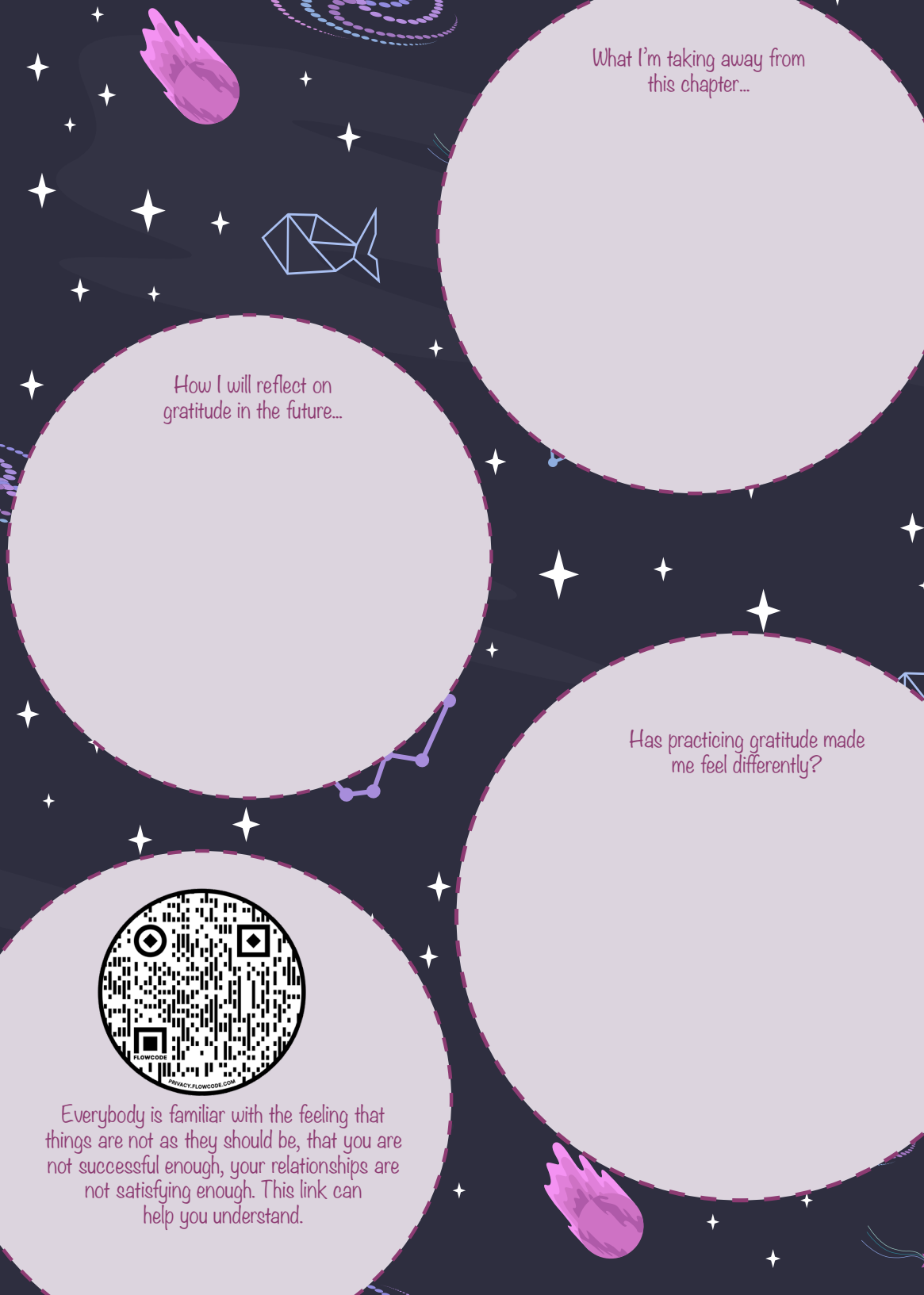
SOMETHING TO EAT

A QUALITY





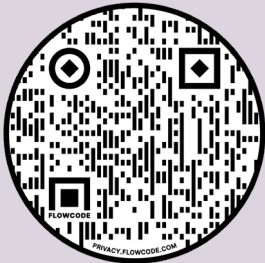
*When its dark,
look for stars...*



What I'm taking away from
this chapter...

How I will reflect on
gratitude in the future...

Has practicing gratitude made
me feel differently?



Everybody is familiar with the feeling that things are not as they should be, that you are not successful enough, your relationships are not satisfying enough. This link can help you understand.



‘A good laugh and a long
sleep are the best cures in
the doctors’ book’
-Irish Proverb

Chapter Nine

Self-Care

TYPES OF SELF-CARE



PHYSICAL

- Moving your body
- What you eat
- Amount of sleep
- Physical wellbeing



EMOTIONAL

- Coping mechanisms
- Expressing yourself
- Understanding your feelings



PRACTICAL

- Budgeting
- Household chores
- Organisation
- Safety + Security



SOCIAL

- Meeting social needs
- Good support system
- Boundaries



PERSONAL

- Creating Core Values
- Positive Hobbies
- Goals
- Time alone

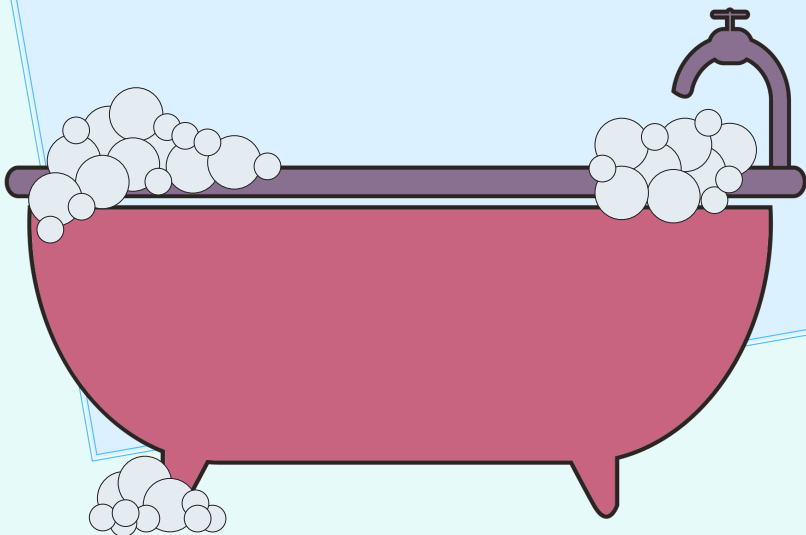


SOCIAL MEDIA

- No endless scrolling
- Positive Feed
- Good boundaries
- No comparisons



A letter to myself . . .



Use this space to set out your self-care goals for the chapter.

Self-Care Reflection

SELF CHECK-IN

I'm feeling _____ right now and that's ok. All my feelings are valid.
(emotion)

In this moment, self-care to me looks like _____
(a self soothing activity of your choice)

It means more _____ and less _____
(an activity you enjoy) (an activity you'd like to minimize)

I trust myself to do what's right for me. Even if that means I need to _____
(a boundary you're setting)

If I ever need anyone, I know I can reach out to _____
(a loved one or resource)

The greatest compliment someone could give me right now is _____
(something you love about yourself)

Just as those who care for me are committed to seeing the best in me,
I am committed to seeing the best in myself.

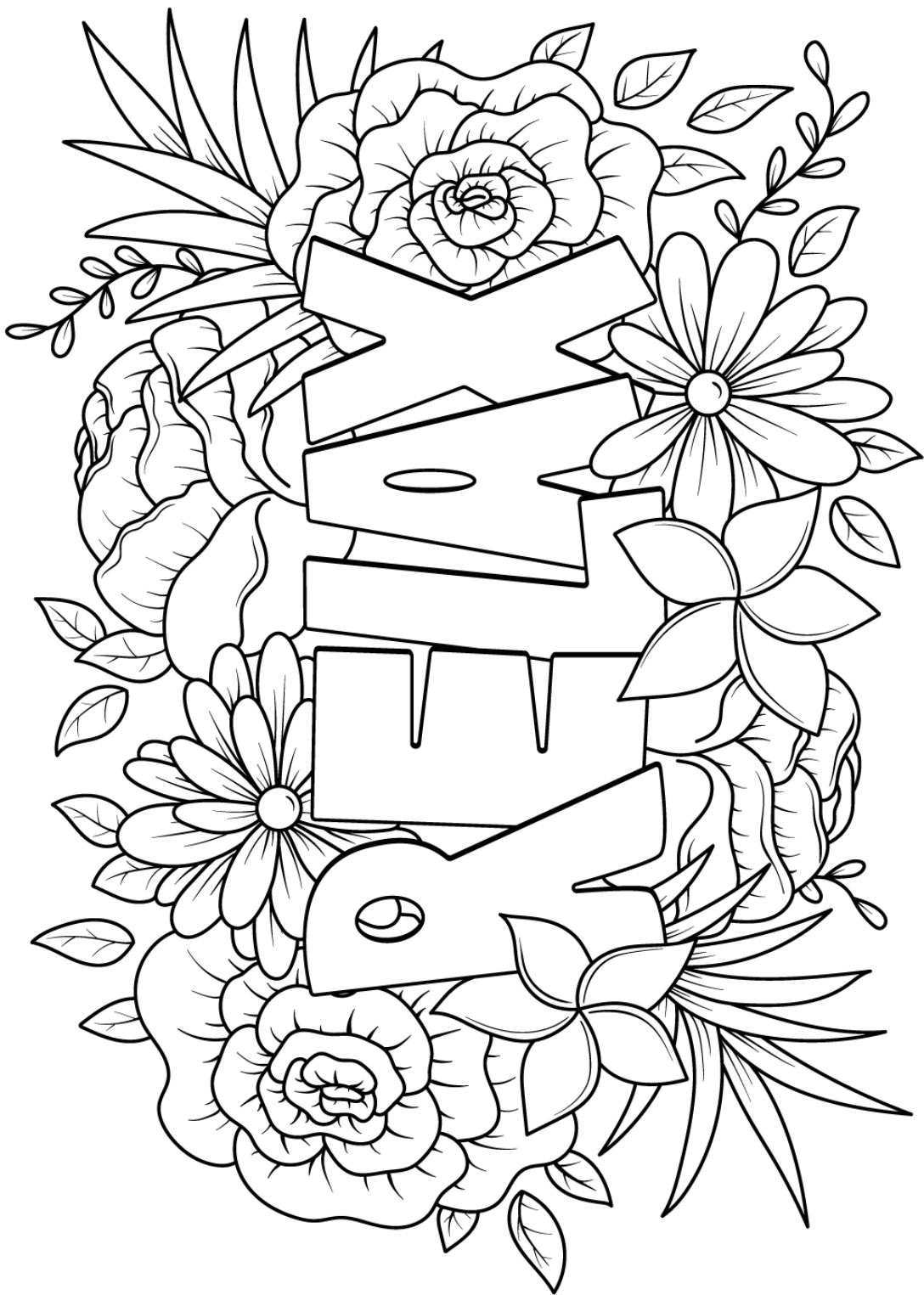
I love myself because I am _____ . _____ and _____ .
(your favourite qualities about yourself)

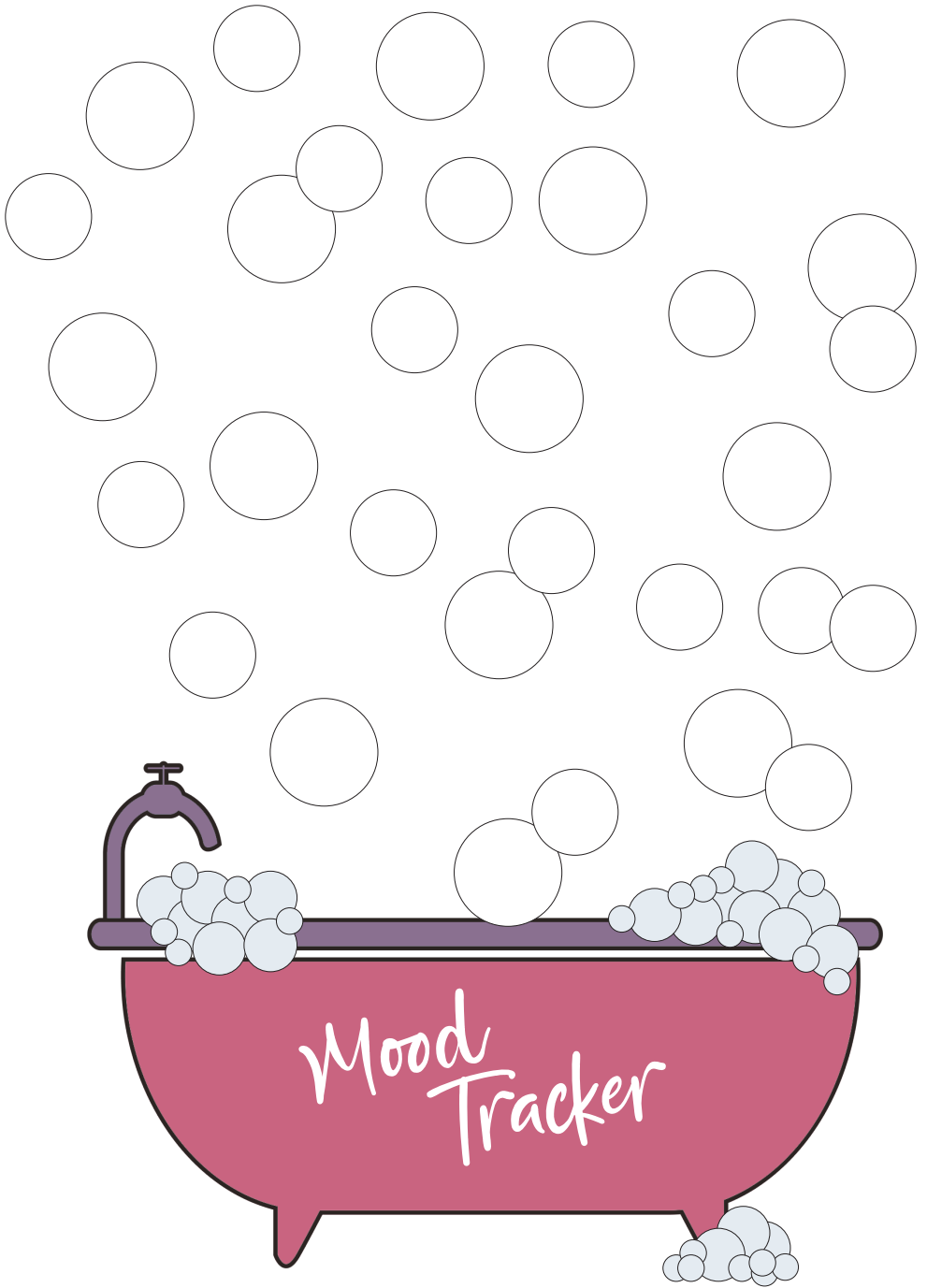
I take care of myself because I am worth taking care of.

MY NEEDS RIGHT NOW

Circle as many needs as you'd like below

| | | |
|------------------|-----------------|----------------|
| Time Alone | Confidence | Add Your Own : |
| Time with Others | A Listening Ear | _____ |
| Rest | Advice | _____ |
| Exercise | Boundaries | _____ |
| Routine | Sleep | _____ |
| Something New | Balance | _____ |





- Happy
- Relaxed
- Stressed
- Angry
- Grateful

CREATE YOUR OWN COLOUR CODE WITH THE BUBBLES TO TRACK YOUR MOOD.

Things that
make me happy.

USE THIS SPACE TO DOODLE YOUR THOUGHTS.

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Notes

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What worked...

What didn't work...

Who's to say
tomorrow
won't be the
best day
of your life?



Reflecting back

ON THIS CHAPTER

I learned to take time to ...

Three things I enjoyed about this chapter ...

A form of exercise or movement you enjoyed doing...

Things I'll incorporate into my self-care routine ...

My biggest strength and how it helped me this chapter ...

Treat your password like your toothbrush.
Don't let anyone else use it and change
It every few months.



Chapter Ten


Online Safety

Did you know?



About 37% of young people between the ages of 12 and 17 have been bullied online.

30% have had it happen more than once.



50% of teenagers experience fear of missing out (FOMO).



60% of young people have trouble sleeping after using social media.





7 Tips on making your password strong as possible.

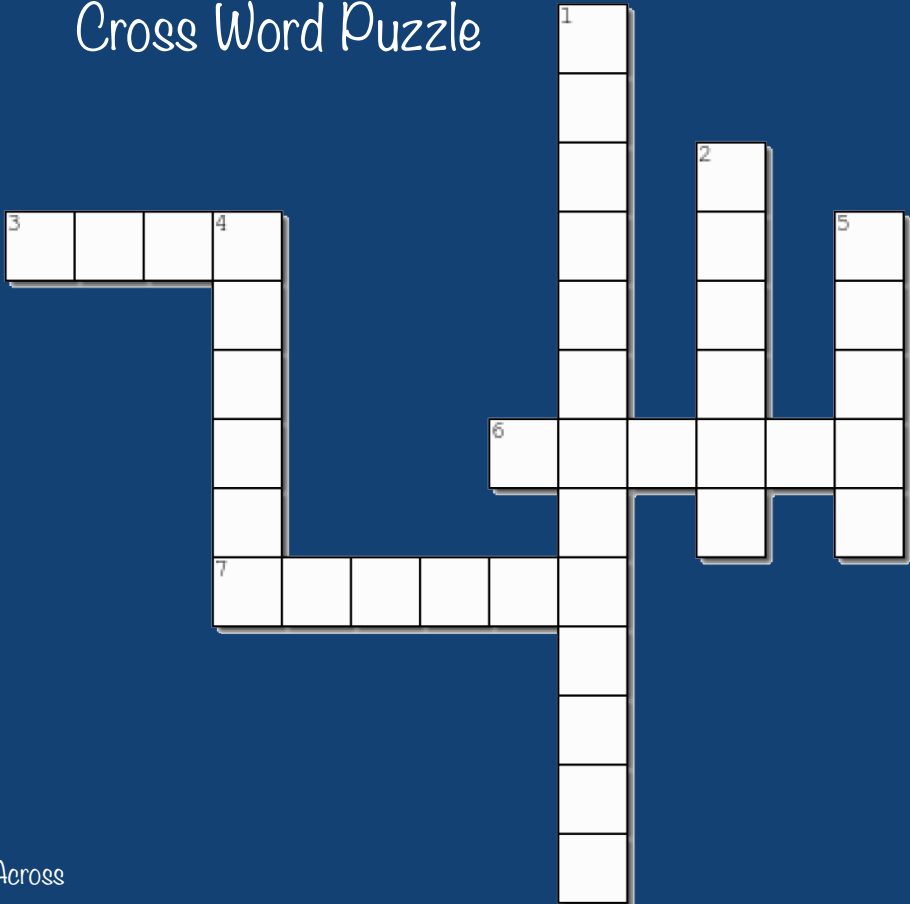
1. MAKE YOUR PASSWORD LONG.
2. MAKE YOUR PASSWORD A NONSENSE PHRASE.
3. INCLUDE NUMBERS, SYMBOLS, UPPERCASE AND LOWERCASE LETTERS.
4. AVOID USING OBVIOUS PERSONAL INFORMATION.
5. DO NOT REUSE PASSWORDS.
6. KEEP YOUR PASSWORD UNDER WRAPS.
7. CHANGE YOUR PASSWORDS REGULARLY.

7 Tips on how to Identify Spam Emails...

1. USE ANTI-SPAM AND ANTI-VIRUS SOFTWARES.
2. ENSURE THAT YOU KNOW THE SENDER BEFORE OPENING AN EMAIL
3. BE CAREFUL ABOUT "URGENT" OR "THREATENING" LANGUAGE IN THE SUBJECT.
4. AVOID REQUESTS FOR PERSONAL INFORMATION.
5. LOOK OUT FOR TYPO-LOGICAL MISTAKES.
6. SPOT UNKNOWN ATTACHMENTS OR LINKS.
7. WATCH OUT FOR CONTENT THAT IS TOO GOOD TO BE TRUE.

Limit Screen Time

Cross Word Puzzle



Across

- 3 Have a clear out of all the A_____ you dont use.
- 6 Have S_____ and mobile free times
- 7 Switch your phone to S_____ and take a break

Down

- 1 Turn off the N_____ you don't want to see
- 2 Use a S_____ time app to see how much time you spend on your phone
- 4 Change your S_____ to unavailable
- 5 Keep your P_____ out of sight when relaxing

Further Information

Childline



Childline's advice on keeping safe online...

- Think before you post.
- Don't share personal details.
- Watch out for phishing and scams.
- Think about who you're talking to
- ...Are they really who they say they are??
- Never give out your password .
- Cover your webcam.



If you have any worries or concerns speak to someone you trust and if necessary
REPORT to CEOP

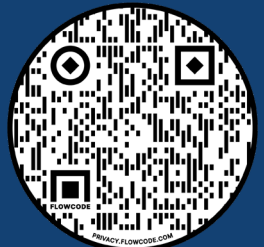


CEOP

Child Exploitation and Online Protection

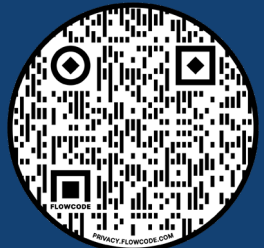
Reporting online - Are you worried about online sexual abuse or the way someone has been communicating with you online?

Make a report to one of CEOP's
Child Protection Advisors -
Simply scan this QR code with your camera and
follow the instructions to report.



ThinkuKnow

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.



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Reflecting back

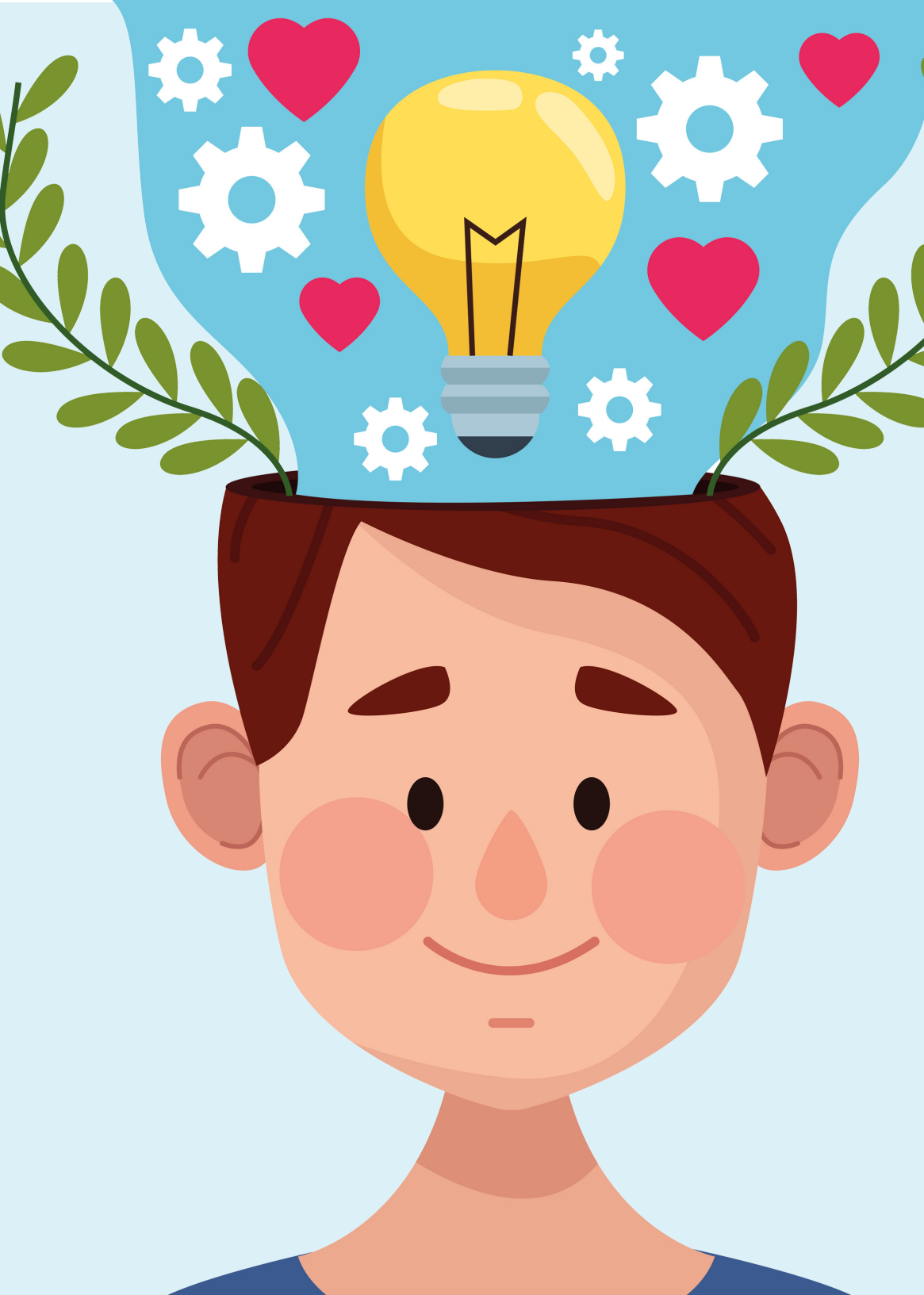
ON THIS CHAPTER

I tried...

I learned ...

I made time for ...

A message I'm going to share with others...





Chapter Eleven

Mental Health

Mental Health is not a destination,
It is about how you drive,
Not where you are going.



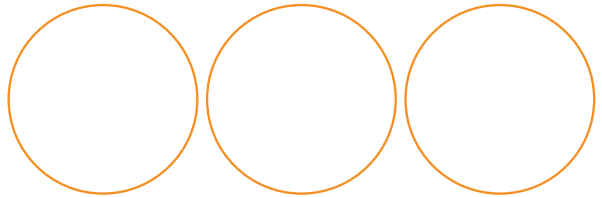
Goals for this Chapter

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. In this chapter we have included several exercises to pick up when you need to take five minutes and gather your thoughts.

Who supports me...

| |
|---|
| 1 |
| 2 |
| 3 |
| 4 |
| 5 |

3 Strengths...



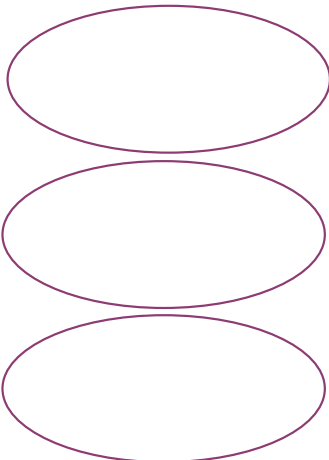
Positive things about my health and body...

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My best qualities...



How I support myself...

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|---|
| 1 |
| 2 |
| 3 |

How I support others...

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| 1 |
| 2 |
| 3 |

The background consists of several overlapping, colorful geometric shapes in shades of magenta, beige, dark blue, cyan, orange, pink, purple, lime green, yellow, and bright blue. A large white circle is positioned on the left side of the page, containing the text.

I am
grateful
for . . .

USE THE COLOURS TO REFLECT ON WHAT IS IMPORTANT TO YOU.

Simple Goal Setting

Look at the categories in which you might need improvement. For each category, list the things you are doing well and where you need improvement. Then write a goal or two for each category. Simple steps to better Mental Health.

| Category | What I'm doing well | Where I need improvement | My Goals |
|---------------|---------------------|--------------------------|----------|
| Family | | | |
| Friends | | | |
| Work/School | | | |
| Spirituality | | | |
| Body | | | |
| Mental Health | | | |
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Events

Habits

5 Glasses of water daily.

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Notes

End of the week review.

What worked...

What didn't work...

Month

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Year

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Priorities for the week...

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Monday

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Notes

End of the week review.

What worked...

What didn't work...

Where do I belong?

Belonging

How I have helped others.

Generosity

Design a logo that represents
who you are.

How I help myself.

Independence


Something I have achieved.

Mastery

“Take a break
and give your soul
what it needs.”

-Audrey Kitching



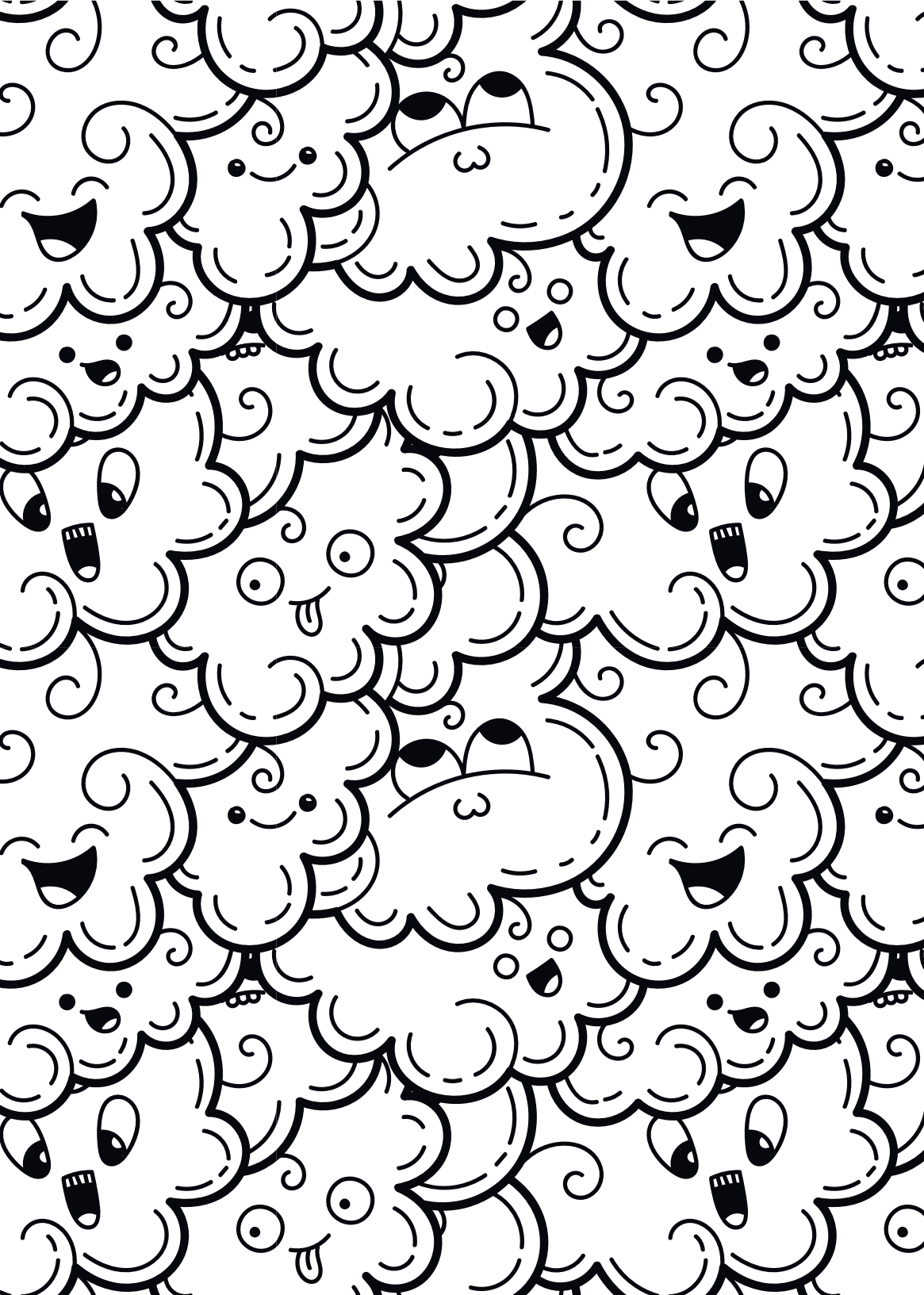
A decorative border of colorful dots in various sizes and colors (pink, orange, blue, black, grey) surrounds the page.

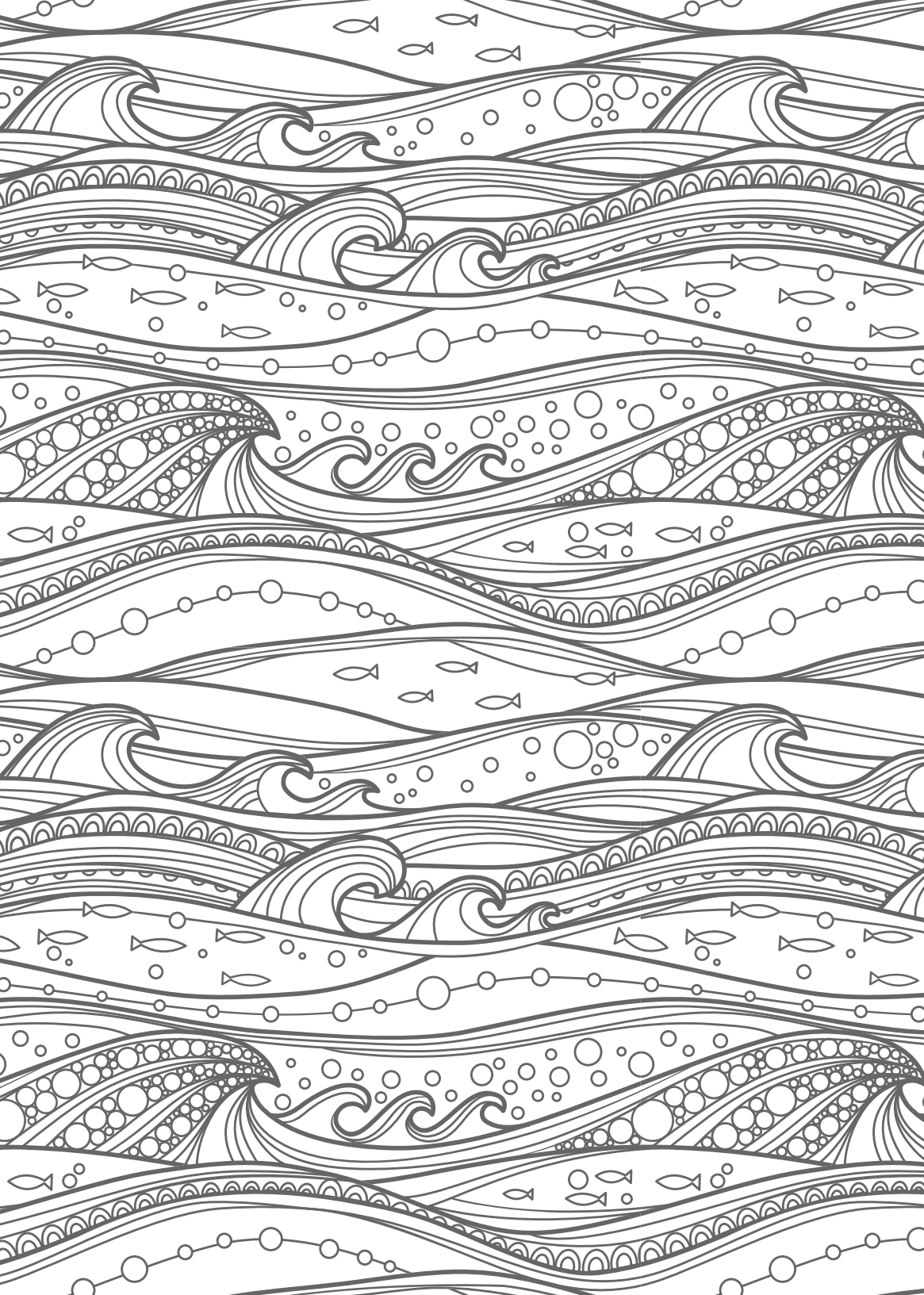
Chapter Twelve
Take Five

A chapter filled with activities, when you
need to take five minutes to chill.



EVERYBODY WANTS HAPPINESS,
NOBODY WANTS PAIN.
BUT YOU CAN'T HAVE A RAINBOW,
WITHOUT A LITTLE RAIN...





Grounding With Your Five Senses



5 THINGS YOU CAN SEE



4 THINGS YOU CAN FEEL



3 THINGS YOU CAN HEAR



2 THINGS YOU CAN SMELL



1 THING YOU CAN TASTE

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USE THE POPCORN TO PLAN YOUR MOVIE NIGHTS.

A MINDFUL S.N.A.C.K.

The next time you're feeling stressed-out, overwhelmed, or unsure, reach for a moment of calm awareness; Have a mindful SNACK. Here's how to do it:

S

STOP

Just stop whatever you're doing. (Stopping, by definition, requires us to begin again. We can always begin again.)

N

NOTICE

What is happening within and around you?

A

ACCEPT

This is a tricky one. Whatever it is you're struggling with (time, work, sleepiness, frustration) acknowledge it for what it is, without judgement.

C

CURIOUS

Ground yourself with questions about your experience and environment: What am I feeling? What do I need right now?

K

KINDNESS

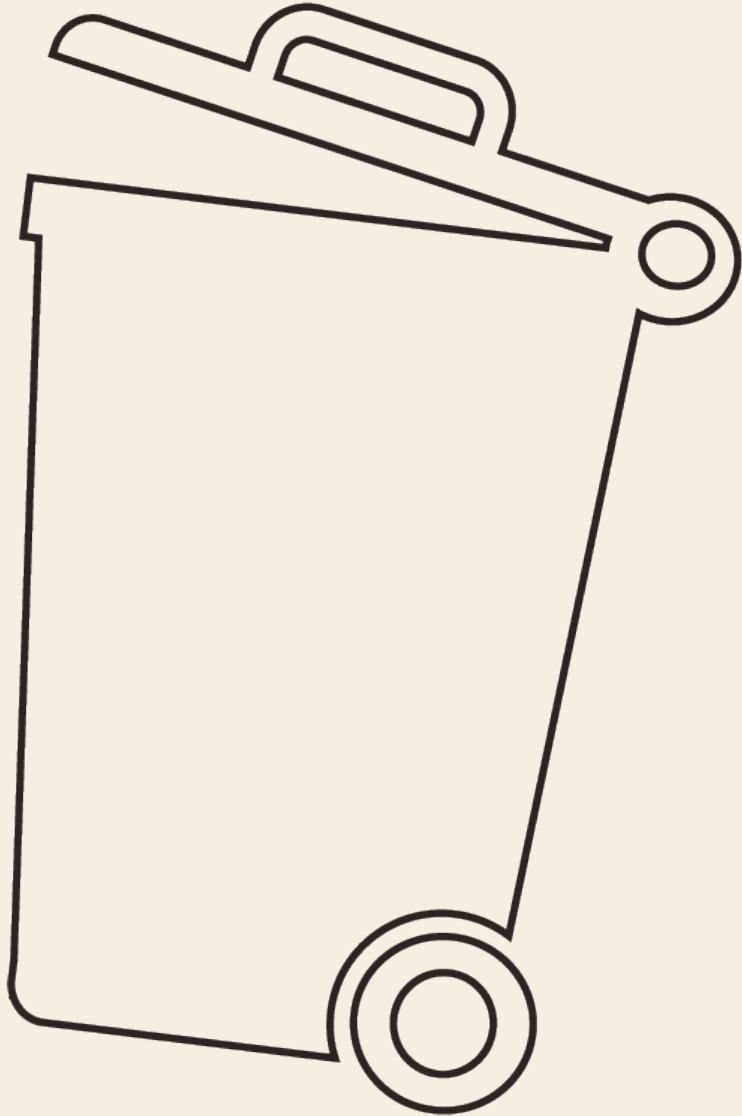
Respond to yourself and others (mistakes and all) with kindness and observe how that helps things get back on track.







SOMETHING BOTHERING YOU?
CLEAR YOUR MIND WITH A BRAIN DUMP



Unprocessed emotions get stuck within us

-Mary Beth Janssen





Feeling Overwhelmed?

Remember “RAIN”

Four steps to stop being so hard on ourselves.

R

Recognise
what's
going on.

A

Allow the
experience
to be there,
just as it is.

I

Investigate
with
kindness.

N

Natural
awareness
which comes
from not
identifying
with the
experience.

Support Services for Young People In Lisburn Castlereagh



Laurelhill Youth Centre is an Education Authority Youth Centre located on the grounds of Laurelhill Community College in Lisburn. The centre is open five evenings per week and offers opportunities for young people between the ages of 8-18 years old to engage in both generic and targeted youth provision. Services on offer include junior, inter and senior youth club, Derriaghly Area Project, Leadership development and targeted intervention which is designed specifically to meet the needs of young people in the local area.

If you are interested in coming along or finding out more information, please contact Holly Lyness on: 07734978378 or email holly.lyness@eani.org.uk.

Brooklands Youth Centre is an Education Authority Youth Centre located on the grounds of Brooklands Primary School in Dundonald. The centre is open five evenings per week and offers opportunities for young people to engage in both generic and targeted youth provision. Services on offer include junior, inter and senior youth club, SEN projects including young people from Tor Bank School (11-18) and Independent Living (19-25), Local Voice and targeted intervention which is designed specifically to meet the needs of young people in the local area.

If you are interested in coming along or finding out more information, please contact Robbie Rea on: 07734978391 or email robert.rea@eani.org.uk.



Resurgam Healthy Living Centre provides free advice, support, information and programmes to help you with your health and wellbeing needs. This includes connecting you into support in your local community. Programmes include living with pain and self management, healthy eating and practical cooking for the whole family, stop smoking support, mental health and wellbeing, information on a wide range of health conditions including local support groups, services and organisations.

Contact us on hlc@resurgamtrust.co.uk or via facebook on @ResurgamHLC
Address: Resurgam Healthy Living Centre 69 Drumbeg Drive, Lisburn BT28 1QJ
Telephone: 02892528233 or 07710394983



STARS

Lisburn Mental Health Awareness & Suicide Prevention Group "We are a mental health awareness and suicide prevention group set up in Lisburn. Standing Together And Removing Silence." At the moment STARS offer children & young people counselling and art therapy.

Emerge Counselling Services

Info@emergecs.co.uk

www.emergecs.co.uk or 02892 445060



SERC Support Services

Careers

Our Careers Advisors can help you find the right path to the career you want. Our award-winning team is here to help anyone, whether applying to SERC or not, make informed choices about future employment and the next steps on the way. The advisors provide a professional, impartial and confidential service. Contact us at careers@serc.ac.uk

The Careers team represents just one element of the support services offered at SERC, which also encompass learning support, financial advice for students and dedicated support for young adult carers as well as wellbeing initiatives from our Students' Union.

SERC Health is a service run with the South-Eastern Health Trust for young people in SERC and beyond, aged 16-25. You can contact the nurse in charge via SERCHEALTH@SETRUST.HSCNI.NET



AMH New Life Counselling

Provides high quality counselling services and is part of Action Mental Health. AMH New Life Counselling is committed to supporting the emotional health and wellbeing needs of its clients through the provision of counselling, providing friendly and professional counselling services for children, young people, adults and families. counselling@amh.org.uk or 028 9039 1630



People 1st Lisburn are offering the following vocational areas:
Barbering, Beauty, Business Administration, Catering, Childcare, IT Pro,
Bricklaying, Joinery

Learners pick 1 of these vocational areas to study alongside their essential skills Application of Number, Communication, ICT, Personal Development and Employability.

They will also take part in a work placement related to their vocational area. Should you have anyone that is interested please forward this email on to them and they can fill the form in for us to follow up.

Alternatively, they can email us at t.griffin@people-1st.co.uk and m.mccartney@people-1st.co.uk or call us on 02892600307 and 02892600305.



BANARDO'S NI

-See, Hear, Respond – emotional wellbeing service, to help children, young people and families cope with the Covid-19 crisis.

- Confidential online referral
- A free helpline (0800 157 7015)
- A support hub of advice and information

We'll help you with everything from money worries, to coping with stress and isolation, school anxiety, those with health vulnerabilities or disabilities, relationships with parents or family, keeping safe and well during COVID and much more. We will respond to every contact made with us, so no child gets missed. This service is designed for both children, young people and their families.

In many languages, Boloh means speak. If you have been affected by the pandemic and you need advice or someone to talk to, you can call us confidentially on 0800 1512605 or, if you prefer to have an online chat with the specialist support advisor, you can do this via the live webchat by clicking on the speech bubble icon on the bottom right. Our trained staff are awaiting your phone calls or webchats Mon-Fri, 10am-8pm, and Sat-Sun 10am-3pm.

<https://helpline.barnardos.org.uk/>



At Resurgam Youth Initiative we deliver quality, evidenced based youth work in the greater Lisburn Area (Ballymacash, Old Warren, Maze, Hillhall and the Low Road) which improves the life opportunities of young people and connects them to decision making in their own lives , family's communities and beyond. We are able to deliver this by following our eight strategic themes and aims, listed below.

Measuring success • Health and Well-being • Achieving in Life
Working Together • Youth led Participation • Good Relations
Good Governance • Workforce Development



MACS Supporting Children and Young People
MACS provide a range of support services for children and young people aged 6-25 years who haven't had a fair deal. Children and young people may be experiencing a range of issues including:

- homelessness or at risk of homelessness
- substance abuse
- mental health difficulties
- anti-social behaviour
- leaving care
- self-harm and/or suicidal thoughts
- marginalised and at risk

If you are aged 11-25, our Wellbeing Support Service can help improve your mental health so you can live, dream and succeed. Volunteers will help you set and achieve goals while having fun. Have you ever experienced low mood, self-harm or thoughts of suicide? Do you want to build your confidence, get out and about or meet new people? Our Wellbeing Support Service may be the option for you.



CADi

Creative Arts and Digital Innovators

Supported and edited by The Education Authority,
CADi Team.

