

## Lesson 2 Resource 2: Helpful for Mental Health List

- Drinking water
- Smiling
- Advice website: [www.childline.org.uk](http://www.childline.org.uk)
- Punching a pillow
- Hugging a pillow
- Going outside - fresh air
- Writing or drawing about the feelings
- Eating a balanced diet that includes plenty of fruit and vegetables
- Taking deep breaths
- Reading
- Doing something physically active
- Writing a diary or journal of feelings
- Getting enough sleep
- Recognising things can feel better
- Making a memories box
- Listening to music
- Thinking positively
- Advice text/phone line:
- ChildLine 0800 1111
- Talking about problems to a doctor, nurse or counsellor
- Taking rest, relaxing, quiet time
- Being honest about your feelings
- Taking your mind off it
- Spending time with friends
- Being kind to others
- Helping someone else
- Thinking of happy times
- Stroking a pet
- Talking to a trusted adult
- Squeezing a stress ball
- Accepting that change happens to everyone
- Chatting to a friend
- Writing to a friend

- Imagining the feelings drifting away



Write your ideas here...

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