



10 Tips For Emotional Health & Wellbeing



A Resource Booklet
to Help You Out



Just a quick note:

No emotions are 'good' or 'bad', they just 'are'. Sometimes a person might feel angry, and that is okay. Other times, that same person might feel sad, and that is okay too. It is okay to feel however you feel because having a range of emotions is normal, and all emotions are valid. This means that if you feel down, depressed, anxious, grumpy, sad, or any other challenging feelings, you are a normal human being! However, there are some things we can do in our daily and weekly routines to try and manage our feelings, make sure we are expressing our feelings in useful ways, and that we are taking care of our overall emotional health.

Who is this pack for?

This pack can be useful for anyone! It may be particularly useful for people who would like some ideas, techniques, and strategies to help manage their low mood, anxiety, or worries.

What is in this pack?

This pack contains 10 easy-to-implement tips about how you can take care of your emotional (and physical) health. Each section contains some information and exercises that can be used to make small changes to your daily life, to keep well, and improve/maintain your emotional (and physical) health.

How to use this pack?

It's important to not get overwhelmed by this pack. We all work differently, so you can use this booklet by picking a section to work on whenever you feel like you need to. For example, you could tick one section off each week. Do what feels right for you. This is about finding what works for you.

← Tick the boxes of tips/exercises you have completed as you go!

A recommendation would be to start by reading the titles of the sections and then deciding if any of them seem relevant to you.

NOTE: A checklist of the Top 10 Tips will be at the back of the pack for you to see them all in one place. Youth Commission contact details are at the back too!

Tip 1: Know that it's okay

It's okay to be you

As always, we can find millions of people online showcasing their achievements, talking about all the great stuff they have, or all the great places they have been...and it often seems like these other people are doing amazingly well, and living amazing lives. It can be so easy to compare ourselves with other people and feel like we aren't doing enough, that we aren't achieving enough, or feeling good enough. Well; You are good enough!

Nobody's life is perfect, and nobody's life is without the bad stuff. People reveal what they want other people to see, but this is not their full life story. So; try not to be hard on yourself - This includes being kind to yourself about how you are feeling. You are where you are right now, and that is okay. In fact, that is great! Nobody else has ever lived a life like yours. You are truly a one of a kind!

It's okay to be worried

What people worry about often depends on their age, but it also depends on what is going on in their life too. Here is a table of some things that young people might worry about:

Examples of some worries	Do you worry about this? Tick if yes	How worried do you feel about this? A little worried, somewhat worried, or very worried	How often do you feel worried about this? e.g. All the time, sometimes (daily? weekly?) etc
Grades at school			
Tests/exams			
Your changing body			
Fitting in with others			
Other (write in the space below)			

Questions to think about from the previous page: What kinds of things worry you? How worried are you about each of these things (a little, somewhat, very)? How often are you worried about these things (all the time, some of the time)?

Some days you might be full of beans and without any worries. Other days you might have things that worry you. This is normal, and it is okay, but talk to a trusted adult if you're worried about something, especially if you're really worried, or have frequent worries about something.

It's okay to be unmotivated

Everyone has their ups and downs: There may be days when you are keen to get going, and so you are super productive and get lots of stuff done. Other days you might feel a little bit 'flat'. On days like this, you might need to spend some (extra) time on self-care and do some of the things that you really enjoy to help get you through the day. This feeling of being unmotivated is normal and it is okay, just talk to someone you trust and let them know how you're feeling. They may be able to help!

It's okay to reach out

It's important to know that it is okay to reach out when you have days of feeling low and need to talk about it. Reaching out could mean talking to a trusted adult, a friend, or to someone at the Youth Commission. When you reach out and connect with others, you will feel better for it. As the saying goes; 'A problem shared is a problem halved'! Though it's not always that easy, it is a brave start.

It's okay to express yourself

Try not to let things bottle up. If you are feeling worried, low, or upset; express it! This could be by talking to a friend, a family member, or to someone at the Youth Commission. But healthy expression doesn't have to involve talking! You can also get your feelings out into the world by writing down your worries, or through drawing, dancing, or singing/song-writing. These are just some examples of healthy ways to express yourself. There is no 'right' way to do this. What's 'right' is whatever works best for you.

Here is an example of an activity which you can use to start expressing yourself:

Exercise 1:

Express yourself!

Try to write 3 things you are happy, angry, proud, sad, excited, and scared about on this emotion wheel. This exercise can help you understand your feelings a bit better and you may be surprised at what a difference it can make to get your feelings out there!



Tip 2: Make time for your worries

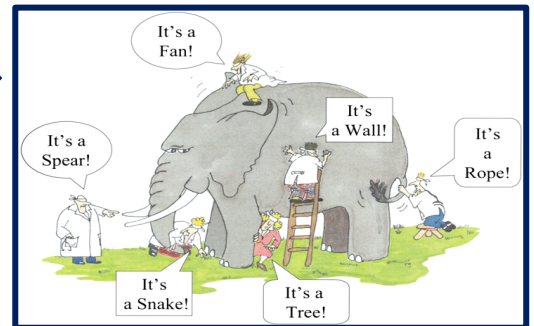
'Worry time'

It can be helpful to set aside a regular time each day to think about the things that are worrying you. This is called 'Worry Time', and you can do it at any time, so long as it fits in with your routine, and isn't right before bed. This will give your brain enough time to unwind from the day.

Exercise 2:

Challenge your thoughts!

During this 'Worry Time', it can be useful to write down your worried thoughts and then respond to them. This helps give your brain a chance to think about what your worries might mean. For example, a worried thought could be "I'm worried about these headaches I keep having". A response to this could be "Headaches can often be a sign of stress – I am very stressed at the moment. I would expect to get a headache when I'm stressed".



Worried Thoughts	Challenges or Responses
1	1
2	2
3	3

When thinking about challenges or responses to your worries, it can be helpful to consider what someone else might say if they were in your situation. For example, what would your parents/carers say about your worried thoughts? What would one of your teachers say? Sometimes what we think someone might say isn't what they do say. It can therefore be good to ask other people what

they think (your parents/carers or trusted teacher etc); you might be surprised at some of their responses! Maybe they could help with some of your worries too.

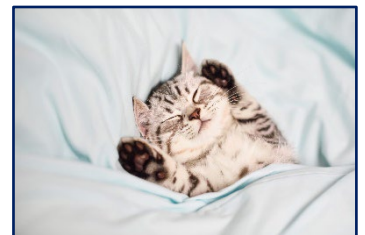
Tip 3: Keep a regular routine

Healthy habits

It's important to keep regular routines for our physical and emotional health. Here are some healthy habits you could think about to help keep a regular and healthy routine:

Bedtime and Wake up Habits:

- Try to wake up and go to sleep at about the same time every day
- Wind down for at least 1 hour before bedtime every night (this includes turning off any screens!)



Healthy Eating Habits:

- Try to eat 3 healthy meals every day (+ healthy snacks too, if you need a boost!)
- Try to eat your meals and snacks at about the same time every day



Exercise Habits:

- Do at least 1 hour of physical activity a week (try to spread this throughout the days!)



Other Helpful Habits:

- Keep up good hygiene habits (brushing your teeth, washing your hands, showering/having a bath etc)
- Connect with other people: Talk about your worries, but also talk about the good stuff in your day too
- Have fun and play!



NOTE: It's important to remember that timings, meals, and physical activities will be different for everyone! The examples above are just some ideas for you to

think about. Please talk to your parents/carers first before making any changes to your lifestyle or routine.

Tip 4: Connect with friends

Heard and valued

Connecting with someone means that you both feel heard and valued. This is an important thing to do for our emotional health, and it can help other people feel better too! Here are some suggestions of ways to connect with other people:

- **Acknowledge your own feelings**

- Exercise 3, below, can help with this if you are unsure



- **Acknowledge the other person's feelings**

- For example, if a friend says "I'm feeling angry today", you could respond and say "Do you want to talk about it?"

- **Give your full attention to the person you are talking to**

- Try not to look at your phone as this can be distracting



- **Hug each other**

- Physical touch is really important for connection and it can make you feel calmer



- **Play together**

- This way, you can share in each other's interests and be creative!



- **Be yourself!**

- You're brilliant just the way you are



No matter how you feel — good or bad — it's healthy to put your feelings into words. Talking about feelings helps us feel close to people who care. It helps us feel better when we're worried or sad, and it also helps us use self-control when we feel mad or upset. For example, if someone takes something of yours, you could say, "Hey, I'm annoyed that you took that without asking me. Next time,

please ask." There's no need to get in a big fight over it. Just say how you feel and why, without yelling.

Exercise 3:

Name it to tame it!

Sometimes emotions can seem so big that you feel out of control. You may have the urge to run, yell, cry, or throw things. Really, emotions are just information – tools that can help you figure out what you need or what is important to you. Finding ways to calm down enough to listen to your emotions is important. One way to calm down is to name your feelings – Name it to tame it.

1. Notice you are experiencing a big feeling: Check in with your body for clues. Maybe your heart is racing, or you have butterflies in your stomach. Other people can help you with clues, too – They can point out that you are being a little rude or are staying in your room a lot more than normal etc.
2. Pause to think about what you may be feeling: Time to be a feelings detective! You can use the feeling wheel below or cool phone apps like Emotionary to find the right word to describe what you are feeling.

3. **Share your feelings with someone around you:** It is helpful to name a feeling to yourself, but it is even better to share it with someone else that understands and can sit with you as you feel your feelings.



Although all emotions are acceptable, all behaviours are not.

For example, you might feel angry, but it's not okay to yell. Instead, you could try slowly counting to 10, listen to music, or do some jumping jacks, then talk to someone when you feel ready



If you want some extra help or advice on how to connect with other people, check out the Youth Commission's video on Facebook as a start! It's called 'Staying Connected'



Tip 5: Exercise regularly

Have some fun with fitness!

If you take care of your body, your body will help to take care of your mind. It's important to try and do some physical activity every day, whether it's running, walking, swimming, cycling or something else entirely! If you can't think of any activities that you enjoy doing, then maybe you haven't found the right kind of activities for you yet. Here is a list of some exercises and activities you could try out, if you'd like to give something new a go:

Exercise 4:

Try some new exercises or activities

New form of Exercise	New Activities
<ul style="list-style-type: none">- Yoga- Weightlifting- Biking- Sea Swimming- Gymnastics- Dance- Martial arts	<ul style="list-style-type: none">- Drawing/ painting- Starting a YouTube channel- Reading- Coding- Learning a new language- Cooking/baking- Photography

A little bonus idea: Spell your name fitness



Here's a link to the webpage if the words are too small to read:

<https://www.2ndrecess.org/resources.html>



Tip 6: Maximise your Zzz's

Getting enough sleep

Sleep is essential for both our emotional wellbeing and physical health. The importance of a good night's sleep cannot be overstated! Getting decent and consistent amounts of sleep allows your body to rest from the days you've just had, so that you're ready for the next ones ahead. It will also boost your immune system and energy levels, helping to increase your mood and motivation.

On average, an adult needs about 8 hours of sleep a night, whilst a 5-year-old requires about 11 hours. An 11-year-old needs about 9.5 hours of Zzz's, whilst 14/15/16-year-olds need around 9 hours to fully function. However, sleep requirements vary from person to person, so it can be a good idea to look at your sleeping patterns and start to keep a log/diary (**See below**). Think about:

- When do you go to bed each night?
- When do you wake up?
- Do you wake up lots in the night, or do you sleep right through?
- How do you feel when you wake up in the morning? Tired, full of beans?

These kinds of questions can help you figure out how much sleep you might need in order to function at your best.

Exercise 5:

Sleep log/diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
How much did you sleep? (Hours)							
How well did you sleep? Good, bad?							
How awake do you feel? Tired, okay, full of beans?							

Getting the right kind of sleep

As well as getting a good amount of sleep, getting good quality sleep is also very important. This can be hard though as getting to sleep, staying asleep, or waking up and feeling ready for the day ahead can sometimes be a challenge.

Here are 8 tips around bedtime to help you catch your good-quality Zzz's:

1. Design your room for sleep

Make sure your room is a calm, quiet and relaxing environment for bedtime. Try and make your room as dark as possible as this will help you to sleep- **NOTE:** Night lights are useful if you do want a bit of light!

Try to do your schoolwork in another room of the house – if possible. If you do work in your bedroom, put away your schoolwork at night. This helps your brain to separate work (productivity) and sleep.

2. Keep regular sleep times

Try to go to bed and wake up at the same time every day. This helps your body know when it can expect sleep (which is excellent for good rest and repair!)

3. Avoid screens right before bed

Blue light from TVs, computer screens, phones, and tablets can delay feelings of sleepiness. Try to switch off any screens at least 1 hour before you go to bed to help you feel more ready for sleep.

4. Avoid exercise right before bed

Try to avoid any heart-raising activities right before bedtime as exercise can increase your heart rate and make it difficult for you to fall asleep. Yoga or mindfulness meditation can be helpful though!

5. Write away your worries

If you tend to lie in bed thinking about things you did that day, or have to do tomorrow, set aside time before bed each night to write down your thoughts and feelings, as well as your plans for tomorrow.

6. Cut down on caffeine

Caffeine acts in your body to make you feel more awake, so try to leave at least 5 hours after drinking caffeine before going to bed.

7. Cut down on sugary snacks/drinks

Sugar can make you feel awake and restless, so try to avoid eating sugary things right before bedtime. Cutting down on the amount of sugar you eat in a day can also help you sleep better at night!

8. If you can't sleep: Get up

If you can't sleep after 20 minutes of trying, don't worry about it. Get up and read a book, listen to quiet music, or do something else that's soothing until you feel tired again.

Tip 7: Adopt healthy eating habits & nature

Fuel your body, boost your brain and mood

Vitamins help to make our brains feel more active, happy, and ready. It's therefore good to choose foods that are full of vitamins. There are lots of

different kinds, but try to get at least one of each of the following vitamins in your diet every day to start fuelling your body and boost your brain and mood:

<input type="checkbox"/> Vitamin C	<input type="checkbox"/> Vitamin A	<input type="checkbox"/> Vitamin B9 (Folate)	<input type="checkbox"/> Vitamin B12
<p>Found in oranges, blackcurrants, red pepper or kiwi.</p> <p>Example: Eat an orange/ drink a glass of orange juice</p>	<p>Found in meat, eggs, and dairy products, as well as in some fruit and vegetables including carrots, sweet potatoes, spinach, mangos and apricots.</p> <p>Example: Eat a carrot (raw sticks, with a roast dinner, in a stir fry etc.)</p>	<p>Found in broccoli, spinach, peas, brussel sprouts, chickpeas, and kidney beans</p> <p>Example: Eat 2 bits (florets) of broccoli (raw, with a roast, with pasta, in a soup etc.)</p>	<p>Found in fortified breakfast cereals and animal products (meat, fish, cheese, eggs, milk)</p> <p>Example: Eat an egg (scrambled, fried, boiled, poached)</p>

There is a lot of pressure online to eat super healthily and exercise excessively at the moment. Remember, it's not your responsibility to live up to what you see online. This can be very unrealistic, besides: It is totally okay to eat a biscuit or enjoy your favourite sugary treats every now and again! Moderation is the key.

Get outside and into that sweet sunlight!

Another vitamin that is really important for our wellbeing is Vitamin D. From about late March/early April to the end of September, most people should be able to get all the vitamin D they need from sunlight. The body creates vitamin D from direct sunlight on the skin when outdoors. But between October and early March we do not get enough vitamin D from sunlight. Eating fortified breakfast cereals, egg yolks, red meat, and oily fish (such as salmon) can help with this.

Tip 8: Give yourself a break

Take a social media (and online) break

There's often lots of online pressure to be doing lots of things with your time, all the time: To be eating super healthily, doing lots of exercise, and having lots of cool and exciting hobbies to do and share. Remember to try and just be yourself. We are all only human, so we can't do everything! It may seem like other people have it 'all figured out', but they don't. Everyone has both good and bad things in their life, and people will only show part of their life online (the parts they want other people to see).



Nobody wants to end up feeling like this guy does...Right?! So; the simplest and best thing to do for your emotional wellbeing is to just be yourself! Listen to your body and mind and decide what it is that you need - Sometimes it can be good to switch off from social media, take a break from being online, and just chill out. This gives your brain time to unwind, unload, and not get overstimulated by screens and all the busy content of the online world. Please do give yourself a break, you deserve it! This come nicely onto our 9th Tip...

Tip 9: Relax

Make some time for yourself every day

Planning time to relax by yourself is essential for good self-care. When you set some time aside for yourself, it's important to do something that stimulates your senses in a relaxing and recharging way. For this, it can be good to step away from (or put away) any computers, laptops, phones, or tablets. This is because screens can wind you up rather than chill you out and it's important to allow your brain to recharge every day. Below are some examples of recharging activities, but do what feels right for you! You could:

Draw	Paint	Listen to music	Have a bath
Go for a walk	Play with a pet	Bake/cook	Practice yoga
Journal/ write stories or poems	Build a den/pillow fort	Play some board games	Go out gardening

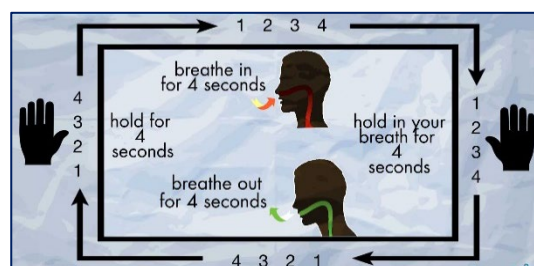
Relax before bed

As we talked about in Tip 6 (Maximise your Zzz's), it is a good idea to wind down for 1 hour before bedtime. During this wind down time:

1. All screens should be turned off, otherwise the blue light from them can disrupt your sleep - This means switching off any TVs, phones, tablets etc.
2. Doing some relaxation exercises can be useful to calm down ('Box Breathing' is a good one! See **Exercise 6** below). It can also be nice to think about 3 positive things that have happened in your day and either write them down or tell a parent/carer – They don't have to be big things: 'I liked what I ate at lunch. I had _____' is good enough!

Exercise 6:

Box breathing



Get yourself into a comfortable position. Take a deep breath in for 4 seconds, hold your breath for 4 seconds, breathe out for 4 seconds, hold for 4 seconds. Repeat 4 times (or more, if you're keen!)

Tip 10: Reach out, if you need to

Ask for some help – We're here to listen!

If you want to talk to someone other than your friends or family, contact the Emotional Health and Wellbeing Team at the Youth Commission. Whether it's to check in, to talk, or to find out more tips on mental health and wellbeing, reach out to us and we'll help you however we can. You are not alone – We are here to listen!



Phone 226099 or 724421



Email – info@youthcommission.gg



Facebook Messenger –
[@youthcommissionforguernseyandalderney](https://www.facebook.com/youthcommissionforguernseyandalderney)

Checklist of our Top 10 Tips for Emotional Health and Wellbeing

- 1. Know that it's okay
- 2. Make time for your worries
- 3. Keep a regular routine
- 4. Connect with friends
- 5. Exercise regularly
- 6. Maximise your Zzz's
- 7. Adopt healthy eating habits & nature
- 8. Give yourself a break
- 9. Relax
- 10. Reach out, if you need to