



# Wellbeing Resource Pack

**“Bringing a little Happiness into your day”**



Created by Natalie Wilson RDMP supported by Carly Brain RDMP and Holly French RDMP.  
Creative Therapeutic Services, Murray Hall Community Trust, The Bridge, St Marks Rd, Tipton DY40SL

# Welcome

This pack is to help support you with managing and expressing your feelings.

Be Creative.

Be Happy.

Be Kind.

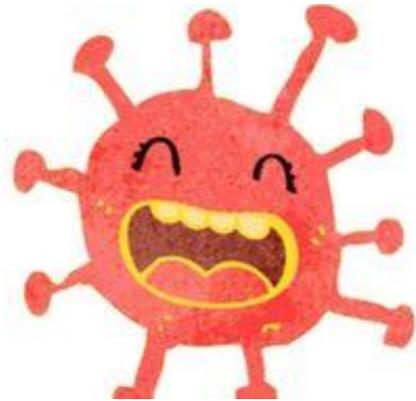
Be Thankful.

Be You.



# Coronavirus

Coronavirus is a virus. It is cousins with the flu and cold. Coronavirus is contagious and travels on your hands. If you have Coronavirus you could have a high temperature, difficulty in breathing and a cough. Most people will get better but it can be dangerous for the elderly and people with health issues. The doctors are trying to create a vaccine and your families are trying to keep you safe.



You can help by:

Making sure you wash your hands.



**CATCH IT.**

Making sure you use tissues. Catch it Bin it Kill it!



**BIN IT.**

Stay home when possible.



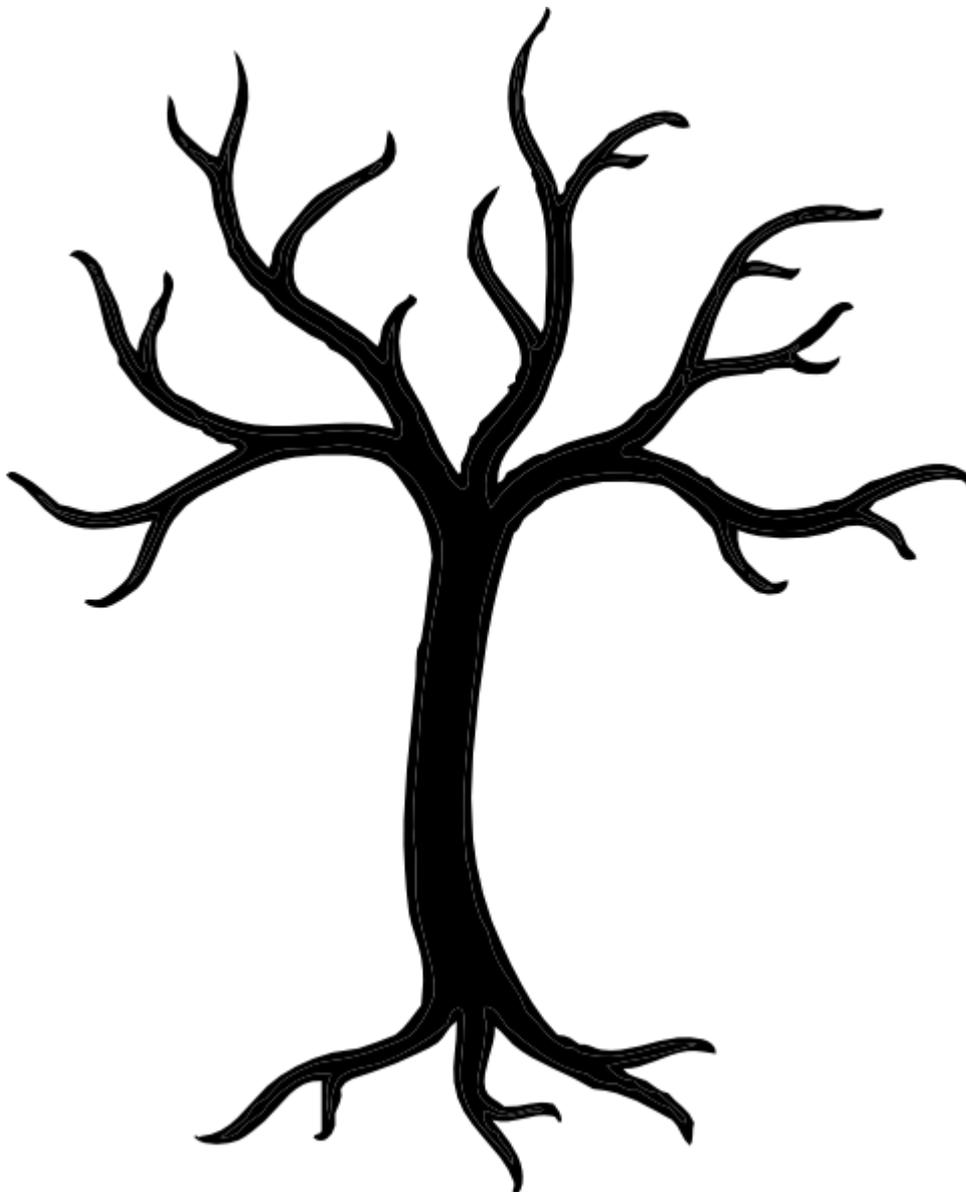
**KILL IT.**

It's o.k. to talk about it. Ask questions. It's ok to feel worried or scared.



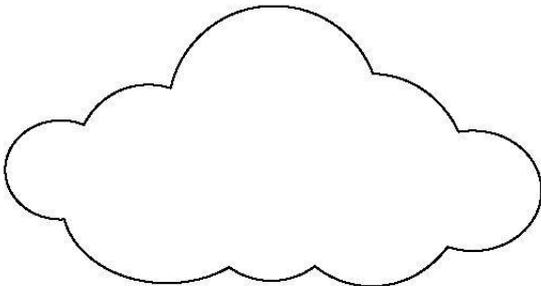
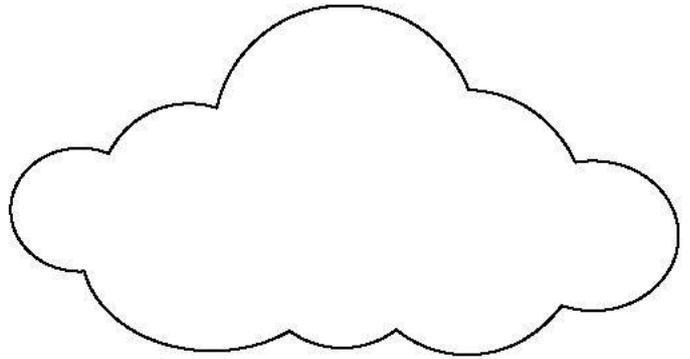
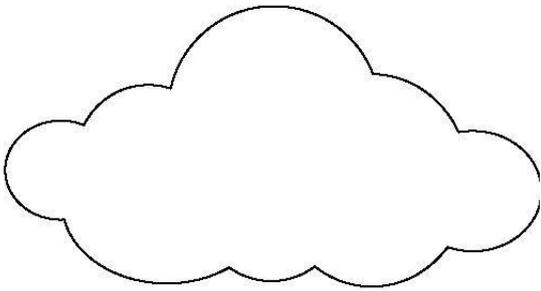
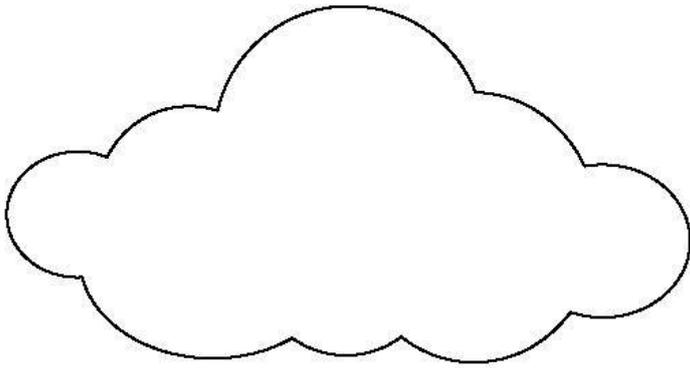
## Worry Tree

This is a worry tree. Take a moment and ask yourself, “What am I worrying about?” Write down all of your worries on this tree. After you have finished there may be some worries that you want to talk about with someone you can trust and there may be some worries that you want to let go of and leave on the tree.



## Hope Clouds

Use these clouds to write down your hopes and wishes for the future. You may have some hopes or wishes for yourself, family, friends or the world.



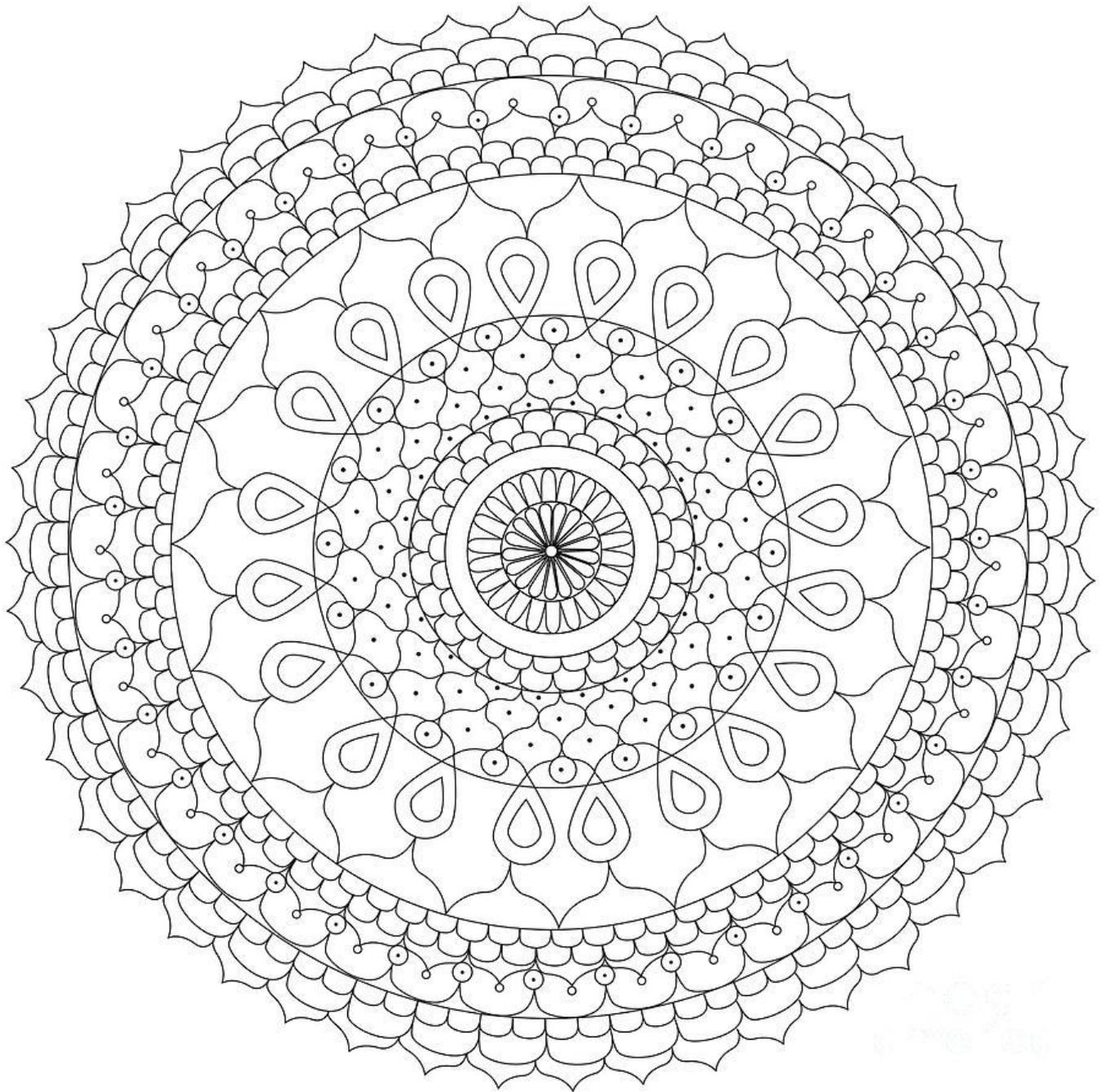
## Challenging our thoughts

Our thoughts can impact how we feel, those around us and how we view the world. Sometimes you might have negative thoughts that leave you feeling low in mood. Let's have a look at how we can change those thoughts into more positive thoughts. On the left side think of a negative thought you may have. On the right side think about how you could change that thought into a positive thought. For example: a negative thought might be "I have to stay at home". The positive thought could be "I have to stay at home to keep myself safe".



## Mindfulness colouring

Take some time to focus on colouring. Colouring can be a great way to relax and be creative.





## Positive Jar

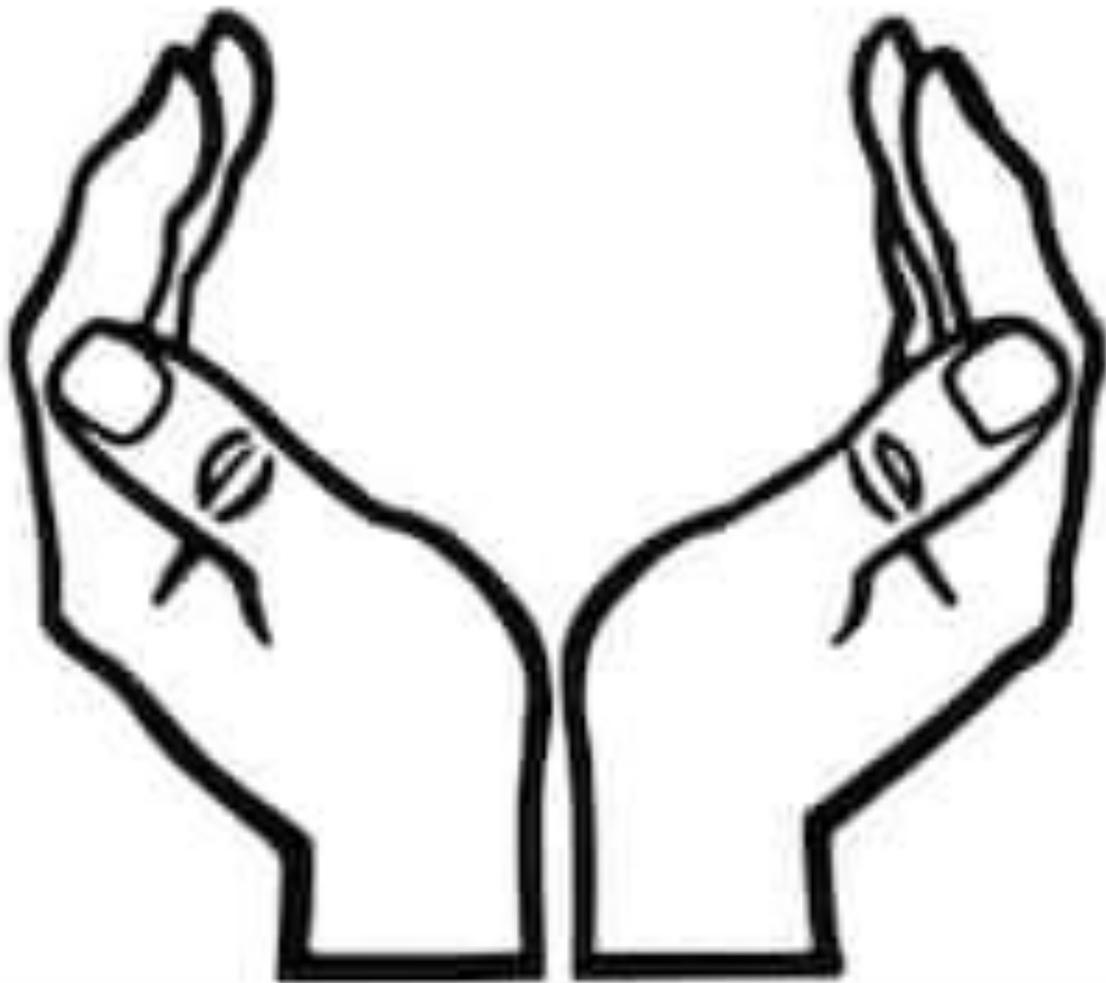
Fill this empty jar with all the positive things about yourself. You might want to ask other people what they think is great about you!





## Happy Place

Think of your happy place. Its somewhere where you feel most relaxed and safe. Think about what you can see. Imagine you could hold onto that place in your hands. Where would it be?



## Capture a moment of calm

Using a tablet, iPad, phone or camera device go and take pictures of a calm moment. You might want to go outside.

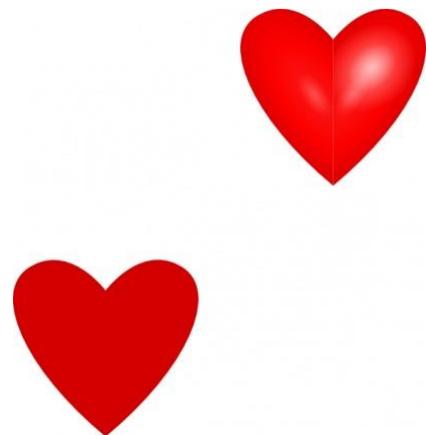


Draw/stick your image below:

# Gratitude

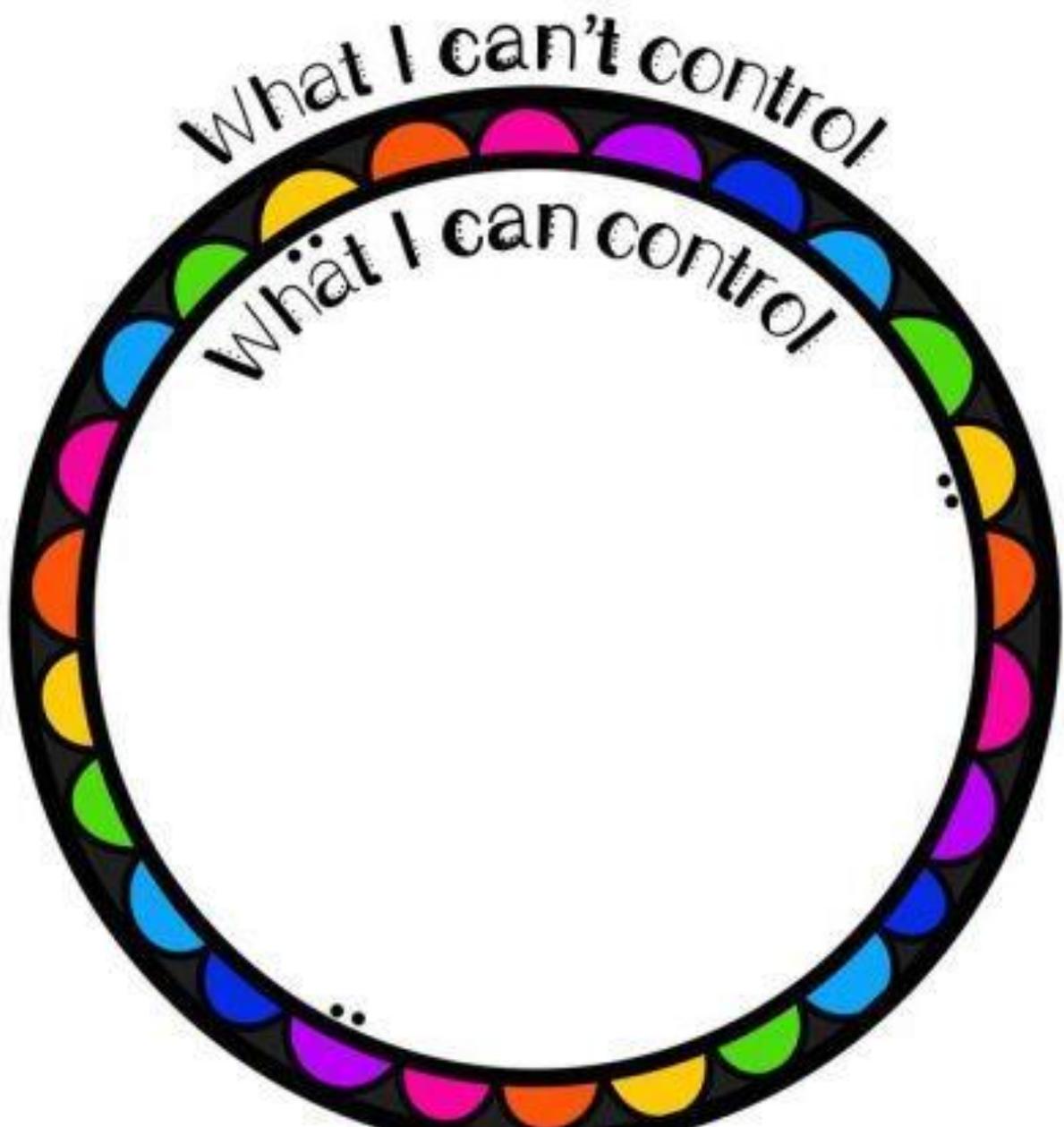
Practise gratitude each day. Can you name 3 things you are thankful of each day:

|           |                |
|-----------|----------------|
| Monday    | 1.<br>2.<br>3. |
| Tuesday   | 1.<br>2.<br>3. |
| Wednesday | 1.<br>2.<br>3. |
| Thursday  | 1.<br>2.<br>3. |
| Friday    | 1.<br>2.<br>3. |
| Saturday  | 1.<br>2.<br>3. |
| Sunday    | 1.<br>2.<br>3. |



## Circle of Control

It can be easy to think about things that we have no control of, especially at the moment and when there are things changing. Thinking about what we can control can influence our decisions and feelings. Make a list of things that you can and cannot control. Let's focus on "What is in my control". For example, the weather, my behaviour, my ideas, other people's thoughts.



## Self-care Checklist

Self-care is taking care of your whole self, your mind, body, spirit and heart. Here is a list of some to things you can do:

|                                 |   |
|---------------------------------|---|
| Read a book                     | Go for a walk                             |
| Do something creative           | Drink plenty of water                     |
| Get plenty of seep              | Say something positive about yourself     |
| Cook or bake                    | Help others                               |
| Get a hug                       | Talk to someone you trust                 |
| Sing or Dance                   | Listen to music                           |
| Have a shower/bath              | Write a letter or make a card for someone |
| Do something kind for the earth | Learn something new                       |
| Eat healthy                     | Laugh                                     |
| Watch a film                    | Relaxation                                |
| Play a board game               | Spend time with family/friends            |

## The 5 senses to ground yourself

Grounding is how you can stay connected and present. Let's see if you can complete this task:

Name 5 things that you can see

Name 4 things you can feel

Name 3 things that you can hear

Name 2 things that you can smell

Name 1 things that you can taste



VISION



HEARING



SMELL



TASTE



TOUCH



## Relax like a Cat

Cats are very good at relaxing. They like to find the comfiest spots, curl up in a ball, stretch out and start relaxing. Let's imagine were a cat.

1. Find the comfiest place in the room, curl up in a ball, stretch out and then lie flat.
2. Close your eyes and take some deep breaths, in through your nose and out through your mouth.
3. Imagine you're a cat starting to fall asleep on a warm sunny day in the back garden.
4. With each breath you feel even more relaxed.
5. Imagine that someone's gently stroking the top of your head which makes you relax your head, neck and shoulders.
6. They start stroking your arms and paws and then onto your belly causing you to relax even more and your breathing is gentle, in through your nose and out through your mouth.
7. They stroke your back but your ticklish on your back so you arch your back and wriggle your legs stretching out and then back to relaxing.
8. Now you're feeling relaxed you can curl up and snuggle into the grass. You're feeling warm and sleepy.
9. Take a few moments to enjoy feeling relaxed like a sleeping cat.
10. When you're ready you can open your eyes and take a big stretch. Enjoy the rest of your day feeling relaxed!



## **Breathing techniques**

Breathing techniques are good to manage your feelings. Deep breathing reminds your body to calm down and relax. Use this square to focus on your breathing. As you breathe in and out use your finger to trace around the shape. You can do this activity anywhere; notice how many squares you can see in the room.

