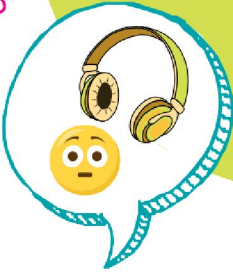


Emotional Well-being Pack

For domestic abuse



Ages 13 - 18



Believe in
children
Barnardo's

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Welcome!

This booklet is for any young person, 13 or over, who would like some help with their emotional well-being.

Emotional well-being is all about keeping your mind and body healthy. There are lots of different things that we can do to support our emotional well-being. This booklet has been designed to explain a little bit about what emotional well-being is, and to give you some ideas on how to look after it.

This pack can be used in any way you like. You can complete one page, or lots of the pages. It's up to you.

You might find it helpful to take this booklet to your therapy sessions to talk to your therapist about what you have done.

We hope that you find it helpful.



What is emotional well-being?

Emotional well-being is all about having a healthy mind and body. It is about how you are feeling, what you are thinking, and your mood, as well as how you cope with your everyday life.

If you have good emotional well-being then most of the time you:

- 😊 Feel confident in your ability
- 😊 Feel loved and trusted
- 😊 Feel hopeful and optimistic
- 😊 Can feel a range of emotions
- 😊 Can show or tell other people about how you are feeling
- 😊 Feel interested in doing activities that you like
- 😊 Feel safe
- 😊 Feel connected to others

It is normal to feel sad, angry, worried or overwhelmed sometimes. However, when we feel this way for too much of the time, it might be a sign that something isn't right.



My emotions

From the list below, or adding any emotions that you don't see, can you identify the emotions you feel most often, the feelings you feel sometimes, and the feelings that you never or rarely feel?

Happy	Confident	Lonely	Scared	
Shy	Safe	Ashamed	Depressed	Wanted
Self-conscious	Loved	Bored	Low	
Jealous	Guilty	Responsible	Hurt	
Independent	Excited	Anxious	Proud	
Angry	Motivated	Inadequate	Hopeful	

I often feel:

I sometimes feel:

I never/ rarely feel:

What to do when I don't feel emotionally well

There are lots of things we can do to help us feel emotionally healthy.

Things that can really help are:

- 😊 Eating healthy foods
- 😊 Getting a good amount of exercise
- 😊 Having time to be imaginative and creative
- 😊 Getting plenty of sleep
- 😊 Taking part in activities that you enjoy
- 😊 Talking about your feelings with an adult that you trust
- 😊 Spending time with people you care about
- 😊 Practice mindfulness
- 😊 Take time to relax

There is information about some of these things on the next pages.



Eating healthily

It is really important to eat healthy foods and drink lots of water, as this is what your body uses to keep it going.

There is some evidence to show that eating healthy foods helps people to feel emotionally well.

Eating foods that are not good for us can leave us not feeling our best. You might notice that you don't have enough energy, or are 'crashing' at a certain time of the day.

It is important to eat:



Plenty of fruits and vegetables



Some protein, found in things like fish, chicken, eggs, nuts and seeds. This helps to keep your mind and your muscles strong!



Whole-grain cereals, such as whole wheat bread, oats, brown rice. These give you fibre, to keep your tummy healthy



Healthy fats, found in foods such as nuts, avocado, olive oil

It's important to not eat or drink too much:



Sugar



Fizzy drinks



Fatty foods

These can affect our health, and can affect our feelings of wellness; however, it's also important to have a treat occasionally!

Make a meal plan using your favourite healthy foods

If a parent or carer does much of the cooking, it might be a good idea to get them involved. Eating healthy food will benefit everyone.

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Did you know...?

Some kinds of foods can help with certain feelings.

For example, foods that you can suck on can help you to feel calm and safe. Crunchy foods, like carrot sticks or cucumber, can help us to feel alert. Foods that are chewy, or that we can really get our teeth into, can help us to calm down when we are feeling cross or angry.

Also, sweet, salty and spicy foods are comforting and help us to feel calm. Foods with citrus, such as lemons, limes and oranges, help us to feel awake and alert. Mint can also do this.

How do the foods that you like make you feel?

Foods I like:

How it makes me feel:

Exercise

Exercise is an important part of staying emotionally healthy. People sometimes think that the health of the brain and the health of the body are two separate issues; however, there is a lot of evidence to say that what you do with your body can have a big effect on your mind.

There is evidence to say that exercise has a positive effect on our emotional well-being. It's thought that this is because physical activity releases chemicals in the brain that help us to feel good.

Exercise can also help us to increase our self-esteem, by improving self-control, and by giving us a sense of achievement.

It's recommended that children between 3- 18 get at least 60 minutes of exercise, three times per week. This should be a combination of moderate to vigorous activity. Activity should also help us to keep our muscles strong.

Moderate activity might include walking to school, walking the dog, cycling, scooting, jogging, or roller-blading. Vigorous activity might include sprinting, team sports such as football or rugby, tennis or swimming.

It's also important that some exercise helps to strengthen your muscles. Activities might include rock climbing, exercises that use pushing and pulling or gymnastics. Other sports, like tennis or football, also help us keep our muscles strong.

Exercise should be fun. Choose exercise that you enjoy and you are more likely to stick to it.

What exercises do you enjoy?

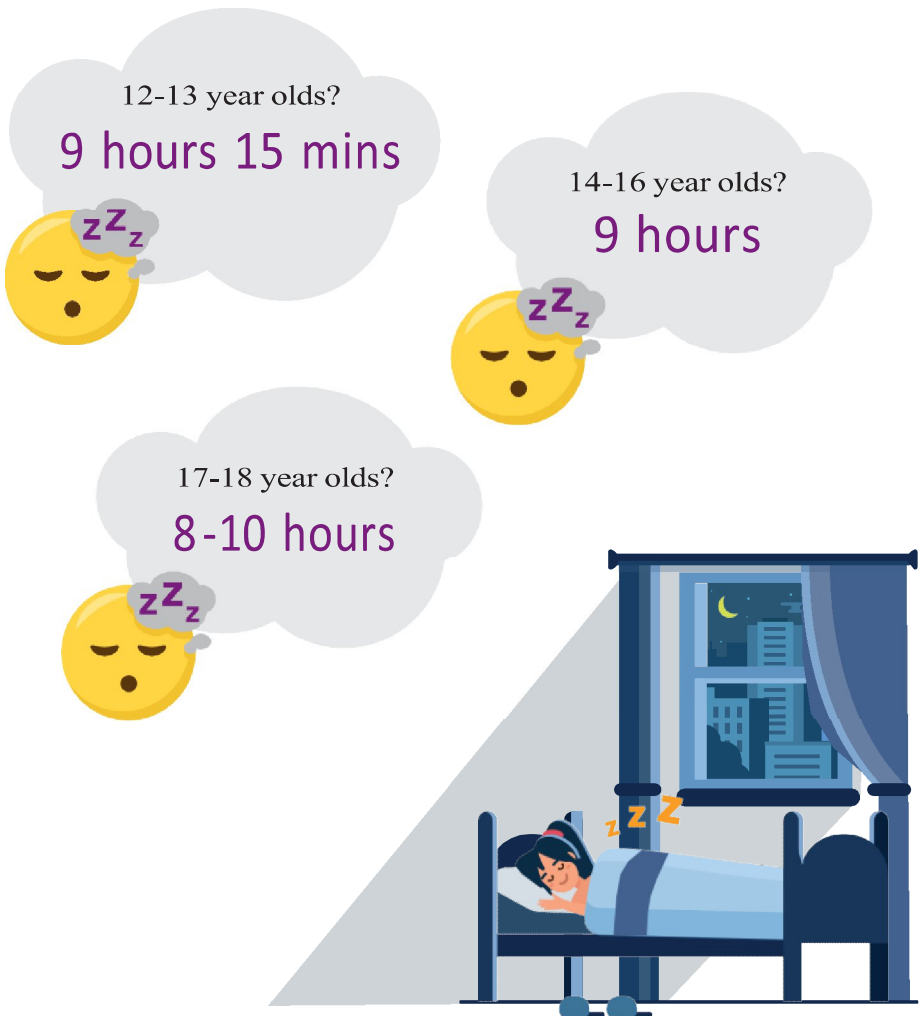


Sleep

Are you getting enough sleep?

When we feel tired, our physical health, and our minds can be affected. This is why we can feel irritated or hungry when we are tired.

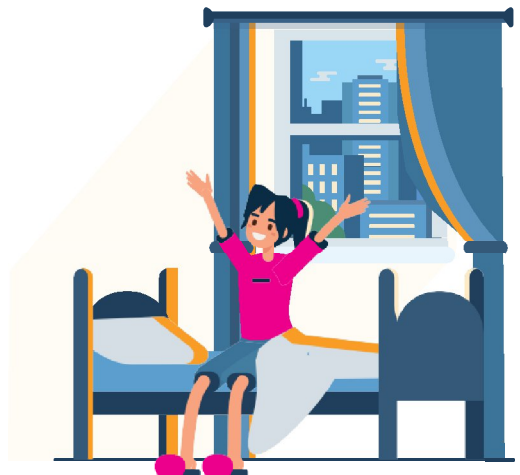
The picture below shows how much sleep you should be getting for your age.



Struggle to sleep?

There are lots of things that you can do to help yourself sleep better. This might include:

- 🧘‍♀️ Checking the temperature (Check with your parent or carer first) Your bedroom should be about 18 degrees Celsius (65 F)
- 🧘‍♀️ Have a milky drink before bed
- 🧘‍♀️ Have a warm bath before bed
- 🧘‍♀️ Make sure you haven't been watching TV or looking at a screen for 1-2 hours before bed
- 🧘‍♀️ Write down any worries that you are having before you go to sleep
- 🧘‍♀️ Don't drink caffeine. Do you really like tea, or fizzy drinks like coca cola? It's not a good idea to drink these too late in the day, as they contain caffeine that can keep you awake
- 🧘‍♀️ Spend some time relaxing before bed
- 🧘‍♀️ Practice a mindfulness exercise
- 🧘‍♀️ Eat a banana! Bananas are naturally full of minerals that can help you to sleep



Feeling confident

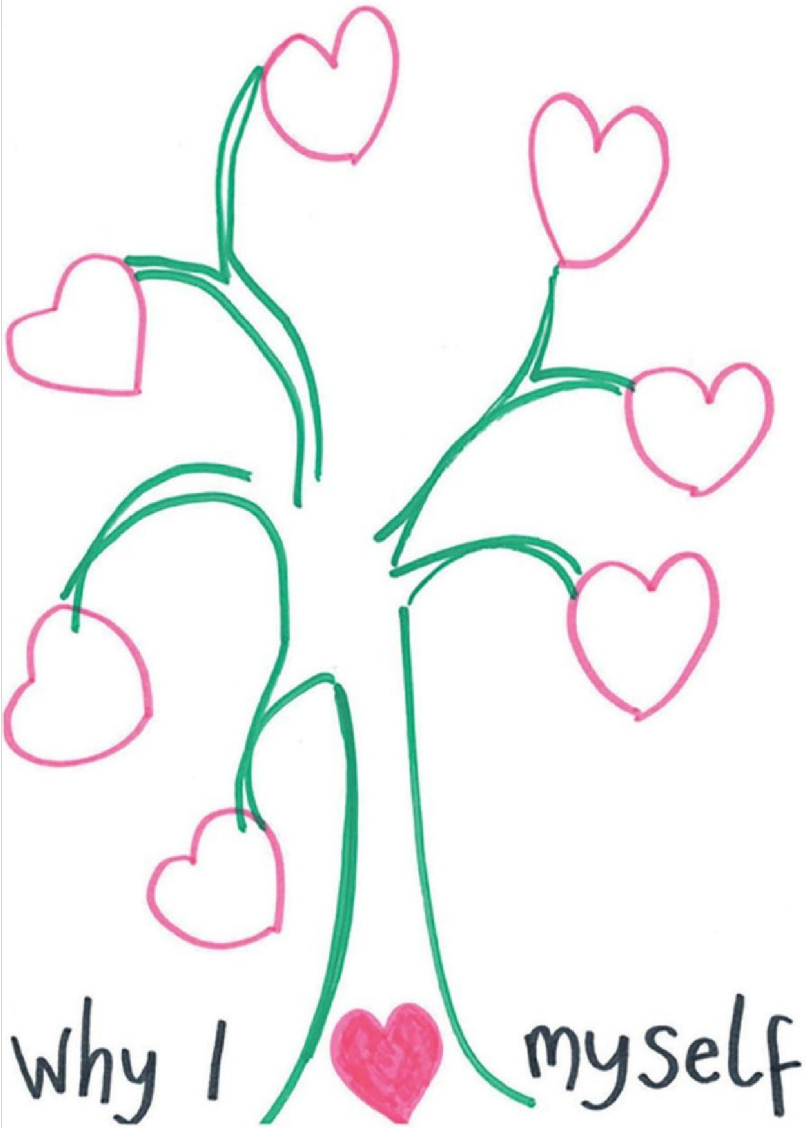
It's important to feel confident in yourself and your abilities. Feeling confident isn't about being a show off – it's about knowing that you are ok.

In the space below, write or draw three things that you are good at.



Self-love is an important part of being emotionally well. After all, you are an incredible human being!

Can you write the reasons that you love yourself in the pink hearts?

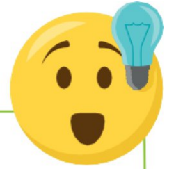


Creativity and imagination

Being creative and imaginative is an important part of staying emotionally healthy.

There is some evidence to show that young people who play creatively and imaginatively are more emotionally healthy, and more resilient.

What are your favourite ways to be creative or imaginative?



Handwriting practice lines consisting of ten horizontal rectangular boxes, each with a green border, intended for writing answers to the question above.

Feeling worried?

We can all feel worried sometimes. This feels different for different people. Some people get pain in their chest or stomach. Other people have troubling thoughts that keep going round in their head. Other people suffer with panic attacks or anxiety.

Talking to someone can really help to take those worries away. Talk to a trusted adult, who will take your worries seriously.

Your therapist will want to know if you are feeling worried often. Write down, or draw your worries on the next page, and take this to your first session with your therapist.



My worries

Write or draw your worries here:



Mindfulness

Mindfulness is the practice of noticing what is happening in your body, mind, and surroundings in the moment.

This might mean focusing on what you can hear, smell or taste, or focusing on sensations in your body, or the thoughts that are going through your head.

There is evidence to show that people that practice mindfulness have improved emotional well-being.



Try a mindfulness
exercise now:

Sit quietly in a space where
you feel safe. Notice your
surroundings and practice
breathing deep into your belly.

Notice:

5 things that you can see
4 things that you can hear
3 things that you can feel
2 things that you can smell
1 thing that you can taste.

Breathing Techniques

When you are feeling nervous or anxious, breathing can help you feel calmer. Breathing calmer can send chemicals to your brain to help your body and mind feel relaxed.

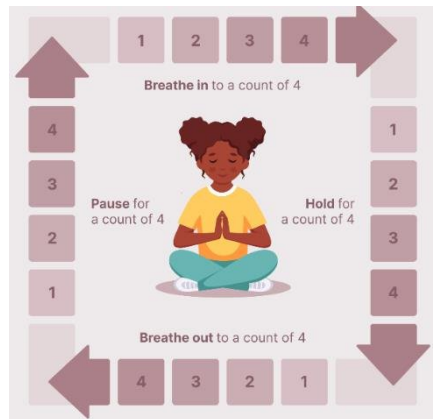
Try this! Belly Breathing:

1. Stand up straight or lay down with a hand on your belly.
2. Breathe in deeply through your nose and let the air go into your belly. Pay attention to your hand rising as your belly expands.
3. Breath out through your mouth, and again, feel your hand going down as your belly shrinks back down.
4. Repeat these 3 to 4 times.



Try this! Boxed Breathing:

1. Imagine a box or square in front of you.
2. Take a few deep, cleansing breaths. Start to relax your face, shoulders, and head.
3. Place your index finger at the top left of the box, and trace along the sides as you breathe.
4. Breathe in for a count of 1, 2, 3, 4. You're doing great.
5. Hold for a count of 1, 2, 3, 4. Feel the breath filling your body and pay attention to your heartbeat.
6. Breathe out for a count of 1, 2, 3, 4. Exhale deeply.
7. Hold for a count of 1, 2, 3, 4. Keep going until you feel calm.



Mood tracker

You might find it useful to use the mood tracker on the next page.

To do so, you will need to identify your own colour code. Select a different colour for each of the different emotions. Colour in the appropriate boxes so that you remember what colour you picked.

For example, you might select blue for feeling sad and down, or pink for feeling unwell.

After you have created your colour code, you are ready to begin your mood calendar.

At the end of each day, select the mood which you identified as your predominant mood for that day, and colour in the appropriate box on the calendar.

After some time, you may notice patterns occurring, or you may notice some change.

You may find it helpful to discuss your calendar with your therapist when you see them.





Joyful, happy, content, fulfilled,
ecstatic, satisfied, good mood



Sad, depressed, low, unhappy,
downhearted, blue



Anxious, worried, fearful, on edge,
racing thoughts, panicky



Unwell, unmotivated, lethargic,
tired, run down, lousy



Uneventful, routine, unexceptional,
neither good nor bad



Productive, motivated, engaged,
hopefully, on track

Other things that you might like to try:



Keep a diary. This can help you to see how you are feeling, and notice patterns in how your routine affects your emotional well-being. You can draw or write in your diary. No one should look in your diary. It should be just for you.

You can write or draw in your diary every day if you remember. If you don't remember, that's ok too. Just pick up where you left off.

You might like to write about what happened during your day, or draw. You might want to write or draw about how you have been feeling that day, or whether something helped you to feel better.



Talk to Kooth. Kooth are an online service, with people who are trained to listen to your worries. You need to use a computer for this. The website can be found at: <https://www.kooth.com/>

What is domestic abuse?

Domestic abuse is an umbrella term which includes lots of different types of behaviors and patterns.

It is important to know that there are healthy and unhealthy relationships and patterns.

Domestic abuse can happen to anyone, no matter their age, race, gender, sexual orientation, faith or class.

Domestic abuse isn't just physical, and usually there are escalations between abusive behaviour over periods of time.

Domestic abuse can include, but is not limited to, some of these things:

- Psychological and/or emotional abuse
- Physical or sexual abuse
- Financial abuse
- Harassment and stalking
- Online abuse
- Cultural and religious abuse, including female genital mutilation and honour-based violence
- Coercive control. This refers to patterns of controlling behaviour which create an unequal power dynamic in a relationship and make it hard for someone to leave a relationship. Often, it includes using intimidation, gaslighting and isolation as ways of controlling and influencing someone.

When adults fight

Adults can sometimes disagree with one another. They can be unkind and sometimes if they get very angry, there might be loud arguments or a fight. This can feel scary or sad, but it is never your fault. Sometimes it can feel overwhelming and hard to understand what you might be feeling or what is going on.

- What do grown-ups do when they fight?
- How does it make you feel?
- What helps you when this is happening?
- What would you like to say to the adults when they argue or are unkind?
- Who can you talk to about what is going on or how you feel?





My Safety Plan

I am a special person and deserve to be safe.

Domestic abuse is dangerous and against the law. It is not my fault that the grown-ups in my house fight and argue.

No one should ask me to keep secrets that make me feel bad.

If there is fighting, loud noises, arguing or I don't feel safe at home I will:

<p>Have a special code word/signal with safe members of my family to know when I should follow the agreed plan with them such as calling the police or leaving the house. My code is..... Safe people who know the code are..... My safe person is..... Their contact number is</p>	
	<p>Stay out of the way. I will not get in the middle of the fight/arguing.</p>
<p>Go to a safe place. A safe place in my house is..... A safe place outside my house is.....</p>	
	<p>Try to do something that makes me feel better. (Draw/write what different things this could be.)</p>

If someone is hurt or in danger, I will call the police. (Practice with a safe adult or parent how to call them.)

Push the buttons on the phone for emergency services.

The people who answer will say, "Which emergency service do you require?"

You say: "Police."

You say: "My name is"

You tell the problem: "I need help. Send the police. Someone is hurting my..."

"

You say: "I am calling from... (Give complete address)"



Where and how can I get to the phone?

Domestic abuse makes children and young people feel lots of different emotions, like being sad, angry, upset, and scared. If I want to talk to somebody about my feelings or worries, I can talk to



Number for free helplines:



My family should have an escape route in case of a domestic abuse emergency. I will plan the escape route with this safe person

We will talk about when we would need to use our escape route and what it is.

If I had to leave my house in a hurry, I would bring if I could.

(Draw/write a list)





Where else can I go for help?

Sometimes we feel unsafe when someone else is hurting us, but sometimes we have thoughts about hurting ourselves. No matter what is making you feel unsafe, you are not alone.

Maybe there is a trusted adult you can speak to? This could be anyone, maybe a parent, teacher, family member, mentor, neighbor, social worker, or nurse?

If you're not ready to tell a trusted adult in your life, there are lots of people who can help too. You can find some of their details below. And remember, you can always call 999 if there is an emergency.

Refuge: Domestic and Sexual Violence service

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

0808 2000 247

Child Line

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

0800 1111

Respect

<https://respectphoneline.org.uk/>

0808 802 4040

Papyrus: Suicide Prevention Support

<https://www.papyrus-uk.org/>

0800 068 4141

Samaritans

<https://www.samaritans.org/>

116 123

Beat: Support for eating disorders

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

08088010677

No Panic: Support for Anxiety, OCD and other mental health

<https://nopanic.org.uk/youth-hub/>

0330 606 1174

Young minds

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

Sites with more information:

<https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/>

<https://www.lbbd.gov.uk/adult-social-care/domestic-abuse-and-sexual-violence/domestic-abuse-and-sexual-violence-services>