

Have to stay in?
Go within!



A little pack of self discovery activities to
help you grow in the face of adversity.

With love and solidarity xxx

It is difficult not to worry, stress and catastrophise when life has changed almost beyond recognition in such a short period of time.

My aim is to practice being in the moment, managing fear and anxiety and connecting with myself and others in new creative ways.

Expressing and learning to manage our feelings will help this time to be one of resilience and hope rather than fear.

Dip in and out of this booklet whenever you could do with some time to focus the mind and thoughts

Join the Facebook Group
When it rains look for Rainbows xx

One of **THE BEST** things you can do to feel calm and settled is to take a couple of minutes out to do some deep breathing.

With practice, you will be an expert in being able to feel better wherever you are and whatever you're doing.

6 Steps to Deep Breathing



1. Sit or lie down comfortably.



2. Close your eyes. Place one hand on your chest and the other on your stomach.



3. Breathe in deeply and slowly through your nose. Count to five.



4. Feel your stomach rise against your hand.



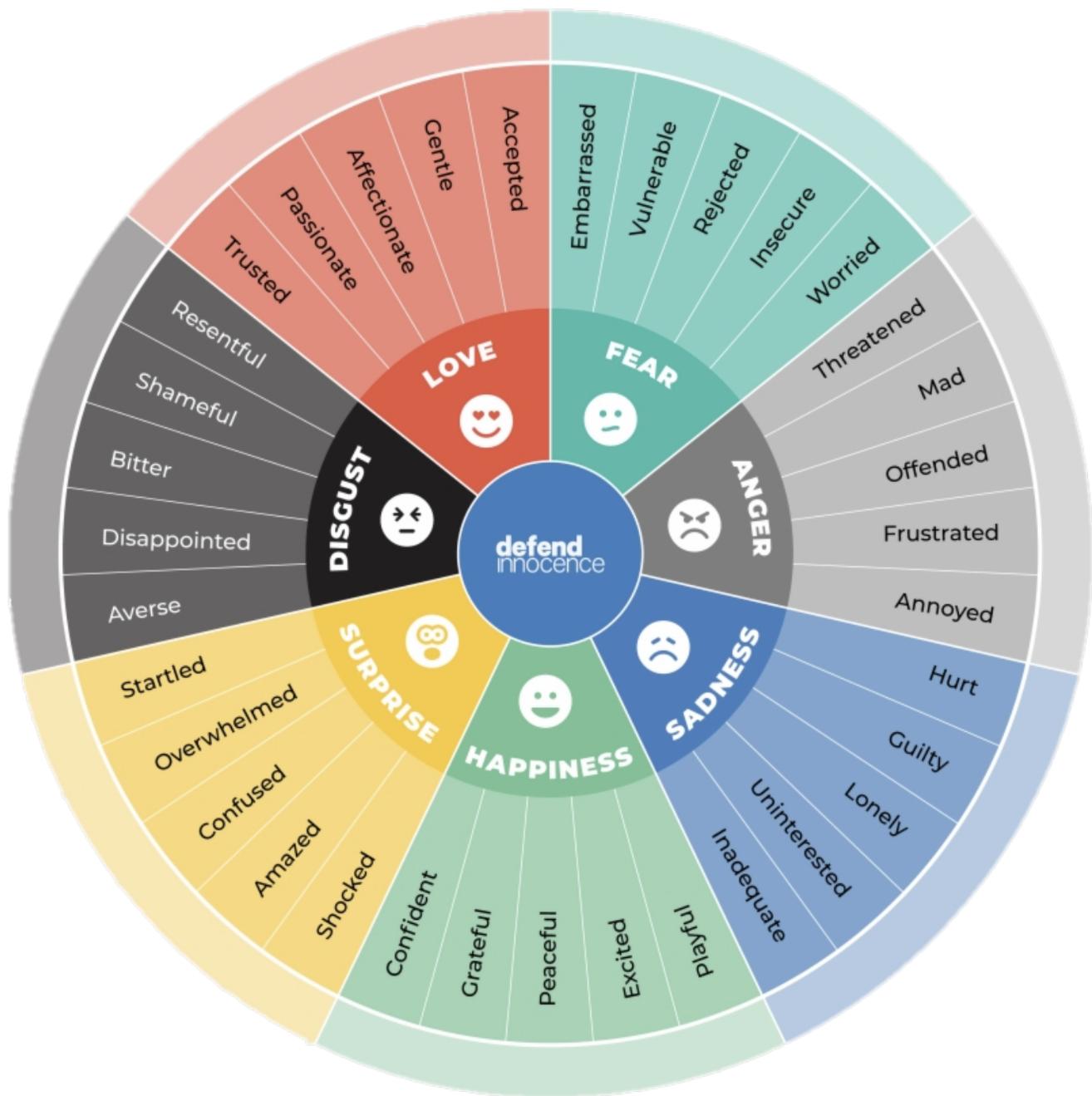
5. Breathe out slowly through your mouth.



6. Repeat Steps 1-5, complete five times.

Label your feelings

Identifying feelings helps us manage them better.



Things I can do to feel better.



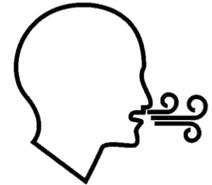
Shower/Bath



Write Down
Your Feelings



Meditate



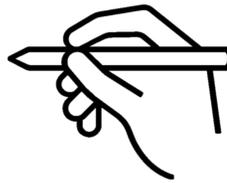
Breathing



Turn off phone for a
while



Colour In



Draw



Music



Ask for
Hug



Help
Someone



Ring / Text a
Friend



Video Chat



Go for
Daily Walk



Eat
Something



Make a
Cuppa



Gratitude
List



Pamper



Film



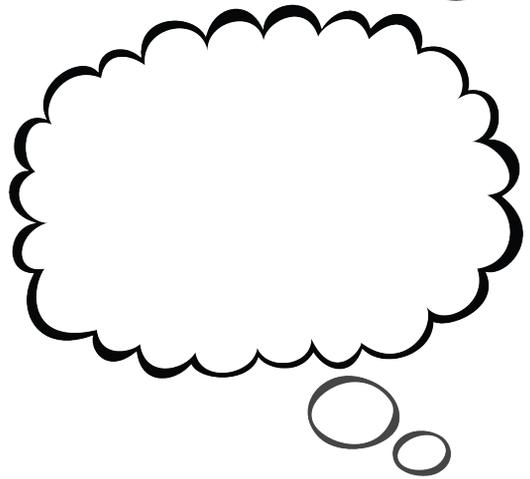
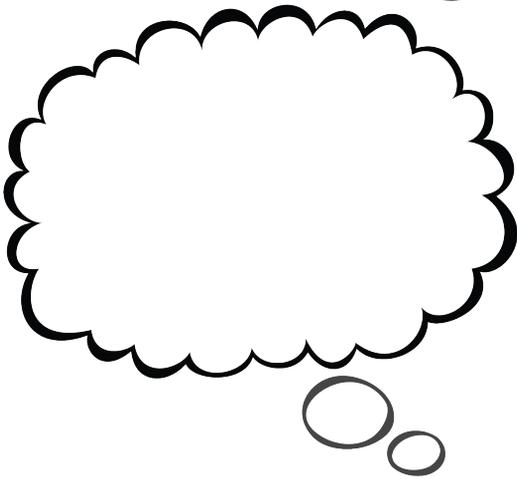
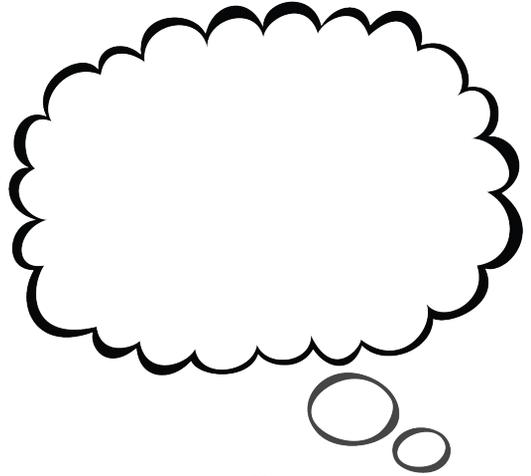
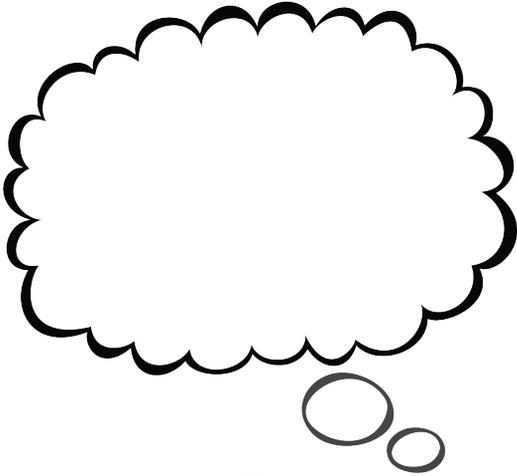
Exercise



Tidy Room

Thought Processor

Thoughts are constantly popping up in our heads. Just because we think something, doesn't make it true. Write your thoughts down and rate how true it really is!



Worry Manager

It is very normal to worry – but when we worry too much or worry a lot about things that we can't do anything about it can make us feel terrible.



"Grant me the serenity to accept the things I cannot change. The courage to change the things I can. And the wisdom to know the difference."

A list of things that I overcame, that I once
thought I couldn't overcome.



“At first glance it may appear too hard. Look
again. Always look again.”

Mary Anne Radmacher

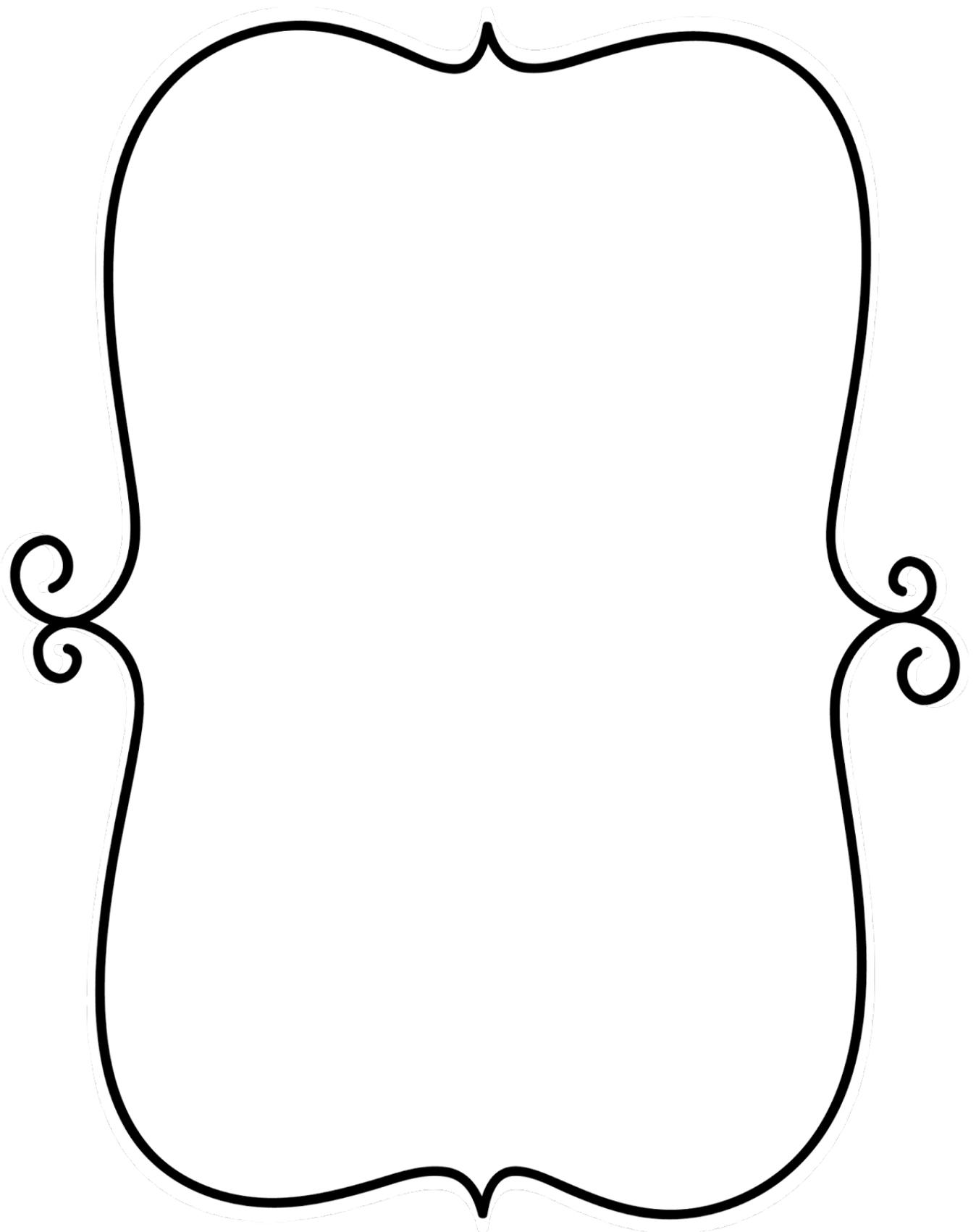
“Vulnerability sounds like truth and feels like courage.”

Brene Brown



Write down
what really scares
you that you
don't like to
say out loud.

*Ways in which my life has
changed in the last month.*



Find your balance.

Patient



Impatient

Kind



Unkind

Patient



Impatient

Grateful



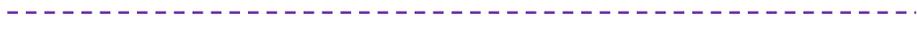
Ungrateful

Open



Closed

Giving



Taking

Selfless



Selfish

Listener



Talker

Use 1 colour to mark where you are on the scale.

Use another colour to mark where you'd like to be.

Tidy House *Tidy Mind*

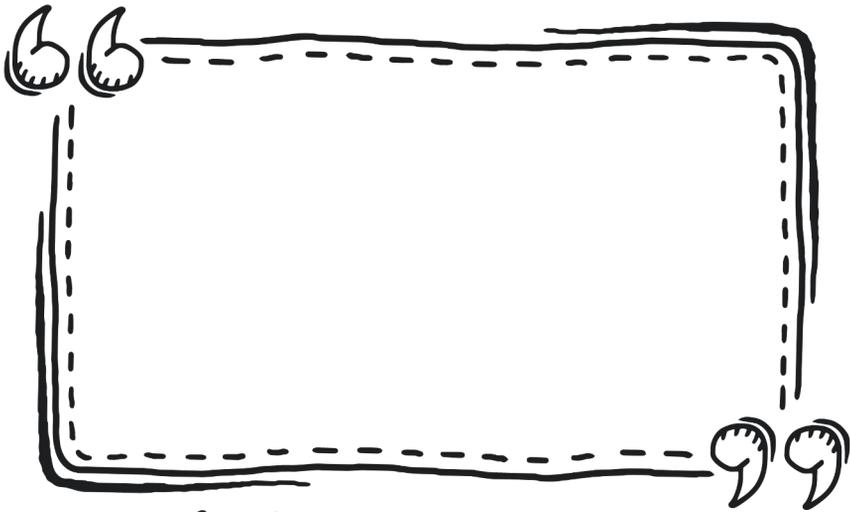
SET A TIMER FOR 30 MINUTES WORK THEN 15 MINUTES REST AS MANY TIMES AS IT TAKES TO.....:

- 1. WASH AND PUT AWAY DISHES**
- 2. WIPE DOWN KITCHEN**
- 3. WIPE DOWN BATHROOM**
- 4. MAKE YOUR BED**
- 5. HOOVER AS MANY ROOMS AS YOU CAN**
- 6. PUT A WASH ON**
- 7. HANG WASHING OUT**
- 8. PUT WASHING AWAY (IRONING OPTIONAL!)**
- 9. OPEN SOME WINDOWS – LET THE AIR IN**
- 10. MOVE CLUTTER BACK TO ITS HOME**
- 11. PLUMP UP SOFA AND CUSHIONS**
- 12. LIGHT A CANDLE**

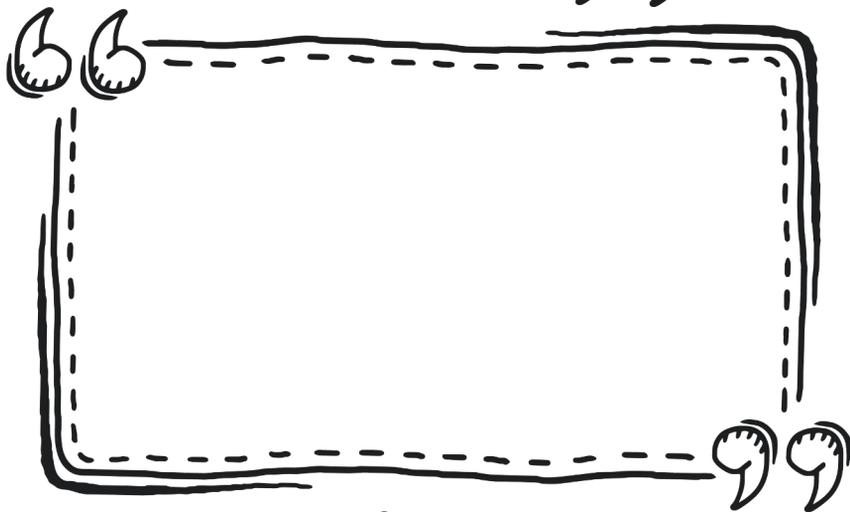
Make a cuppa and admire your work!

List three words you would like others to describe you with.

“ ”



“ ”



“ ”



Sit quietly for 15 minutes.

No distractions.

Record your thoughts
without judgement.

Daily Challenge 1

Today I will focus on this day only. I will concentrate on being present in the moment. Not looking forward or back.

When my mind wanders, I will redirect it to the present moment.

Daily Challenge 2

Today I will choose to be
happy.

I am as happy as I decide
myself to be.

I will observe and let go of
troubling thoughts and
focus on things that bring
me joy.

Daily Challenge 3

Today I will try to
strengthen my mind.

I will try to learn
something new.

Learn a new skill.

Read about something I'm
interested in.

Daily Challenge 4

Today I will find a way to
do a good turn for someone
else without them knowing
it was me.

Daily Challenge 5

Today I will complete
a task that I don't want to
do and have
been putting off.

Daily Challenge 6

Today I will take care of my appearance.

I will get out of my pyjamas - shower, style my hair and dress in something that makes me feel good.

Even if I won't be going anywhere!

Daily Challenge 7

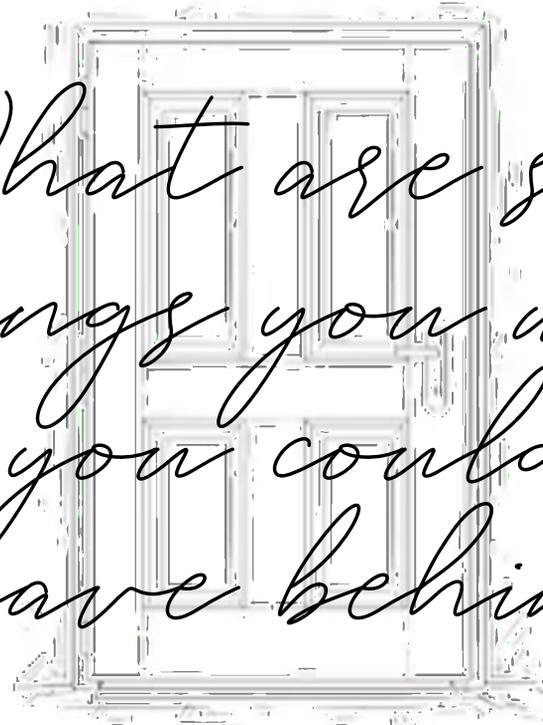
Today I will spend half an hour by myself.

I will light a candle and create a calm place to be.

I will spend time relaxing and sitting with my feelings.

Think of 3 people
that have
supported you and
been there for you.

Send them a
message telling
them how much
they mean to you.



What are some
things you wish
you could
leave behind.

Attach or sketch your favourite photograph.



Put down the feelings when you look at it.

Remembering how
lucky I am.

5 ways it could be worse.

1.

2.

3.

4.

5.

Highlight the positives about yourself.
Give someone else a highlighter and ask them to
highlight your positives.

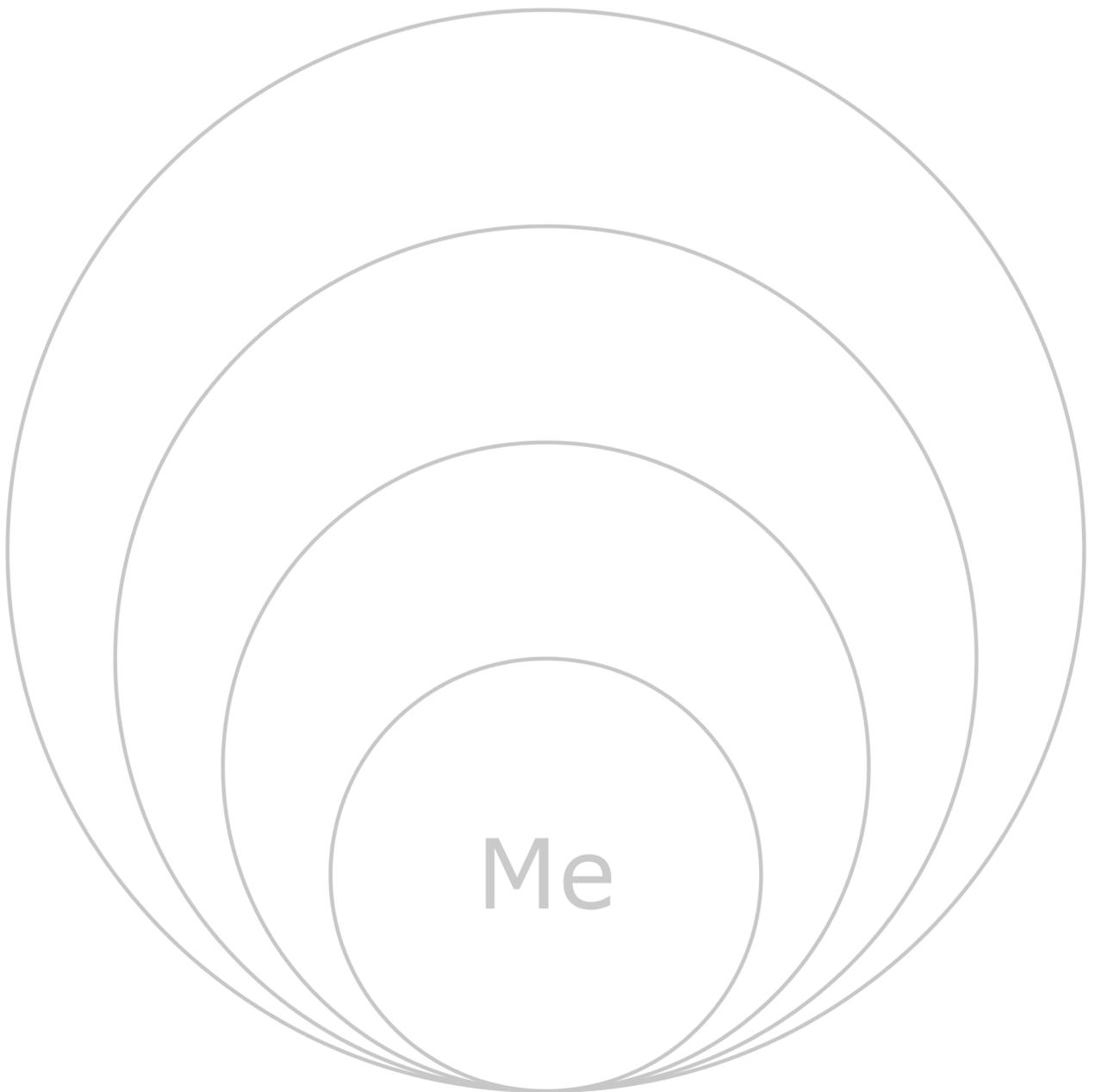
Active	Creative	Happy
Admirable	Curious	Hardworking
Adventurous	Dedicated	Helpful
Agreeable	Innocent	Honest
Amusing	Intelligent	Hopeful
Appreciative	Inventive	Optimistic
Athletic	Joyful	Organised
Authentic	Kind	Passionate
Brave	Lively	Patient
Bright	Laidback	Peaceful
Brilliant	Loving	Playful
Calm	Loyal	Polite
Capable	Nice	Reliable
Caring	Enthusiastic	Respectful
Charming	Ethical	Responsible
Cheerful	Exciting	Self-disciplined
Clean	Extraordinary	Selfless
Clear-headed	Fair	Sincere
Clever	Focused	Skilful
Compassionate	Forgiving	Strong
Confident	Friendly	Sweet
Considerate	Generous	Thoughtful
Cooperative	Gentle	Trustworthy
Courageous	Good-natured	Understanding
Courteous	Grateful	Unselfish
		Wise

Do you agree?

My Circle of Support

You might feel lonely being stuck inside.

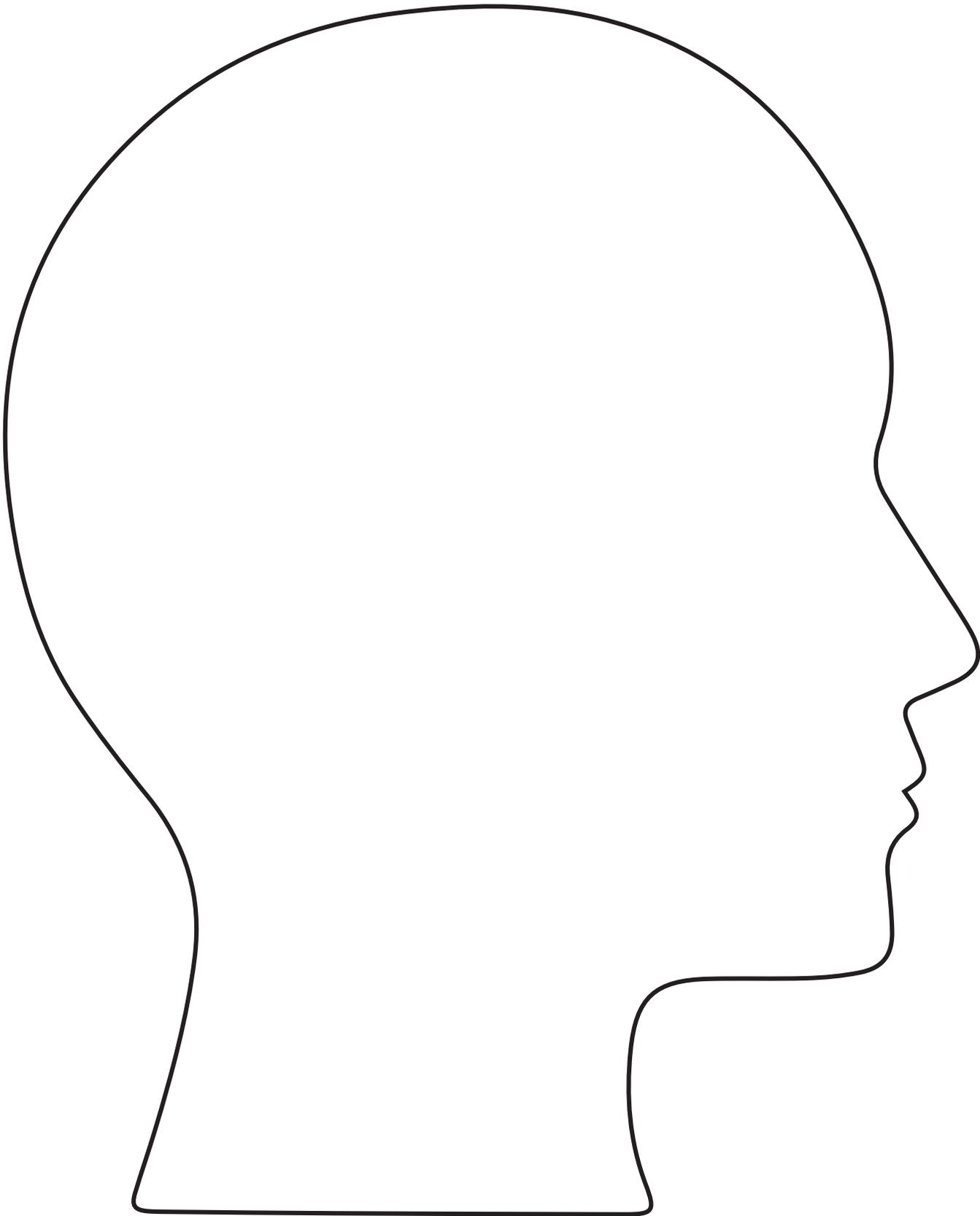
Think about who is in your circle – friends, family and other people that care about you.



Write down every little thing on your mind.

Circle the positive thoughts.

Cross Out the things you can't control.



Dump your unhelpful thoughts!

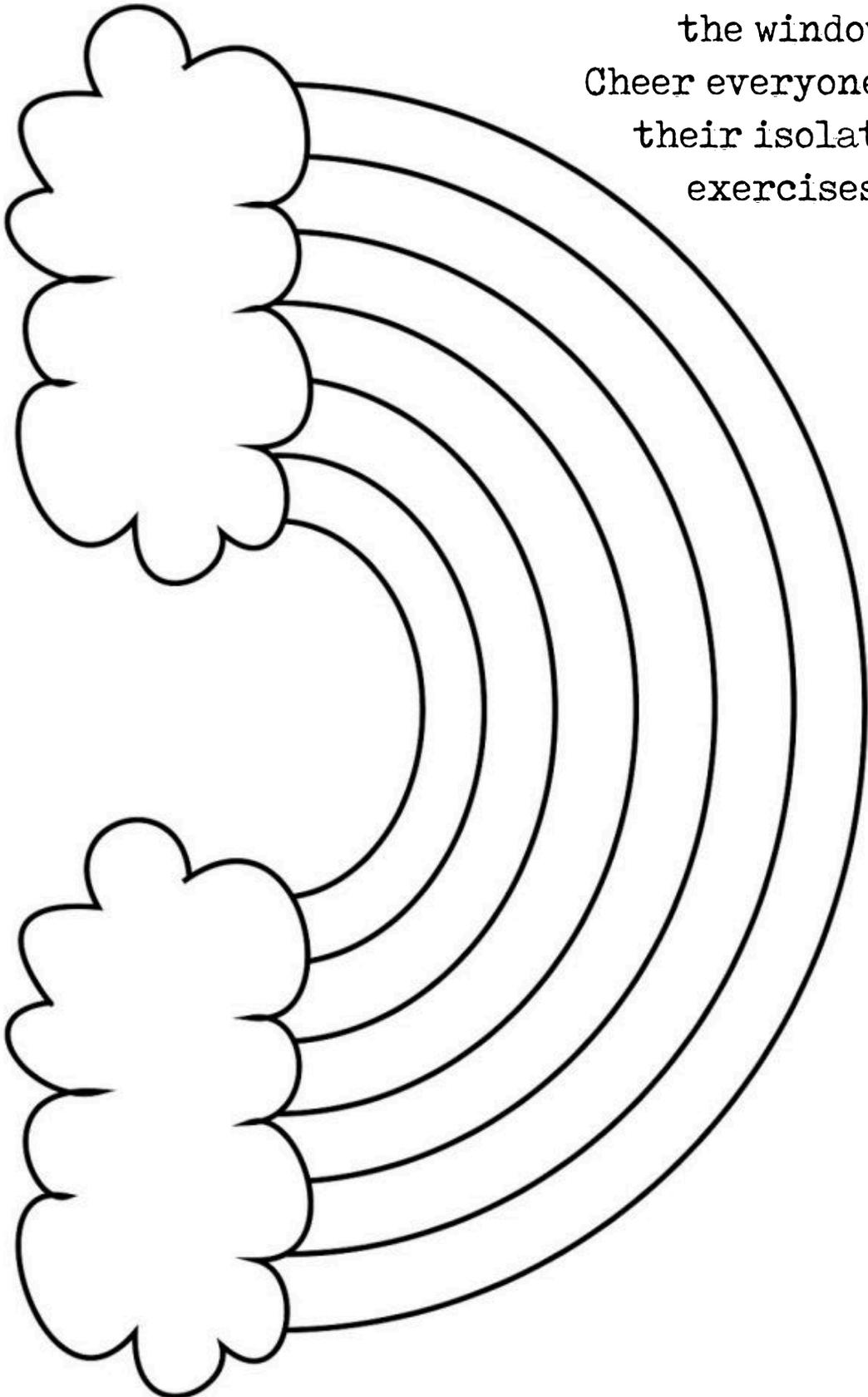
There is no such thing as bad thoughts –
but it can help to ask if they are helpful. Observe them and move on!
Fill the bin with the thoughts you'd like to get rid of.

When they are all out – rip it up, scrumple it,
stamp on it and throw them away!



Not just for little ones!
Colour in the rainbow,
cut it out and put it in
the window.

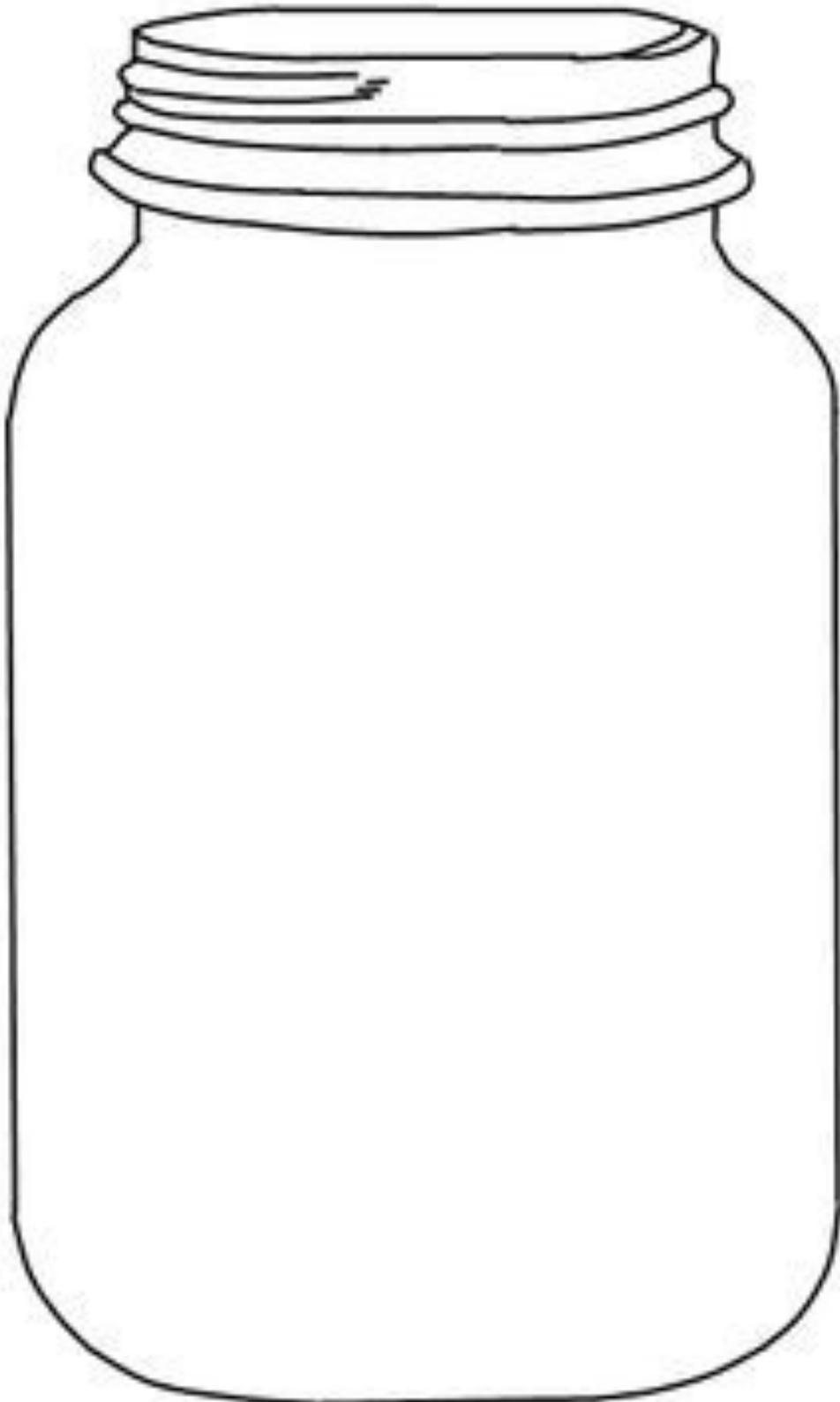
Cheer everyone up on
their isolation
exercises!



Gratitude Jar

Every day write down something that
you are grateful for.

Fill it up!



Learn to be present!

Being present means to pay attention to the moment. Forgetting the past and the future.

Sit quietly and pay attention to what is going on right now.

1. Right now I see ...

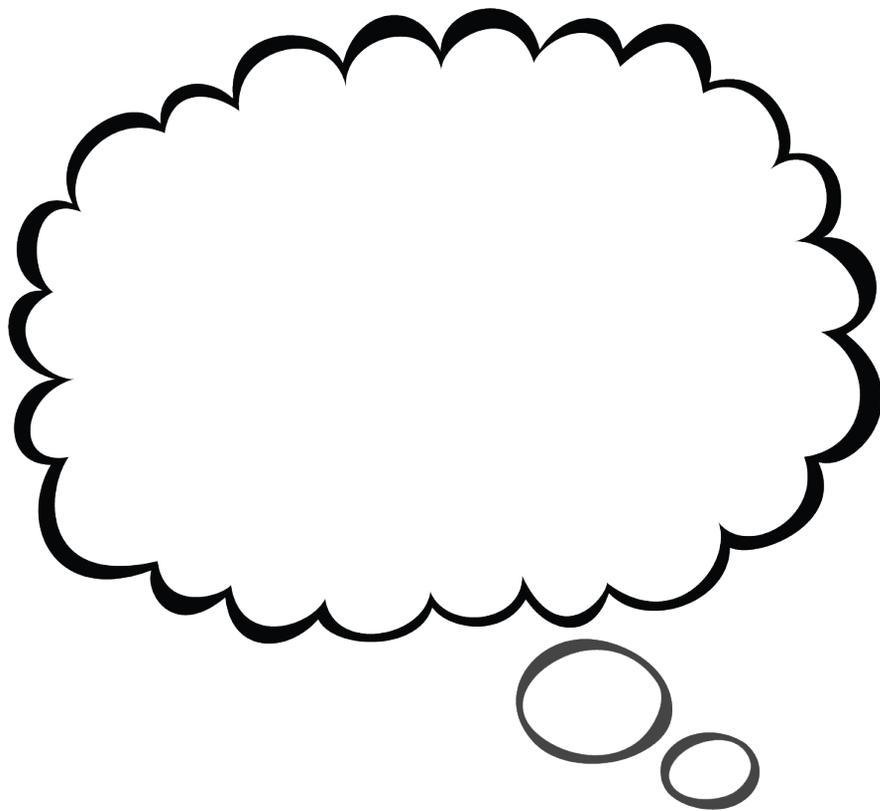
2. Right now I am touching ...

3. Right now I hear ...

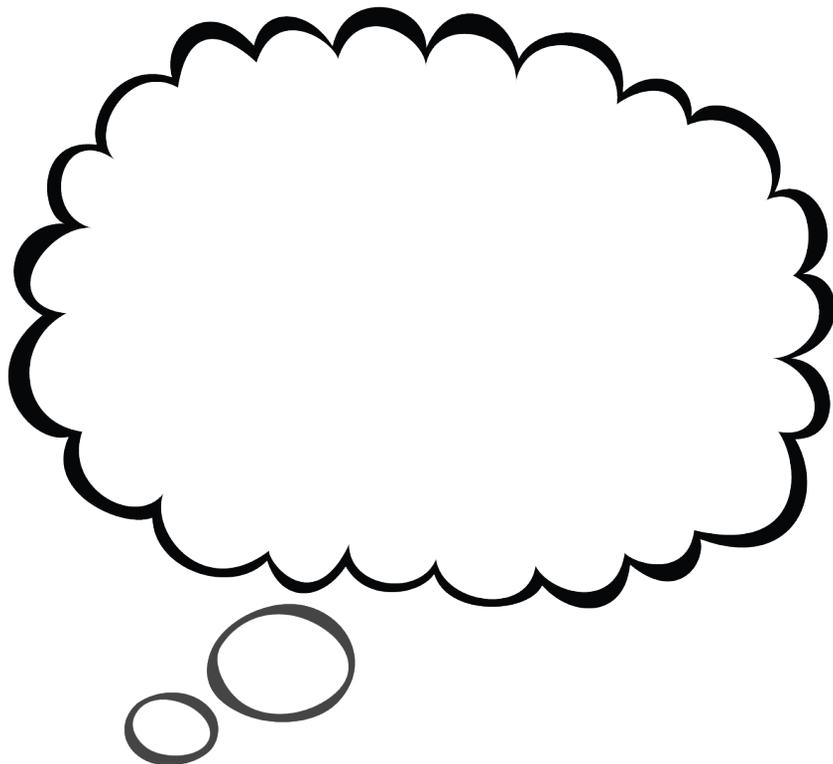
4. Right now I smell

5. Right now I feel...

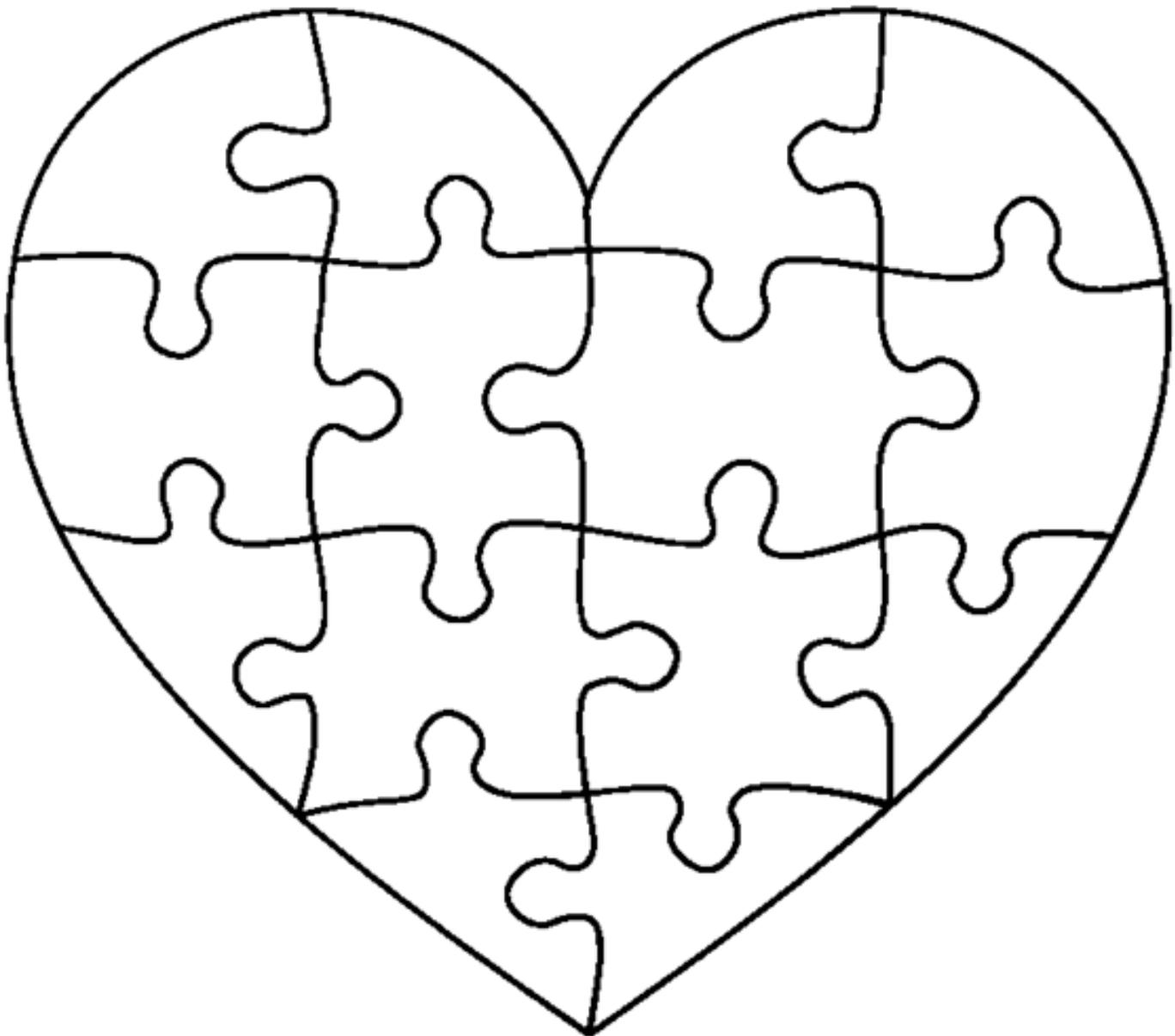
Positive things this week.



What I miss from "before".



My heart is made of...



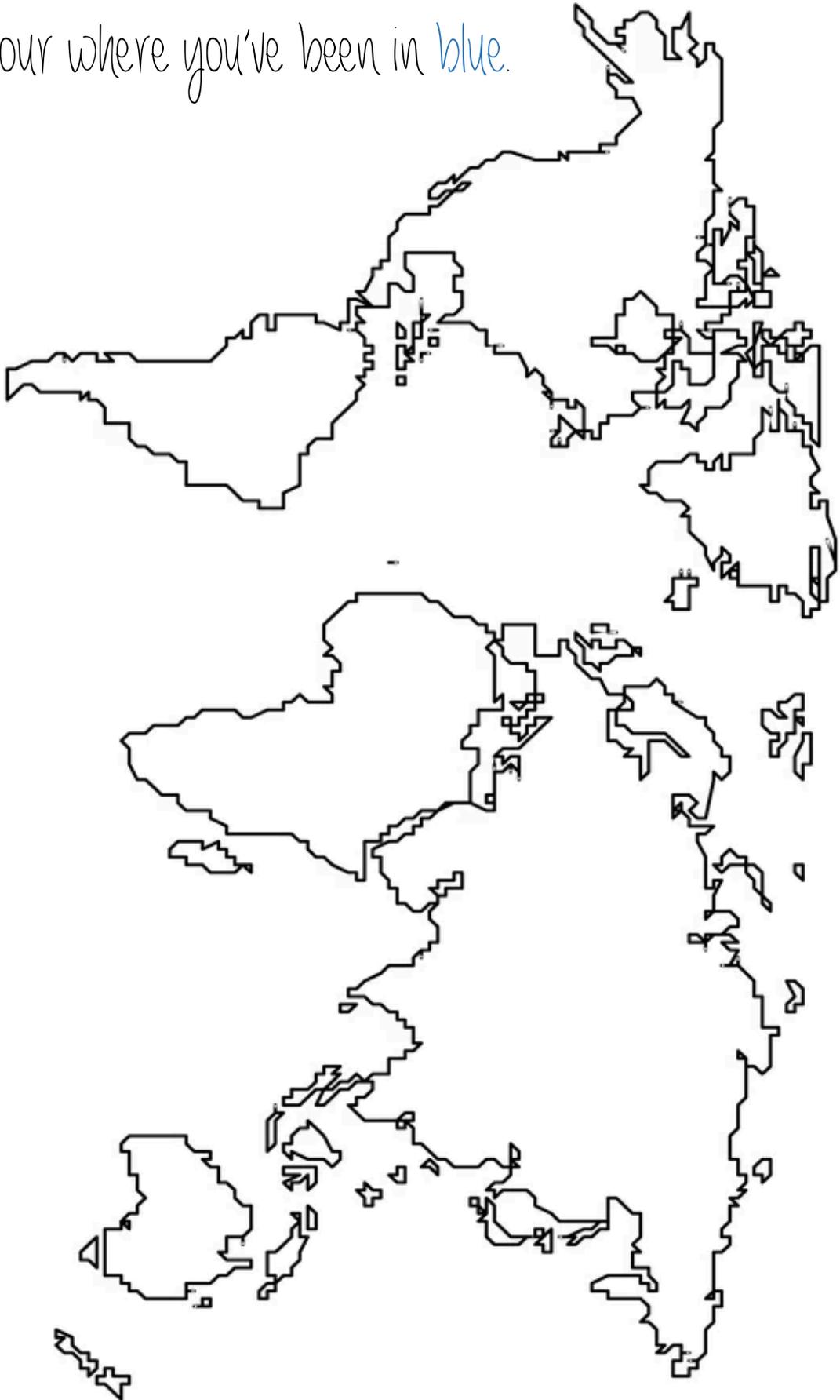
“It’s the small pieces that make the big picture”

Things I will not take for granted when I can do them again!

Write down all of the things you are looking forward to doing again!



Colour where you've been in blue.



Colour where you'd like to go green.

RUMINATING THOUGHTS

THOUGHT DUMP

- stream of consciousness, write down everything you're ruminating about right now

..... WHY DO YOU THINK YOU'RE RUMINATING ABOUT THIS?

.....

.....

.....

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DISTRACTIONS

Sometimes distractions paired with the healing power of time will get you through your ruminations. List some ways to distract yourself below.

..... LIST COGNITIVE DISTORTIONS THAT MIGHT BE FEEDING THE RUMINATION

Then, write a counter-thought to the distortion

.....

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TASKS BREAKDOWN

JOT DOWN ALL THE TASKS YOU'RE STRESSING ABOUT

THINGS OUT OF YOUR CONTROL

THINGS YOU CAN LEAVE UNDONE

THINGS THAT ARE OTHER PEOPLE'S RESPONSIBILITY

MUSTS

- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____

SHOULD

- _____
- _____
- _____
- _____
- _____

WOULD BE NICES

- _____
- _____
- _____
- _____
- _____

SLEEP TRACKER

MONTH:

	9PM	10	11	12AM	1	2	3	4	5	6	7	8	9	10	11	12PM	1	2	NOTES
1																			
2																			
3																			
4																			
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MOOD TRACKER

MONTH: _____

SAD	TIRED	ANXIOUS	STRESSED	WORTHLESS	PROUD	HAPPY	HOPEFUL
1							1
2							2
3							3
4							4
5							5
6							6
7							7
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This
too
shall
pass

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