
I Gotta Feeling
Top Tips For Feeling Good
NAME

We are all different. The important thing to find out is what works for you!

This booklet lists some things that young people have found helped them feel better when they felt sad, stressed or angry and some things that help you feel good generally.



You might like to fill this in with someone close to you like your mum, dad or the person who looks after you at home. Or you might like to do it yourself.

If you don't want to fill it in at all, that's fine too!





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If you feel upset or stressed, it might be helpful to talk to someone you know and trust.

Talk to someone



- ✔ parents
- ✔ grandparents
- ✔ brothers
- ✔ sisters
- ✔ friends
- ✔ teachers
- ✔ other family members e.g. cousins, aunt

HELP!

Make a list of the people you think you could talk to...





Telling someone close to you how you feel and what is going on for you can really help.

- ✔ If you cannot talk to anyone close to you, you could call Childline on 0800 1111.
- ✔ They will not tell anyone you have called.
- ✔ The call will be free from most house phones and most mobiles.
- ✔ The call will not be listed on the telephone numbers dialled from your phone line.
- ✔ If for some reason you can't get through then try again or you can call Samaritans 08457 90 90 90.





Do something you enjoy

Make a list of things you enjoy

- ✔ **hanging out with friends**
- ✔ **going out e.g. shopping**
- ✔ **doing something by yourself**
- ✔ **having a bubble bath**
- ✔ **watching a film or your favourite TV programme**
- ✔ **playing on the computer**
- ✔ **playing a sport e.g. basketball, football**
- ✔ **taking a nap**
- ✔ **talking to a good friend**

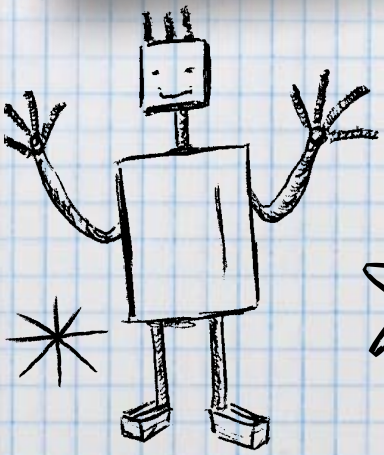




Things I enjoy...



Try to do something you enjoy every day





Find ways to chill out and relax

Try relaxing with exercise:

- ✔ **Arrange to go swimming**
- ✔ **Go to your local park with a friend**
- ✔ **Play a game e.g. football or frisbee**

If you feel a bit stressed, try slow deep breathing:

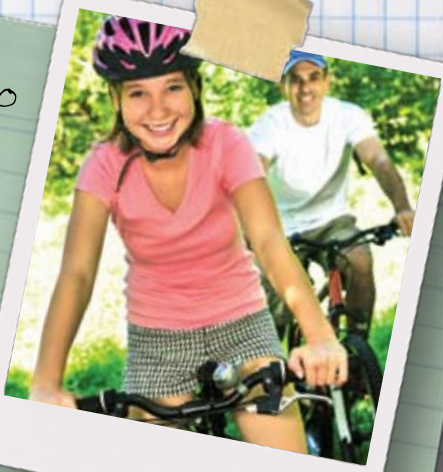
- slowly take a deep breath
- hold it for 5 seconds
- very slowly let it out
- do this two or three times (not too much)



Relax by:

- ✔ **playing a computer game**
- ✔ **reading a book**
- ✔ **watching TV**
- ✔ **listening to music**
- ✔ **going for a walk**
- ✔ **having a bubble bath**
- ✔ **lying in bed**
- ✔ **playing with friends**

Things you like to do to chill out and relax:





Relax

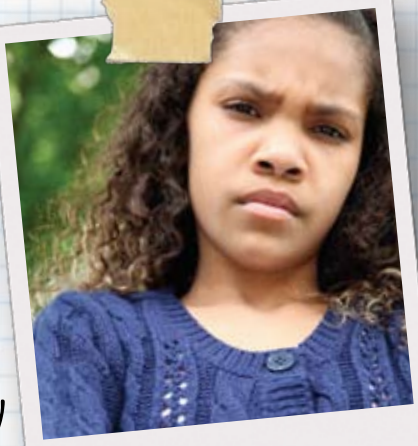
Try relaxing your body (a bit like if you were on a beach):

1. **Sit or lie somewhere quiet and comfortable**
2. **Stretch out your arms and make a fist, then relax**
3. **Push your legs out, wiggle your toes, then relax**
4. **Shut your eyes tight and pull a scrunched-up face, and then relax**

Think of places that you like to visit or a place you feel comfortable (e.g. your room)

- Let your imagination take you away to a far-off place
- Imagine the sun on your face, the wind in your hair etc.

How to Keep Cool



We can all feel angry at different times for different reasons. Feeling angry can actually be a good thing. It's our bodies' natural way to protect us from danger. However, the trick is to know how to deal with our anger.

When we feel angry changes happen in our bodies







Try and spot early signs of getting angry:

- ✔ muscles tensing up
- ✔ heart beating faster
- ✔ sweating
- ✔ faster breathing
- ✔ red face
- ✔ butterflies in the stomach

Things I could do when I am angry:

Some ideas of what to do:

- talk to someone
- ignore it because it's not worth it
- walk away



Sometimes when people are angry they react before having the chance to think things through. Here is one way of trying to stop yourself from acting without thinking. Imagine a set of traffic lights.

RED: STOP!!!

When you are in a situation and feel the anger rising, imagine the red light telling you to STOP!

AMBER: Cool off and think.

This is where you take time to cool off and think. You might want to try deep breathing to calm yourself down or doing something active or moving away from the situation. This will give you time to think of how to act next.

GREEN: Ready to go

Now you have taken the time to calm down, you are ready to act.

Celebrate the good things in life!



Sometimes it is hard to remember all the good things that happen to us.

Things that may have gone well:

- ✔ **Got to school on time**
- ✔ **Finished all your homework**
- ✔ **Made a friend laugh**
- ✔ **Helped a family member**
- ✔ **Didn't get a detention today**
- ✔ **Didn't get in trouble today**

Can you think of three things you are pleased about that have happened today?

Each night, for a week, try and list 3 things that you enjoyed.

Mon

Tue

Wed

Thur

Fri

Sat

Sun

Celebrate you

MUSIC



Often we spend so much time worrying about what we cannot do that we forget to celebrate our achievements. So here's to celebrating the best in you!

Can you think of a time when you were at your best? Below, write about a time when you thought you were on top form.

Personal strengths I am proud of:

Make sure you revisit this page and remember the strengths you have.

A little help from my friends



Helping others often makes us feel better about ourselves.

If your friends feel sad, worried or angry:

- ✔ **Be patient**
- ✔ **Allow them time to talk**
- ✔ **Try and help them look for help**







Remember to say thank you

Once in a while we are lucky enough to have somebody lend a helping hand. However, sometimes we forget to thank them for being so kind and helpful.

Can you think of somebody who has been kind and helpful but hasn't been properly thanked? How do you think they would feel to get a proper 'thank you' for their act of kindness?



On the 'Thank you' card below, write a 'thank you' note to that kind, helpful person you know.

☆ You may want to send a real copy to this person



Getting more help

Here are some websites that may help:

Childline
www.childline.org

NSPCC
www.nspcc.org.uk

Youngminds
www.youngminds.org.uk

Who Cares?
www.thewhocarestrust.org

Get Connected
www.getconnected.org.uk

This booklet is written by adults whose job it is to find out what helps children when they feel upset or stressed.

For more information visit
www.help4pupils.org

With thanks to: Alex, Robin, Maya and their friends, who helped write this book.

Photos by iStock.com
Illustratons by Clive Goodyer www.worldofclive.com
Design by Chapman Design www.chapmandesign.net
Printed by Captiv8 www.captiv8uk.co.uk

ISBN: 978-0-9553956-8-0

CAMHS Evidence Based Practice Unit

Caring for young minds
Anna Freud Centre

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The Child and Adolescent Mental Health Services - Evidence Based Practice Unit (CAMHS EBPU) is an academic unit across UCL and Anna Freud Centre dedicated to developing and promoting evidence based and outcomes informed practice