How to GET UP AND GO when you're feeling low

Top tips for **feeling good!**



The aim of this booklet is to help children think about what helps them when they feel upset or stressed

All children feel upset from time to time



- This booklet lists things that we know can help children your age feel better when they feel upset or stressed.
- We are all different. The important thing to find out is what works for you!
- 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 then that is fine too!





Top tips	Page
Talk to someone	4
Do something you enjoy	6
Find ways to relax	8
Remember the good things	10
Getting more help	Back page

If you feel upset or stressed it might be helpful to...

Talk to someone



Talk to someone you know and trust:

- ✔ parents
- ✔ grandparents
- ✔ brothers and sisters
- ✔ uncles
- ✔ aunts
- ✔ cousins
- ✔ friends
- ✔ teachers
- ✔ carer

Draw a picture of someone you know and trust



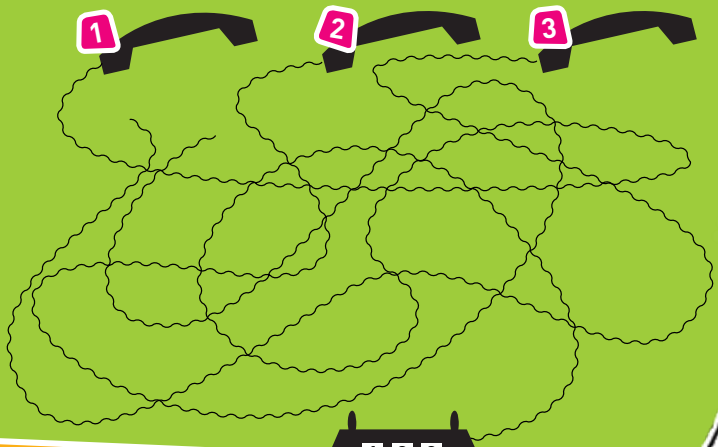
- If you cannot talk to anyone close to you, you could call Childline on 0800 1111. They will not tell anyone you have called.
- The call will be free from most house phones and most mobiles.
- The call will not be listed on the telephone numbers dialled from your phone line.



Childline:
0800 1111
If for some reason you can't get through try again or you can call Samaritans:
0845 909090

They will not tell anyone you called

Can you find the phone that leads to Childline?



Tick which phone you think it is

1 ☐ 2 ☐ 3 ☐





If you feel upset or stressed it might be helpful to...

Do something you enjoy



Here's a list of things you could try:

- ✔ meeting with friends
- ✔ going out
- ✔ doing something by yourself
- ✔ taking a bubble bath
- ✔ watching a favourite film
- ✔ talking to a particular friend



What else do you enjoy doing?

Draw some of the things you enjoy doing

Try to do something you enjoy every day



If you feel upset or stressed it might be helpful to...

Find ways to relax



Try physical exercise:

- ✔ star jumps, press ups, running in the garden
- ✔ play a game such as football or frisbee

Try slow deep breathing to help make you feel calm:

1. slowly take a deep breath
2. hold it for 5 seconds
3. very slowly let it out

Try relaxing your body. Sit or lie somewhere quiet and comfortable.

1. Stretch out your arms and make a fist, then relax
2. Push your legs out, wiggle your toes, then relax
3. Shut your eyes tight and pull a scrunched-up face, and then relax



Try to do some exercise



Think of calming images.

- ✔ Imagine somewhere you feel safe and good such as a beach or a park
- ✔ Imagine the sun on your face and the wind in your hair





Relax by:

- ✔ reading a book
- ✔ watching TV
- ✔ listening to music
- ✔ going for a walk
- ✔ taking a bubble bath



Can you find ways to relax in the wordsearch below? There are 4 to find.

b	o	o	k	d
a	k	f	l	s
t	v	x	a	o
h	m	n	w	p
m	u	s	i	c

If you feel upset or stressed it might be helpful to...

Remember the good things

Sometimes people find it easier to remember things that have gone wrong rather than all the things that have gone well!



Make a list of things you are happy about

Each night, list things you enjoyed.
Things I enjoyed today:

Draw the things that you are happy about





HELP4PUPILS

Getting more help

Here are some websites that have more information

Getting more information

www.childline.org.uk
www.nspcc.org.uk
www.youngminds.org.uk/children
www.samaritans.org.uk
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

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CAMHS Evidence Based Practice Unit

Caring for young minds
Anna Freud Centre

UCL

Press CAMHS

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