

Pocket Support

Your pocket-sized self-help tool

WcVA
CgGC



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



Changing
Minds



mind
for better mental health
i bardd gwell iechyd meddwl

Newport
Casnewydd

This Pocket Support belongs to:

Positive Affirmations

This section contains positive affirmations and motivational quotes for every day.

Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes.

Daily Affirmations



Say these out loud, in your head or write them down at the start of each day:

“ I am enough

Today will be a good day

Today I choose happiness

I will be kind to myself and others

I will be successful if I work hard

I am a good person ”

Positive Self-talk



Try this

It's okay to make mistakes, it means I'm learning ✓

I am going to keep trying ✓

It's okay to have lots of emotions ✓

I am worthy and I am enough ✓

I did something bad ✓

Not that

I'm so dumb, I keep making mistakes ✗

I can't do this ✗

I shouldn't feel like this ✗

I'm not good enough ✗

I'm a bad person ✗

Tough Day Reminders



Today was tough but I got through it- that is enough
I can tackle new challenges using what has helped me
before

Talking to someone about it will help me 'get it all out'

I need to be gentle with myself

When I have a tough day, I will make time for to look after
myself

I have made it through 100% of my bad days before

3 Important Reminders

You matter

You are loved

Even if you stumble, you're still
moving forward



Our emotions are like the ocean. They can be stormy and wild at times. Remember- just like the weather, these feelings will pass and the calm and peace will return.



Everything will be okay in
the end. If it's not okay,
then it's not the end.



Whenever you feel sad,
remember that there are
billions of cells in your body
and all they care about is you!



You are strong, you
are smart and you've
got this!



By being yourself, you put something wonderful in the world that wasn't there before.



If you focus on positives,
you'll see opportunities
instead of obstacles.

Mindfulness

This section contains tips and techniques to help you practice mindfulness.

Mindfulness is a mental state achieved by focusing our awareness on the present moment.

Grounding techniques help you to stay “in the moment”.

5-4-3-2-1 Countdown

Think of:



5 things you can see



4 things you can hear

3 things you can physically feel

2 things you can smell



1 thing you can taste



The Present Moment

What does it mean to be present?

Being present is being aware of what is happening
right now, in this moment.



Try some of these:

Go for walk in nature

Breathe deeply

Spend time away from your phone

Check in with others

Play with a pet

De-clutter your space

Stretch and wiggle your toes

Visualising your Happy Place

Where are your favourite soothing places in nature? You can visit them anytime in your mind. You could write a journey to your calm safe place, describing with all your senses how it feels to be there.



Balloon Belly Breathing



Lie down somewhere comfy and imagine there is a balloon in your tummy. As you breathe in, imagine the balloon slowly inflates. As you breathe out, the balloon effortlessly deflates.



Savour Your Food



The next time you have your favourite treat, make it a ritual of happiness and thanks. Don't let a second of pleasure pass you by unnoticed - the scent, how it feels in your hand, against your lips, the flavour on your tongue, the texture as you chew and the sensation as you finally swallow it. Even more delicious when you savour it!

Your Music Mood Booster



Harness the mood boosting power of music by making your own playlists - one that helps you feel peaceful, one to help you focus and another full of feel-good songs. A good old sing (even badly) can always help to lift your spirits.



Grow Happy Thoughts



There is a garden in your mind, made by all your thoughts.

Thoughts you enjoy plant the seeds for flowers you love. Worries and unhelpful thoughts plant the seeds for weeds. Now every garden has weeds- so you can't just eliminate those unhappy thoughts. You can choose where you direct the sun and water, by nurturing the thoughts that help you feel good. This way, you can grow a beautiful mind garden.



The Body Scan



1. Pay close attention to physical sensations throughout your body.

The goal isn't to change or relax your body, but instead to become more aware of it.

2. Don't worry too much about how long you practice, but try to move slowly.

3. Begin by focussing on your feet. Notice any sensations- warmth, coolness, pressure, pain or a breeze moving over your skin.

4. Slowly move up your body to your calves, thighs, stomach, chest, back, shoulders, arms, hands, fingers, neck, and finally your head.

5. Spend some time on each of these body parts, just noticing the sensations.

6. After you travel up your body, begin to move back down, through each body part, until you reach your feet again.

Deep Breathing

Place your hand on the centre of your stomach so you can feel your body rise as you take some deep breaths

1. Breathe in
2. Count to 5 slowly
1.....2.....3.....4 5
3. Exhale slowly
4. Repeat

Mindfulness



Do not lose yourself in the past.

Do not lose yourself in the future. Do not get caught up in your anger, worries or fears.

Come back to the present, and enjoy every moment. **This is mindfulness.**

Self-care

This section contains ideas and prompts for practising self-care.

Taking the time to care for yourself helps you to look after and improve your wellbeing. Your wellbeing means feeling happy, healthy and content with your life.

5 ways to Wellbeing

1. Connect

2. Be active

3. Take notice

4. Keep learning

5. Give

This next section will explore ideas for self-care, focusing on these five ways to wellbeing:

1. Connect

Connect with people around you.
Feeling connected helps to build and
improve your relationships
with others.



Call a friend or
family member
you haven't
spoken to in a
while



Check in with
someone
else each
day



Join a
new club
or group


2. Be active

As well as being good for your body, did you know being active releases hormones called 'endorphins' that can make you feel happy.

Even if it's just in your garden or looking out an open window!



Go for a walk
in nature



Enjoy a bike ride



Spend time
outside

3. Take notice

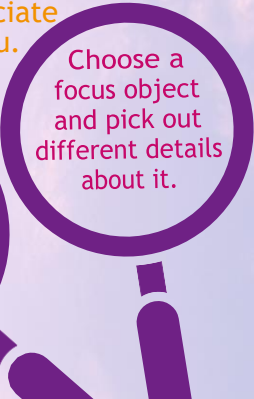
Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you to appreciate what matters to you.



Try something new to eat and concentrate on enjoying the taste



Step outside and spend a moment focussing in on the different sounds around you



Choose a focus object and pick out different details about it.

4. Keep Learning

Try something new.

Rediscover an old interest
or set yourself a new
challenge.



5. Give

Doing something for other people is not only a kind thing to do, but it can also make you feel really good about yourself.

Smile at a stranger



Share your favourite positive quotes



Give someone a compliment



Self-care ideas for good days



Move your
body



Write a list
of things
that you
like about
yourself



Help your
parents
around the
house



Cook or
bake
something



Write a list
of things
that you
like about
yourself



Do
some
skin
care



Practice
your positive
affirmations

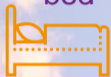
Read a book
before you
sleep



Create a
playlist of your
favourite
songs

Self-care ideas for not so good days

Make your
bed



Let yourself
cry



Reach out to a
friend or family
member



Make a list of things
to look forward to



Open
your
blinds and
window



Limit your time
on social media
and looking at
news

Brush
your hair



De-clutter
your
space



Press pause for a moment...

Count the things around you beginning with C, L or T (choose your own letters)!

Count all the rectangles or circles around you (choose your own shapes)!

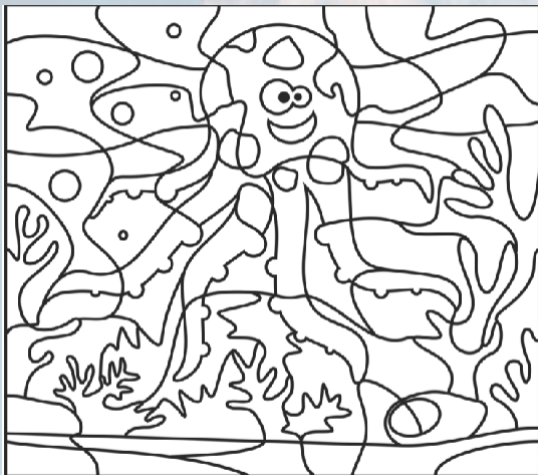
Count all the green things around you (choose your own colours)!

Count back from 100 in 3s (choose your starting number and the number you'll count back in)!

Colour in a section each day according to your mood.

Create your own colour key for your moods.

<input type="checkbox"/>	=	_____
<input type="checkbox"/>	=	_____
<input type="checkbox"/>	=	_____
<input type="checkbox"/>	=	_____
<input type="checkbox"/>	=	_____
<input type="checkbox"/>	=	_____



T	G	D	E	U	N	I	Q	U	E	L	K	A	U
N	N	R	N	I	P	N	T	U	E	D	R	M	D
E	O	H	Q	I	E	I	R	A	I	I	E	B	I
E	R	O	L	A	K	N	P	G	R	I	S	I	U
P	T	E	P	I	Y	P	P	A	H	N	P	T	B
I	S	E	E	U	N	R	T	S	I	A	E	I	T
T	N	E	D	N	E	P	E	D	N	I	C	O	L
S	S	P	W	W	O	R	T	H	Y	P	T	U	L
H	G	U	O	N	E	R	P	A	Y	L	E	S	R
Y	L	I	V	U	T	I	N	L	E	A	D	O	H
O	O	N	A	G	R	A	T	E	F	U	L	R	N
Y	V	A	L	E	I	M	P	O	R	T	A	N	T
S	E	F	I	O	L	O	Y	A	L	U	O	A	G
N	D	R	D	R	E	S	I	L	I	E	N	T	S

INDEPENDENT
 IMPORTANT
 AMBITIOUS
 ENOUGH
 KIND
 HAPPY
 LOYAL
 WORTHY
 VALID
 UNIQUE
 RESPECTED
 RESILIENT
 STRONG
 LOVED
 GRATEFUL

Useful Contacts

Newport Mind Services

Open 9am-5pm Monday-Thursday, 9am-4:30pm Friday

Telephone: 01633 258741 Email: changingminds@newportmind.org

Website: www.newportmind.org

Follow us on social media:

Instagram / Facebook: [@changingmindsprojects](#)

Twitter: [@_ChangingMinds](#)

Young Minds: www.youngminds.org.uk

The Mix: 0808 808 4994 App and chat services available.

www.themix.org.uk

Childline: Open 7.30am-3.30am every day Telephone: 0800 1111

Visit www.childline.org.uk for an instant messaging service

Your own useful contacts

Use this space to write your own useful contacts. These can be people that you can talk to and who you trust.

Name:

How I can contact them:

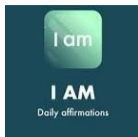
Opening up to someone when you're struggling

It can be hard to open up to someone, especially when you're unsure of how to describe what you're feeling. People find that sharing their experiences can help to make them feel better. Here are some ideas to help:

- 1) Ask how they are feeling first. They will probably reply, 'and you?'
- 2) You don't need to let it all out in one go- but just say something, even just an emoji to start you off.
- 3) Be honest and tell them that you're finding it hard to talk about it.
- 4) If you're with someone in person, side by side conversations can feel less intense than face to face conversation. You could talk whilst washing up or going for a walk.
- 5) If you can't speak to someone you know, speak to someone you don't know.

See the useful contacts page of your pocket support.





Daily affirmations help rewire our brains, build self-esteem and change negative thought patterns.



Headspace helps you to learn the essentials of meditation and mindfulness.

Useful Apps



Calm Harm provides tasks to help you resist or manage the urge to self-harm.



An app for sleep, meditation and relaxation.

The MeeTwo app allows you to talk anonymously about difficult things with other people of a similar age or experience.



A daily mindfulness and meditation guide at your fingertips.