

My Wellness Toolbox



Things that support my wellbeing

Firstly, we need to think about all the different things that help to make us or keep us well. These things make up our “wellness toolbox” which can be a jumble of all sorts of different things.

This is about being kinder to yourself and learning more about yourself and what works for you.

Ask yourself...

What makes you feel happy?
What stops you feeling bad?
What helps you relax
or feel calm?

THINGS TO DO

Focus on positives

Listen to music

Get enough sleep

Chill out

Talking to people
in a positive way

Make time for yourself

Give yourself space

Try new things

Believe in yourself

Smile

Positive use of phones
and social media

Eat regular meals

Wear something that
makes you feel happy

Socialising

Contacting friends
and important people

Exercise

Shower

Things I can do for myself to keep myself feeling as well as possible:

Secondly, we need to think about things that we should avoid in order to help ourselves feel as good as possible.

THINGS TO AVOID

Being hard on yourself

Comparing yourself
to other people

Focusing on negatives

Being alone all day

Feeling guilty about spending
time alone or about going out

Taking anger out on others

Worrying too much

Taking things to heart

Being antisocial

Hurting yourself

Negative use of
social media

Smoking, drinking, drugs

Staying in bed all day

Things I should actively avoid because they make me feel bad or worse:

Make use of the network around you

Finally, make a list of the people that you can go to when you are not feeling well e.g. friends, family, Mental Health Champion in school, Wellbeing Ambassador in school, doctor...



The person/people I will connect with if I am not feeling well is:
