



WELLBEING ACTION TOOLBOX

A simple, resource to help you keep yourself well and take appropriate action if things start to go less well.

ASSALAMU'ALAIKUM

WE HOPE YOU FIND THE FOLLOWING INFORMATION A USEFUL STARTING POINT FOR TRYING TO BE KINDER TO YOURSELF AND KEEPING YOURSELF WELL, ESPECIALLY AT DIFFICULT TIMES.

WE HOPE THAT COMPLETING THIS BOOKLET WILL BE BOTH INFORMATIVE AND FUN AND THAT IT WILL HELP YOU TO REFLECT ON HOW YOU CAN BEST LOOK AFTER YOURSELF AND SEEK HELP FROM STAFF AT MADANI SCHOOL AS SOON AS POSSIBLE.

KEEP IT SAFE AND RETURN TO IT – FEEL FREE TO SCRIBBLE ALL OVER IT OR START AGAIN AS YOU LEARN MORE ABOUT YOURSELF AND WHAT WORKS WELL FOR YOU.

My wellness toolbox

The first thing we need to do is 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. Nothing is too silly to put in your wellness toolbox – if it keeps you well or makes you smile, it should go in...



Getting active

I love to just get my blood pumping; it's a great way to work out anger, frustration or worry and really takes your mind off things.



Getting outside

Just being in outside space, camping and scouting, road trips, sunsets and sunrises, rollercoasters, walking the dog, taking a mindful walk.



Reaching out

Sometimes I kind of can't face being with people but I can still have a laugh with my mates online and it usually helps me feel better.



The healing power of tea

We decided that there is hardly anything that doesn't feel a bit better with tea! Seriously though... even when things are really bad, if you take time out to make a hot drink and sit down with it, it gives you time to be calm, focus and begin to plan your way out of a hole.



Worry balloon

I write my worries on a balloon... then I blow it up and I let it go or pop it.



Connecting

Time with family, quality time with friends, looking after pets, group activities, team sports, counselling, talking to friends online, WhatsApp groups.



Quiet time and relaxing

I enjoy my own space – sleeping in or taking a long bath. I immerse myself in things that make me happy like reading books, playing video games, listening to music, watching my favourite TV shows and cooking.



Positivity journal

I have a journal where I record one thing to be grateful for every day. Some days it's hard to think of something, but I always feel better when I do.

A plan for every day

Next we think about what things we should either try to do, or try to avoid each day in order to help ourselves feel as good as possible.

Things to do

- Smile
- Focus on positives
- Believe in yourself
- Find a reason to get out of bed
- Think about something positive that you have done or achieved during the day
- Try new things
- Contacting friends
- Socialising
- Exercise
- Making time for yourself
- Remembrance of Allah by praying
- Keeping yourself clean and tidy
- Talking to people in a positive way
- Making sure you go to bed on time and getting enough sleep
- Eating regular meals
- Taking time out to relaxing

Things to avoid

Being hard on yourself

Focusing on negatives

Feeling guilty about spending time alone or about going out

Taking things to heart

Staying in bed all day

Being alone all day

Being antisocial

Negative use of social media

Comparing yourself to other people

Worrying too much

Keeping things to yourself

Taking anger out on others

Hurting yourself

Smoking, drinking, drugs

Daily maintenance plan

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

Things I need to do, less often than every day, to keep my overall wellness and sense of wellbeing:

Things that I know would make me feel well, but that I don't currently do or could do a lot more:

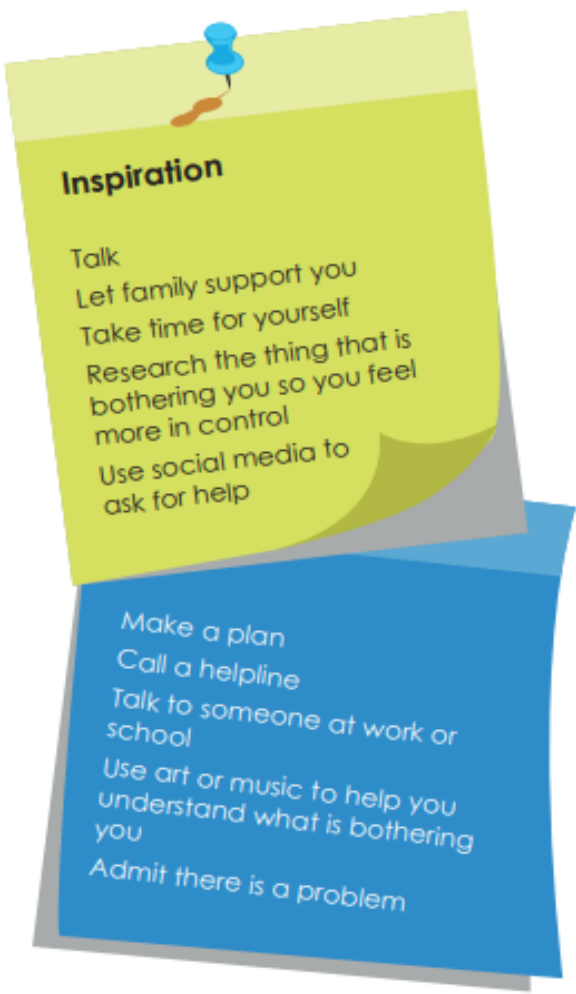
Things I should actively avoid because they make me feel bad or worse:

Managing triggers and challenges

Triggers are **things that happen to us or situations we face** that make it harder for us to stay well. Here we think about likely triggers and how we can manage them.

My potential triggers and challenges:





The most important thing is to say something to someone. As soon as you open up it's like a weight has been lifted from your shoulders.

Things I can do to try and manage my triggers and challenges:
