

# My Wellbeing workbook



**Little Mind Masters**

**by**

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## All about me

My name is .....

I am ..... years old

I live with .....

My hobbies are .....

My favourite colours .....

This is me

Draw a picture or paste a photo of you above

**Things that are important to me**

1.

2.

3.

My favourite song is

My favourite TV programme

My favourite thing to eat

**Affirmations**

Affirmations are positive statements that can help me to challenge and overcome negative thoughts & feelings

When I repeat them often, and believe in them, it helps me to start to make positive changes in the way I feel, the way I think and the way I behave

I will write and say at least 2 positive affirmations a day and put them in this workbook. I can then look at them every day, knowing that they are helping me make good changes and helping me to feel so much better about myself



Write your affirmations below



## **Emotions**

My emotions are caused by thoughts, feelings & behaviours. They release chemicals into my body

Anger is a very strong emotion & sometimes a common reaction to something I do not like or want. Anger is an emotion, a part of me that I must learn to manage from time to time. It's ok to get angry, just not ok to remain there. Everyone gets angry from time to time. It's normal

What I must do is to be very mindful of how long I stay angry for and the consequences of remaining angry

### **3 ways to help with my anger are**

1. Counting backwards 20-1
2. Spell a long word – like 'experimentally'
3. How many different shapes can I find in this room?

Happiness is another strong emotion – this time involving positive feelings, behaviours & thoughts



Emotions help me to understand what is going on around me

Negative emotions can help me to recognise threats and help me to feel prepared & positively handle potential dangers

Many different experiences in my life will help me experience different emotional reactions – POSITIVE & NEGATIVE

I will experience a full range of emotions throughout my lifetime in response to rapidly changing situations



All emotions affect my thinking, feelings & behaviours. Sometimes I cannot manage them and this will show in my behaviour. That's perfectly ok, when I recognise this and act on it as soon as I can.

Emotions come and go

Remember:

It's ok to be angry but it's not ok to hurt someone else or myself or even damage things

By practicing, I can train my brain to manage my negative emotions

It's also ok to be happy – emotions are contagious – spread happiness everywhere!!

I can do this!!



**What do my emotions look like?**

Draw a picture

**Emotions V Feelings**

**Emotions** are stronger & bigger than feelings.  
They are a massive part of me & the way I am  
They can be seen in my face, my body language,  
my blood and my brain  
Emotions help me respond to anything that I  
come across. They can protect me as well

**Feelings** are weaker than emotions, a bit more  
'watery'. Feelings are still strong though! They  
appear when my brain allows emotions to sink  
into my body. Feelings are often a mixture of  
different emotions. They also can protect me  
from dangers & threats

A feeling cannot be measured like an emotion can.  
Feelings hang around longer than emotions do.

It's important to know that all emotions & feelings  
are **completely normal** to experience  
They are a part of me. Both the positive ones and  
negative ones!!

I shouldn't hide my emotions or my feelings

**What do my feelings look like?**

Draw a picture

**What is a mood?**

A mood is a mixture of the feelings and emotions I pick up as I go about my day. Moods are weaker than any feeling or emotion. However, they can hang around with me all day if I choose to let them! Again, like emotions & feelings, I need to manage my moods when I can

*I think it's really important to believe that showing my emotions & feelings are a NOT sign of weakness or low emotional intelligence – **THEY ARE A PART OF WHO I AM!!!!!!***

I know that hiding away from negative emotions & feelings, can lead to further problems if not dealt with

I will go through millions of emotions & trillions of feelings in my life - ***It's how I react to them that matters the most!!***



**What can I do to help manage myself?**

- Talk to others
- Encourage relaxation techniques
- Keep a diary, eliminating causes
- Encourage physical activities – even a walk
- Breathing Techniques
- Do something I enjoy doing
- Create a worry bag
- Use my affirmations
- Get creative!
- Stories

***Other ways to help myself:***

1.

2.

3.

**What NOT to do:**

Allow things to build up inside of me  
Pretend everything is ok  
Run away from my problems

**My circle of control:**



What is in your circle?

**Story writing**



Writing stories is good for my mind and my imagination. I can use stories to help me overcome an issue and find ways to help myself.

I could create a new superhero or princess to help me. I could even become one myself!!

A therapeutic story is a story to help heal and move on from past experiences/habits and much more

Watching movies and reading books can help me to increase my imagination as I can pretend I am in the story or film. Stories can even help me see myself as I really am and create ways to improve. Stories can be really useful in showing me or anyone how to overcome issues such as fears, phobias, past experiences.

Writing my own story can help me connect with my own emotions and feelings, help me to understand these better, finding solutions. Story writing can also help increase my moods, strengthen resilience & build confidence

**My story:**







**EFT - Emotional Freedom Technique**  
**(Tapping)**

EFT (Emotional Freedom Technique) is a quick and very powerful way of helping dissolve negative feelings and emotions. It is also known as 'tapping' because it works by tapping parts of my face and body

Before I begin, I think how strong this feeling or emotion is and give it a number (0 is not bothering me, 10 is the biggest or strongest)

Then think of an affirmation (something nice and positive to say about myself)

It is always better for me to think of this rather than ask my parents or friend as this way it comes direct from me

Next think of what I want out of this. I will use my imagination to visualise myself without this negative feeling or emotion. How good will that make me feel?

Then I can begin to build up my phrase -

*Eg. Although I have this fear of dogs, I am a wonderful person and I totally accept myself*

Write my sentence here:

**Although I .....**

.....

.....

**I am a wonderful person**

Now let the magic happen!!

Rub tender part of my chest with my fist –  
repeating my sentence 3 times

Better to say it out loud to begin. If I ever need  
use this in a busy place, then I can say it in my  
mind

I can say it as many times as I want until I really,  
really feel the words

### Points to tap

1. Top of eyebrow at end
2. Top of eyebrow in middle
3. Under eye at side
4. Under nose
5. Under chin

All the time, saying my chosen phrase

Then look left, then right, roll eyes in a circle to the left, then to the right



Hum “Happy birthday to me” tune

Then I count 1, 2, 3, 4, 5 as fast as I can!

How strong is my emotion/feeling now? Score it again

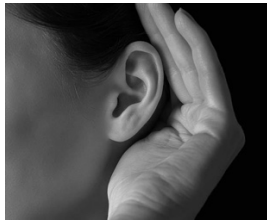
***I will recheck after every round and repeat it all again and again until I feel amazing!!!***



## Communication, Listening & Social Skills

Communication is about understanding the other person(s) I am with. I am able to listen, understand and take action

I need to use my eyes to look for non-verbal communications



My ears to listen what is being said as well as not being said

My undivided attention to focus



My mind to think and my heart to care enough



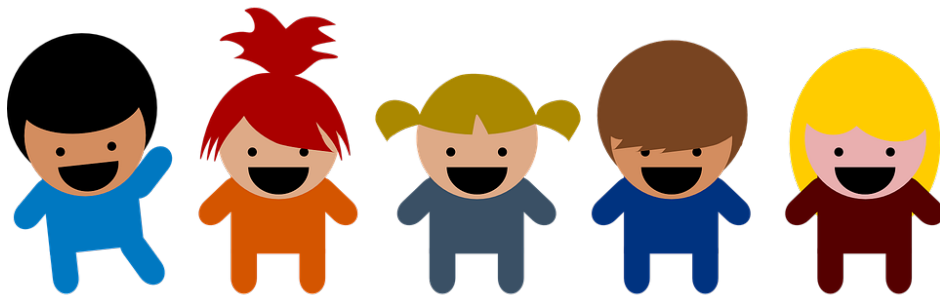
Communication and listening skills are very important

They help me have a greater understanding of others and help me to learn new skills

I listen to understand

I listen to help

I listen to learn



I must do my best to be honest, without hurting others

I must also make sure I can keep eye contact with whoever I am talking or listening to - that way they know they have my full attention

## What makes me a good communicator?

1.

2.

3.

## What makes me a good listener?

1.

2.

3.

I understand we are all different and experience things in different ways

What upsets me, may not upset others

What makes me laugh, may not make others laugh

How can I improve my communication & listening skills?

1.

2.

3.

Hi

I created this booklet to help you whenever you may feel a bit lost, unhappy or even just to make you feel better about yourself

I hope you enjoyed reading it and filling in the blanks I have left for you

Thank you

Keep smiling!

Les



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