

TAKE CARE

Kelly
Green

Alright?

Firstly, I am not a counsellor or a specialist in mental health, so these activities are suggestions of ways to look after yourself and take care. They are things I do and have learnt along the way dealing with my own anxieties and class struggles with self care.

There is no right or wrong way of interpreting these exercises, respond to them how you feel. Works best for you. You ~~also~~ may want to write things down or you might want to use voice notes on your phone, whatever is best for you. You might not want to do any of the activities, sometimes reading things are enough.

Have fun with it! Push yourself but remember to take care ♥

Kelly G x

P.S. I'm Dyslexic so soz for any mistakes!

re-sil-i-ence

noun

1. the capacity to recover quickly from difficulties; toughness.
2. the ability of a substance or object to spring back into shape; elasticity.

self-care

noun

1. the practice of taking action to preserve or improve one's own health.
2. the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

social class

noun

1. the division of a society based on social and economic status.

YOU'RE
DOING
GOOD!

It's a lot easier to track the things you haven't done and beat yourself up about them, rather than concentrating on positive things you have done and achieved in a day.

I try and keep a list of the day to day tasks I have done, no matter how small or insignificant they feel at the time. Looking back at the end of the day you realise that you have done more than you thought.

I got out of bed
I ate breakfast
I brushed my teeth
I did the dishes
I text back my mate
I got dressed
I read a bit of a book

GIVE
YOURSELF
A
BREAK!

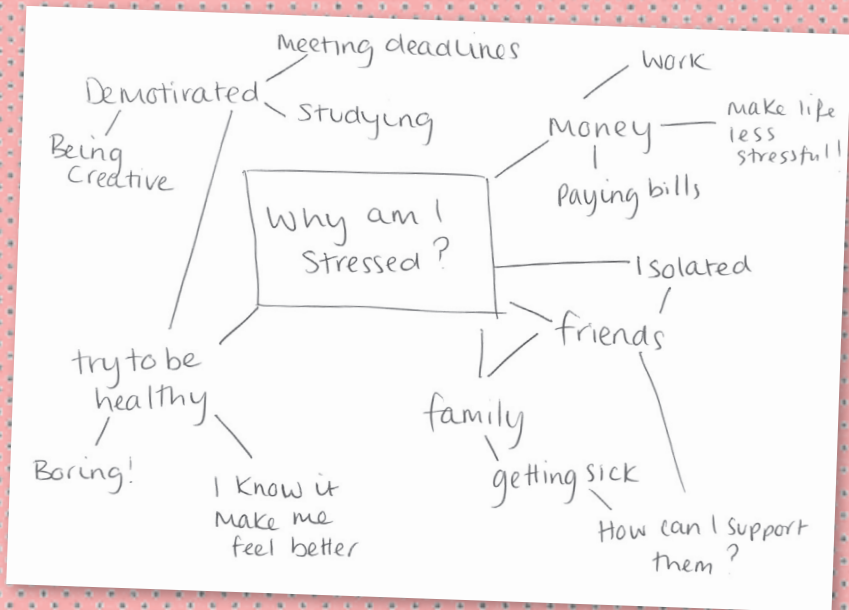
I always find it hard to do nice things for myself and by nice things I mean fun or healthy-ish things that allow myself to have time to myself, without feeling guilty about it. For me some of these things could be...

Having a bath
chatting to a mate
watching a TV Series
Having a posh coffee
Being Creative for myself
(NOT FOR WORK)

Have a think about the things you would like to make time to do, list them, pick one that you could give yourself the time and space to do, even if it is only once a week? Do it!

What's
ON
YOUR
MIND?

Create mind map of the things that you are stressing or worrying about. Or you might want think about things that are draining you instead?



Read back over them. Are there similarities? Crossovers? Are there themes?

If your using voice notes:

You might just want to list your worry and stresses, and the listen back to the list.

GET
IT ALL
OUT!

Sometimes getting all your worries and fears out can feel like a massive relief, even if it is only for yourself.

I like to do this through writing it all down. I grab my notebook and pen and set a timer for around 5-10 minutes and free write it all out, I vomit my feelings on to the page. It can feel good getting it off your chest.

Maybe you could give it a try? 5 minutes is good starting point for me, but you might want to start with 3 and you can always keep going if you have more to say.

It doesn't have to make sense. Its allowed to change and move between things. Just allow yourself a space to get things off your chest.

If you're writing:

Don't let your pen leave the paper
Fck th spelling &
Gamm'er

If you're using voice notes:

Just say the first thing that comes to your mind.
It can end up just being a list.

IT'S OK
TO BE
ANGRY!

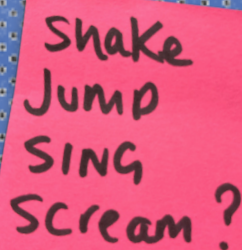
A lot of my work starts from a point of anger, I experience something that upsets me and want to change or challenge it somehow.

Write a shopping list: Have a think about what has made you angry and write a shopping list of all the ingredients or the things you would need to fix it, change it, smash it or blow it up.

I am not best pleased with the current government and I would like to blow it up. To do that I would need....

- 1 Guy Fawkes
- 10 Thousand sticks of Dynamite
- 6 very long fuses
- 3 detonators
- 2 Escape routes
(in case one fails)
- 1 Alibi

Once you have everything on the list you think you might need, have a read over it. Read it aloud. Make it a voice note and listen to it back. Could this be used as a beginning of a poem or a rap? What about the start of a story? Or you could write a spell or recipe for disaster?



Shake
Jump
SING
Scream?

Whenever I feel like shit or I'm struggling to focus or motivate myself I put on my favourite music, not a soppy number, but one that is high energy and makes me want to dance and jump about, sing long, or in my case scream the lyrics out. Always makes me feel better. Try it.

Remember
the
Good times
X

Find something that reminds you of a good time when you felt good about yourself. Could be a photo, a certificate of achievement, could be an object or a gift you were given. Get back in touch with those positive feelings. Make the item (or items) visible in your room to remind you of those positive feelings.

Take Care
Kelly G
X