TLG transforming lives for good

Emotional First Aid JOURNAL

STAYING EMOTIONALLY HEALTHY THROUGH LIFE'S CHALLENGES

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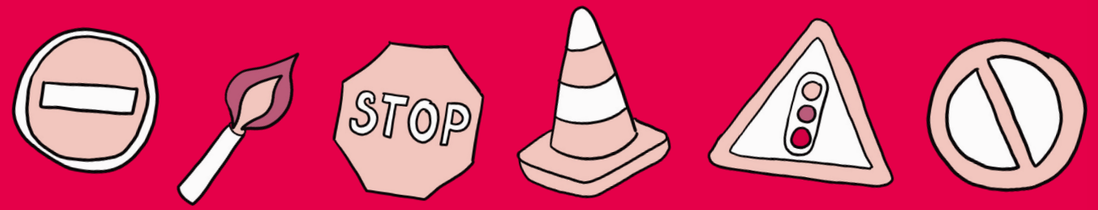
EMOTIONAL WELLBEING

It can be helpful to think about our emotions being like signals.



Signals to help us understand how we're doing in our circumstances and various relationships.

Emotions like...

"worry"

CONFUSION

ANGER

FRUSTRATION

SADNESS

can signal that something is challenging us in our life.

Emotions like...

happiness

CLARITY

PATIENCE

CALM

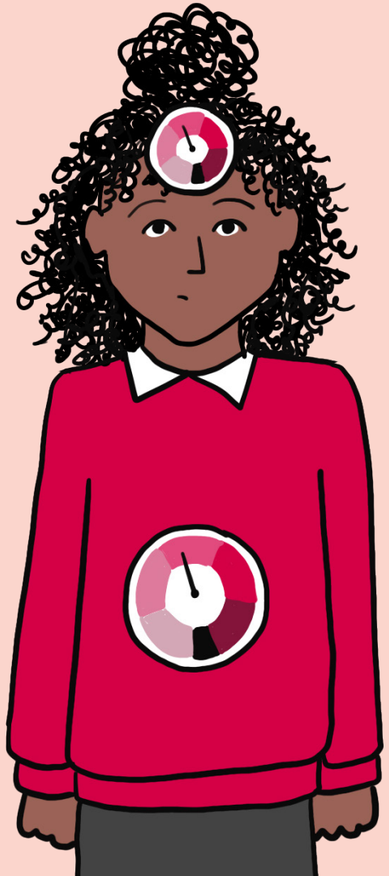
EXCITEMENT

can signal that something will be or is going well in our life.

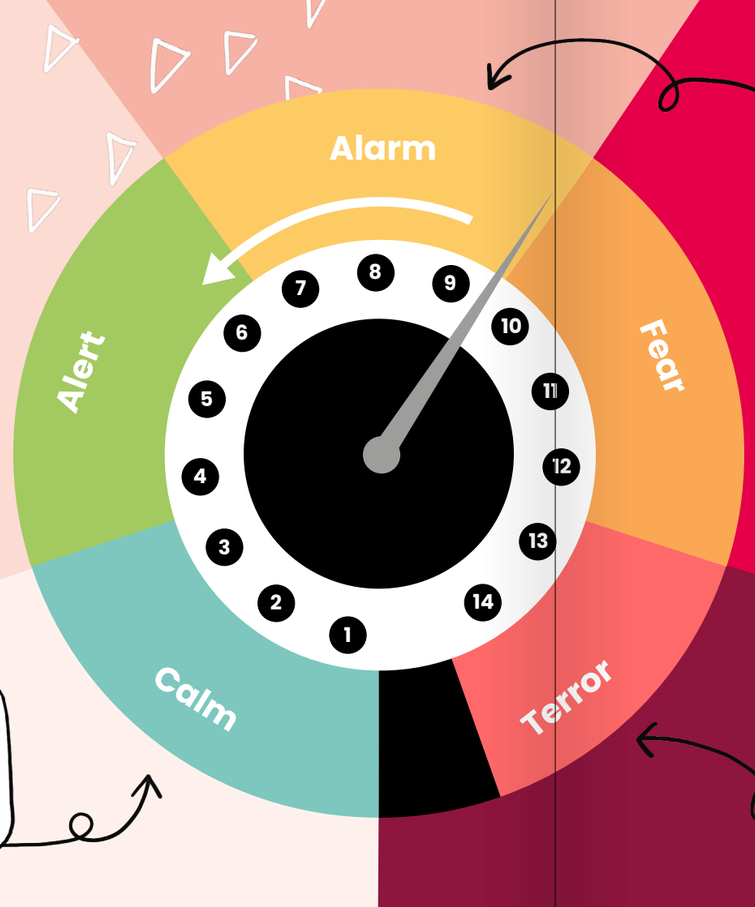
It is really normal to have a mixture of emotions as we can have a number of things going well and a number of things that are challenging us, all at the same time.

Stressful situations at home, at school and in our communities can cause us to feel all sorts of emotions.

It can feel like we have a stress dial in our body and in our brains. When we have challenges to face, they can feel big and cause our internal stress dial to go up.



MY INTERNAL STRESS DIAL



ALERT

We may feel some stress or pressure, like when we have homework to complete, tests or speaking up in front of people.

CALM

When we feel peaceful and able to give our full attention to learning new things linked to school and leisure.

ALARM

We feel more stress linked to feeling less safe where we are or who we're with, our heart will start beating faster and we may be more aware of how we feel than how we think.

FEAR

We feel very unsafe and need to get away or defend ourselves or others, and our emotions are pounding in our ears!

TERROR

We don't know what to think or feel. We just react by fighting in our words and actions, or we might just feel frozen to the spot, or we might find ourselves running away. This is known as the fight, flight or freeze reactions that we do automatically.

WHEN IT'S ALARMING!

A 3 step guide for when you feel alarmed or overwhelmed and your emotions feel too big to handle.

STEP 1: BREATHE

If you can't move – just stay where you are and take 4 deep, slow breaths.

Concentrate only on this.

Shut out everything else and watch your chest move out and in as you breathe.

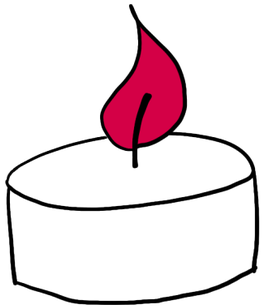
When you breathe out, blow it out slowly so that you can hear it – focus on that sound.

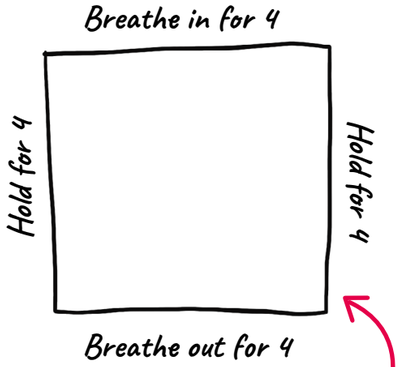
It can be helpful to do this too, and watch your arms moving up and down as you breathe.

Have a go now to see how it feels!

PRACTICE BLOWING OUT THE FLAME FROM THIS CANDLE.

Draw and decorate more candles to blow out.
It can be helpful to have something to focus on when slowing your breathing down.

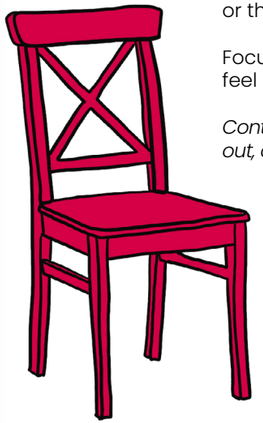




You could colour or add pattern to your 4x4 square

STEP 2:

DROP OR WALK



Drop –

If you don't think you can go anywhere, sit down on a firm chair or the floor to feel the solid surface.

Focus on the firm surface you can feel beneath you.

Continue to breathe deeply, in and out, as slowly as you can.

Walk –

Take yourself to an area that you know will be safe to walk around.

Keep walking there.

Continue to breathe deeply, in and out, as slowly as you can.

MY PLACES TO WALK

Sometimes it can be helpful, when you're feeling okay, to decide specific places to walk to when you do feel overwhelmed.

Where are the safe places you can walk...

AT HOME?

Inside	Outside

AT SCHOOL?

Inside	Outside

when you need A BREATHER?

Inside	Outside

STEP 3:

TALK

When you feel able to talk, talk to someone you trust, who won't rile you up again but bring calm, help you process your feelings and why you're feeling them.

1. Find them – if they're close to hand
2. Call them
3. Message them
4. Make a plan to meet up with them

MY 'TALK IT OUT' PLAN

Who to talk with When What about	Who to talk with When What about
Who to talk with When What about	Who to talk with When What about

REMEMBER THE 3 STEPS:

OUR PEOPLE

It's good to know who your 'go to' people are when you need to talk.

Who...

Really listens to you?

Do you trust?

Gives you space to think things through?

Can handle you being sad?

Can you laugh with?

Is wise in your world?

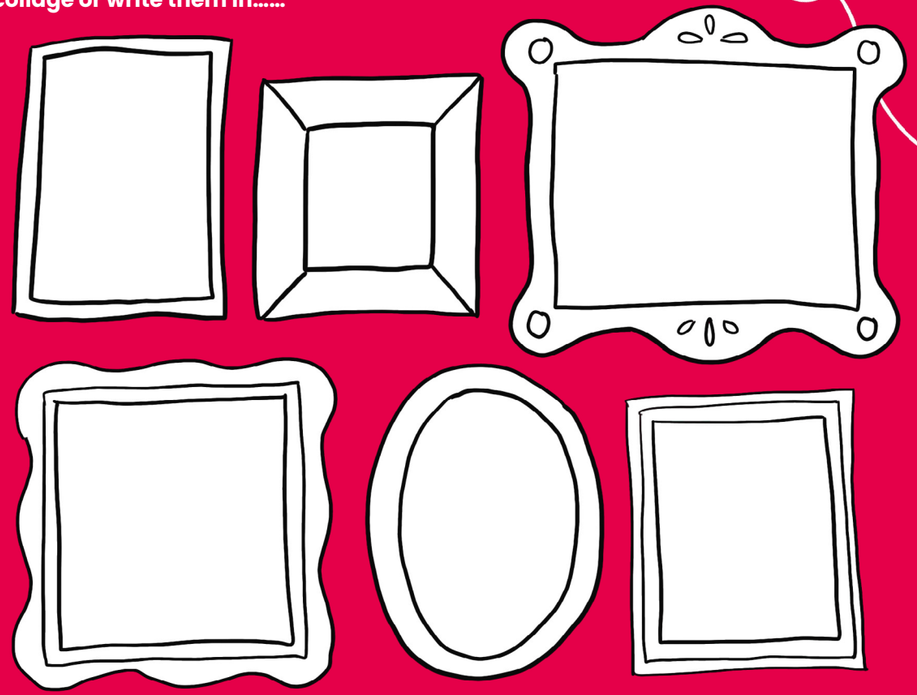
Accepts you when you are angry?

Is dependable?

Can you cry with?

MY 'GO TO' PEOPLE PICTURE GALLERY.

Draw, collage or write them in.....



OUR PLACES

Just by remembering the places you have been to that have been soul soothing or fun or happy or peaceful, can help to turn the stress dial down and take you to that 'Happy Place'.

Draw or stick the pic here

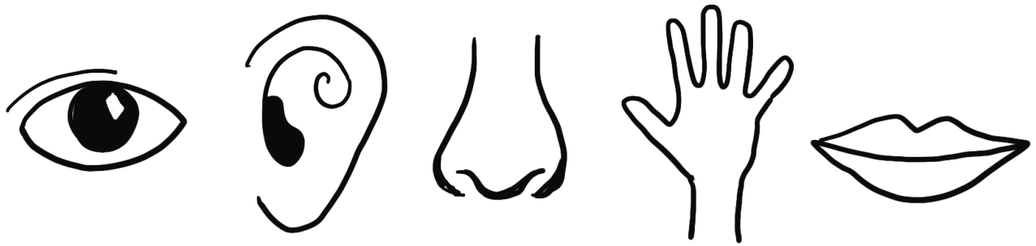
MY PLACE

What would your best ever happy place be? (real or imaginary!?)

OUR SENSES

Being aware of our senses and how to sooth or energize them, can really help to regulate and bring control to our emotions.

Let's think about what we smell, see, touch, hear and taste.



Right where you are...

can you **see** 5 different things that are blue, 4 things you can **hear**, 3 different smooth surfaces to **touch**, 2 different **smells** and any one thing safe to **taste**?

WHAT WE SMELL

WHAT WE SEE

Being aware that what we watch on screen or off screen can have an effect on our emotional health.

What do you enjoy watching that calms you?

Onscreen

Offscreen

What do you watch that gets you wound up or agitated?

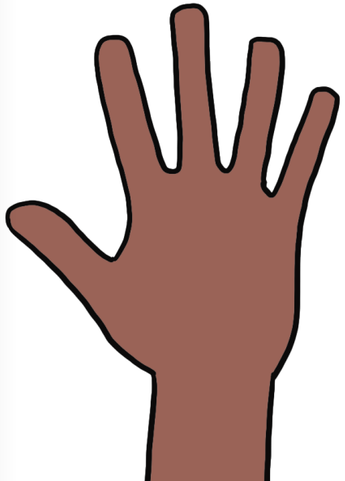
Offscreen

Onscreen

WHAT WE TOUCH

Whether fluffy or smooth, bumpy or scratchy, there are some textures that we just LOVE and others that send a judder down our spines!

What textures do you LOVE?
Draw, write or stick some of it here....



Try to have some of the textures you enjoy around you.

What textures do you try to avoid?
Draw, write or stick some of it here....

WHAT WE HEAR

Deciding what to listen to can be like deciding what emotion we want to be stirred up. We can listen to music that stirs up anger, frustration, excitement or music that is calming, caring and settling.

When our emotions have been overwhelming, it is helpful to choose music to calm your soul.

What do I listen to that stirs up agitation, desire or anger?

What can I listen to that is caring, calming and will settle me?

WHAT WE TASTE

Do you find yourself chewing things? Pens, clothes, hair, fingers, the insides of your mouth?

Bringing the sense of taste alive can help us to chew things less.

Think about snacks and drinks that give you something to chew or crunch and give you a sensory experience with flavours you like.

Taking a mini break to get a drink of water or other drink can help with your concentration and minimise the impulse to chew stuff.

What can you snack on that is chewy?

Healthy

Sugar-free

What can you snack on that is crunchy?

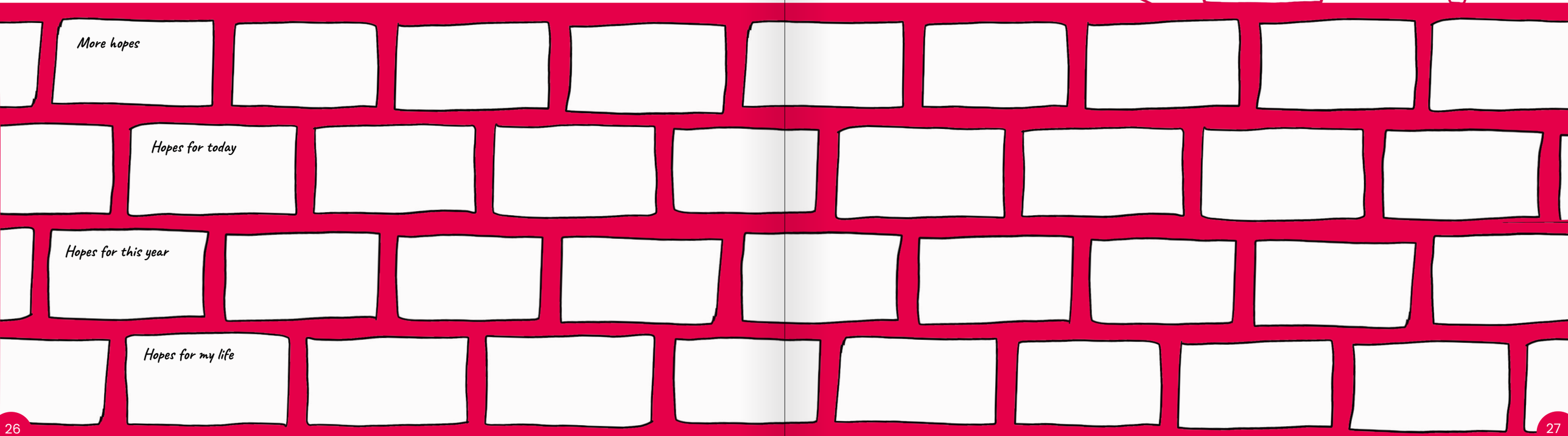
Healthy

Sugar-free

OUR HOPES

We put our hope in all sorts of things, in people, in the things we have, in places, in science, in God...

If each brick was a 'hope brick' what would your wall of hope look like?



HOPE POEM

There is one who knows me inside and out,
Who knows what I need,
Who can show me the way.

I will be led to green places and quiet waters,
I will be restored.

Even when times are tough,
Full of shadows and darkness,
Even death,
I will not fear because I am held,
Comforted by truth and justice.

Even when it looks like I may be defeated, betrayed,
I have one who will honour me.

I will be overflowing with plentiful joy,
With sentinels stood behind me
Named Goodness and Mercy.
There is one with whom is my home – forever.

Based on an ancient song - Psalm 23

My Hope Song

7 DAY CHECK-IN

Take time each day to clock your emotions - the whole variety of them

- Name them
- Accept them
- Understand what triggers them
- Take time to talk them through

DAY 1

What emotions are you feeling today?

(check out the Emotions Poster on the last page of this journal, to help if you can't think of any right in this moment)

Write them next to the circles – think of those that are linked to challenges and those that are linked to what's going well for you.

You could choose a colour to match that emotion (any colour that YOU would choose) and add a facial expression if you want to.

What are your challenges today?

What's going well for you today?

Just being able to sort out which emotions you're feeling linked to these can really help.

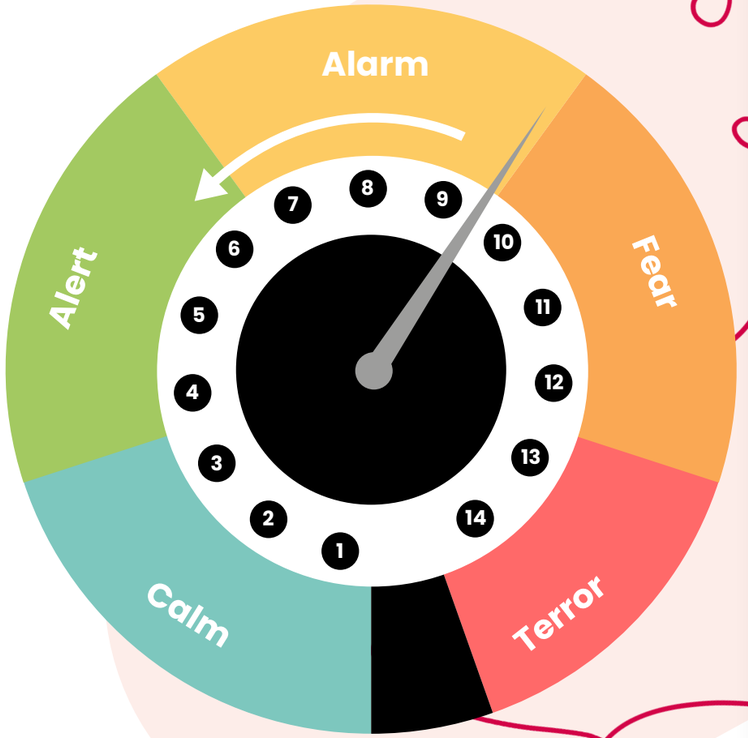
Who consistently asks how you're doing? It may be good to chat these through with them.

CALM

What helps you feel calm?
In your body?

In your mind?

Who helped you feel calm today?



ALERT

What do you enjoy learning about?

Who encouraged you to explore new things today?

FEAR

Have you felt the need to avoid or confront anyone or anything today?

ALARM

Did you feel a bit worried about your safety today?

Did you feel a bit worried about any of your relationships with others today?

Chat about this with someone you trust.

TERROR

Have you gone past thinking or feeling anything towards a person or situation today and you've literally just reacted with one or more of these?

RUN / ATTACK / FREEZE

Circle the ones you relate to.

Chat about this with someone you trust.

DAY 2

What emotions are you feeling today?

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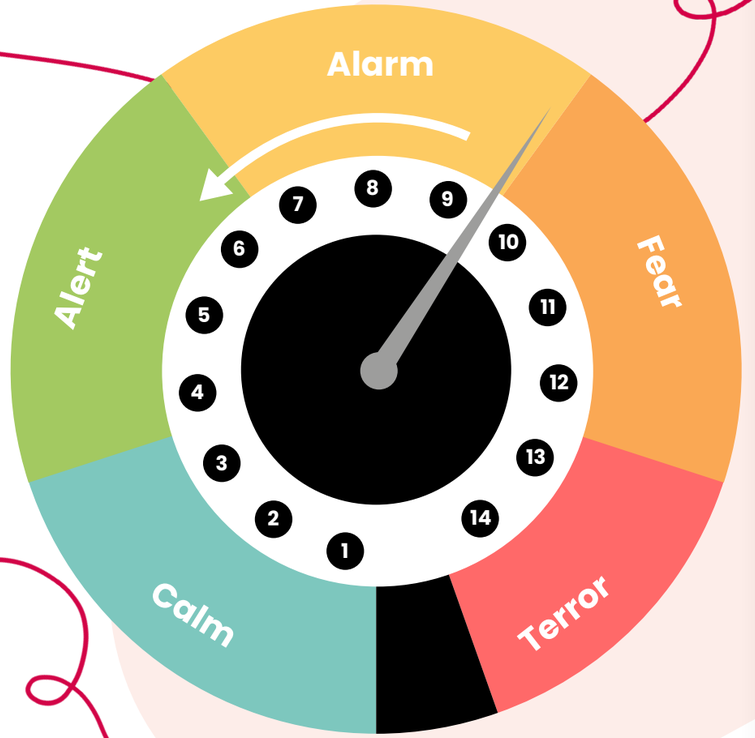

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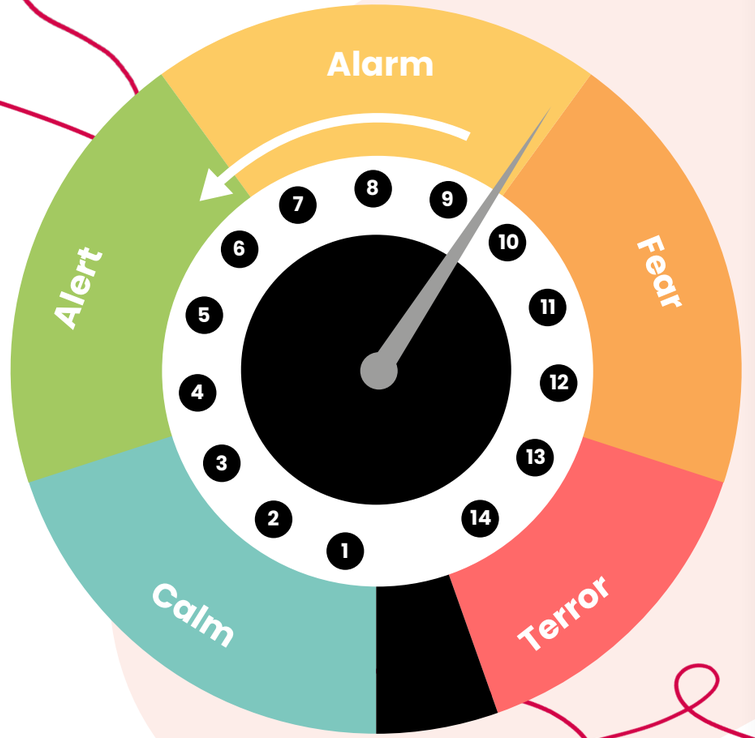

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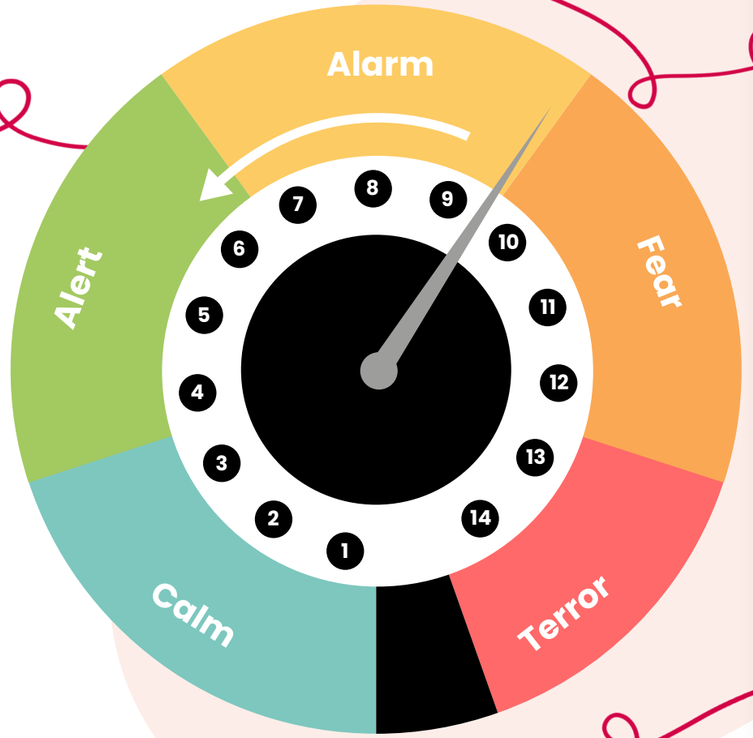

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DAY 5

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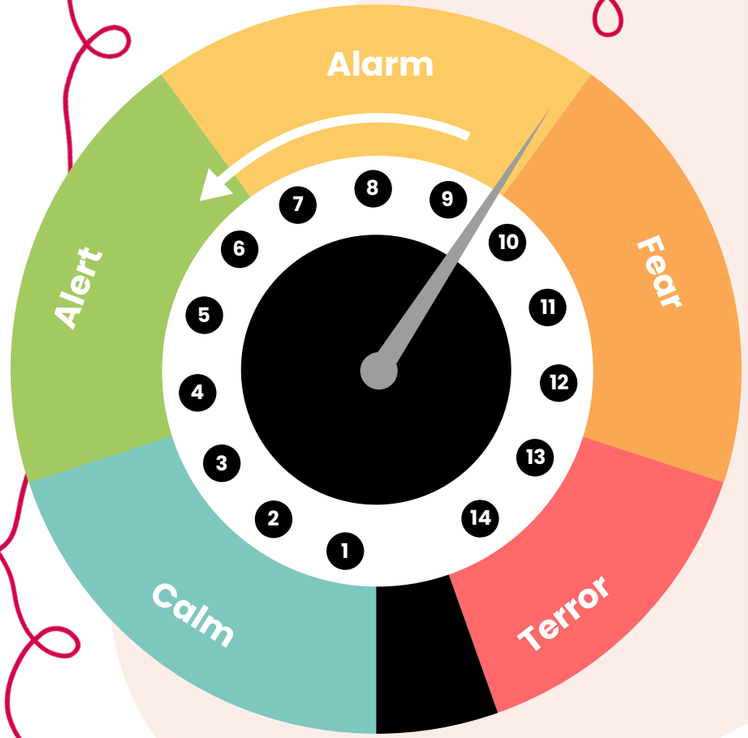

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DAY 6

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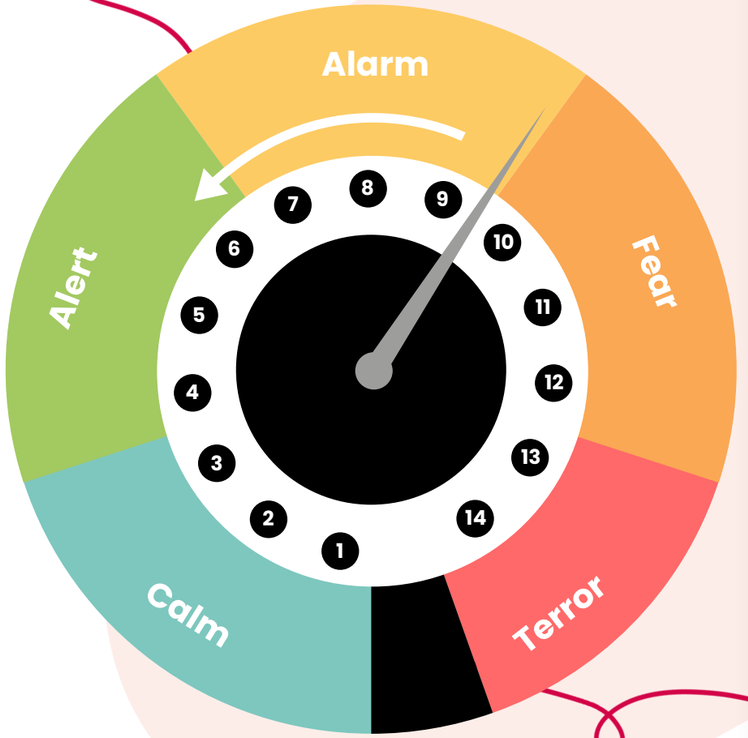

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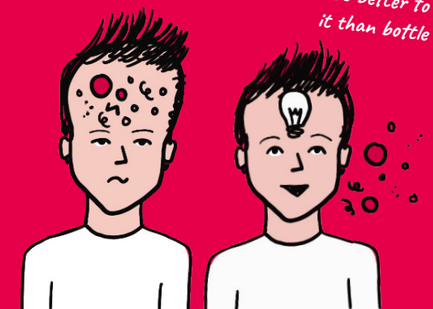

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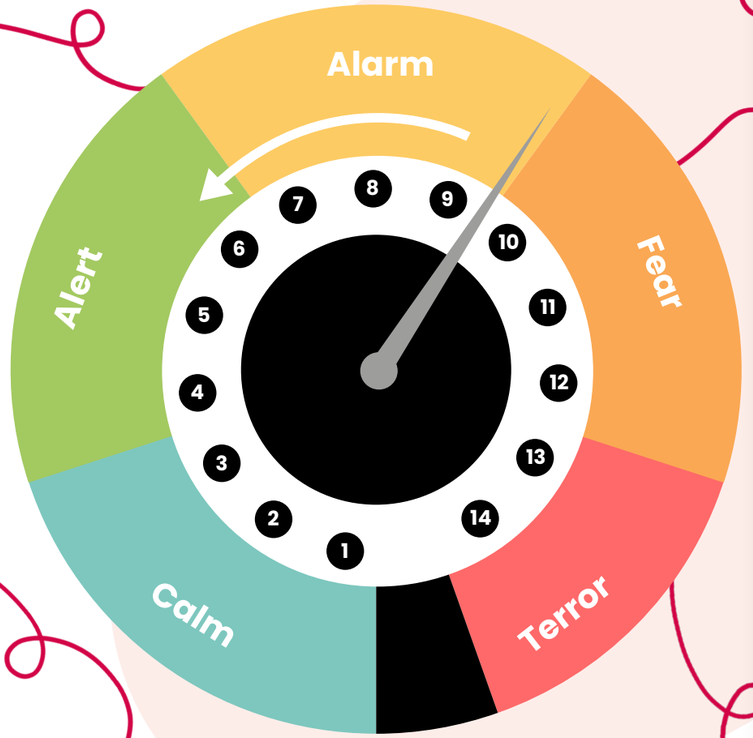

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NOTES & DOODLES

Our *EMOTIONS* Poster

Happy

Sad

Fear

Love

Thankful

Lonely

Disappointed

Silly

Hope

Hurt

Satisfied

Guilt

Courage

Helpless

Calm

Proud

Content

Relief

Disgust

Excited

Curious

Hate

Shy

Unsure

Bored

Embarassed

Jealous

Anxious

Anger

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