


A bank of resources to support your wellbeing





If the mountain seems too big today
then climb a hill instead
if the morning brings you sadness
it's ok to stay in bed
if the day ahead weighs heavy
and your plans feel like a curse
there's no shame in rearranging
don't make yourself feel worse
if a shower stings like needles
and a bath feels like you'll drown
if you haven't washed your hair for days
don't throw away your crown
a day is not a lifetime
a rest is not defeat
don't think of it as failure
just a quiet, kind retreat
it's ok to take a moment
from an anxious, fractured mind
the world will not stop turning
while you get realigned
the mountain will still be there
when you want to try again
you can climb it in your own time
just love yourself til then

Youtube videos

- An introduction to a sensory, soothing, regulating, calming & grounding box
https://www.youtube.com/watch?v=9XyxqWiqLk0&feature=youtu.be&ab_channel=DrKarenTreisman
- Hand breathing technique
https://www.youtube.com/watch?v=NAIdSdx-jps&feature=youtu.be&ab_channel=DrKarenTreisman
- Muscle tensing & releasing exercise
https://www.youtube.com/watch?v=FbhUxg9eHDE&feature=youtu.be&ab_channel=DrKarenTreisman
- Rhythmic relaxation techniques
https://www.youtube.com/watch?v=e6z6TJ1wQDM&feature=youtu.be&ab_channel=DrKarenTreisman
- Externalising our worries
https://www.youtube.com/watch?v=5Q-EoWSJQJg&feature=youtu.be&ab_channel=DrKarenTreisman
- Your happy place
https://www.youtube.com/watch?v=RRiQixmqcXI&feature=youtu.be&ab_channel=DrKarenTreisman
- 5 Practical steps to reduce anxiety
https://www.youtube.com/watch?v=lp_LCrZRINE&ab_channel=PookyKnightsmithMentalHealth
- Grounding technique 54321
https://www.youtube.com/watch?v=jHV2J8Gp5c4&ab_channel=PookyKnightsmithMentalHealth



Journals & books

- [Start Where You Are](#)

By A Journal for self-exploration by Meeta Lee Patel

- [What You Must Think Of Me](#)

By Emily Ford with Michael Liebowitz

- [Mindfulness for teen anxiety](#)

By Christopher Willard

- [Help with Anxiety](#)

By Ged Jankins Omar

- [Fish in a Tree](#)

By Lynda Mullaly Hunt

- [Little ways to keep calm & carry on: Twenty lessons for managing worry, anxiety & fear](#)

By Mark Reinecke

- [You Got This](#)

By Bryony Gordon

- [Starving the Anger Gremlin](#)

By Kate Collins-Donnelly

- [Starving the Anxiety Gremlin](#)

By Kate Collins-Donnelly

- [The anxiety workbook for teens](#)

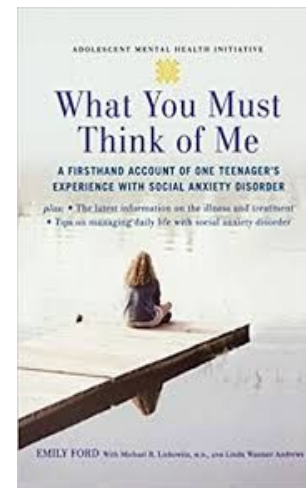
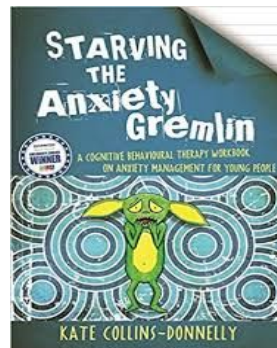
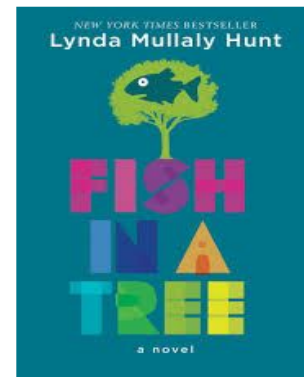
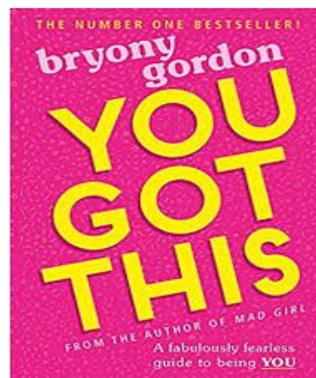
By Lisa M Schab

- [Put your worries here. A creative Journal for teens with anxiety](#)

By Lisa M Schab

- [Anxiety: Panicking about Panic - A powerful, self-help guide for those suffering from Anxiety or Panic Disorder](#)

By Joshua Fletcher



Apps

Calm Harm - provides tasks that can help you resist or manage the urge to self-harm. Tasks target different reasons for why people might self-harm.

MindShift - aims to help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

For Me - the Childline app which gives you free, secure and fast access to Childline.

distrACT - provides quick and discreet access to general information and advice about self harm.

Stay Alive - a suicide prevention app which offers help and support to people with thoughts of suicide, and to people who are concerned about someone else.

Note: information about local services is primarily aimed at adults, but there are still some useful features for young people.

In Hand - enables you to focus yourself in a moment of stress or low mood. Once the app knows how you are feeling it will take you through simple steps to help you.

Headspace - This app aims to improve the health & happiness of everyone by teaching you the essentials of meditation & mindfulness

Calm - The award winning app for sleep, meditation & relaxation.

SuperBetter - builds resilience. Helps you to stay strong, motivated & optimistic

SAM - understanding & managing anxiety

Healthy young minds - to help teens & young adults cope with anxiety

A stylized, blue cursive logo for the word "Calm". The letters are thick and fluid, with a gradient from light blue to a darker blue. The 'C' is large and loops around, followed by 'a', 'l', 'm' in a similar flowing style.

Other useful Resources

- **Cards Against Anxiety** - a guidebook & cards to help you stress less
- **themoodcards** - make sense of your moods & emotions for clarity, confidence & well-being
- **Calm Balm** - a natural rescue remedy



https://www.amazon.co.uk/Calm-Balm-Handmade-Aromatherapist-Chemicals/dp/B06Y3M2W7J/ref=sr_1_4?crid=36MBNSVNQJNHM&dchild=1&keywords=anxiety+gifts&qid=1607524031&srefix=anxiety+%2Caps%2C193&sr=8-4

- **Stretchy strings for stress & anxiety relief**

https://www.amazon.co.uk/Bazy-Stretchy-Material-Children-Attention/dp/B084KXNZQ1/ref=sr_1_8?dchild=1&keywords=string+fidget&qid=1607524537&sr=8-8

- **Magnetic anxiety bracelet**

https://www.amazon.co.uk/Hematite-Happiness-Depression-Blessed-Emotional-Spiritual/dp/B07978HY12/ref=sr_1_16?dchild=1&keywords=anxiety+magnetic+balls&qid=1607524710&sr=8-16

- **Anna Freud -over 90 self-care strategies**

<https://www.annafreud.org/selfcare/>

- **Advice for parents & carers - Talking mental health**

<https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-pe>

Local support available



- **Allsorts - all ages, countrywide**

Supports & empowers lesbians, gay, bisexual, & trans young people. Offers group & 1.1 support with friendly & knowledgeable LGBT youth workers

- **Chat Health - ages 11-19, countywide. Monday -Friday 8.30am-5pm**

A confidential text messaging service offering advice & support around MHEW. Young people can text 07507332473 & the team will respond within 24 hours.

- **E-motion online counselling - ages 12-18 countywide**

Offers free online counselling to young people living in East Sussex, Young people can self-refer to this service

- **i-Rock - ages 14-25 - Monday, Wednesday & Friday 11am-6pm**

Supports young people with issues relating to emotional & mental wellbeing.

- **Dragonflies CYP Bereavement Support - all ages**

Peer group sessions which encourage CYP to share their feeling & experiences of bereavement. 1.1 support is also available

- **Kooth - is your online mental wellbeing community. Access free, safe & anonymous support. Ages 12-24 years old**