

Help Yourself Toolkit: Staff Guidance

Supporting young people to care for themselves



For small group or one-to-one settings:
Useful activity for developing resilience and self-care

Resources needed

- Coloured paper / card
- Scissors
- Glue
- Old magazines / newspapers
- Crayons
- Felt tips
- Other craft materials to decorate – glitter / feathers etc



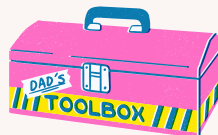
- The aim of this activity is to produce a visual representation of all the tools we each carry around with us inside: tools that can help us when we are feeling down or finding things difficult.
- It is important to include things that help the young person feel better long-term, not just quick fixes that sometimes make things worse.
- After they have made their own toolkit, using the above materials, they can share their toolkit with you, and talk through some or all of their self-care tools.
- You could make one first to show them as an example, or show them some examples of toolkits that staff and young people at SYC have made, which are on the next page.

SYC staff example



This toolkit shows:

- Avoiding caffeine / energy drinks: Even though I often grab these when I'm tired, they stop me sleeping well, which makes things feel even more difficult the next day.
- Eating healthily and doing exercise: When I'm stressed my natural reaction is to go for junk food, but I know that eating well and doing exercise is what helps me to feel better overall.
- Writing lists: If things feel too much, this helps me see clearly what needs doing and makes things seem more manageable
- Thinking positive: When I'm having a bad day, I write down 3 good things that have happened, even if they are tiny things, to help change my focus
- Listening to music: This takes my mind off things and cheers me up
- Talking to people / being with friends and family: Letting someone know and asking for help is the main thing that helps me when I'm struggling
- Dancing and having fun – this always cheers me up!



Some examples done by young people:

