

**Here are my top tips to help you –**

1. Writing – not a diary as such but a thoughts and feelings journal – put pen to paper - doesn’t matter what your writing looks like, what words you use, or if you draw or scribble – be honest - it’s yours and no one else’s. Imagine that you are on the motorway full of congestion, and you know that you are coming off the next exit into the countryside, and it’s a relief – writing will help to clear that congestion, and hopefully, eventually, be a relief for your mind.
2. Talking to a friend – someone that you can trust – who will not break your confidence!
3. Talking to a trusted adult eg a teacher – that’s what they are there for – to guide the younger person!
4. Talking to a counsellor – if you can access one. They are there to hear what you are really saying and help you to help yourself
5. Keeping a happy journal – you will have good days as well! Write these down, as a reminder that not all days are bad. Or keep a big jar, and write down the good days and the date it happened. Then on New Years Eve, open it up, and look back at the amount of days that were brilliant.
6. Working through setting boundaries – get a big (I mean big!) sheet of paper and write down what you are happy with or will accept or are ok with, and the opposite as well. And put these into practise.
7. Deep breathing (I know that old cliché – but it works!!) deep breath in, and long breath out – preferably sitting down, as you really don’t want to pass out….Your muscles will relax, as when deep breathing there is absolutely no way you will remain tense! Or, imagine that your whole body is wobbly like a jelly – that could work too!
8. Social media….the do’s and don’t’s – set yourself a time limit on how much time your spend on your phone/ipad/laptop etc. If someone is upsetting you on social media – BLOCK THEM! SIMPLES! Or come off the app! Switch it off at least an hour before bedtime, and chillax……………….zzzzz
9. Get a jar, box or something similar and write down certain scenarios that have troubled you, and then write down how you coped/dealt with it. When you come across a similar situation, dig it out and remind yourself what worked for you. Different things work for different people!