

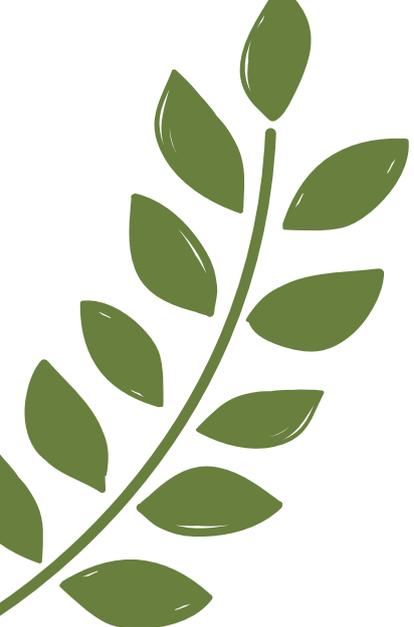
**From Me To You**



**Mental Health**

**Journal**



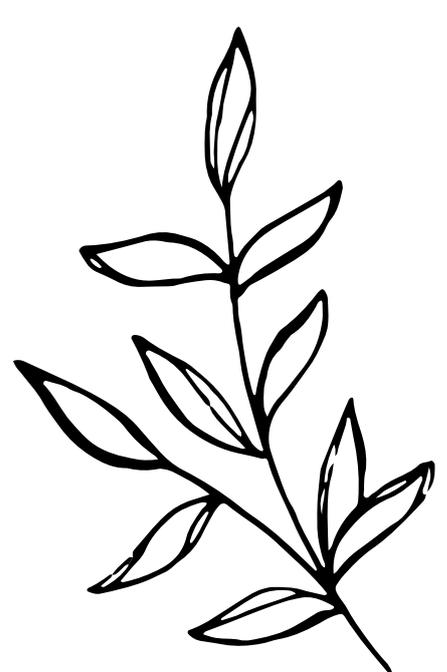
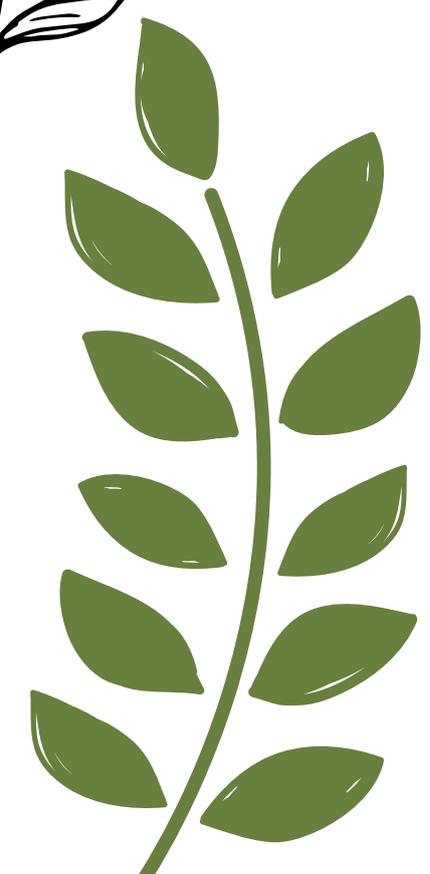


**Enjoy This Journey  
We're About To Take  
You On...**



**Your Name:**

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# ***Acknowledgements***

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The following members contributed to raise money for the resources needed to print copies of this journal and donate the remainder to mental health charities.

## **Project members:**

Guneeka Chitkara

Ryan Reeves

Hapsetsut Semakula-Buuza

Keira Curtis-Mcnab

The following members contributed towards pitching our idea and creating awareness on mental health

# YOU ARE NOT ALONE!

1 in 4 people in the world will be affected by mental or neurological disorders at some point in their lives. Around 450 million people currently suffer from such conditions, placing mental disorders among the leading causes of ill-health and disability worldwide.

## UNSTOPPABLE

'Unstoppable means we never give up. It means we work to make sure everyone can get mental health support, whoever they are, whatever their race, gender, sexuality, disability or beliefs'-*mind*

## PHYSICAL HEALTH

There are strong links between physical and mental health problems. Research has found that **30%** of people with a long-term physical health problem also have a mental health problem and **46%** of people with a mental health problem also had a long-term physical health problem.

**YOUR MENTAL HEALTH IS VERY IMPORTANT. IT'S OKAY TO ASK FOR HELP**

**Don't be scared to reach out**

**IF YOU NEED SOMEONE TO TALK TO:**

Samaritans: 116 123  
SANEline: 0300 304 7000  
The Mix: 0808 808 4994  
Papyrus HOPELINEUK: 0800 068 4141  
Switchboard: 0300 330 0630 (CALM): 0800 58 58 58

# IT DOESN'T GET EASIER, YOU JUST GET STRONGER

Mental health is the inner emotional resilience which allows us to enjoy life and survive pain, disappointment and sadness. It is a positive sense of well-being and an underlying belief in our own, and other's worth.



As you read through this booklet, please be aware that everybody is different. Signs and symptoms vary for each individual. Hence, different self-help techniques may be required. Always remember to seek help if needed



Just because your health problem cannot be seen, it doesn't mean it is not a medical problem. You are never alone and there is always someone who can help you heal

Anyone and everyone experiences mental health problems. Our first step in erasing the stigma around it is to talk more openly about it and gain a deeper understanding about the different mental health illnesses. The upcoming pages will explain in more detail about some of the most common mental health illnesses.

# What Are *Anxiety disorders?*

**An anxiety disorder differs from normal anxiety as it is more severe and long-lasting.**

Anxiety can vary in severity from mild uneasiness through to a terrifying panic attack.

A very common type of anxiety is GAD (generalised anxiety disorder), it is a long-term condition that creates worry about a wide range of issues, rather than 1 specific event. It is estimated to affect 5% of the UK, and slightly more women than men are affected by this.

Anxiety can cause many different symptoms- it could affect how you feel mentally, physically and how you behave. Examples of each can be seen below: headaches, chest pains, breathlessness, shaking, getting tense, feeling tearful, obsessive thoughts, difficulty concentrating and sleeping, not enjoying leisure time, struggling to form/ maintain relationships + compulsive behaviour.

**If you're struggling with mild anxiety, you have to keep reminding yourself that it is not permanent, there are things you can do to try and help:**

Try talking about your feelings with friends, family, health professionals...

Use calm breathing exercises.

Exercise- activities such as football, swimming or yoga will help you relax  
eat a healthy diet.

consider peer support- there is such a big support network available online  
search and download relaxation and mindfulness apps from the NHS library.

**ALWAYS SEEK PROFESSIONAL HELP IF THESE SELF-HELP STRATEGIES DO NOT WORK FOR YOU!**



**Remember, you are not  
alone, and you will get  
through this :)**

# DESCRIBE YOUR MOOD

In these clouds, write down all of your thoughts and feelings that you are having. They can be happy thoughts, sad thoughts, worried thoughts, excited thoughts!



# What Is *Depression*?

Depression affects people in different ways and can cause a wide variety of symptoms ranging from feelings of unhappiness to losing interest in things you used to enjoy.

Symptoms of depression can be seen in a wide range from constantly feeling low in spirit to severe.

## What causes depression?

Sometimes there can be a trigger such as life changing events. Additionally, people with a family history of depression are more likely to experience it themselves, but you can also become depressed for no obvious reason.

## Living with depression

A lot of people living with depression benefit by making lifestyle changes, such as getting more exercise and eating healthy. By educating yourself, such as reading a self-help book or joining a support group, will allow you to gain a better understanding of your situation. Even by sharing experiences, people with similar situations will be able to be supportive and gain ideas and insight into their own situation.

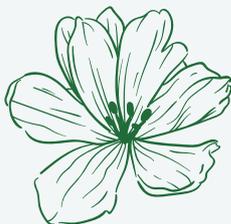
Although you may be feeling very unhappy in the present, remember, that it's not permanent and that you will overcome it. Don't let depression get the better of you, don't let it win.

## Depression support sites

**Samaritans** (to talk about anything that is upsetting you- always available)

phone number: 116 123

email: [jo@samaritans.org](mailto:jo@samaritans.org)



**SANEline** (experiencing a mental health problem or supporting someone else)

phone number: 0300 304 7000 (4.30pm-10.30pm everyday)

Always seek professional help if these self-help tips don't work for you!

# DON'T GIVE UP

# What Are

# Eating disorders?

An eating disorder is a disturbance in eating habits. This can occur due to a young person eating as a way to exert control or divert their emotional pain.

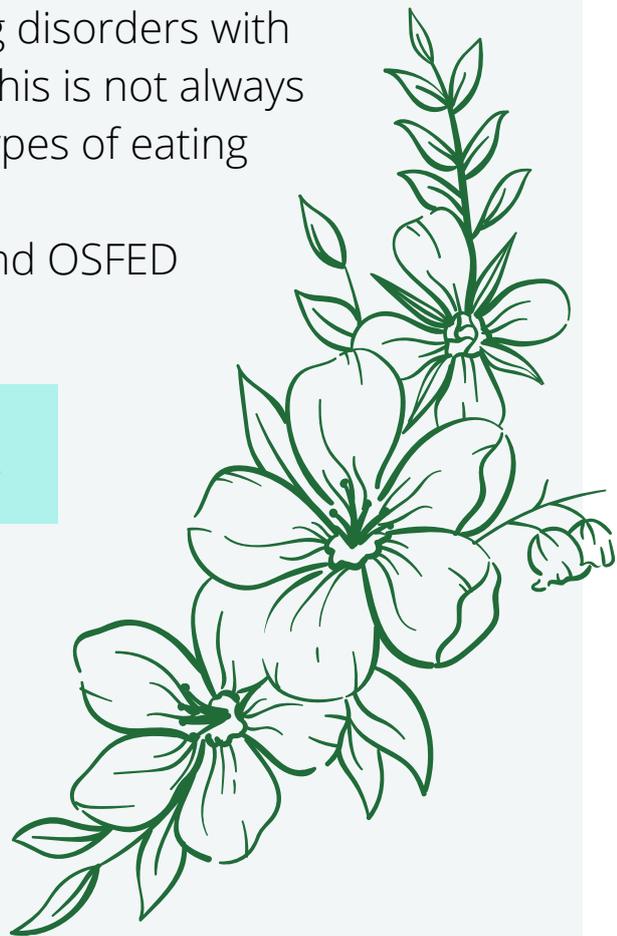
Although many people associate eating disorders with being malnourished and underweight, this is not always the case. There are many different types of eating disorders; such as bulimia, anorexia, binge-eating and OSFED

## WHO TO CONTACT

**Phone number: 08088010677**

How you can help others with an eating disorder:

Give your time to them, don't give advice or criticism, just listen to them  
keep trying to include them  
build up their self esteem, eg saying how much you appreciate them...



**Do not try and self-diagnose, please seek help from your G.P.**

ALWAYS SEEK PROFESSIONAL HELP IF THESE SELF-HELP STRATEGIES DO NOT WORK FOR YOU!

# Eat well Guide

Reflect on how balanced your diet is. Below make a record of how you can include a wide range of food. Make a key and mark your progress daily in

The boxes on the right.

MENU

M T W T F S

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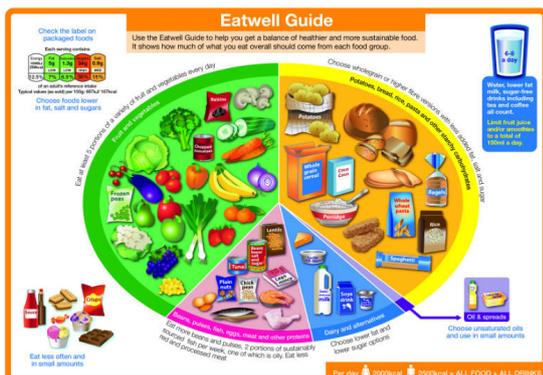
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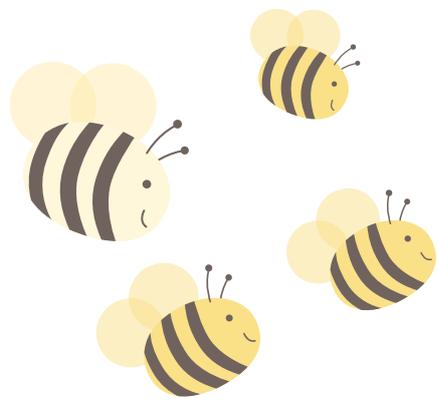
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NOTES







# HOW TO IMPROVE YOUR SELF-ESTEEM

## Be kind to yourself

- Learn more about yourself, what makes YOU happy and what YOU value in life.

## Challenge yourself

- Try and make new friends
- Set small goals like learning a language
- Play a sport

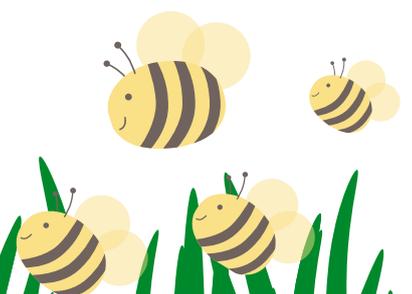
## Learn to be assertive

- Practise saying no
- Put yourself first
- Give yourself time to get used to it:

The longer, the easier

*'Be proud of yourself for how hard you're trying.'*

*'Don't be so hard on yourself, you're doing okay.'*





# ***EXERCISE***

## **And how it can help**

Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety. It also plays a role in preventing the development of mental health problems and in improving the quality of life of people experiencing mental health problems.

As well as releasing endorphins in the brain, physical activity helps to relax the muscles and relieve tension in the body. Since the body and mind are so closely linked, when your body feels better so, too, will your mind.

It is recommended that you get at least 30 minutes of exercise per day.

This will contribute to:

- Better sleep
- More energy
- Sharper memory
- Better concentration
- Reduced muscle tension
- Improved resilience

# HABIT TRACKER

---

Use this tracker to keep on top of managing certain habits.  
Use the boxes below to tally so you can visually see what  
you do the most.

---

## HABIT

## TALLY

TOTAL:

TOTAL:

TOTAL:

TOTAL:

TOTAL:

TOTAL:

**'BELIEVE YOU CAN AND YOU'RE  
ALREADY HALFWAY THERE.'**

MY GREATEST *Achievements!*

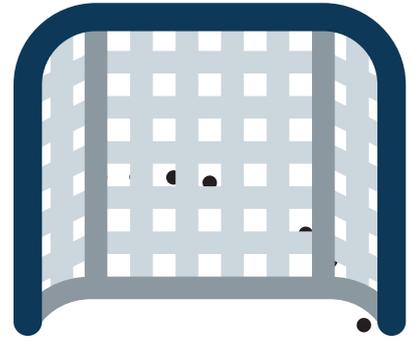


A large, empty rectangular area with a dotted black border, intended for writing achievements.

WHAT ARE YOU PROUD OF? WRITE DOWN EVERYTHING YOU CAN THINK OF,  
ACCEPT THE PRIDE YOU FEEL AND DON'T RESIST TO EXPRESS YOURSELF :)



# MY ASPIRATIONAL *Goals!*



RIGHT, YOU'VE JUST WRITTEN DOWN ALL YOUR ACHIEVEMENTS.  
NOW HAVE A GO AT WRITING DOWN YOUR GOALS, FAR FETCHED  
OR NOT, IT'S STILL IMPORTANT TO THINK AHEAD INTO THE  
FUTURE! REMEMBER, DON'T GIVE UP ON YOUR DREAMS,  
THEY'RE YOURS TO MAKE HAPPEN.



# Poem Time!

-MY POEM-

*'There is no shame in being honest. There is no shame in being vulnerable. It's the beauty of being human.'*

*'You don't have to control your thoughts. You just have to stop letting them control you.'*

"Our deepest fear" A poem by Marianne Williamson

*'HOPE. Hold on, pain ends.'*



-Your Task-

Get creative and express how you're feeling today by writing a poem! Write about something from the heart- here are some inspirational quotes to get you going...

# MY MUSIC PLAYLIST



DRAW HOW YOU FEEL WHEN YOU  
LISTEN TO MUSIC:

1)

2)

3)

4)

5)

6)

7)

8)

9)

10)



### -Questions-

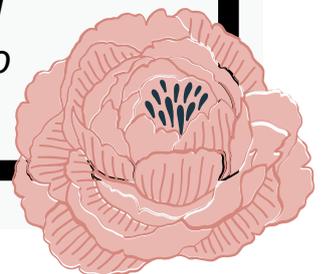
What does the music make you reflect on? What strong emotions rise to the surface? Does listening to music help you to deal with anything in particular?

List your ideas here:

### INSPIRATIONAL QUOTES FOR TODAY

*'Give yourself the same care  
and attention that you give to  
others and watch yourself  
bloom'*

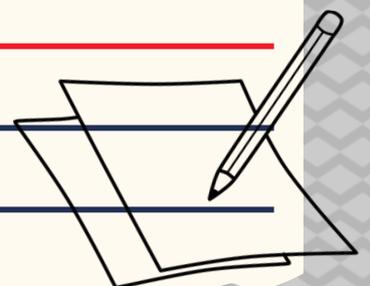
*'Not everything  
that weighs you  
down is yours to  
carry'*



**TASK: Write a letter to your future self. Encourage your ambition by writing about what you want to achieve and how you are feeling. Don't be afraid to be honest with yourself.**



A large white rectangular area containing horizontal lines for writing. The lines are arranged in a repeating pattern of a red line at the top, a dark blue line in the middle, and another red line at the bottom of each section. There are 12 such sections, providing ample space for writing a letter.



Where do you fancy travelling to when you're older? Asia, or maybe even Africa? Start planning your dream locations now, you've got nothing to lose! Add to this list over time :)



**My Travel List**



# **EXPOSE** *Yourself*



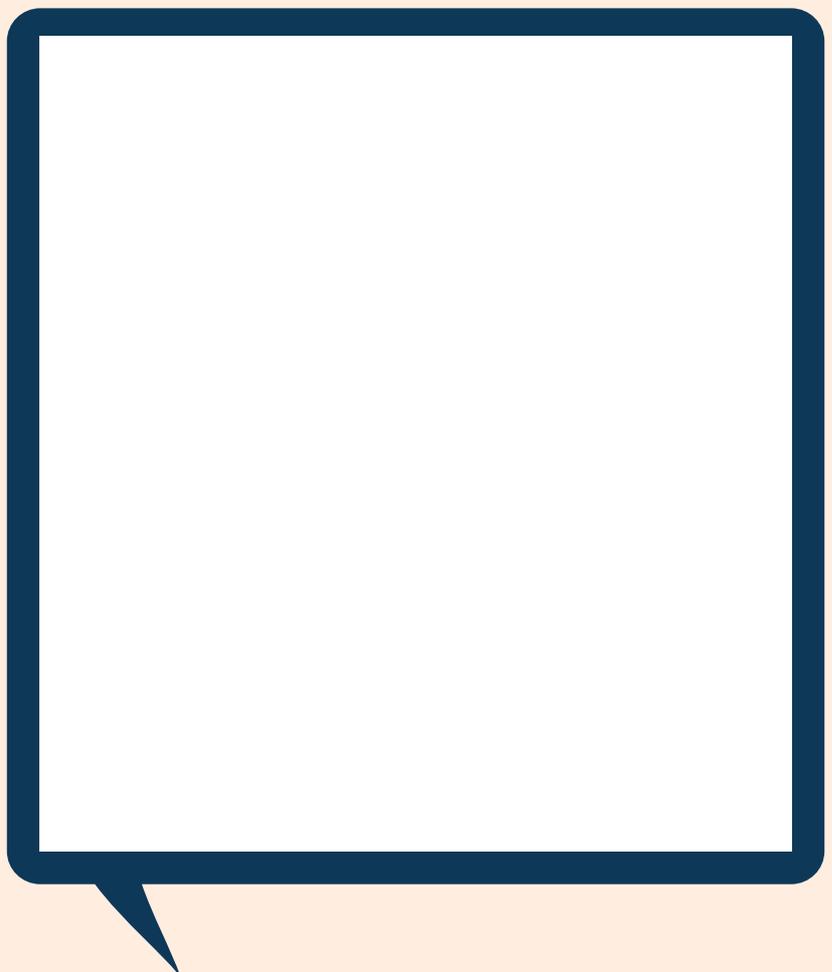
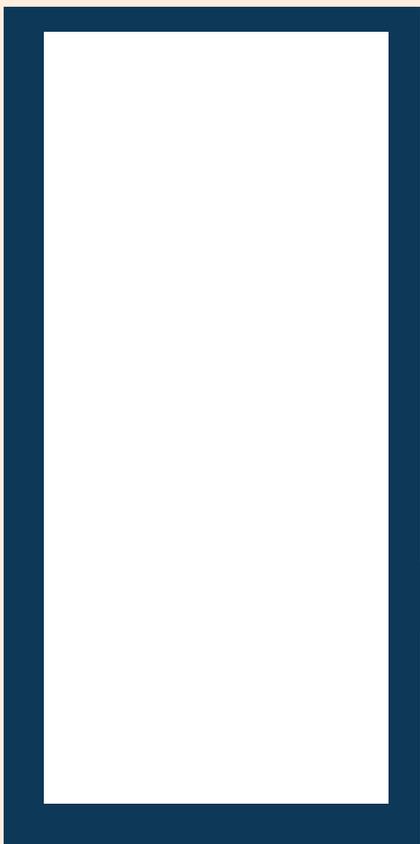
A large, empty light blue rectangular area intended for writing or drawing.

- Your Task -

What are the things that you have never told anyone, something that has never been mentioned, its time for you to reveal these things, get these things of your chest and allow people to finally see the real you. Write down at least one thing that you have never let out into the open and draw it or write it out and show someone.....

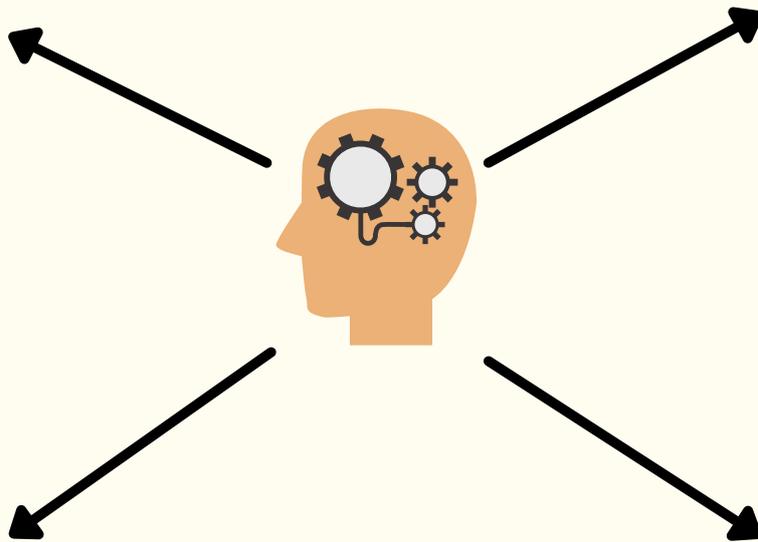
# MY COMPLIMENTS

Write down all the nice things people have said to you. We are all unique and are amazing in our own way. It is important to remember this! As you are writing them down, think about how they make you feel.



# HAPPIEST MEMORIES

As the title suggests, aim to mind map all those key memories which made you laugh and smile the most! Reflect back on how positive and free you felt.



# POWER OUTFIT

It's time for you to express yourself and find the strength within you! Draw an outfit which best describes you and makes you feel bold and powerful.



# SELF LOVE

Go wild and write down everything you love about yourself. It's important to acknowledge this- after all, you compliment others often, why not do the same to yourself?

What I love about myself is ...

A writing area with horizontal green lines on a yellow background. The lines are evenly spaced and extend across the width of the writing area. The area is intended for writing down things the user loves about themselves.

# What are you excited for?

- What are you excited for in the summer holidays?
- Where do you see yourself in 5 years?
- Who makes you happy?
- Who do you see yourself with in the future?

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Blank dashed-line box for writing.

# THE TRUTH WILL SET YOU FREE

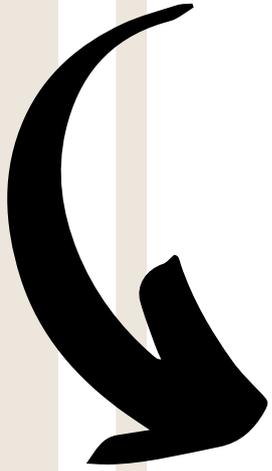


-Your Task-

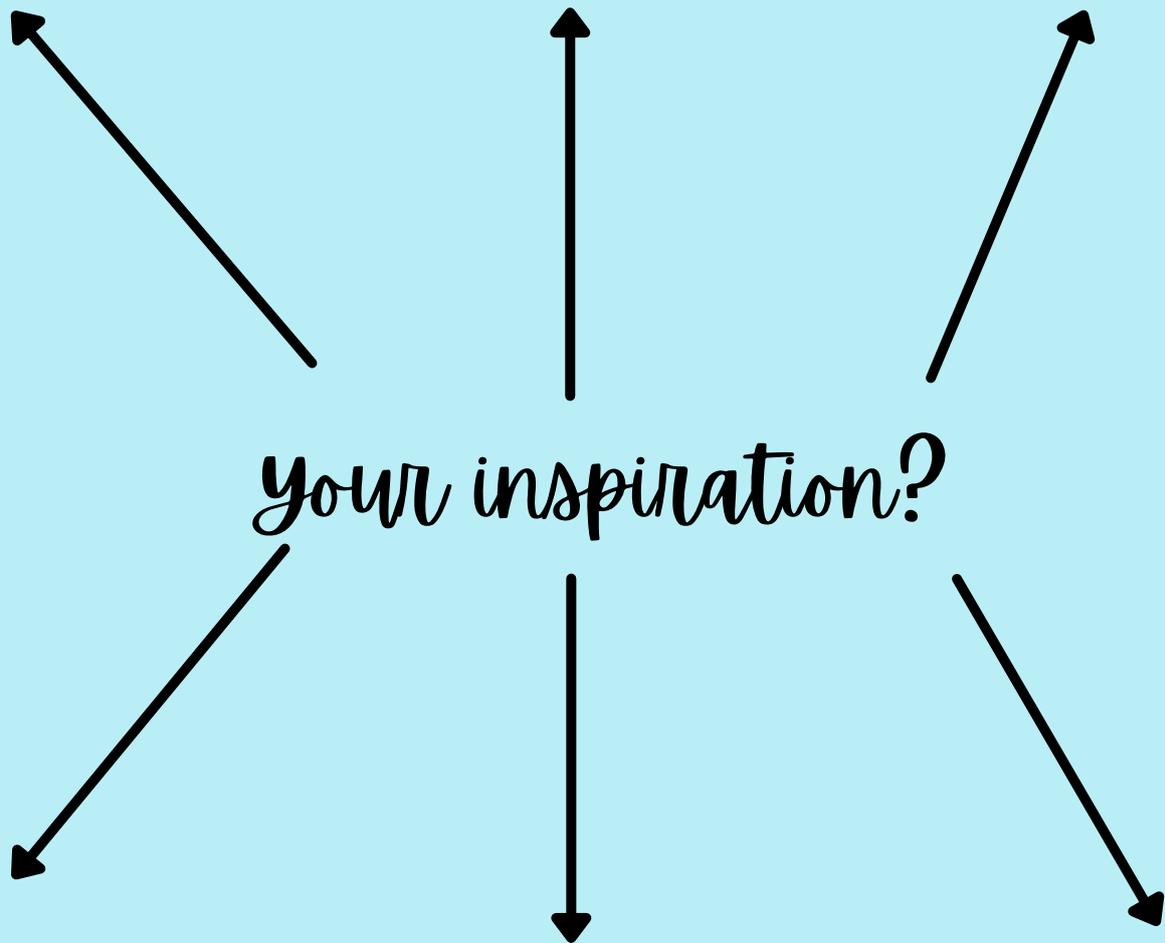
It's time for you to reveal the mistakes you have made in the past, think about the worst things you've ever done and write it down, then go back and talk about what you have learnt from this experience and how you could move forward in the future. Understand that you need to acknowledge these things .....

# RANT BOX

Write anything you want to get it off your chest!



Who is....



Who inspires you? Who brings out the best in you? Write down the people who you look up to...

# Positivity Word Search

D	I	L	R	C	O	C	S	A	T	O	N	P	E
A	C	T	I	V	E	H	S	C	R	F	H	N	V
E	X	C	I	T	E	D	E	C	O	H	E	E	P
O	E	R	L	T	E	C	N	O	F	P	C	E	X
O	S	E	L	O	V	E	R	M	F	H	I	E	J
F	E	F	F	C	S	C	E	P	E	S	C	R	O
N	T	E	S	L	S	H	H	L	S	E	H	T	Y
P	J	P	A	E	E	C	T	I	H	I	E	F	E
E	S	O	S	E	C	A	E	S	T	P	E	E	G
S	G	A	T	L	C	H	G	H	F	C	R	L	E
E	U	N	U	F	U	D	O	N	R	P	F	P	E
O	L	S	R	F	S	U	T	M	A	I	U	F	O
R	C	I	T	S	I	M	I	T	P	O	L	E	E
I	D	E	H	A	P	P	I	N	E	S	S	H	L

**EXCITED, EFFORT, FUN, LOVE, TOGETHERNESS,  
SUCCESS, OPTIMISTIC, CHEERFUL, HAPPINESS,  
JOY, ACCOMPLISH, ACTIVE, GOALS**

# Get Help Wordsearch

O	X	I	R	O	F	M	O	V	I	E	S	A	S
S	S	S	C	R	E	E	K	A	E	P	S	A	C
O	M	U	R	O	E	T	R	U	S	T	F	E	T
P	S	E	E	K	A	P	R	E	L	A	X	S	A
E	D	I	S	C	O	V	E	R	E	A	N	I	D
M	U	S	I	C	P	P	O	E	M	S	M	F	S
M	P	D	O	I	M	S	X	E	O	T	E	R	E
N	A	E	B	H	E	M	A	N	T	E	B	I	N
E	D	S	I	O	S	D	U	I	I	A	V	E	I
F	B	T	L	C	O	Y	U	L	P	C	L	N	L
I	F	R	F	T	A	K	O	N	E	H	S	D	P
N	R	E	O	I	O	L	S	O	R	E	H	S	L
D	S	S	L	F	K	I	M	U	O	R	E	I	E
E	T	S	Y	L	I	M	A	F	C	S	S	K	H

**BOOKS, FRIENDS, FAMILY, FIND, CALM,  
ONLINE, SPEAK, SEEK, RELAX, TRUST,  
TEACHERS, POEMS, DISCOVER, DESTRESS,  
MUSIC, MOVIES, HELPLINES**

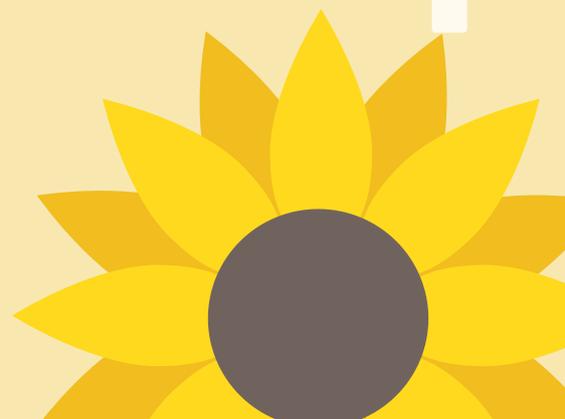
**- Your Task -**

**go through this list and try and complete all of them**

**A  
C  
T  
I  
V  
I  
T  
Y**

**C  
H  
E  
C  
K  
L  
I  
S  
T**

- 1. PHONE A FRIEND**
- 2. DO AN EXERCISE ROUTINE**
- 3. GIVE YOURSELF A MASSAGE**
- 4. COMPLETE A CROSSWORD**
- 5. DANCE LIKE NO ONE'S WATCHING**
- 6. TAKE A BATH**
- 7. TRY KNITTING**
- 8. BAKE SOMETHING**
- 9. MEDITATE**
- 10. WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR**
- 11. READ FOR 15 MINUTES BEFORE BED**
- 12. WRITE A LETTER TO A FIREND/ RELATIVE**
- 13. COOK A MEAL FOR YOURSELF**
- 14. GO ON A BIKE RIDE**
- 15. GIVE YOURSELF A FACIAL**
- 16. TAKE A WALK IN NATURE**
- 17. TAKE A PHOTO OF SOMETHING WHICH WILL MAKE YOU HAPPY**
- 18. WRITE DOWN SOMETHING POWERFUL THAT YOU HEARD TODAY**
- 19. PAINT A ROCK**
- 20. WRITE DOWN SOMETHING YOU DID TODAY WHICH MADE YOU PROUD**
- 21. WRITE DOWN NEGATIVE THOUGHTS AND SCRIBLLE THEM AWAY**
- 22. CREATE A LIST OF BOOKS/FILMS YOU WANT TO READ/SEE**
- 23. COMPLIMENT SOMEONE**
- 24. DRAW A HAPPY MEMORY**
- 25. DO SOME GARDENING**
- 26. EXPERIMENT WITH HAIRSTYLES/ MAKEUP**
- 27. WRITE A LETTER TO YOUR FUTURE SELF**
- 28. WASH THE CAR**
- 29. HAVE A MINI PHOTOSHOOT**
- 30. START A DIARY**
- 31. TRY A NEW FOOD**
- 32. GO WINDOW SHOPPING**
- 33. START AN ART PROJECT**
- 34. SET YOURSELF A MINI CHALLENGE**
- 35. TIDY YOUR ROOM**
- 36. PLAY A GAME WITH YOUR FAMILY**
- 37. VISIT A LOCAL ATRRACTION**
- 38. FIND A NEW RESTAURANT TO EAT AT**
- 39. FIND A NEW SONG THAT INSPIRES YOU**
- 40. PLAY A GAME WITH YOUR FAMILY**



# Get Some Inspiration

*be proud of yourself for how hard you're trying*

NOT EVERYTHING THAT WEIGHS YOU DOWN IS YOURS TO CARRY

**ONE THING AT A TIME**

HOPE: HOLD ON, PAIN ENDS

*your mistakes do not define you*

BE KIND TO YOUR MIND

***Give yourself some credit for how far you've come***

- TASK -

PICK ONE OF THESE QUOTES OF ENCOURAGEMENT AND TRY TO REMEMBER IT AND REPEAT IT TO YOURSELF 5 TIMES THROUGHOUT THE DAY

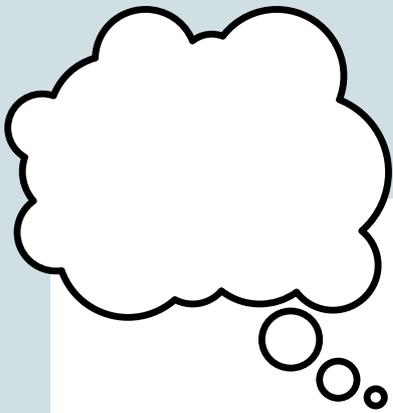
# QUOTE OF THE DAY !!!

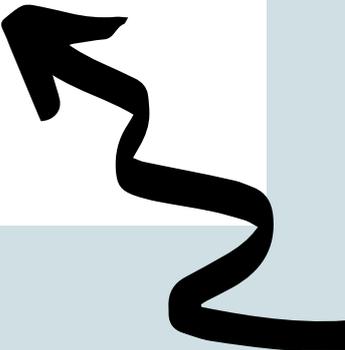
**DO SOMETHING  
TODAY THAT  
YOUR FUTURE  
SELF WILL THANK  
YOU FOR.**

Our actions and decisions today will shape  
the way we will be living in the future.

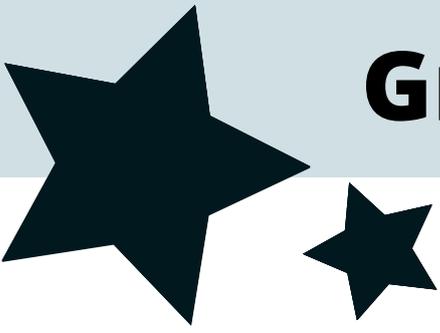
# Gratitude Log

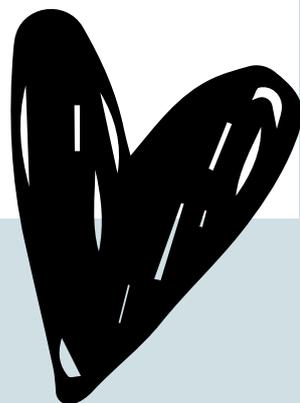
Write down something that you are grateful for each day.



# Gratitude Log





It is a necessity to  
take care of  
yourself, love  
yourself and to  
make your  
happiness your  
priority



# Notes to Self

These pages are free for you to express yourself  
and reflect on anything that pops into your  
head....

# Notes to self

# Notes to Self

# **SOCIAL MEDIA ACCOUNTS TO FOLLOW**

ED recovery accounts:

Michaela's Motto(IG),

Diandra Moreira(IG),

Dr. Colleen Reichmann(IG),

Self-love and self-care accounts:

Joanna Konstantopoulou(IG),

Lizzo(IG),

Sean\_flanagann (tiktok)

Tips on suffering from anxiety:

The latest Kate(IG),

Following accounts that destigmatise mental health will ensure that your algorithm alters to show you ways of keeping a positive algorithm.

---

**YOU ARE NOT ALONE**

# TALK TO US

## OFF THE RECORD

Non- profit organisation that offers free online counselling and a range of resources on mental health

*"Without the Young Carers Service I would never have been able to sort out my education and wouldn't be where I am today."*

Young carers play a special role in caring for others, but that often means you have to grow up fast! Caring for someone can sometimes leave you feeling stressed, tired and alone, with little time for yourself and lots of responsibilities.

It is really important that you're able to enjoy yourself and feel a sense of achievement in all that you do. We are here to support you whilst you make a positive contribution to the lives of others.

*"Coming to the Young Carers Service has helped me build friendships and I feel happy here."*

### GETTING SUPPORT

Anyone can contact us to find out more information or to make a referral. When you get in touch we'll be able to offer you a Young Carers Assessment to let you know what kind of support is available, what activities are happening and also find out what would be helpful for you.

<https://www.talkofftherecord.org/>

The following link will allow you to access the charity website where there are more coping tools and other resources to help you mentally heal.

# ***mind***

"mind" is a charity dedicated to help you support yourself and others

*"We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding."*

*We won't give up until everyone experiencing a mental health problem gets support and respect."*



<https://www.mind.org.uk/>

The following link will allow you to access the charity website where there are more coping tools and other resources to help you mentally heal.

*It's time for you to track your mood*

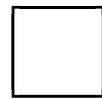
# TRACK YOUR MOOD

throughout the day tell us how you are feeling and tick them off throughout the day, pick different colours that you can associate with each mood

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
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29												
30												
31												

Key:

(Colour in the boxes)



JOYFUL, HAPPY, RELAXED,  
SILLY, CONTENT, GREAT



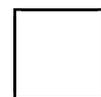
NORMAL, AVERAGE,  
UNEVENTFUL, GOOD,  
DECENT



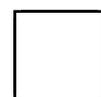
PRODUCTIVE, ENERGETIC,  
ACTIVE, ALIVE, MOTIVATED



SICK, TIRED, LAZY, BORED,  
UNMOTIVATED



SAD, LONELY, DEPRESSED ,  
INSECURE, NUMB, LETHARGIC



SAD, ANGRY, GRUMPY, FUSTRATED,  
ANNOYED

