

Take Care of Yourself Every Day

Name:

Date:

How am I feeling today?

Take the time you need to think deeply and use words (like anxious, lonely, tired, stressed etc) that can help you find solutions. How long have you been feeling this way?

What can I do if I'm not feeling like myself today?

Can you consider phoning someone, pushing yourself to get out and do something you enjoy, deal with something you've been putting off, relax...What can you do to help yourself?

What has helped me in the past if I have been struggling?

Keep the focus on things that have REALLY helped. Don't include suggestions that could have longer term negative consequences for you.

Who can I call/speak to if I'm really struggling?

If you need help now: Samaritans on 116 123 (24 hours) or text 07725909090. Breathing Space on 0800 838587 (24 hours over weekend and 6pm to 2am Monday-Thursday). SHOUT 24/7 text 85258. Call your GP or NHS 24 on 111.

What do other people need to know about me to help me if I'm struggling?

Think about practical & emotional things like responsibilities you have, what you care about and your beliefs.

Use more pages if you need to