

MOVE ON



Mental Health & Wellbeing Toolkit



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Grounding

Shelf of support :

Visualise a shelf of things, places, people that help.

Grounding Five Senses 5-4-3-2-1:

- 5 things you see
- 4 things you can touch
- 3 things you can smell
- 2 things you can hear
- 1 thing you can taste

This helps to focus on the here and now and ground yourself.

Play certain frequencies to keep calm:

This Solfeggio tone generator is helpful as you can adjust tones to your own liking.



Rating

How do you feel from 1-10?

1 2 3 4 5 6 7 8 9 10

This can help you and other people understand where you are at that day. You can have a list of things that may help. You could do this with someone or on your own.

If you are at the lower end of the scale some days, then you can share that number or keep it to yourself and you may not do things that involve too much concentration or involve getting out of our comfort zone on that day.



The Traffic Light Tool

You can personalise this. Everyone is different. You can go through this yourself or with someone else.

This tool can help you notice your early warning signs and help you actively manage your well-being.

It's helpful to consider what red, amber and green would look like for you.

For more detailed examples and information on this useful tool please visit the link in the code below.



NHS wellbeing planning tool

Red:



Feeling stressed? Stop! Time to do something straight away.

Amber:



Feeling a little stressed? Time to do something different.

Green:



I'm ok, no need to do anything differently.

Mindfulness of emotions

Naming the emotion so you know what you are feeling can help you to cope with emotions, and can help you learn what triggers you.

- *Notice the feeling, and what it feels like.*
- *Name the emotion, what is it?*
- *What word best describes what you are feeling? Angry? Sad? Anxious?*

Accept the emotion.

It's your body's natural reaction. It can help to think about what happened to make you feel that way. What was it? What happened?

Investigate the emotion.

Allow the emotions and thoughts to come into your mind and allow them to pass. When you notice you are engaging with the thoughts, judging them, or yourself for having them, just notice, and bring your attention back to your breathing and the physical sensations of the emotion.

This mindfulness technique involves paying attention to the present moment without judgment. It can help reduce stress and improve mental well-being.

Fear Ladder/Goals

You can use the ladder to set goals. If you imagine your goal is at the top of the ladder and then consider each step you would need to take to get there from the bottom of the ladder. This helps create a plan to achieve your goal and/or work forwards overcoming a fear.

For example: *If your goal is going to a group to meet new people. What steps would you take to achieve this?*



Boundaries & keeping safe

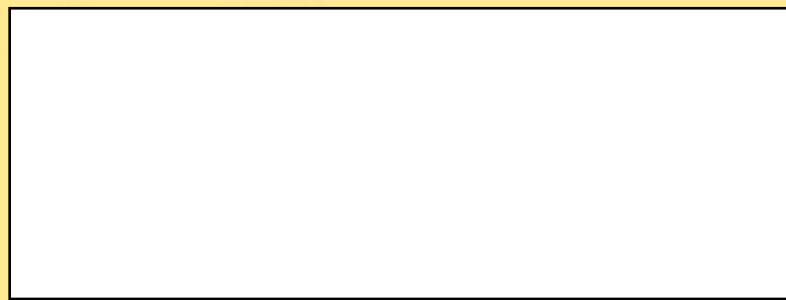
What are your boundaries?



Personal boundaries are the limits we set for ourselves within relationships. These help to keep us safe. It's good for us to be aware of our boundaries and reflect on this.

Setting your boundaries

How do you set your boundaries?



Setting boundaries means communicating your needs and wants, and respecting the needs of others. Healthy boundaries can help you and those around you feel safe and respected.

Breathing Technique

Four squared box breathing

The four-square breathing technique, involves exhaling to a count of four, holding your lungs empty for a four-count, inhaling at the same pace, and holding air in your lungs for a count of four before exhaling and beginning the pattern anew.

Inhale 2... 3... 4



Rest 2... 3... 4

Exhale 2... 3... 4

Hold 2... 3... 4

Going out in nature: Walks & Green spaces:

Edinburgh examples:

- The Botanical Gardens
- Arthur Seat
- The Dean Village
- The Water of Leith Walkway
- Inverleith Park
- Portobello beach and surrounding area

Glasgow examples:

- Glasgow Green
- Kelvingrove Park
- Bontanic Gardens
- Victoria Park
- Pollok Country Park
- Tollcross



Some benefits of being in nature

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical well-being.

For example, doing things like growing food or flowers, exercising outdoors or being around animals can have lots of positive effects:

It can:

- *Improve your mood*
- *Reduce feelings of stress or anger*
- *Help you take time out and feel more relaxed*
- *Improve your physical health*
- *Improve your confidence and self-esteem*
- *Help you be more active*
- *Help you meet and get to know new people*
- *Connect you to your local community*
- *Reduce loneliness*
- *Help you feel more connected to nature*
- *Provide peer support.*



Further information from Mind UK

Self-care

What do you do for your self-care?



Going out
in nature

Doing things
indoors

Physical
activities

Mindfulness

Creative
activities

Emotional
well-being

Social
connections

Crisis Support

The Samaritans (24/7 support) - 116 123 or
email jo@samartians.org

SHOUT (24/7 text support) - 85258 or
www.giveusashout.org

Breathing Space - 0800 83 85 87

Opening hours:

Weekdays: Monday-Thursday 6pm to 2am

Weekend: Friday 6pm-Monday 6am

The Edinburgh Crisis Centre (24/7 Support) -
0808 801 0414 or text 0797 4429075

Mental Health Assessment Service (MHAS)
(24/7 support) - 0131 537 6000

NHS Greater Glasgow and Clyde Mental Health
Services Crisis Service – Telephone 0845 650
1730

NHS 24 - Call 111 and choose 'Option 2' to be put
through to the Mental Health Hub and speak to
a trained mental health worker.

Emergency Services phone 999

*This booklet was created in collaboration with
the young people at Move On.*

*These are tools and activities that they find
useful and we hope you do to.*

*Thank you to this group for sharing their ideas
and experiences.*



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moveon.org.uk