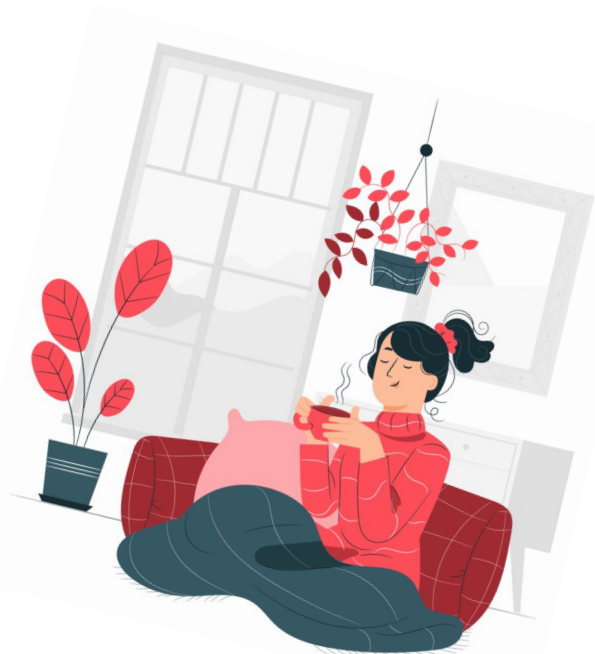




SELF HELP GUIDE

As an organisation we wanted to give you self care ideas and easy step by step guides to help you cope with the feelings you may be experiencing during the Coronavirus outbreak. We have included grounding techniques, mindfulness tips, puzzles, colouring pictures and much more.

We hope this can help during your time staying home and is for young people and adults alike.

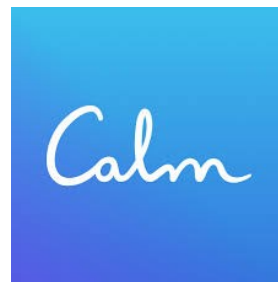
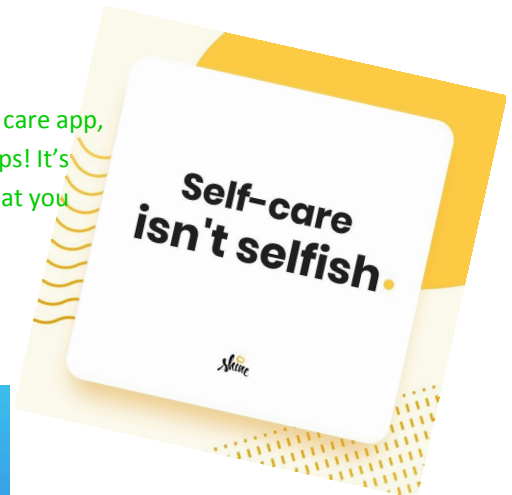


We know with staying at home means you have to make the most of what you have. This will probably mean you will be using your phones, tablets, laptops & computers a lot more! Here are some great (free and paid) apps that you could use!

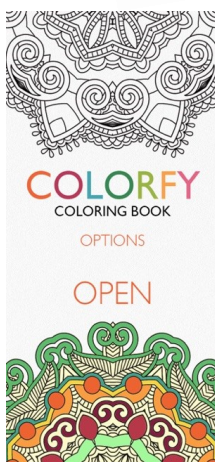


HEADSPACE -There are loads of meditation and mindfulness techniques to use!

SHINE– This is a female focused self care app, ready with daily self motivational tips! It's good to have a reminder of how great you are!

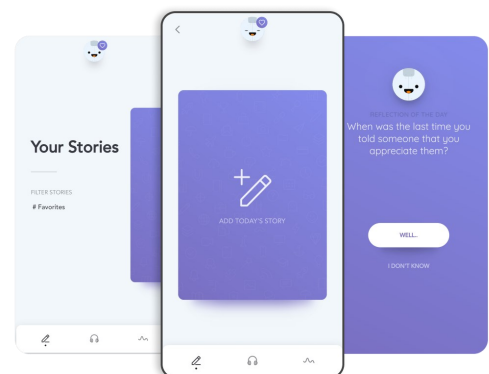


Calm-This is a calming and relaxation app. And its free. Focuses on improving your sleeping patterns, so if you are having trouble sleeping this might be worth trying out!



COLORFY- Colouring can be a relaxing experience, and a way to distract and occupy your mind.

REFLECTLY-Find it easier to write your feelings down? With this app you can keep a journal/diary.



CATCH IT– Aims to help you learn to manage your feelings, and make you look at a problem in a different way.

There is also our website where we have a number of self help guides aimed at helping with anxiety, self harm, anger, panic attacks and much more. Find out more– www.kcrasac.co.uk/our-services/self-help/

MAKING A SELF CARE BOX

Self care is ever more important at this challenging time, but we know it can be difficult to get the time you need to focus on yourself. However having a self care box with all of the items that will help you be **calm**, **make you smile**, **laugh**, **remind you of how great you are**, may make things easier!

Here's a few tips on what you could put in a self care box....



COLOURING BOOK

YOUR JOURNAL/DIARY—Anywhere that you can write down your feelings, aims & goals

FAVOURITE BOOK

FAVOURITE PERFUME/BODY SPRAY

PICTURES— anything that puts a smile on your face!

LITTLE TREAT— such as your favourite snack

TISSUES

COMFORTING PIECE OF CLOTHING— such as fluffy socks, favourite PJ's or favourite blanket

TEDDY BEAR

MINI PAMPER SESSION— such as nail varnish, hand cream & face mask. Anything that is indulgent

CANDLES

ESSENCE OILS

MOTIVATIONAL AIDS/CARDS

Personalise your box! For example; Stick pictures, sequins, lights to it. You want it to be a happy space!



Mindfulness is about living in the moment and being fully present. Present in your body, mind and surroundings. Research has found that being mindful can relieve stress, improve sleep and reduce anxiety.



Mind Full, or Mindful?

Source - mallorybecker.com

Here are some ways that we can all add mindfulness in our daily lives. Lets try and change our minds from being 'Full' to 'Mindful'.....

Breathe

Accepting how you feel whatever that may be. Acceptance allows you to work through your feelings.

Learn a breathing technique for when you feel anxious

Take pictures— enjoy and be present in your surroundings

Try and do one thing at a time

Set time limits

Pay attention to your senses!

Try Yoga or a meditation technique

Go outside— whether that be to the local shop, walking the dog or standing in your garden!

Notice when your mind wanders and try and bring it back

Try something new! Such as having a different lunch, sitting at a different desk at work or changing your route home. Might help to notice the world in a new way!

Grounding

With your senses

What are...



Here is a quick tip on grounding yourself using all your 5 senses... wherever you are!

Just follow this easy guide to ground yourself.

Things you can see

Some ideas...

Trees
Pictures



Things you can feel

SOFTNESS OF THE SOFA /
BED
COLD AIR



Things you can hear

Birds chirping
Cars passing



Things you can smell

Fresh cut
grass
Food



Thing you can taste

Sweet / savoury
Toothpaste

Breathing Exercise

Start at any "Breathe in" side, hold your breath at any point, then breathe out.

Keep going until you've gone around the whole star.



EFT

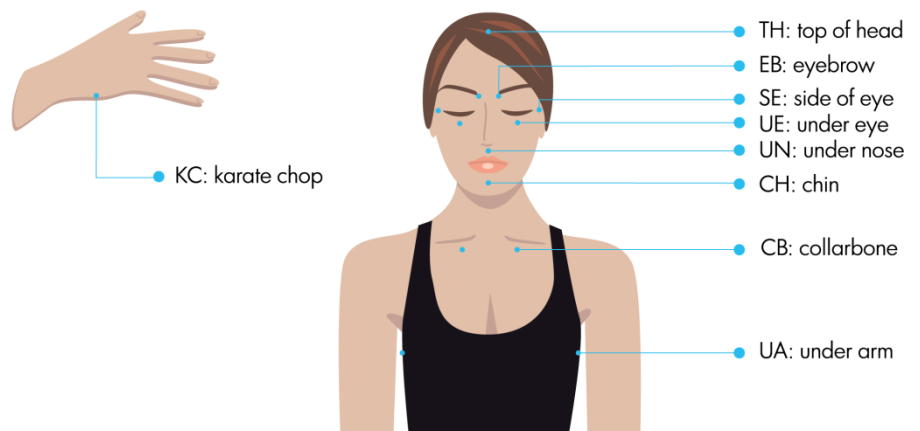
Emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupuncture. EFT can help when feeling anxious or overwhelmed.

Similar to acupuncture, EFT focuses on the meridian points — or energy hot spots — to restore balance to your body's energy. Meridian points are thought of as areas of the body energy flows through. Acupuncture uses needles to apply pressure to these energy points. EFT uses fingertip tapping to apply pressure. EFT can help to restore balance to your bodies energy.

Tap each point seven times, moving down the body in this order

- Karate Chop
- Eyebrow
- Side of the eye
- Under the eye
- Under the nose
- Chin
- Beginning of the collarbone
- Under the arm
- Top of the head

EFT Tapping Points



<https://www.healthline.com/health/eft-tapping>

**Manage Anxiety,
depression and
stress**

**Promote a deeper
mind-body
connection**

**Reduce
Tension**

**Pain
Relief**

Feelings journal...

Date;



What have I felt today / this week?



What has been positive for me today / this week?

What has made me happy today / this week?



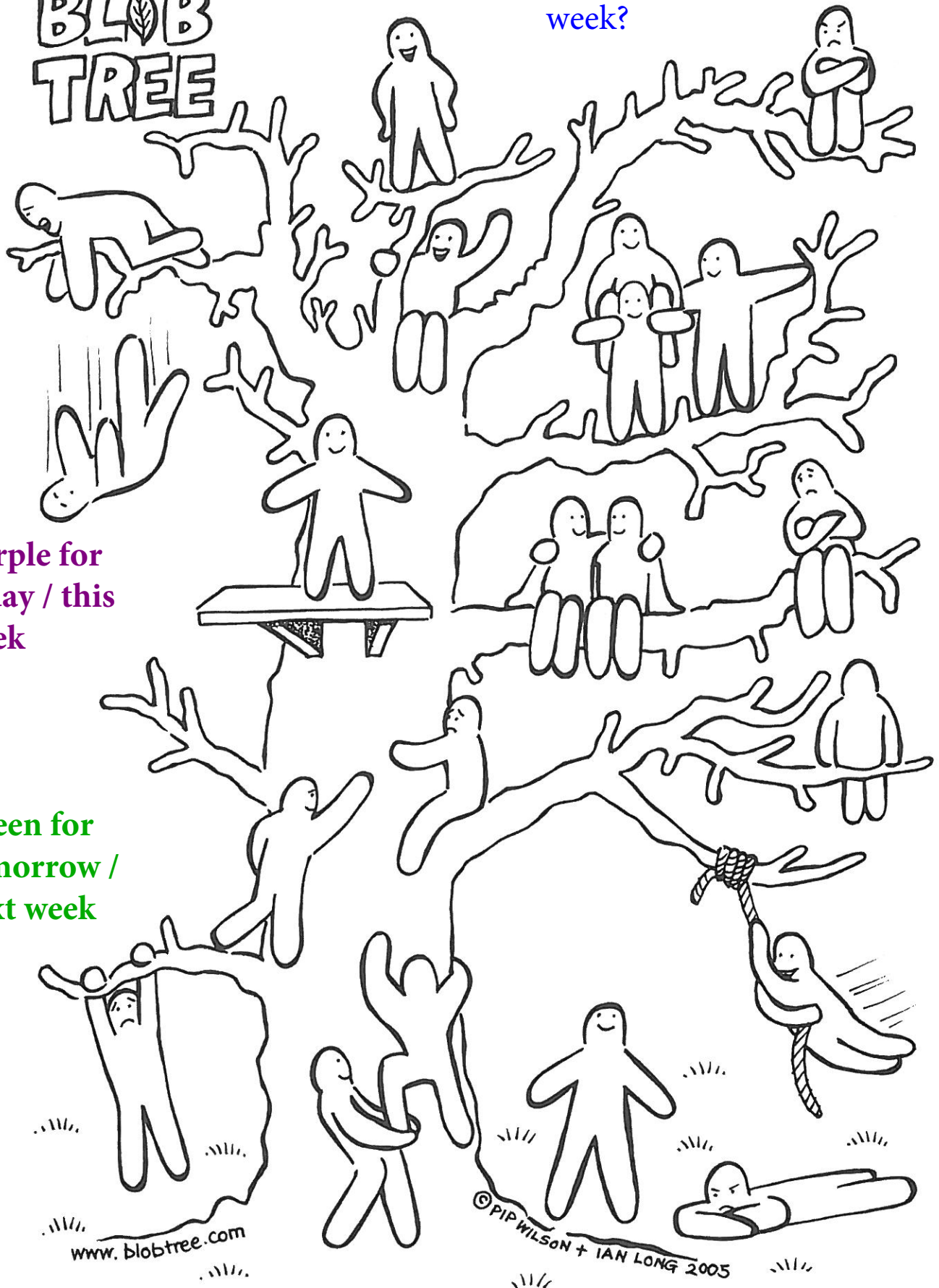
A summary of the day / week...

Why not try and colour in how you're feeling today / this week and how you want to feel for tomorrow / next week?

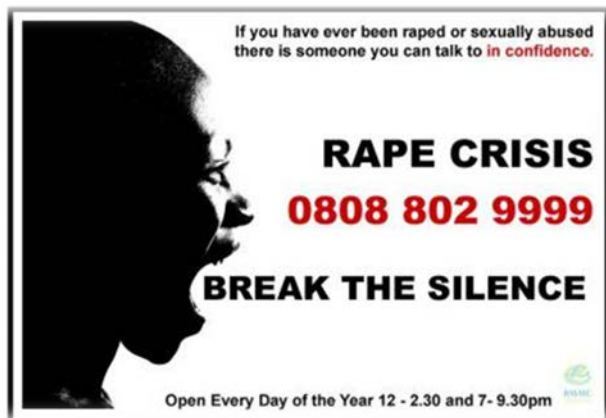
**BLOB
TREE**

Purple for
today / this
week

Green for
tomorrow /
next week



Here you will find
some helpful
numbers and links...



<https://rapecrisis.org.uk/get-help/>

NATIONAL DOMESTIC VIOLENCE HELPLINE
0808 2000 247
24/7 CONFIDENTIAL FREEPHONE

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

**Our Helpline Support
Service:**

01484 450040

Text only:

07983 628227

Current covid-19 number;

07903633909

<https://www.kcrasac.co.uk/>

**"It's alright to
ask for help"**

SAMARITANS



116 123

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



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

Here are some
educational links and
helplines for young
people and children

kooth

<https://www.kooth.com/>

<https://www.topmarks.co.uk/>

<https://www.primarygames.com/>

<https://www.sparklebox.co.uk/>



<https://www.twinkl.co.uk/>

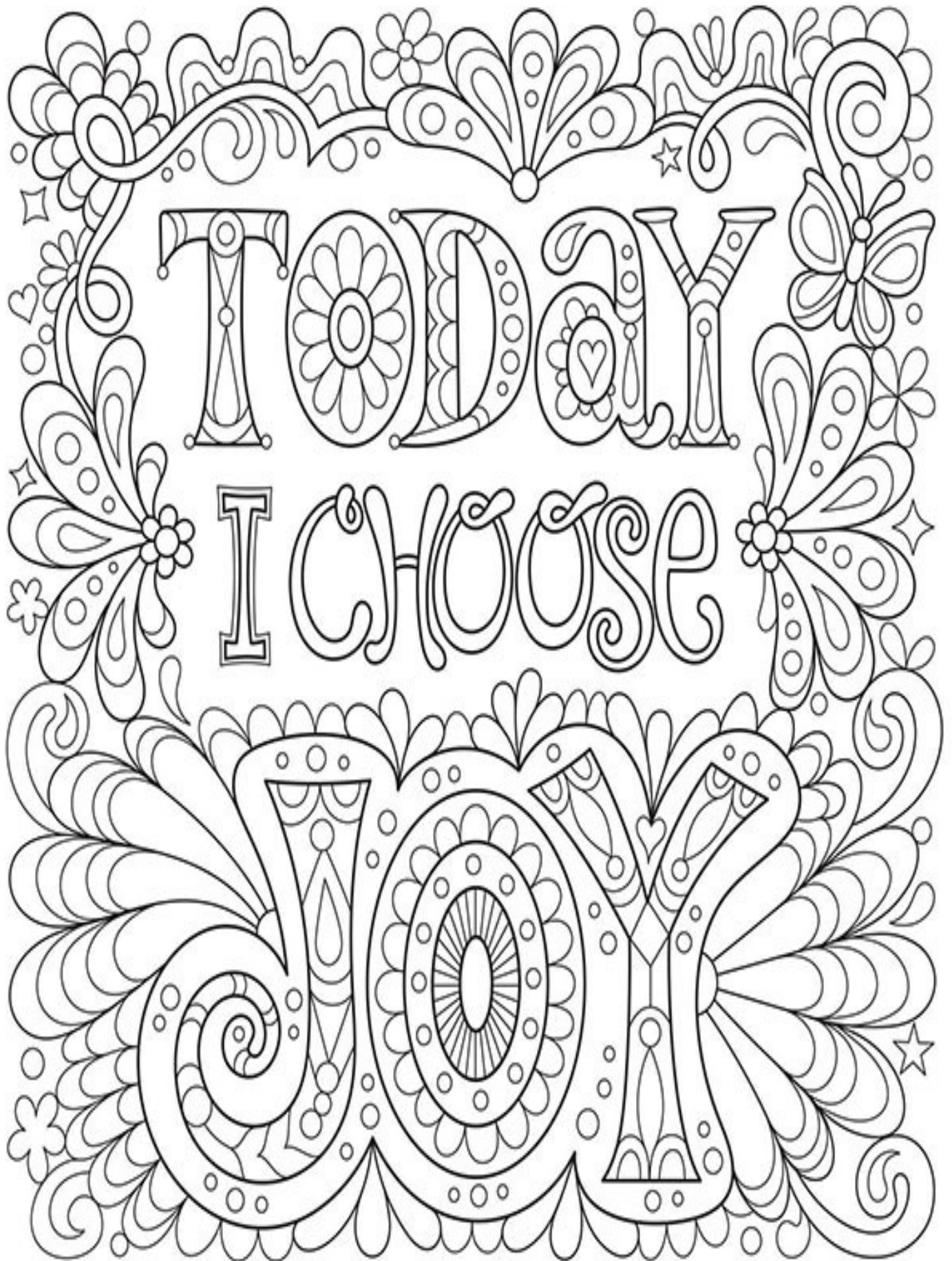
iChild

<http://www.ichild.co.uk/>

SENTEACHER

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

Something to pass your time





100416 Hydrangea from FLORALS Series, Set 1: A TANGLE OF FLOWERS © EMERLYE ARTS 2010 All rights reserved. Do Not Copy



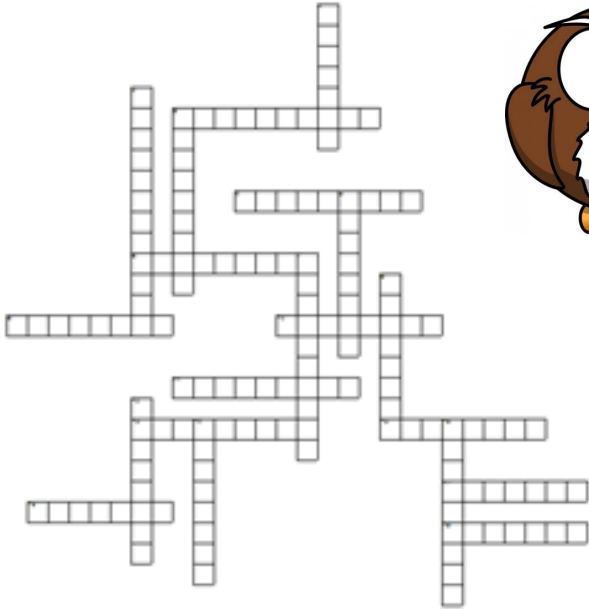






Animals Crossword

There are many animals in the world. Animals can live in even the harshest environments such as the hot deserts and the cold Antarctic.



Across

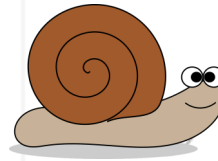
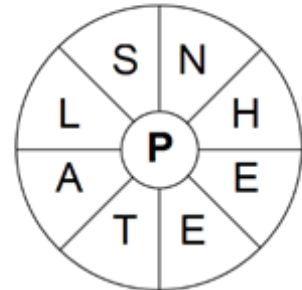
3. South American thick furred rodent
4. Large seabird with longest wingspan
6. Large reptile with big teeth similar to a crocodile
9. Slow moving creature that carries its home on its back
10. Long nosed mammal that feeds on ants and termites
11. Colour changing reptile
13. Small mammal with protective plates
15. Large grey animal with a trunk and tusks
17. Fastest land animal
18. Large spotted cat
19. Black leopard

Down

1. Small swift antelope
2. Large mammal often called the "river horse"
3. Large snapping reptile with big teeth
5. Rudolph is the most famous one
7. Large horned animal
8. Deer like mammal with horns found in Africa, Asia and parts of America.
12. Australian leaping animal that has young in a pouch
14. Nocturnal, African mammal and the first animal listed in the dictionary
16. Spiky rodent like a large hedgehog

Animals Word Wheel

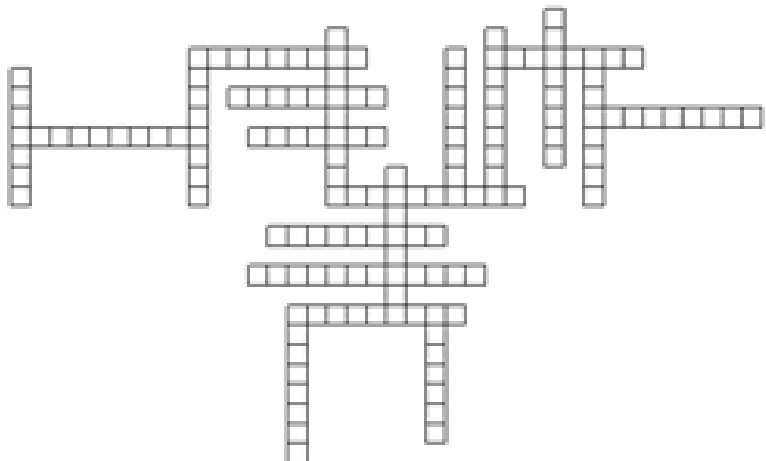
There are many animals in the world. Animals can live in even the harshest environments such as the hot deserts and the cold Antarctic.



This Animals themed word wheel is made from a 9 letter Animals themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter **P**.

Animals Word Fit

There are many animals in the world. Animals can live in even the harshest environments such as the hot deserts and the cold Antarctic.



Words to fit

aardvark	albatross	alligator
anteater	antelope	armadillo
chameleon	chinchilla	cockatoo
crocodile	elephant	hippopotamus
kangaroo	leopard	porcupine
raccoon	reindeer	rhinoceros
sealion	tortoise	

To play more puzzles online visit <https://freeprintablepuzzles.co.uk/>

Emotions

A	N	O	I	S	S	E	R	P	E	D	S	S	T	STRESS
E	E	F	S	S	E	N	I	P	P	A	H	E	R	COPING SKILLS
S	L	G	Y	S	M	S	A	C	S	S	S	G	E	HAPPINESS
S	L	G	Y	S	M	S	A	C	S	S	S	G	E	TIME
A	B	N	L	E	T	H	F	E	R	P	E	E	M	MANAGEMENT
A	B	N	L	E	T	H	F	E	R	P	E	E	M	UPSET
D	M	O	C	R	R	E	E	P	U	Y	M	S	I	ANGER
N	U	I	N	T	U	L	A	N	P	E	I	E	T	FEAR
N	U	I	N	T	U	L	A	N	P	E	I	E	T	SADNESS
E	H	T	O	S	H	P	R	M	J	P	E	N	G	EMOTION
S	C	O	P	I	N	G	S	K	I	L	L	S	G	HURT
S	C	O	P	I	N	G	S	K	I	L	L	S	G	CRYING
S	I	M	S	I	M	A	N	A	G	M	E	N	T	JOY
E	O	E	S	M	T	M	O	M	Y	U	R	I	K	DEPRESSION
N	W	O	R	F	I	P	I	L	O	P	D	E	R	HELP
N	W	O	R	F	I	P	I	L	O	P	D	E	R	HUMBLE
O	L	E	S	A	E	L	P	R	J	T	L	W	R	SMILE
R	E	G	N	A	G	E	E	G	R	U	D	G	E	FROWN
R	E	G	N	A	G	E	E	G	R	U	D	G	E	PLEASE
P	N	L	S	F	E	I	S	O	S	N	R	S	R	GRUDGE

Food

I	A	K	A	C	E	N	G	A	S	A	L	M	D	CHOCOLATE
C	E	O	Z	A	E	M	I	S	A	L	B	A	I	CHEESE
C	E	O	Z	A	E	M	I	S	A	L	B	A	I	BURGER
L	I	S	Z	S	C	C	I	A	T	A	H	E	H	PIZZA
E	A	S	I	I	H	O	B	L	M	E	I	R	C	SPAGHETTI
E	A	S	I	I	H	O	B	L	M	E	I	R	C	PASTA
C	L	C	P	T	O	O	A	B	K	R	T	C	I	COOKIES
C	L	C	P	T	O	O	A	B	K	R	T	C	I	CAKE
O	A	P	O	E	C	K	N	U	S	E	T	E	W	ICE CREAM
G	R	A	P	P	O	I	A	R	O	C	E	C	D	APPLE
G	R	A	P	P	O	I	A	R	O	C	E	C	D	CEREAL
H	S	A	H	A	L	E	N	G	U	H	H	I	N	SANDWICH
H	S	A	H	A	L	E	N	G	U	H	H	I	N	LASAGNE
T	B	T	N	R	A	S	A	E	E	E	G	R	A	CRISPS
S	P	C	N	G	T	E	P	R	E	N	A	A	S	TOAST
A	T	S	A	P	E	E	R	K	K	C	P	C	S	MILK
A	T	S	A	P	E	E	R	K	K	C	P	C	S	BANANA
A	L	R	O	I	A	T	A	E	P	A	S	A	I	ORANGE
C	H	E	E	S	E	C	C	R	I	S	P	S	S	
S	P	A	H	T	O	Z	N	C	E	A	I	L	E	

Animals

B	A	G	I	I	K	D	C	H	I	C	K	E	N	DOG
I	R	O	N	R	P	A	P	A	N	D	A	R	O	CAT
E	A	H	P	R	C	O	N	A	N	A	U	G	I	LION
O	B	E	A	R	A	F	L	G	F	H	A	D	B	TIGER
A	R	G	O	E	T	R	A	A	A	R	O	N	A	KANGAROO
N	D	D	G	D	G	N	H	H	R	R	B	I	L	HAMSTER
O	S	E	H	I	E	I	A	A	S	B	O	X	G	RABBIT
I	E	H	O	P	R	M	P	N	D	X	E	O	A	POLAR BEAR
L	H	P	O	S	S	E	A	T	I	B	B	A	R	PANDA
Z	G	O	E	T	C	K	G	P	K	T	M	E	R	HEDGEHOG
A	W	E	E	P	E	D	S	F	D	F	E	I	I	SPIDER
L	B	R	R	E	G	I	T	A	D	O	O	G	B	BEE
D	R	A	Z	I	L	E	W	O	L	F	G	X	L	SNAKE
S	N	K	G	R	E	K	B	A	G	O	A	K	I	LIZARD

Plants

A	C	Y	R	E	O	C	C	O	D	D	S	P	D	FERN
C	C	A	E	Y	C	A	U	O	T	O	A	O	A	CATCUS
D	A	C	C	U	Y	T	O	Y	N	E	A	P	I	BAMBOO
F	E	R	N	C	C	C	E	A	S	I	A	P	S	PEONY
E	S	O	Y	N	E	U	A	O	M	A	F	Y	Y	POPPY
K	R	A	O	S	O	S	R	C	F	N	L	E	S	DANDELION
O	E	S	R	P	N	I	E	A	A	A	R	H	R	CONIFER
A	N	I	C	E	P	A	L	M	T	R	E	E	O	ROSE
I	V	Y	H	O	N	Y	P	E	L	U	O	A	K	LAVENDER
C	O	P	I	N	P	B	S	C	D	U	L	E	N	YUCCA
E	O	U	D	Y	A	U	A	A	A	N	N	I	O	OAK
U	B	A	M	B	O	O	D	V	D	C	A	L	P	TULIP
L	A	V	E	N	D	E	R	O	O	E	R	D	O	DAISY
U	B	N	A	I	V	Y	E	S	P	P	A	P	U	PALM TREE

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7		9						8
	5			7			4	
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9			2	4				5
2	6				8		7	
				3		1		9