

MY KEEP SAFE PLAN



5 Ways to Wellbeing

Date:

SELF SOOTHING

If I am feeling stressed, anxious or upset these are the things I enjoy doing to help me feel calmer and more relaxed:

1.	2.
3.	4.
5.	6.

SAFE PEOPLE

If I am feeling stressed, anxious or upset these the people I can talk to, to help me feel calmer and more relaxed:

1.	2.
3.	4.

SUPPORT SERVICES

If I am feeling stressed, anxious or upset these are the services who can help me feel calmer and more relaxed:

1.	2.
3.	4.

HELPLINES & ONLINE SUPPORT

- **Childline 0800 1111** online or phone 24hrs
- **Samaritans 116 123** (free phone number for all ages, 24hrs)
- **Kooth.com** online support (11-25 yrs.) Mon - Fri 12 -10pm.
Sat -Sun 6pm - 10pm.
- **Papyrus 0800 068 4141 or text 0778620967**
If you are a young person at risk of suicide or worried about a young person at risk of suicide 10am - 10pm Mon to Fri. 2pm - 10pm Weekends. 2pm - 5pm Bank Holidays.
- **CALM 0800 58 58 58 5pm – Midnight**
Also live online chat www.thecalmzone.net (Men Only)

Other services can be found at:

www.haltonhealthimprovement.com

Useful Apps



smilingmind



stopbreathethink



Calm Harm

Apps are available to download from the App Store or Google Play



A STRESS-LESS SCHEDULE

Building gap time in your day

- **Build 5 gaps into your day**
 - One when waking up
 - 3 spaced regularly through the day, e.g. 10am, 2pm & 4pm
 - And a final one when you go to bed
- **Each gap to be 1 minute for self assessment**
- **Ask yourself – how am I doing?**
- **Breathe deeply and focus on how your body feels**
- **Concentrate on your breathing and relax**



This will interrupt stress reactions in your body and help build your resilience to stress.

Source: Dr Kirsch: www.stress.org/top-5-workplace-stress-busting-tips/