

# NottAlone

NottAlone.org.uk

NottAlone is here to help with strong feelings, stressful situations and anything you might be worried about.

How  
are you,  
really?



We work with children and young people just like you to help with things that could be impacting your mental health.

Find support tools  
and help inside!



# Inside this booklet you will find:

- Advice and guidance pages with information on how to identify and manage strong feelings
- A page to write your self-care checklist
- A mindfulness colouring page
- A journaling page
- Where you can find out more and get help if you need it

NottAlone is here to support young people to understand mental health and where to get help. Our website includes helpful articles and videos about lots of different mental health topics, as well as links to local organisations which specialise in helping people just like you.



Find us online:  
**NottAlone.org.uk** 

Follow us on  
Instagram and YouTube  
**@NottAlone1**

# How to deal with strong feelings

Have you ever felt overwhelmed, stressed, worried, anxious or even angry about something? These are all strong feelings and are a normal part of being human, but sometimes they can get too much, and we all need help to find ways to manage these types of feelings and emotions.



**Here are some top tips for dealing with them:**

## **Talk to someone you trust and share your worries.**

Sometimes just saying something out loud can really help you process what's wrong. Using words to describe the problem or concern can help you to break it down and the person you choose to talk to can try to support you.

## **Use relaxation and mindfulness to clear your head.**

Try out our self-care checklist and the colouring page in this booklet to help you identify ways that make you feel calm. There are lots of mindfulness colouring books available in shops for both children and adults, or you could draw something simple and colour in your own drawings.

## **Challenge your thoughts and try to be positive.**

Try to think about why you are feeling this way, and if there is a way for you to change how you feel about it. For example, if you are worried or upset about a confrontation with a friend, would it help to speak to them about it? You might feel anxious before the conversation, but afterwards you are likely to feel glad that you talked it out.

## **Face your fears.**

Sometimes we can make our fears feel bigger than they really are in our heads. If you're afraid or worried about something, could you challenge yourself to do something each day that will help you to get over your fear? Or could you ask a friend to help you overcome it?

## **Be kind to yourself and don't try to be perfect.**

Remember, you're only human and every single person you meet will have their own worries and problems. We all deal with things differently and have to learn how to look after ourselves and figure out what helps us feel better when we have strong feelings. No one is perfect and everyone deserves kindness, including you.

# Self-care checklist

Can you list 10 simple things that make you happy and you enjoy doing? Write them down, then come back to this list next time you are feeling down and do one of these things. Some examples for your list could be:

Watching your favourite film, playing with your pet, drawing, playing football, dancing, hanging out with friends, reading a book or even meditating.

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# Mindfulness colouring

We all need time to ourselves where we can just have a few mindful minutes and we don't have to think about any of our worries. Colouring can be a great way to let your brain relax and enjoy focussing on something stress-free. Why not have a go at colouring in this page and see if you feel calm afterwards? P.s. don't worry about staying inside the lines!



You are  
not  
alone



# What are mental health problems?

You might hear the term 'mental health' used when people talk about some of their own problems, but 'mental health' covers lots of different things.

We all have mental health, just like we all have physical health, and it's important that we look after it. Sometimes we have good mental health, and sometimes we have mental health problems that we have to deal with.

When you have a physical health problem like a grazed knee, you would clean it and put a plaster on to protect it and stop any bleeding. Or if there was a bigger problem, you would go to the doctor or even hospital to make sure you're taken care of.

So, if we know what to do when we hurt ourselves physically, shouldn't we know what to do when we need help mentally?

There are lots of different mental health issues that can come up throughout every stage of life. You might have heard of some of them, and others might be new to you. Sometimes they can be managed easily, and you can feel better quite quickly, and other times it can be an ongoing issue that you learn to live with.

There is lots of information about mental health problems available, and organisations that can offer you help and support if you need it. You never need to feel alone, support is always there.

You can read about different types of mental health problems on our website, where we have advice on how to manage any issues that come up, and links to people and places that can support you if you need help.

Remember:  
**you are  
Nott  
Alone**



Explore our website  
to find out more:  
**NottAlone.org.uk**



# Write it down

Writing down your thoughts and feelings can be a really helpful way to process them. This is called journaling, why not give it a go on this page? If you find it works and you feel better after you've written about whatever is bothering you, get a notebook especially for journaling and use it regularly.



A large, rounded rectangular area with a light grey border, containing 20 horizontal lines for writing.



# Need help or want to learn more?

Visit our website where you will find plenty of information and contact details for different mental health problems you may experience:

**[NottAlone.org.uk](https://nottalone.org.uk)**

Let's keep the conversation going!

Follow us on Instagram and YouTube @NottAlone1

Use #nottalone to share your experiences.



A partnership between



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