

WELL-BEING TIPS AND ACTIVITIES

We all have moments where we feel overwhelmed by what life throws at us. It's normal to feel stressed, worried, angry. The key is to know you *will* feel better in time. Here are some activities to improve your well-being.



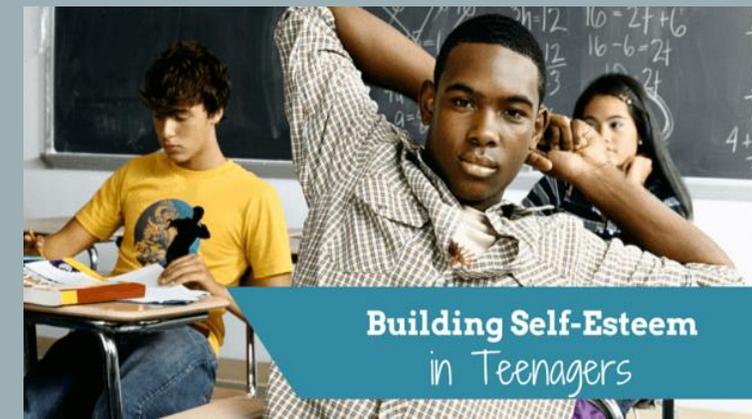
BUILDING YOUR SELF ESTEEM

What is low self-esteem?

Low self esteem means not thinking much of yourself. With low self esteem, we become self-critical, anxious and low. This can result in us believing our negative thoughts are actually facts. When we have a healthy self-esteem, it can help us deal with the highs and lows of life.

Nobody is born with low self esteem. It can develop because of early life experiences, failing to meet expectations of those around us, or lack of love and warmth.

The good news us that we all have the ability to challenge low self esteem and think better and positively about ourselves. Here are some techniques we share with young people:



Building Self-Esteem
in Teenagers

TIPS TO IMPROVING YOUR SELF-ESTEEM

Challenge negative thoughts

If you're affected by negative thoughts, remember they are just opinions. They are not facts. Try to challenge that critical voice.

Activity: write the negative opinions out and then write the positives to counteract it next to it. You can do this by filling out a thought record. This technique can reduce anxiety too.

Try something you would normally avoid

We all have things we're nervous about doing, but often things aren't as bad as we think. For example, you might think 'I cannot do a presentation in front of my peers as they will laugh'. Putting yourself into the situation you are anxious about, then seeing the reaction, can help reduce your anxiety and increase your self-esteem.

Focusing on the positives

Make sure you repeat any positive thoughts. They're more important than the negatives.

Activity: fill out a positive thought record and keep note of all the positives in your life. Then read back when you're feeling low.

Recognise what you are good at

We're all good at something - it could be baking, dancing, gaming, drawing, painting etc. Find what you're good at and focus on that. Doing something you're good at makes you feel good.

Be kind to yourself

Always remember to look after yourself. This means staying healthy and surrounding yourself with positive relationships.

HOW TO CREATE A HEALTHY ROUTINE

While endless duvet days might seem tempting, having a routine is good for your well-being and can help with low mood.

Here is a really good technique to help you add structure to your day and develop a routine.

The benefits of a routine

Having a schedule or a routine can help us to organise the day and feel productive. Setting goals or tasks as part of a routine can also help you learn a new skill, by scheduling time to practice every day.

Routines help give structure to the day and learning a new skill can make you feel more independent and confident in your abilities. A really good routine would be to pray your salaah on time everyday.



SET SIMPLE TASKS

Set simple tasks each week and build on them as weeks go by. It feels great to tick off each task when you've completed it. Tasks could include:

Making your bed

Tidying your bedroom

Helping make lunch

Going for a walk or looking after family pets

Reading a book, reading the Quran

Watering the plants in the garden

An example weekly schedule

Task	Monday	Tuesday	Wednesday	Thursday	Friday
Make the Bed	X	X	X		
Tidy my room		X		X	
Read a book	X				X

ADAPTING TO CHANGE

The effects of change

Change is inevitable but we don't always see it coming. Having good mental health and well-being is often dependent on how we react to change and difficult times.

Charles Darwin said **'it is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is most adaptable to change'**.

When we feel alone or stressed out, we naturally go and see friends, try to be more active or go and talk to someone. These are useful techniques for adapting to change.



HOW TO ADAPT TO CHANGE

Acceptance

When we accept things peacefully for what they are, we can make plans to adapt. When we allow despair or rage into our minds, we may get even more anxious.

This is hard and we have to work through the various feelings carefully. We will feel negative emotions but they will pass. Acceptance is a process and it can be quite messy! You are not alone.

Communication

Talk to people about how you're feeling. Call a friend and ask them how they are. Maybe call your grandparents or other family members or friends. You will feel better for this, and if possible you can FaceTime, you'll feel even better because you can see people smiling back at you.

Creativity

It is good to be as creative as possible. Making posters, drawing, playing - there are so many things we can do to stay active. Be gentle with yourself and try not to over work or study. Allow time for relaxation and creativity.

Grounding techniques

When we think in negative ways it makes us feel pretty bad, often anxious and sad. When we are stressed our immune system becomes weak so we need to do things that bring us out of our thoughts during these times.

Try taking your shoes and socks off and standing on grass. Feel the earth, close your eyes, focus on your breath, listen to the birds and smell whatever is in the air. This is called grounding. Try it every day.

ASKING FOR HELP

We know it isn't easy to ask for help. You may be nervous about opening up about how you're feeling. Here are some tips that we think could help.

Breathe and relax

Don't put pressure on yourself to ask for help. You can do it whenever you feel ready. Visiting our **wellbeing section** is a great step, just breathe and open up in your own time.

Write it down

Sometimes, it's difficult to put it in to words when you need some help with how you're feeling. Writing down the things you want to say and bringing it with you can be a great way to help you talk through anything that's on your mind.



TALK ABOUT IT

If you think you need help, then it's often good to discuss with your teachers, friends or family. Many may have been through the same thing. Don't keep it bottled up.

Talking to someone, however small or big the problem is, can help you see things from a different angle. You might find a way to get through it.

*I feel good
after talking
and it did
help a lot*