



Draw something that represents you.

This can be through hobbies/ mood/ favourite things/ etc.

A large, empty, rounded rectangular box with a blue border, intended for drawing or sketching.

Energy Bank Account

How much have you spent today?

Withdraw		Pay- in	
Not enough sleep	-10	Self-care	+10
Being triggered	-10	Washing yourself	+10
Change of plan	-10	Eating enough	+10
Making a mistake	-10	Drinking enough	+10
Feeling low	-10	Mindfulness	+10
Negative socialising	-10	Accomplishing something	+10
Pain	-10	Woke up on time	+10
Negative self-thoughts	-10	Positive socialising	+10
Restlessness	-10	Being creative	+10
Negative behaviour	-10	Doing a hobby	+10
Add your own		Add your own	
	-10		+10
	-10		+10
	-10		+10
	-10		+10
Final bank balance =			

What can you do to 'pay in' more to your energy bank account?

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Strengths and Qualities

Things I am good at:

1. _____

2. _____

3. _____

Things that make me unique:

1. _____

2. _____

3. _____

What I like about myself:

1. _____

2. _____

3. _____

I've helped others by:

1. _____

2. _____

3. _____

Challenges I've overcome:

1. _____

2. _____

3. _____

What I value the most:

1. _____

2. _____

3. _____

1. _____

2. _____

3. _____

1. _____

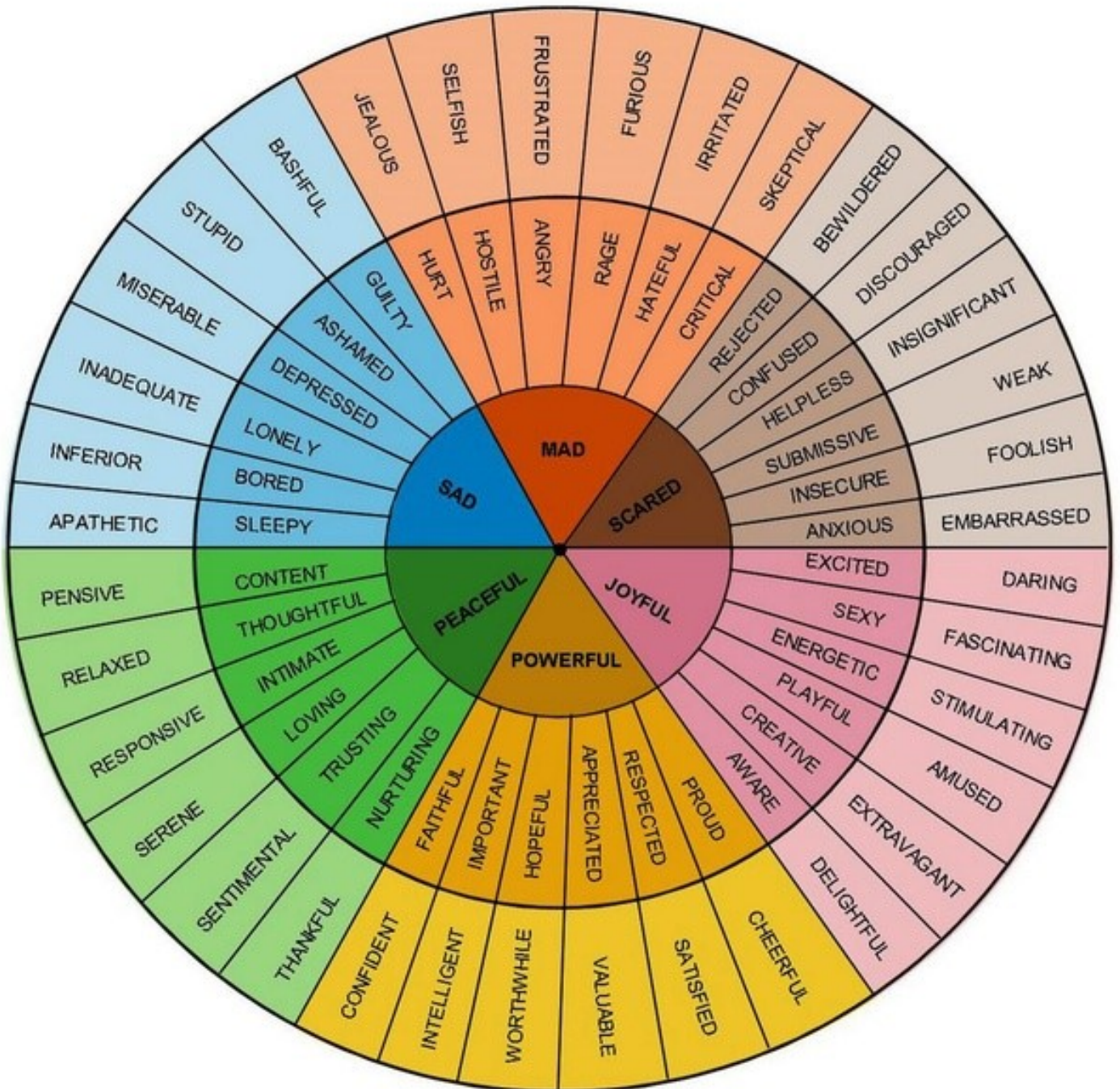
2. _____

3. _____

Feelings Wheel

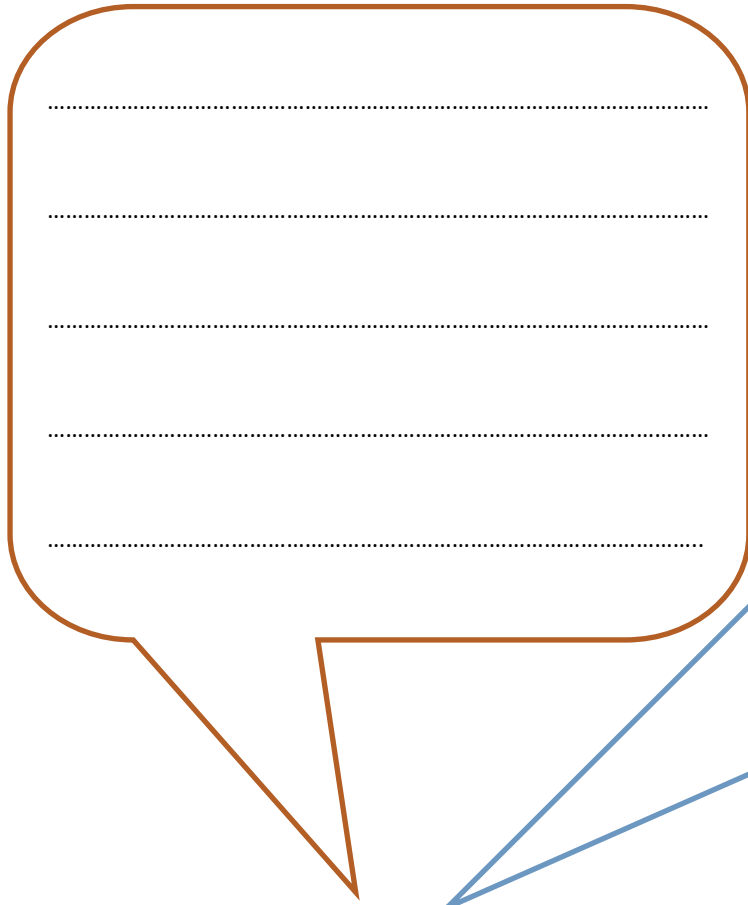
How are you feeling?

WHY?

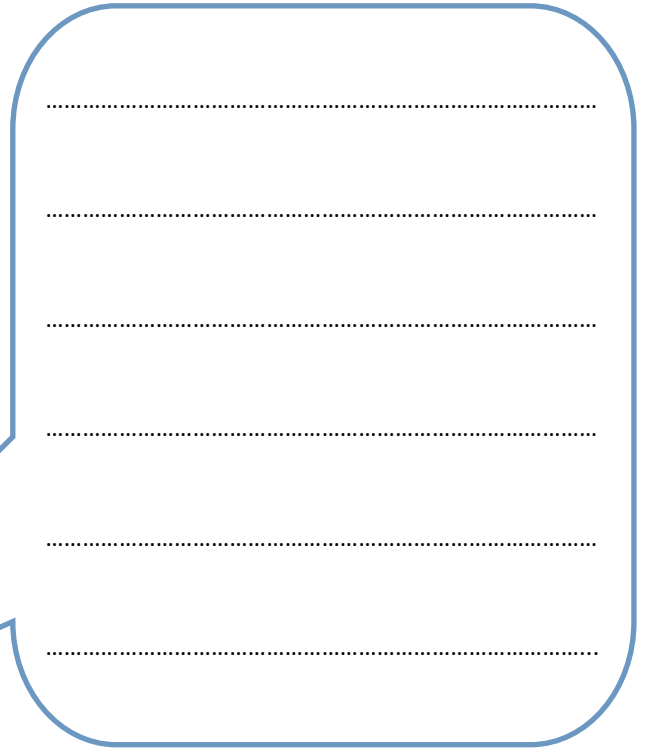


Feelings and Thoughts Analysis

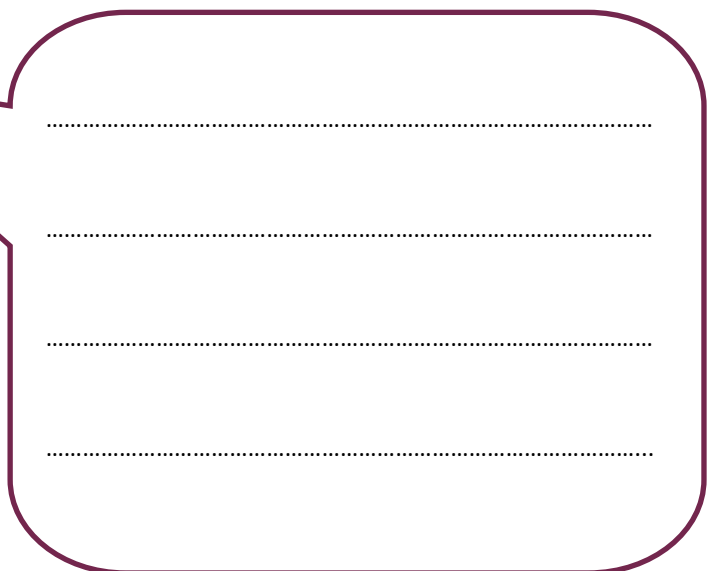
When I felt _____, these thoughts were going through my mind



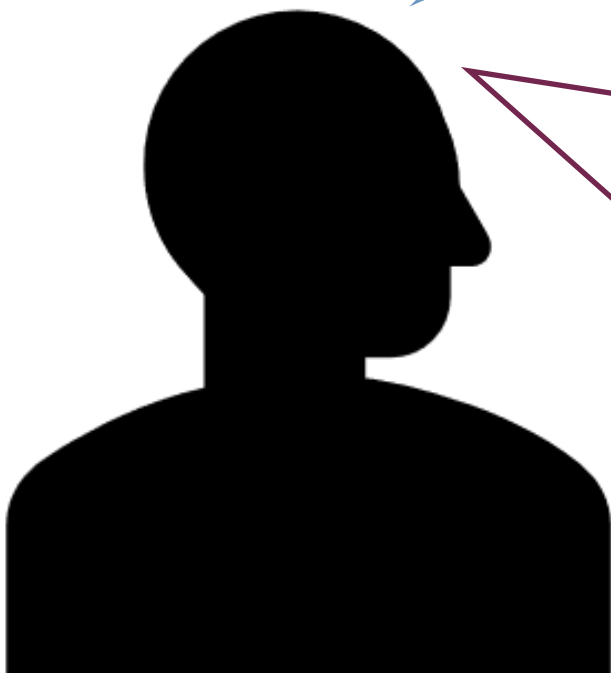
A large orange speech bubble with a tail pointing to the person's head. It contains five horizontal dotted lines for writing.



A large blue speech bubble with a tail pointing to the person's head. It contains five horizontal dotted lines for writing.



A large purple speech bubble with a tail pointing to the person's head. It contains five horizontal dotted lines for writing.



Self-Care Tips

1. Take a deep breath (or two). Then take a timeout, so breathing slows for at least five minutes.
2. Take a break. Get some fresh air (and maybe a new perspective).
3. Go for a walk, or exercise in an inconspicuous area near your station (stretching, bending, etc).
4. Take a nap - sleep is critically important.
5. Listen to some music (and maybe even get **your** groove on) – hearing the right songs will adjust your attitude and lift your spirits.
6. Be reasonable with caffeine, nicotine, and adult beverages (not a good time to quit but neither is it a good time to kick it up a notch).
7. Keep in contact with friends and family by telephone, text, e-mail, or Skype.
8. Hydrate! (dehydration is dangerous and no one likes being around you when you have a nasty headache).
9. Have a healthy snack (e.g., fruit, nuts, yogurt) when you need energy.
10. Check how your sports teams are doing (unless they're in crash and burn mode – you don't need more stress while on assignment).
11. Sometime during you assignment, have dessert first (in case there is an emergency or you are worried about your weight, you can skip the meal).
12. Play a game with someone - hangman, tic tac toe, 20 questions, etc., or make up your own game.
13. Read a book/magazine you brought, or participant workbooks of various activities, or whatever is available.
14. Take a little time off.
15. If something bad happens, write it up immediately. Putting it on the right form now helps get it out of your head, so you can move on to better things.
16. Practice positive self talk (best to do this silently or in private so people won't begin to wonder about you).
17. Isolation is bad; reliance on peer support is good. Stay connected, talk things out, and you'll be supported.
18. Cry if you want to (or need to). Allowing tears to come can wash away some of the pain.
19. Ask for help when you need it – it's okay!
20. Journal - write about your experiences (positive and negative) noting what you see and hear, feel, and hope.
21. Reflect upon and remember what worked and forgive (don't relive) things that didn't.

Positive Thoughts and Affirmations

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.