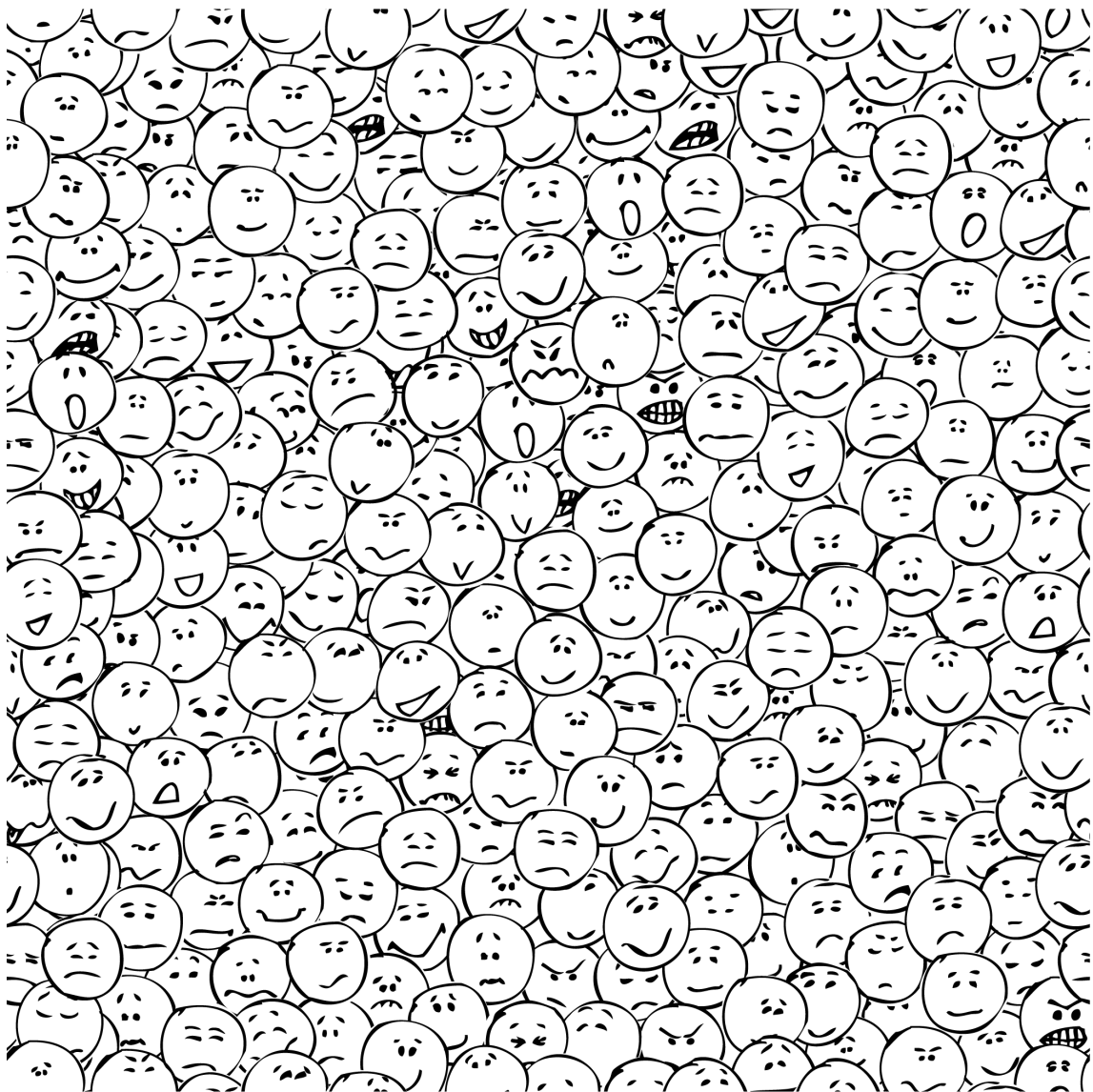


# Ideas for understanding how you're feeling



**Feelings are feelings. All feelings are OK.  
The important bit is how we manage feelings**

## Ideas for understanding how you are feeling

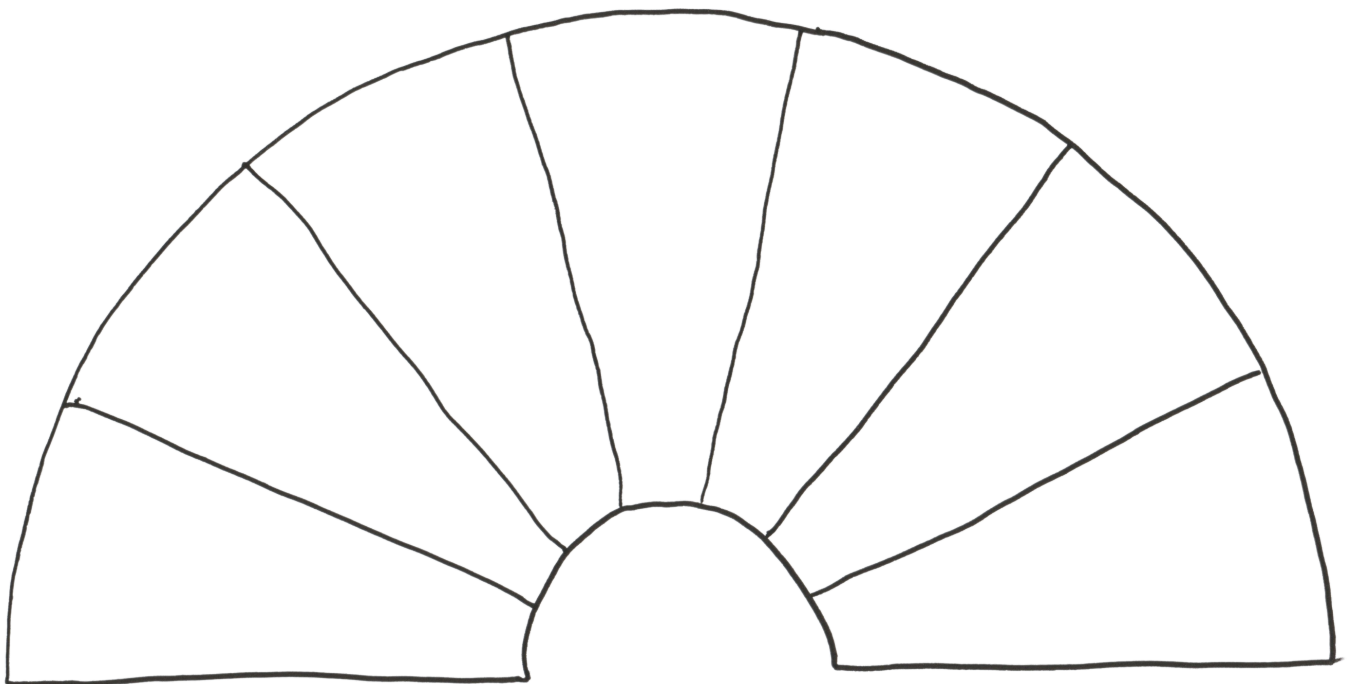
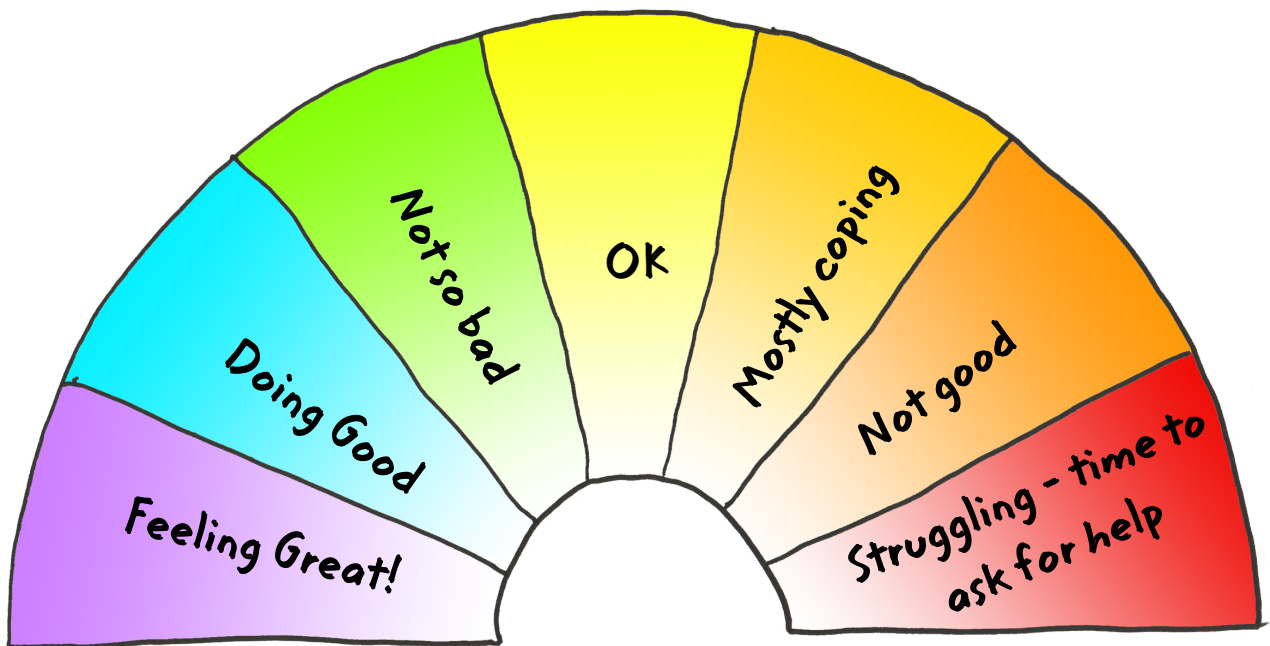
- Feelings can be hard to make sense of. You might not even know why you feel a certain way.
- Feelings are simply feelings. not good or bad , just feelings.
- All feelings are OK. You can be furious, or sad, or worried. You are human and like everyone else you're going to experience all sorts of emotions in your lifetime.
- Being unhappy, angry or worried is fine. It becomes a problem when you can't stop feeling like that for no obvious reason.
- What is good to remember is that while feelings are OK; it's what you do with those feelings that really matter.
- We want you to be able to cope in the best possible way. Remember we are all unique and special. We ALL feel emotions differently.
- Taking a moment to check in with how we are feeling can help.

We are trying some different ideas out.  
We put some together in this booklet.  
We'd love to hear your feedback and any  
ideas you have for other tools or making  
these ones better...  
E Mail your feedback to

[headstartyouth@cornwall.gov.uk](mailto:headstartyouth@cornwall.gov.uk)



# Check-in with the Feelingometer!



Make your own version

# Wellbeing check-in. How are you doing?

Day / Date

What's Happening for you right now?

(E.g. doing exams or fell out with a friend)

Where are you on the wellbeing scale today?



**Think** about why you're feeling good and what strategies you're using to support your wellbeing. It'll be a good reminder if things get a bit a harder

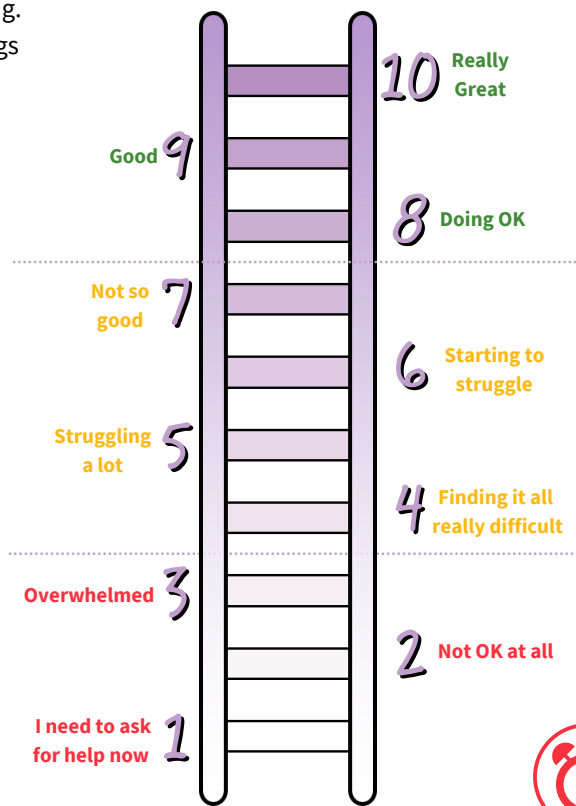
Good to hear!  
Sounds like you've got this!



OK, maybe you need to take some time for some self-care?



**Think** what might be happening to make you feel this way? Are you safe? (are you getting "Early Warning Signs" - ways your body tells you when you're not?) Who can you ask for help? (helplines; websites; someone at school?)



**Think** what might be happening to make you feel this way? Is it something you can control? Is it a something you can 'problem solve'? Do you need to talk it through with a trusted adult? Do you need to take some time for you? Go for a walk, get some exercise; relax; play with the dog or...?



Now it is time to act.  
You are not alone and it is OK to ask for help.

What are you going to do to keep yourself feeling great or help you feel better?

## Ideas

[www.startnowcornwall.org.uk/wellbeing-action-plan](http://www.startnowcornwall.org.uk/wellbeing-action-plan) has tools and resources to help you look after your wellbeing including a personalised Wellbeing Action Plan; a one-minute safety plan and great self-care ideas

## Get Help

[www.startnowcornwall.org.uk/get-help/](http://www.startnowcornwall.org.uk/get-help/)  
[www.yourway.org.uk](http://www.yourway.org.uk) -  
Childline on 0800 1111  
The Samaritans on 116 123

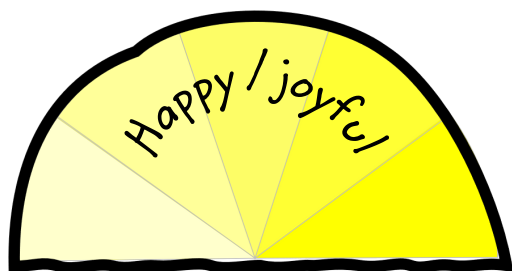


# Wellbeing Check-in



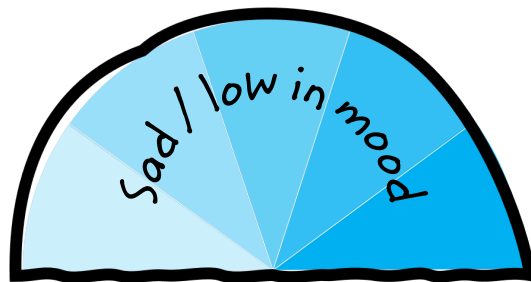
How have you been feeling recently?

Some



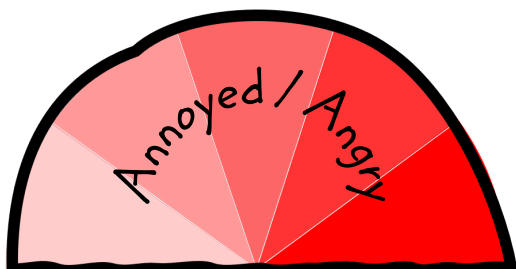
None A Lot

Some



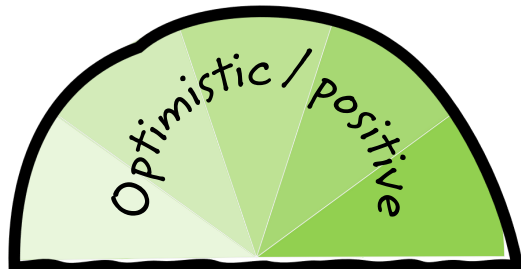
None A Lot

Some



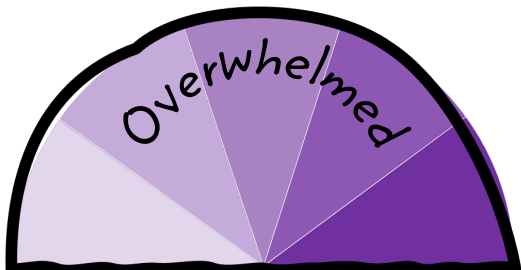
None A Lot

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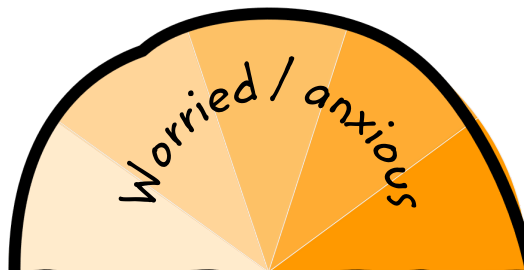
None A Lot

Some



None A Lot

Some



None A Lot

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None Some Lot

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None Some Lot

Week beginning \_\_\_\_\_

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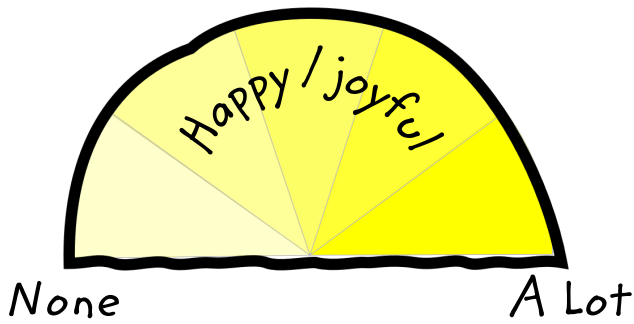


# Wellbeing Check-in

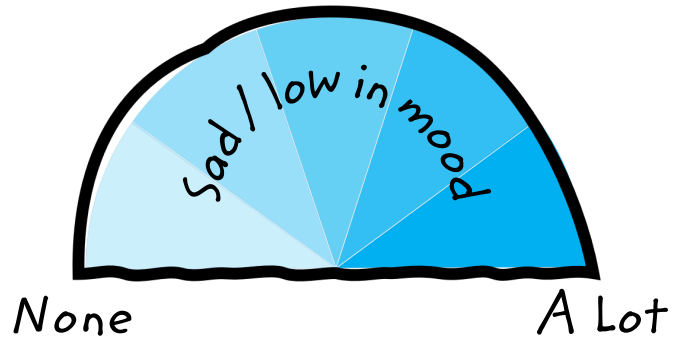


How have you been feeling recently?

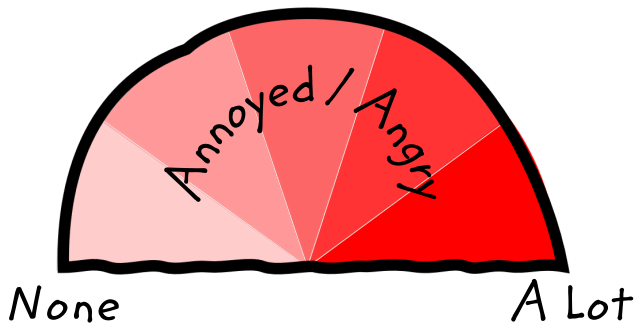
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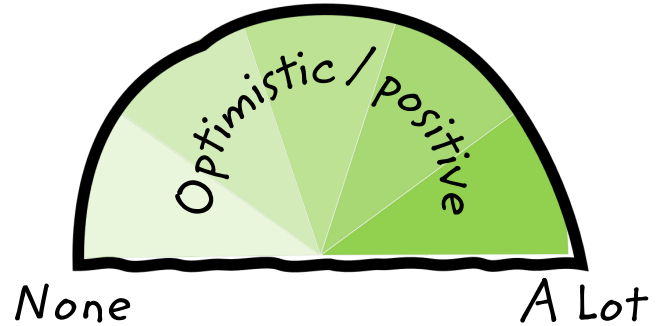
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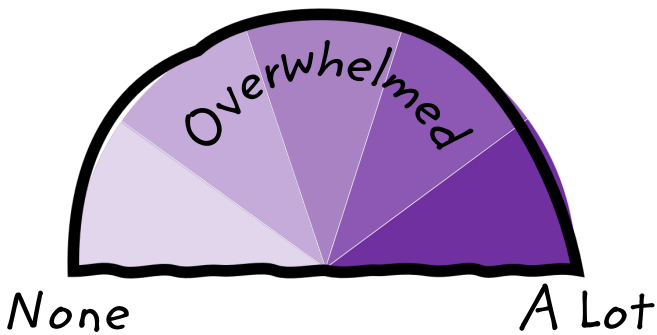
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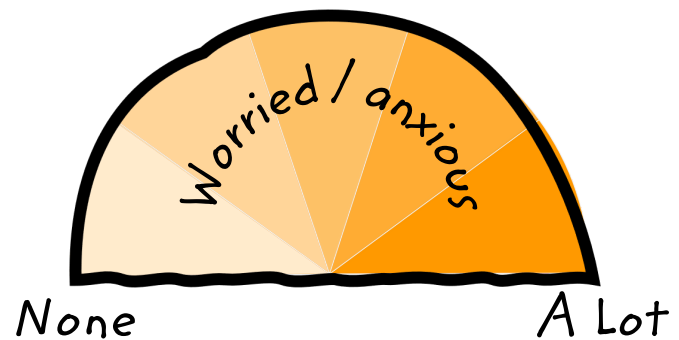
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Week beginning \_\_\_\_\_

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None Some Lot

Week beginning \_\_\_\_\_

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None Some Lot



# RU OK Today?

## Ask yourself...

- How am I feeling at the moment?
- Is there anything on my mind about what's coming up today?
- Am I still thinking about something that happened yesterday?
- Is my body telling me anything about my feelings (Early Warning Signs)?
- What am I going to do today to look after my wellbeing?
- If I'm feeling down or worried who can I talk to? Where can I go for help?



# Small Steps

Mental health is all about how you are feeling, thinking, acting and how well you cope with day to day life. We **all** have mental health. Both your physical health and your mental health change throughout your life. Sometimes: **You feel great; you're doing OK; you can be a bit down** and, sometimes, **you're not OK.**

**IF** your mental health gets to the point where it's not OK and you can't stop feeling like that for no obvious reason. It's important to get some extra support.



Our wellbeing changes at different times due to different reasons. When we're struggling and perhaps feeling overwhelmed it's good to remember that maybe we can't make everything better overnight we can take **some small, positive steps**. If you're not sure have a look at the self-care section in the wellbeing toolkit for ideas.

I feel...



What could I do to move one step on the scale towards feeling better...?

Four horizontal green lines for writing answers.



You could try this for different feelings - anxiety, fear, overwhelmed, sad, .....



Feeling: \_\_\_\_\_

I feel...

\_\_\_\_\_

What small steps could I take to feel better...?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Feeling: \_\_\_\_\_

I feel...

\_\_\_\_\_

What small steps could I take to feel better...?

\_\_\_\_\_

\_\_\_\_\_

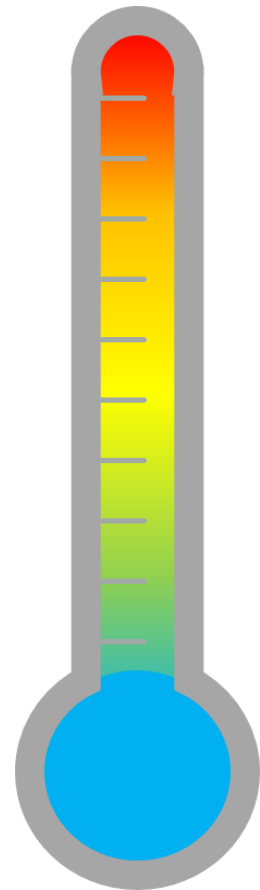
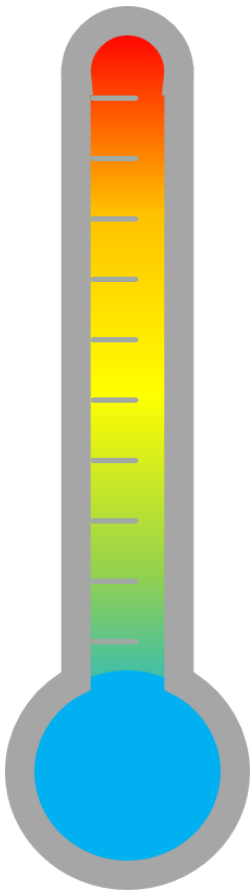
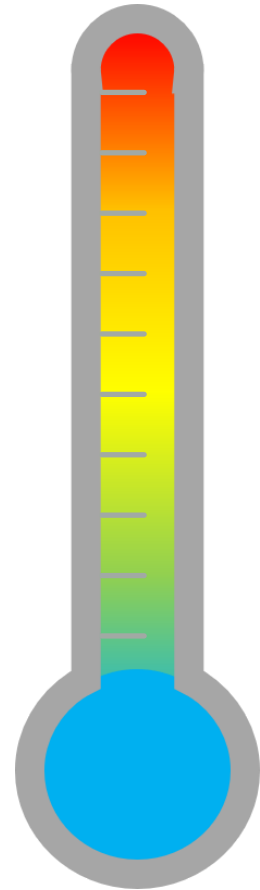
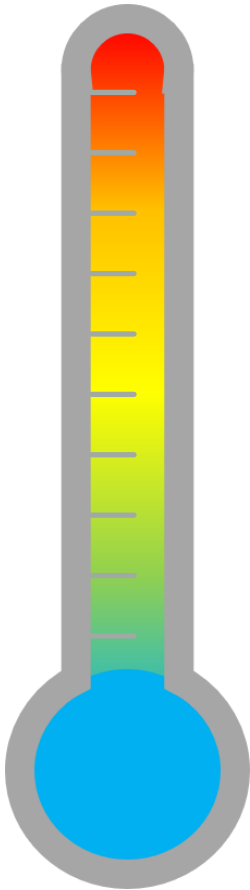
\_\_\_\_\_

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# Wellbeing Check-in



# Today I am feeling...?



positive  
cheerful  
happy  
joyous  
ecstatic



miffed  
annoyed  
angry  
irate  
furious



down  
unhappy  
sad  
miserable  
blue



OK  
cool  
calm  
relaxed  
chilled



twitchy  
nervous  
concerned  
worried  
anxious



uncertain  
befuddled  
mixed up  
confused  
floored



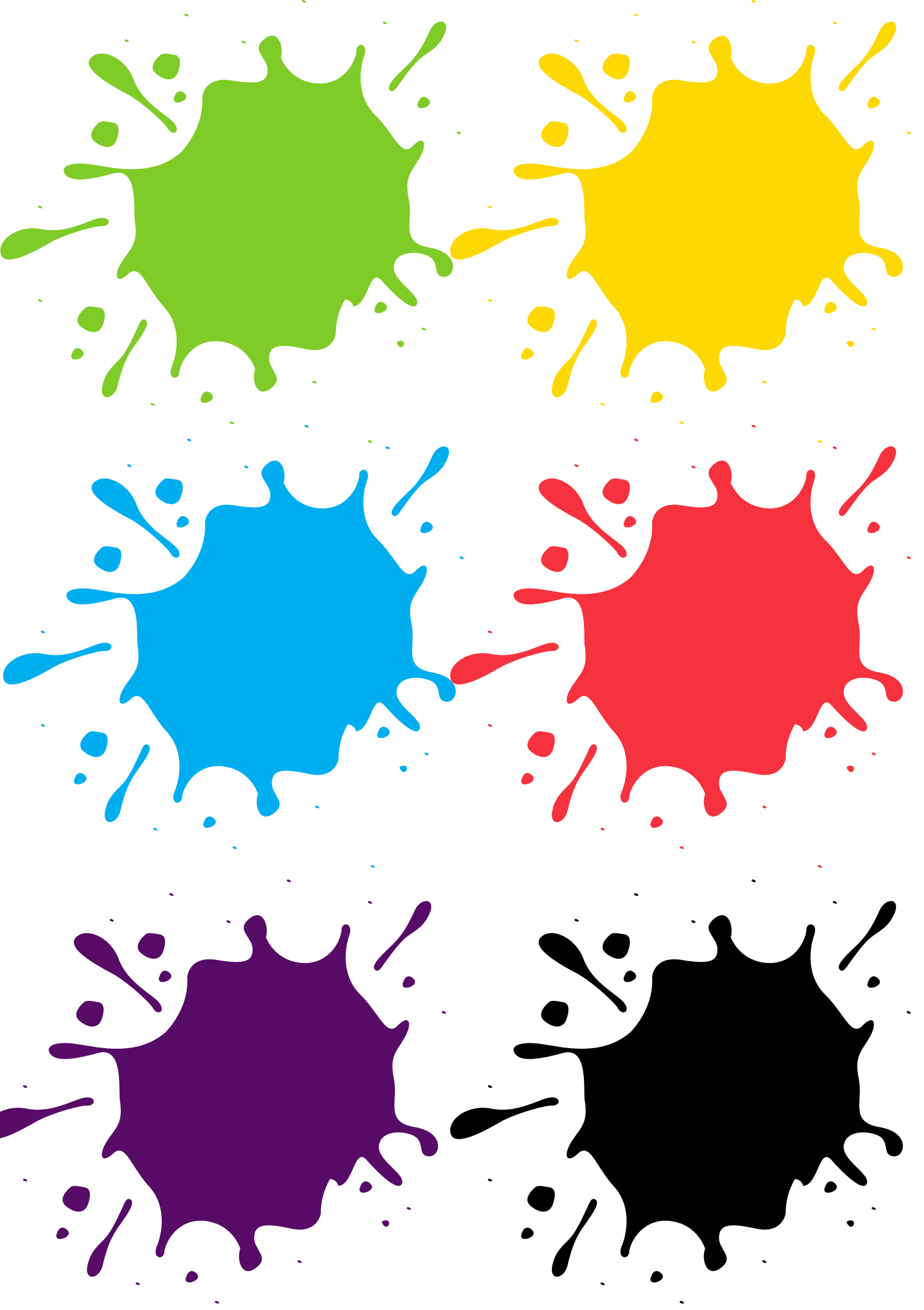
# Today I am feeling...?



Add your own feelings words...

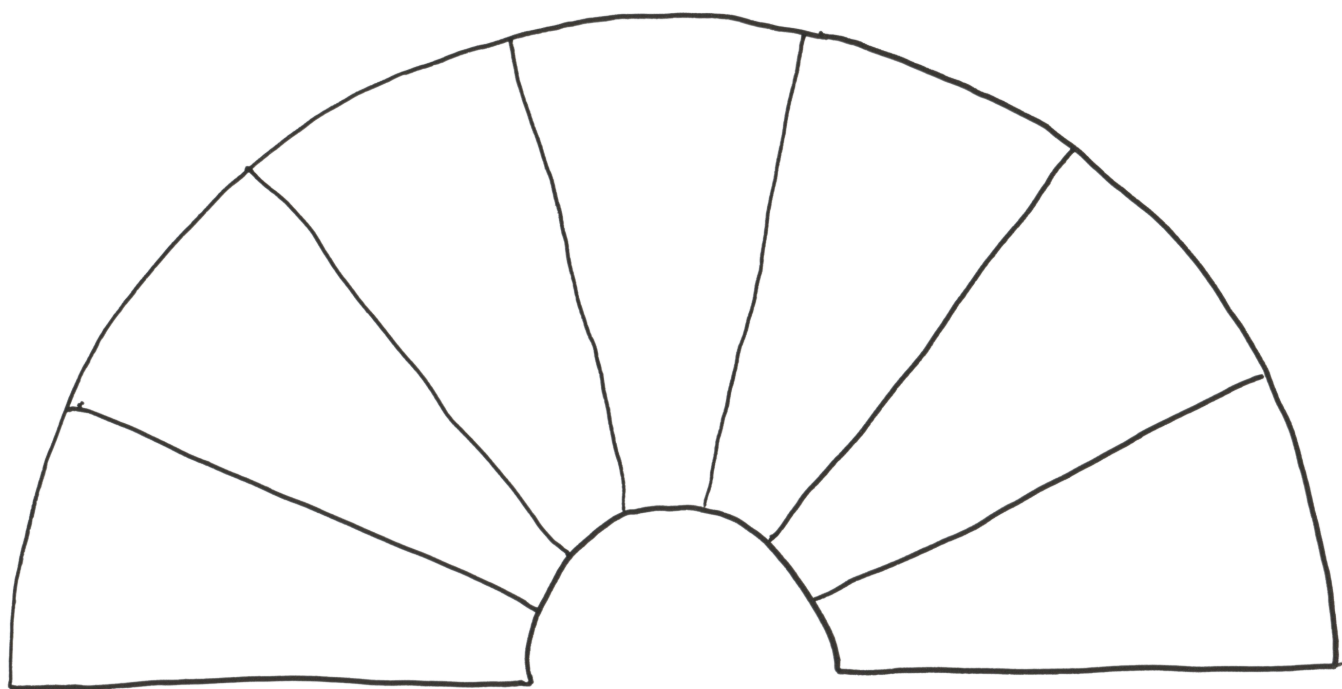
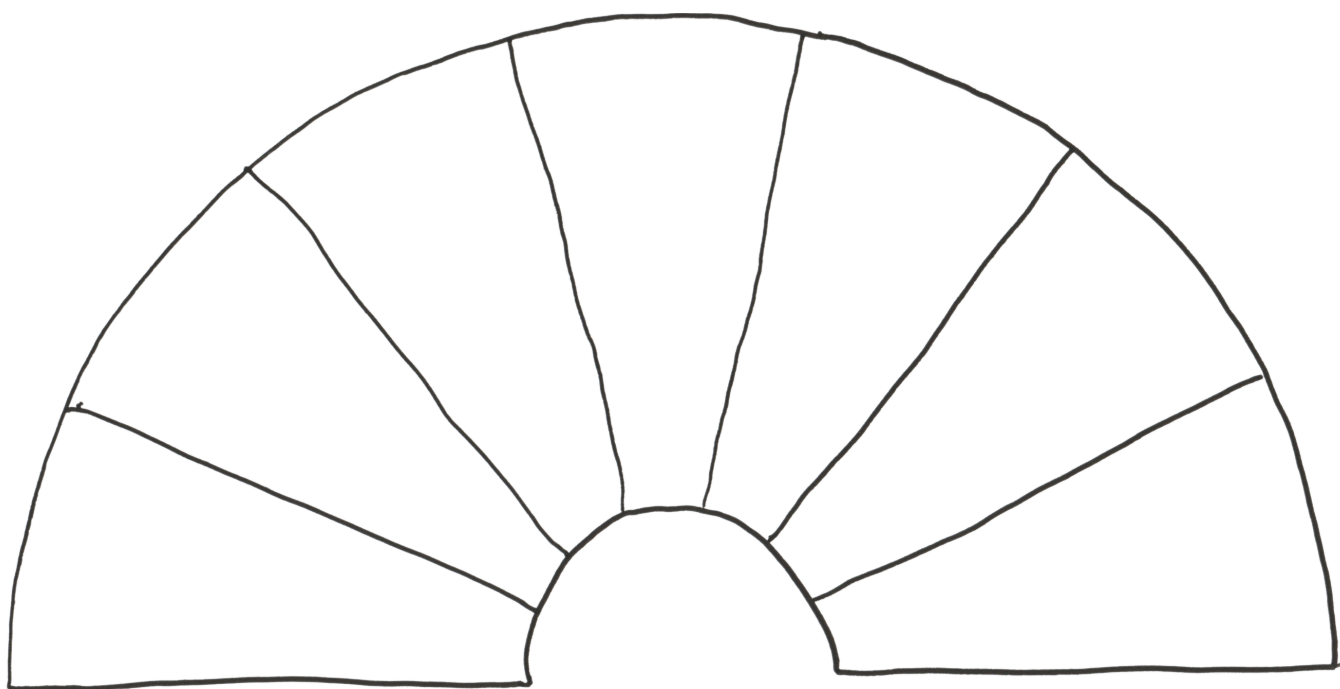
A yellow mood tracker card with a yellow-to-white gradient on the left side containing five horizontal lines for writing. On the right side, there is a large, irregular yellow paint splatter.A red mood tracker card with a red-to-white gradient on the left side containing five horizontal lines for writing. On the right side, there is a large, irregular red paint splatter.A blue mood tracker card with a blue-to-white gradient on the left side containing five horizontal lines for writing. On the right side, there is a large, irregular blue paint splatter.A green mood tracker card with a green-to-white gradient on the left side containing five horizontal lines for writing. On the right side, there is a large, irregular green paint splatter.A purple mood tracker card with a purple-to-white gradient on the left side containing five horizontal lines for writing. On the right side, there is a large, irregular purple paint splatter.A multi-colored mood tracker card with a multi-colored gradient on the left side containing five horizontal lines for writing. On the right side, there is a large, multi-colored paint splatter.







# Feelingometer! Template



# Feelingometer! Template

