



VISON

SELF CARE KIT

ABOUT VISYON

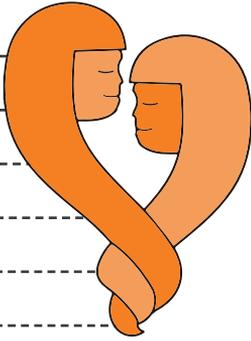
VISYON IS A MENTAL HEALTH CHARITY THAT SUPPORTS LOCAL CHILDREN AND YOUNG PEOPLE WHEN THEY NEED IT MOST.

VISYON PROVIDES A SAFE SPACE FOR CHILDREN, YOUNG PEOPLE AND THEIR FAMILIES TO COME TO WHEN THEY NEED HELP. WE'RE REALLY GOOD AT HELPING CHILDREN AND YOUNG PEOPLE WORK OUT WHAT'S TROUBLING THEM AND WHAT THEY CAN DO ABOUT IT. WHETHER THEY'RE CONFUSED, UPSET, WORRIED, OR FEELING HURT OR ANGRY ABOUT SOMETHING, SOMEBODY AT VISYON WILL LISTEN AND HELP THEM TO DECIDE WHAT THEY WANT TO DO NEXT.

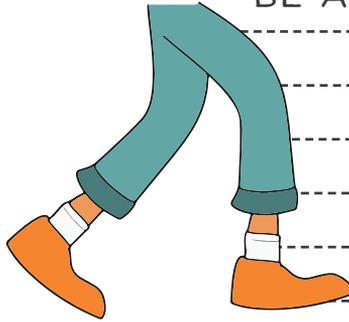
INDEX

2. ABOUT VISYON & THE INDEX
3. 5 WAYS TO WELLBEING
4. HOW DO YOU FEEL?
5. ROUTINE & SLEEP
6. WAYS TO FIND CALM
7. CALM KIT
8. HEALTHY EATING
9. CHALLENGING NEGATIVE THOUGHTS
10. RETURN TO THE PRESENT
11. ANGER
12. SELF ESTEEM
13. POSITIVE ENERGY
14. RISK ASSESS YOUR FEARS
15. BOUNDARIES
16. HOW YOU CAN HELP VISYON

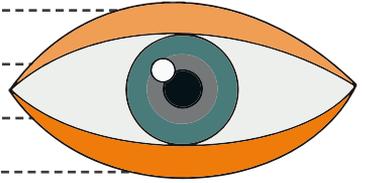
CONNECT



BE ACTIVE

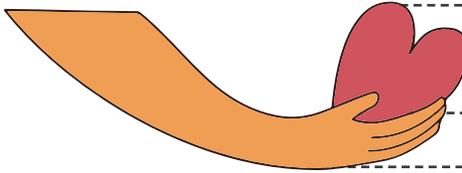


TAKE NOTICE



LEARN

GIVE

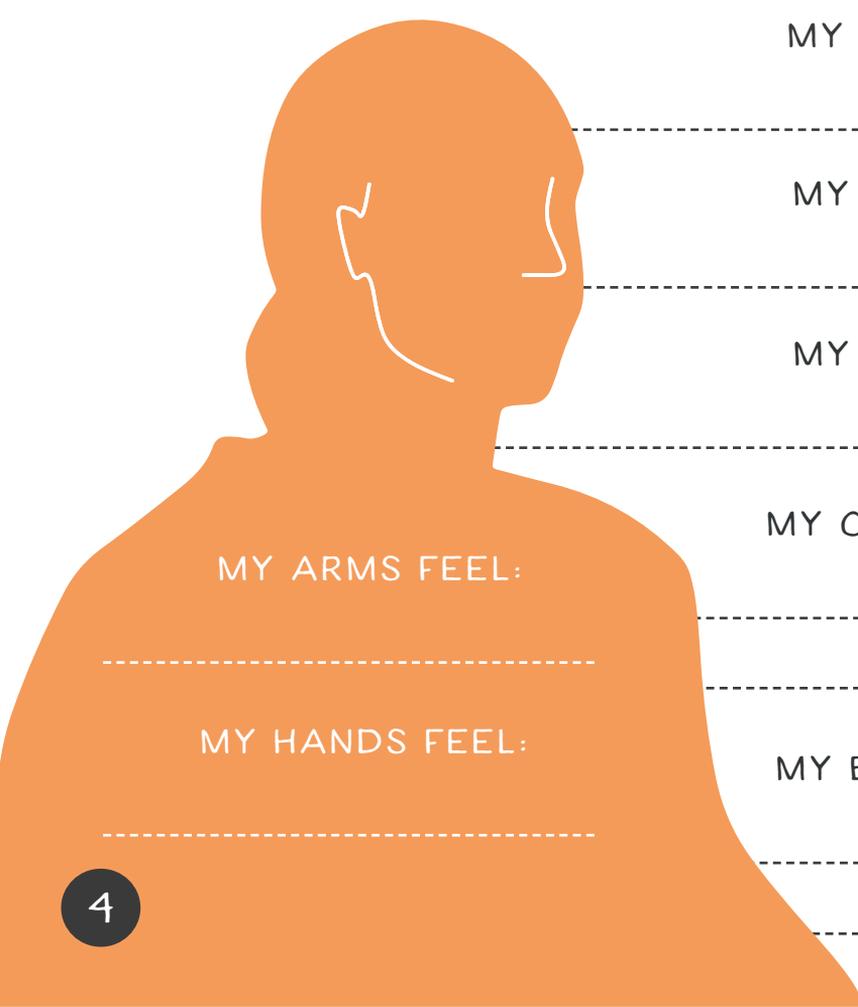
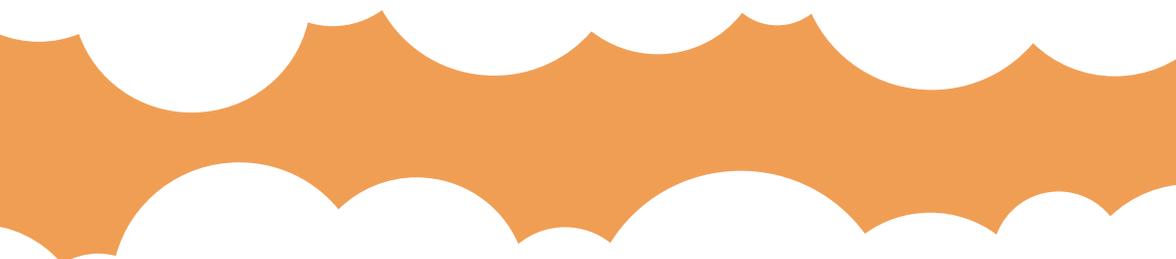


5 WAYS TO WELLBEING

THINK OF SOME WAYS THAT YOU MIGHT FOLLOW THE 5 WAYS TO WELLBEING AND WRITE THEM IN THE SPACES!

HOW DO YOU FEEL?

NOTICE HOW ALL THE DIFFERENT PARTS OF YOUR BODY FEEL RIGHT NOW. THEY MIGHT BE HOT, COLD, TINGLY, FUZZY, HEAVY... USE WHATEVER WORDS YOU FIND MOST FITTING.



MY HEAD FEELS:

MY FACE FEELS:

MY NECK FEELS:

MY CHEST FEELS:

MY ARMS FEEL:

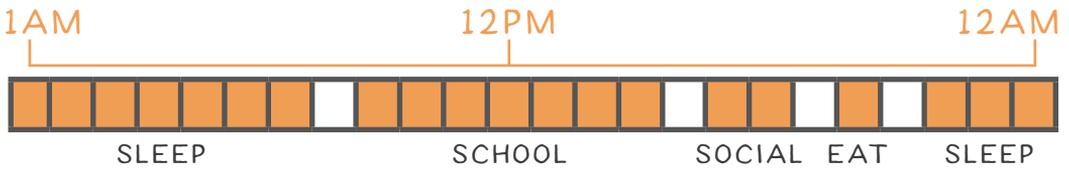
MY HANDS FEEL:

MY BELLY FEELS:

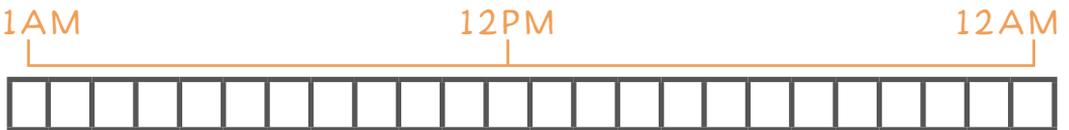
ROUTINE AND SLEEP

IT'S REALLY IMPORTANT TO GET A BALANCE OF DIFFERENT ACTIVITIES IN YOUR TIME. MOST ADULTS NEED AROUND 8 HOURS OF SLEEP PER DAY. WHAT DOES YOUR ROUTINE LOOK LIKE?

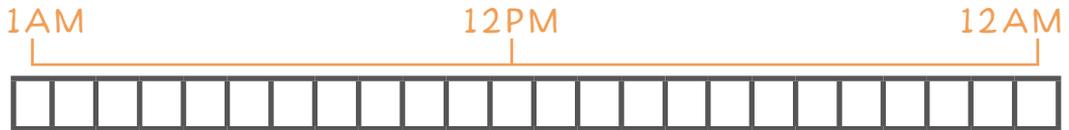
AN EXAMPLE OF A SCHOOL DAY:



A DAY:



A DAY:

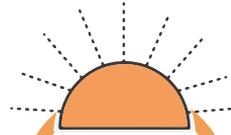




WRITE! A JOURNAL,
A POEM, LYRICS...
EXPRESS YOURSELF



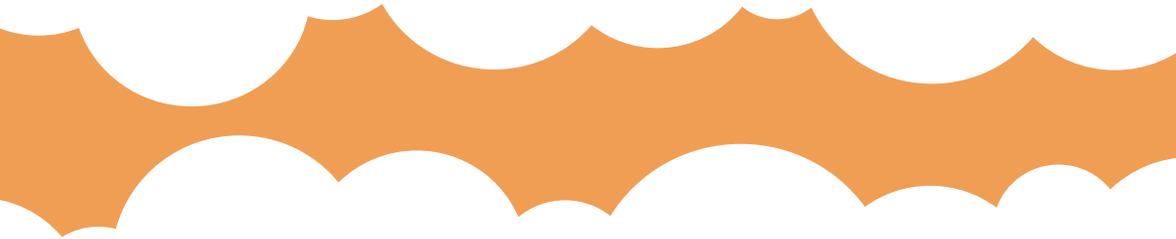
DO A PUZZLE,
BOARD GAME OR
BRAIN TEASER



TAKE A WALK IN
NATURE. WATCH A
SUNSET.



PLAY AN
INSTRUMENT OR
LISTEN TO MUSIC



WAYS TO FIND CALM

READ OUR TIPS ON HOW YOU CAN FIND CALM.
FILL IN THE BLANK LINES WITH OTHER WAYS
THAT WORK FOR YOU.

FILL YOUR CALM KIT WITH: 5 THINGS YOU LIKE TO **SEE**, 4 THINGS YOU LIKE TO **HEAR**, 3 THINGS YOU LIKE TO **SMELL**, 2 THINGS YOU LIKE TO **TOUCH** AND 1 THING YOU LIKE TO **TASTE**.

HINT: MAKE A CD WITH 4 OF YOUR FAVOURITE SONGS.

HINT: SPRAY YOUR 3 FAVOURITE SMELLS ON DIFFERENT MATERIALS.

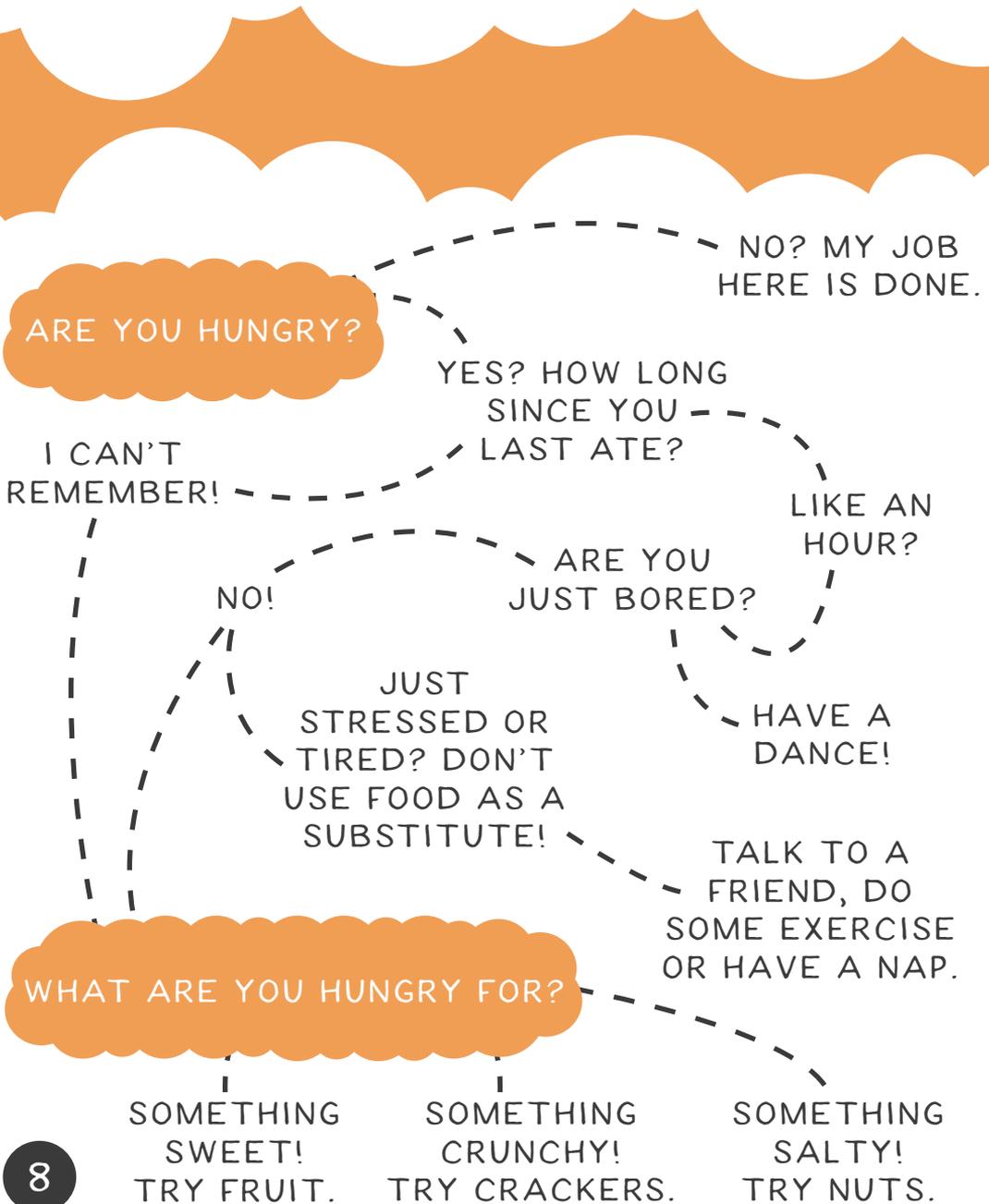


MAKE A CALM KIT

IT CAN BE HELPFUL TO MAKE A CALM KIT TO MANAGE YOUR STRESS AND ANXIETY. USE ITEMS THAT HELP YOU TO RELAX.

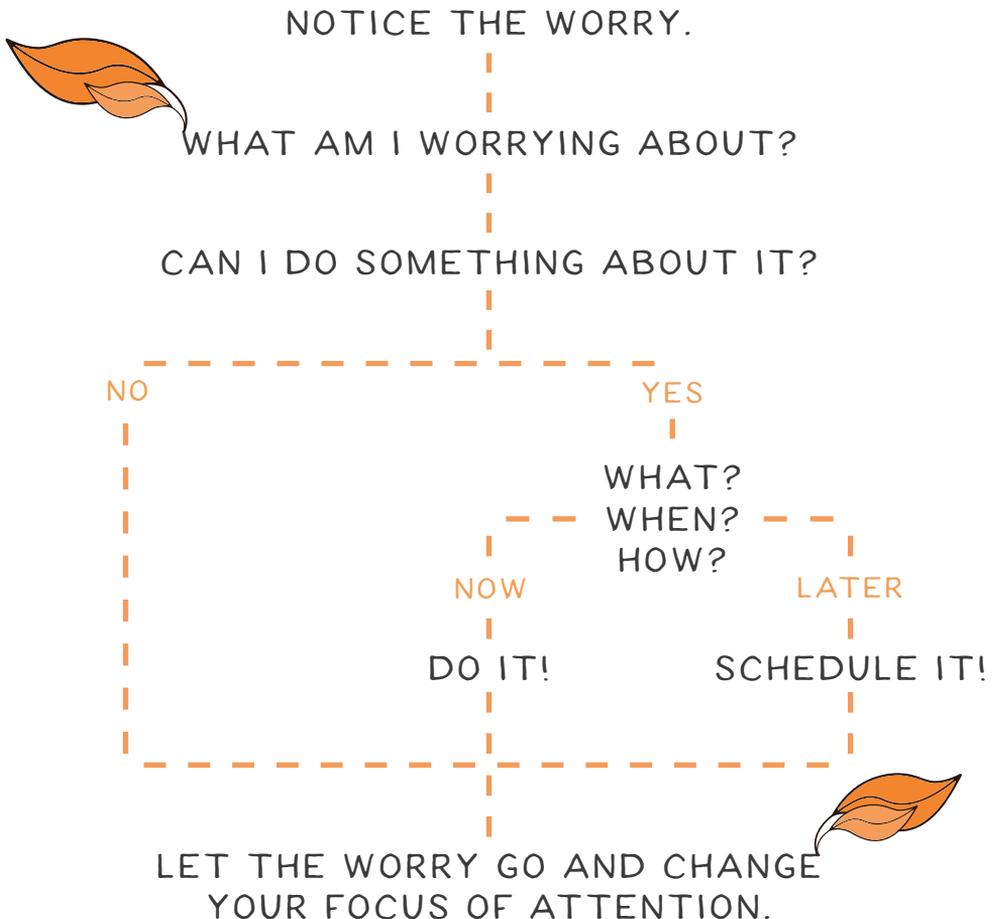
HEALTHY EATING

FOLLOW THE DIAGRAM BELOW TO HELP YOU MAKE SURE YOU'RE EATING RIGHT.



CHALLENGING NEGATIVE THOUGHTS

USE THE WORRY MAP BELOW TO HELP YOU CHALLENGE YOUR NEGATIVE THOUGHTS.



THINK OF:

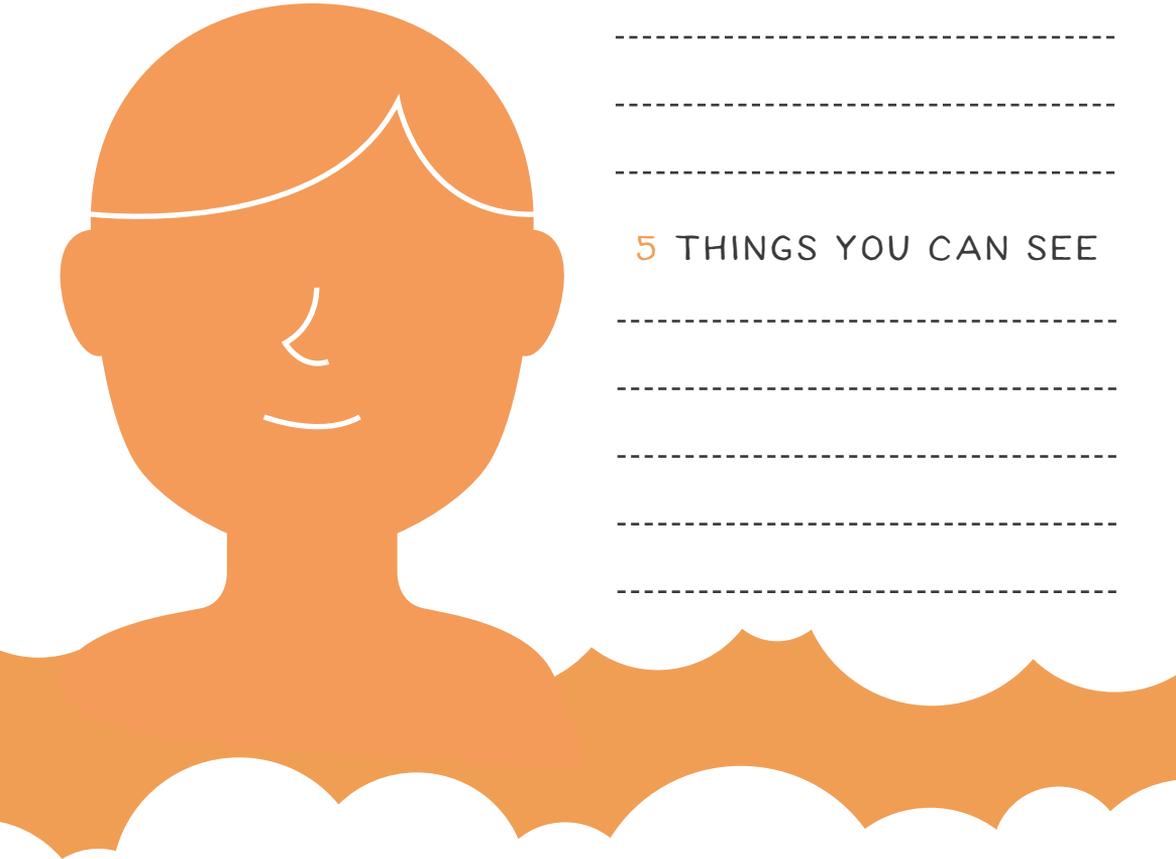
1 THING YOU CAN TASTE

2 THINGS YOU CAN FEEL

3 THINGS YOU CAN SMELL

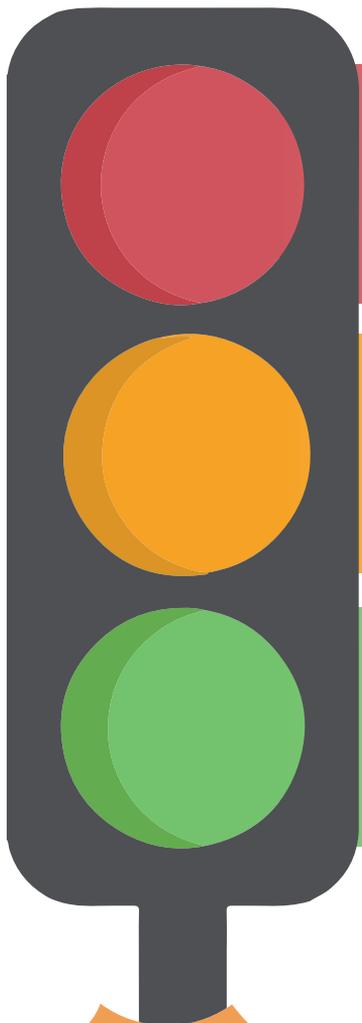
4 THINGS YOU CAN HEAR

5 THINGS YOU CAN SEE



RETURN TO THE PRESENT

MANAGE YOUR ANXIETY THROUGH NOTICING YOUR SENSORY EXPERIENCES AND LETTING THEM RETURN YOU TO THE PRESENT.



WHAT ARE YOUR ANGER TRIGGERS?

WHAT COULD YOU DO TO CALM DOWN?

HOW COULD YOU RESOLVE THE PROBLEM?

ANGER

FOLLOW THE TRAFFIC LIGHT ABOVE TO HELP WORK THROUGH YOUR ANGER AND CALM DOWN BEFORE RESOLVING THE ISSUE.

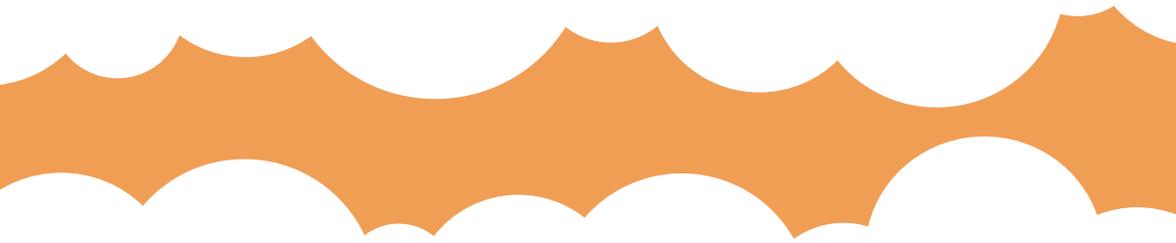
A WEEK OF SELF ESTEEM

TRY TO FIND SOMETHING POSITIVE TO FILL IN FOR EACH OF THE BOXES BELOW. MAKING AN EFFORT TO NOTICE THE POSITIVES IN EACH DAY CAN IMPROVE SELF ESTEEM.

	SOMETHING I DID WELL TODAY...	I FELT PROUD WHEN...	TODAY I ENJOYED...
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

POSITIVE ENERGY

SPENDING TIME WITH SOME PEOPLE OR DOING CERTAIN ACTIVITIES CAN LEAVE YOU FEELING ENERGISED OR DRAINED. WHAT, OR WHO, RECHARGES YOUR BATTERIES?



PEOPLE THAT I SPEND
TIME WITH:

ACTIVITIES THAT I
SPEND TIME DOING:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



FEAR:

A PLANE WILL KILL ME

0 IMPACT 10



A WORRY?

NO

0 LIKELIHOOD 10



FEAR:

A WORRY?

0 IMPACT 10



0 LIKELIHOOD 10



FEAR:

A WORRY?

0 IMPACT 10

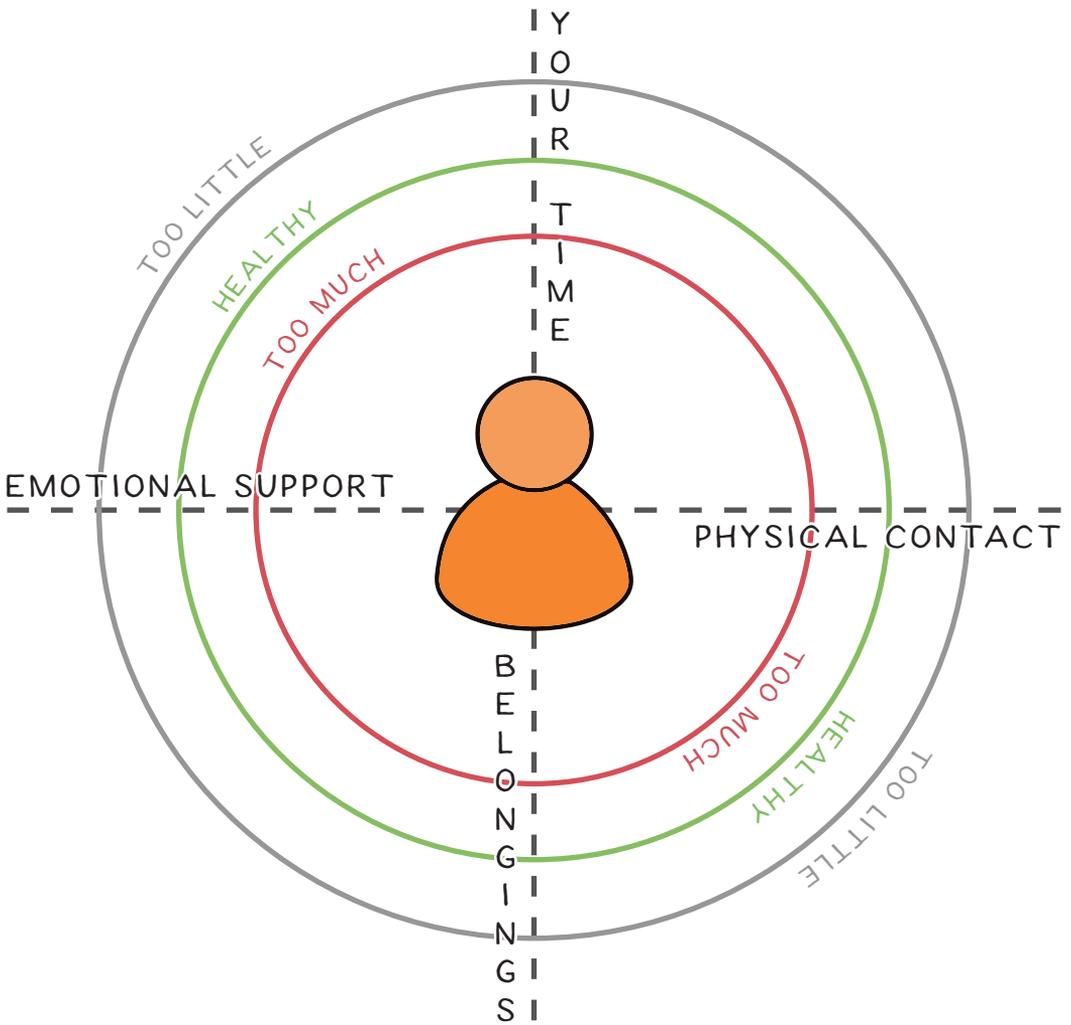


0 LIKELIHOOD 10



RISK ASSESS YOUR FEARS

BE REALISTIC ABOUT THE LIKELIHOOD OF THE THINGS YOU WORRY ABOUT AND SEE IF YOU COULD DIVERT YOUR ENERGY ELSEWHERE.



BOUNDARIES

THINK ABOUT A PERSON AND YOUR BOUNDARIES WITH THEM. PLOT THEM ABOVE SO YOU CAN WORK TOWARDS HEALTHY BOUNDARIES.

WHY YOU SHOULD SUPPORT US

Visyon is a local charity that was started 24 years ago by local parents who were determined to ensure that children got the right help at the right time to support their mental and emotional wellbeing.

These days, Visyon works with over 1200 children and young people and their families across Cheshire and North Staffordshire per year, helping them to overcome challenges such as bereavement, anxiety, family breakdown and bullying. With our help, these children are able to fulfil their potential, and be happy and healthy.

As a charity, we rely on the support of the local community and businesses to fund our work, and to get the word out there about what we do. It costs £40 to provide an individual session and £150 to provide a group session for 6 people.



You can donate or give us a gift. You can also get your workplace involved and see if they will match your donation, or if they'll do a fundraiser themselves!

You can also sign up to our newsletter or donate online as well as finding us on social media: Facebook, Twitter and Instagram. Visit our website for more information.



HOW YOU CAN SUPPORT US

You can host fundraising events, like a cake sale, a poetry night or a picnic.



You can also attempt a fundraising challenge, like a skydive, abseil or slim.



HOW AND WHERE YOU CAN FIND US

Telephone: 01260 290000

Address: Fellowship House, Park Road,
Congleton, CW12 1DP

Website: www.visyon.org.uk

Charity No: 1107951

Company No: 5250758