

My feel better plan

Sometimes our worries feel really big.

When we are feeling worried or scared it can be tricky to find a way to feel better about the things that are bothering us. Making a plan which you can follow when those worries feel overwhelming can help us to manage them.

Having a plan can help us to find a way forward

When we are very worried it can be tricky to think clearly and find a way to get through those thoughts. Having a plan in place is a bit like having a map to follow when you are walking through a forest. Creating your own plan is like you having your very own map - helping to lead you out of those trickier places.



My feel better plan

What does not make me feel good?



A rounded rectangular box with a dark blue border, containing a sad face icon on the left side. The icon is orange and consists of a circle with two dots for eyes and a downward-curving line for a mouth.



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My feel better plan

What makes me feel better?



A rounded rectangular box with a dark blue border, containing a simple orange smiley face icon on the left side.



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My feel better plan

How can I make positive changes?



My feel better plan

Things which might not make me feel good

- Feeling unwell.
- Worrying about specific things like a blood test
- Feeling uncertain about what might happen.
- Not understanding things.
- Being frightened of having a reaction.
- Missing out on things my friends can do which make me unwell.
- Having to change my plans because I am feeling poorly.

Things which might make me feel better

- Taking a walk.
- Having a relaxing soak in the bath.
- Talking to someone I can trust.
- Thinking about the positives.
- Doing something fun with a friend.
- Writing down my worries.
- Playing a board game.
- Reading a book.
- Doing some colouring.
- Listening to my favourite song.

How to make positive changes

Finding a new way to think about things which are bothering us can help us to feel better about them. Can we turn the anxious or upsetting thought around? For example, if you are worried about the triggers you might face which could make you feel unwell in a certain situation, you could look at the ways that you can be in control in that situation and the positives that will come from it.

Today I feel _____

Today I enjoyed _____

My favourite thing about today was _____

My hopes/goals for tomorrow are _____

Sometimes days are good but other days are tougher. Sometimes it seems that all the days are tough but trying to find some happiness in those days can make them feel better.

It is ok not to always feel ok. It can help to speak to a friend, family member or another adult you can trust when you are not feeling ok.