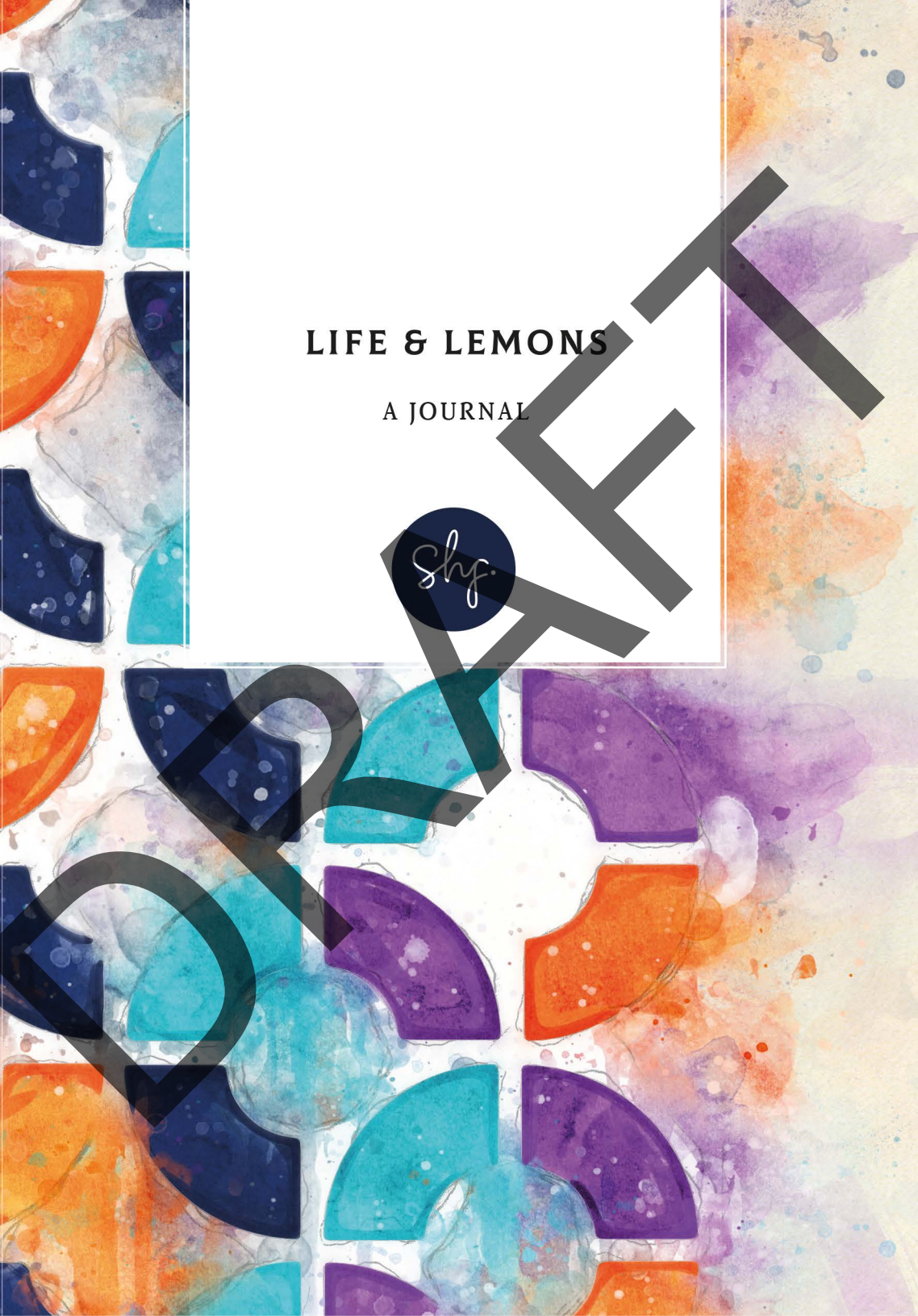




LIFE & LEMONS

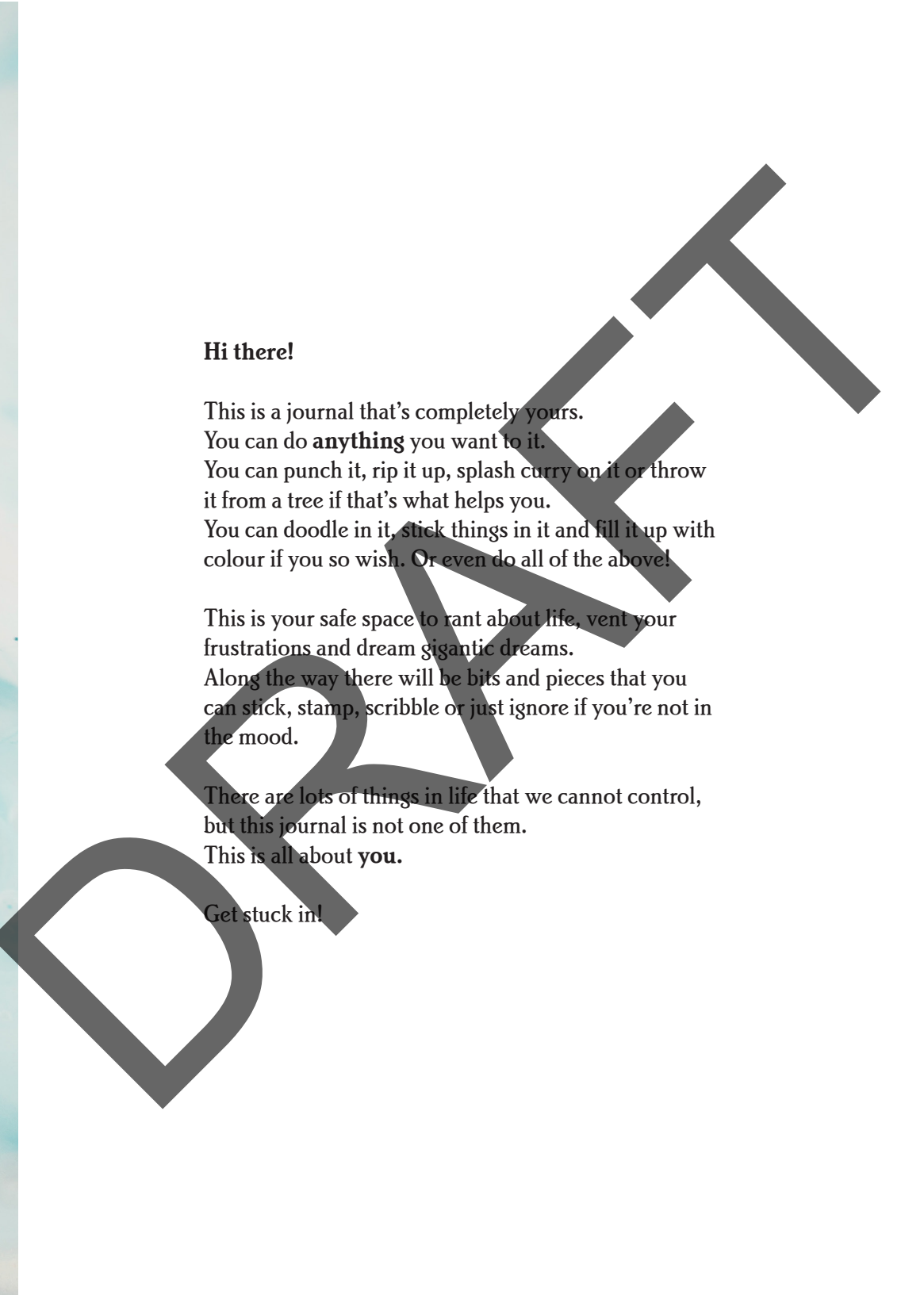
A JOURNAL

shy.



DRAFT

DRAFT



Hi there!

This is a journal that's completely yours.
You can do **anything** you want to it.
You can punch it, rip it up, splash curry on it or throw
it from a tree if that's what helps you.
You can doodle in it, stick things in it and fill it up with
colour if you so wish. Or even do all of the above!

This is your safe space to rant about life, vent your
frustrations and dream gigantic dreams.
Along the way there will be bits and pieces that you
can stick, stamp, scribble or just ignore if you're not in
the mood.

There are lots of things in life that we cannot control,
but this journal is not one of them.

This is all about **you**.

Get stuck in!

When life gives you lemons...

It's a well-known fact that not everything in life is easy. In fact, sometimes it feels like nothing is! There will always be times when life gives you lemons and it all goes a bit sour, but how we manage to deal with those difficult situations is determined by how resilient we are.

What is Resilience?

Resilience is a person's ability to bounce back from the challenges in life. It's part of how we face and overcome problems and come out the other side **wiser and stronger**.

We sometimes don't have control over the things that are happening around us, but the good news is we do have control of building up our own resilience. It's almost always in our big old hands to decide how to respond to a tough situation.

People with lots of resilience can turn something sour into something sweet (like lemonade!), but people with little resilience might turn to other coping strategies that aren't so good for them, like alcohol, drugs or self-harm. This is why building up our resilience is so important, and the power is in your hands!

Over the next pages we will learn how to bulk up our own resilience.

Make some lemonade!

Peel the lemon zest and squeeze the juice into a heatproof jug with the peel and the sugar

Add 600ml of boiling water

Stir till the sugar has dissolved

Allow the mixture time to cool before pouring through the sieve into a serving jug

*add 400ml of chilled water
Along with your decorations and...*

Enjoy!

INGREDIENTS

4 Lemons,
100g Sugar,
600ml Boiling Water,
400ml Chilled Water,
Lemon Wedges, Ice and Mint
to Decorate





Bulking up your resilience six pack

In order to be a resilient person, you first need to understand yourself and your own needs.

It's time to get to know your own brain, as it's the only one you'll get (I hope).

For example, if you know that you're the type of person who needs to take some time alone to process things after a difficult experience, then understanding that about yourself will enable you to let your friends know that that's how your brain works. This can help them be great friends, and leave you alone when you're ugly crying. You recover more quickly, and they feel like top pals.

Just like our eyebrow shapes (mono-brow), we all have different ways of coping, so you need to work out your own favourite ways to deal with things and tell others that this is how you cope best.

Have a look at these issues that might come up in life and try to think of how you would best deal with them. You can scribble in a few of the problems that are bothering you at the moment, too.



Getting a bad mark in
an exam

How would I deal with
arguing with my family?

falling out with a good
friend

Dreading a presentation
How would I cope with
this feeling?

Who could I ask for
help?

How would you deal
with the death of a pet?

Being left out. How
would I deal with this?

Who could I talk to that
would help?

Healthy mind, healthy body

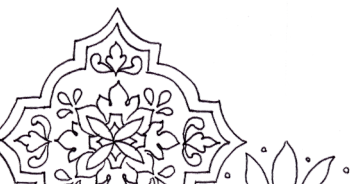
You are more likely to have a higher level of resilience if you look after your mind and your body too. This is something about our lives that we can easily take control of as we choose to make healthy decisions.

Looking after your physical health means getting enough exercise and good food in you to ensure you are strong enough to deal with life's challenges.

We really are what we eat, so don't end up looking like a bag of soggy chips. As well as a good diet, **how else can we look after our bodies?**

A really good way to keep tabs on the healthy choices you're making is by using life trackers. You can get apps that do this for you, or go the old-fashioned and creative route and make one for yourself.

There's lots of inspiration for these on sites like Pinterest, if you want to make your own. Have a go at this sleep tracker to see if you're getting enough Zzz's (8 hours!).



zzz
Sleep Tracker





The balancing act

Sometimes it can feel like you're being pulled in all directions and you're worried your arms might drop off. A good way to avoid this is to try and keep a good balance to the different parts of your life.

We've come up with six parts of life that are important to have in balance. If you lean harder on some parts and forget about others it can lead to stress, loneliness or even health problems.

It's not always possible to stay in complete balance all the time as there are days/weeks where one area needs more time than others. If, for example, you ignore your girlfriend on her birthday because you want to make sure you've done your gym time, you might find your world gets a little more difficult! As long as you keep it in mind, you can try out strategies to improve your life balance in a way that works for you.

In the wheel opposite, think of some ways you can improve parts of your life that might be a bit out of balance right now.



Everything IN BALANCE



ME



You are what you eat.

Your diet really can affect your body and your mind. Foods with lots of sugar, fat and additive nasties can play havoc with your physical and emotional wellbeing and affect your levels of resilience.

Imagine being hit with bad news right in the middle of a sugar crash after scoffing a full packet of jaffa cakes. I don't know about you, but I definitely wouldn't feel like my best self.

Use the next page to track what you eat for a week and also how the food you ate made you feel afterwards, it might surprise you!

If you're eating lots of junk food, think about healthier foods you could try, and sneak them into your diet. Your body and brain will thank you!



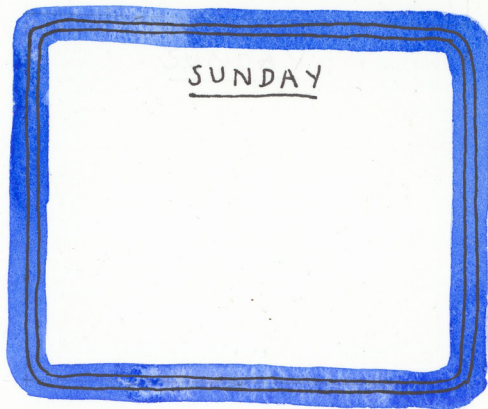
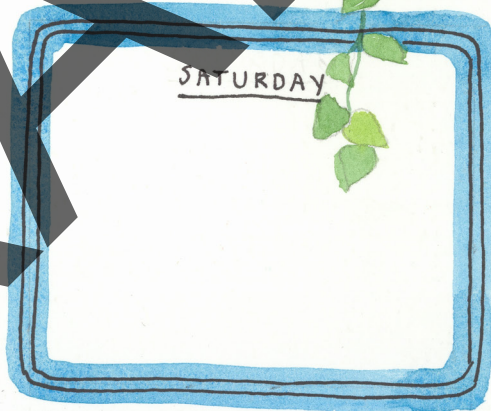
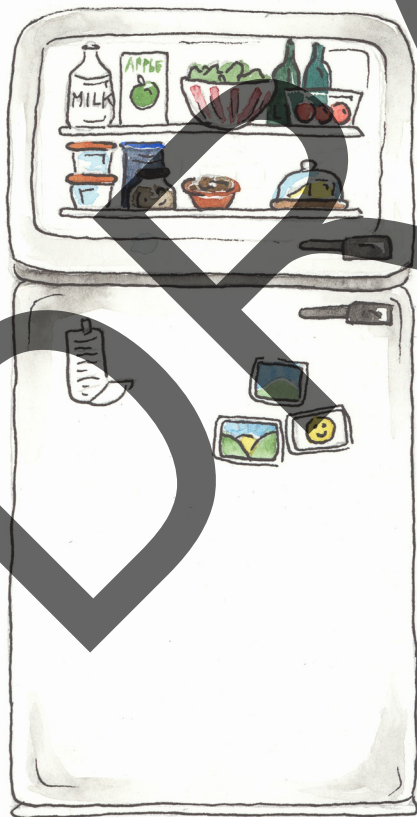
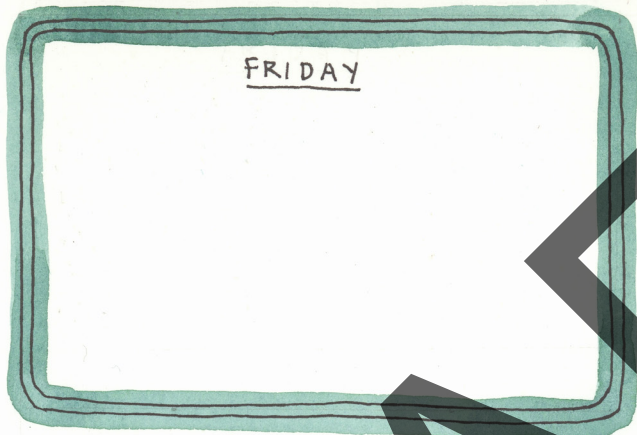
Food Diary

MONDAY

TUESDAY

WEDNESDAY

THURSDAY







DID YOU KNOW
73% OF YOUR BRAIN IS
MADE OF WATER?

IF YOU DON'T DRINK
ENOUGH WATER EACH
DAY, YOUR BRAIN
LITERALLY SHRIVELS
AND IT CAN AFFECT
YOUR THINKING ABILITY.

Water

TRACKER



Favourite Foods



FIZZY POP



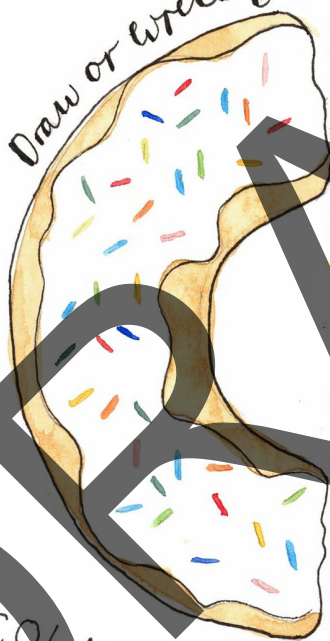
CHEESE



Draw or write your own favourites!



EGGS



CHOCOLATE



SWEETS



POTATOES



DRAFT

NEXT TIME YOUR
STOMACH RUMBLES AND
YOU'RE NOT SURE WHAT
TO SNACK ON, HAVE A
LOOK AT THE LIST ON
THE RIGHT SIDE FIRST!



feelings, Emotions and Moods.

Emotions are part of being human.

They help us react to everything that is going on in the world around us. Literally everybody you see, all of the time, is experiencing some sort of emotion.

It can feel like there are some emotions you enjoy feeling, and others that you'd rather not have.

Nobody likes that heart-sinking shame of realising you've been walking around with toilet roll stuck to your shoe for an hour. Actually though, it's important to allow yourself to feel all emotions, the ones that feel good as well as the ones that feel bad.

If you are able to put a name to an emotion you're feeling, this is the first step towards working out how to cope with it well. People who are aware of their own emotions are also better at understanding and relating to other people, too!



Emoji Diary

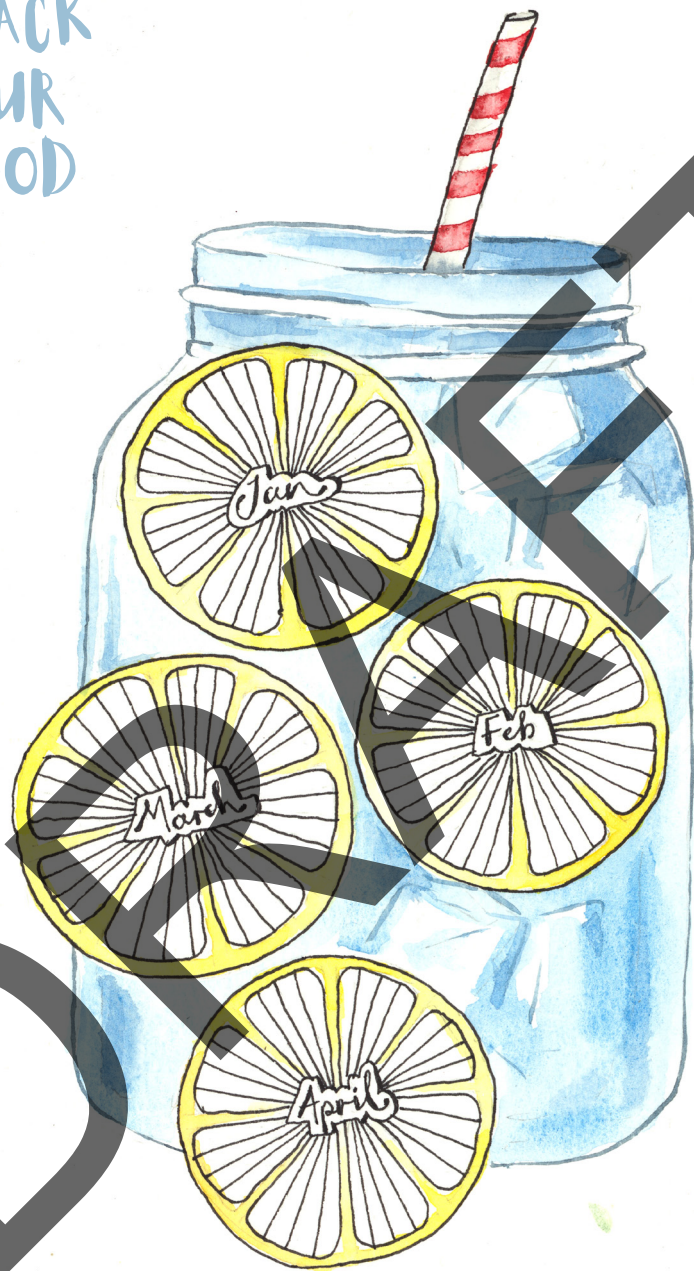
MON	TUE	WED	THUR	FRI	SAT	SUN
Morning						
Afternoon						
Evening						

Try using the emoji diary to better understand how you're feeling each day and why.

IF YOU FOUND THE EMOTI DIARY
HELPFUL YOU COULD TRY USING A MOOD
TRACKER REGULARLY, LIKE THIS ONE.
YOU COULD EVEN CREATE YOUR OWN

(have a look at Pinterest for lots of good ideas).

TRACK YOUR MOOD





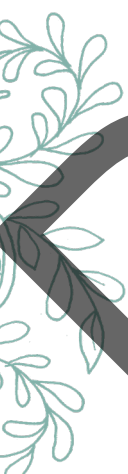
Express Yourself

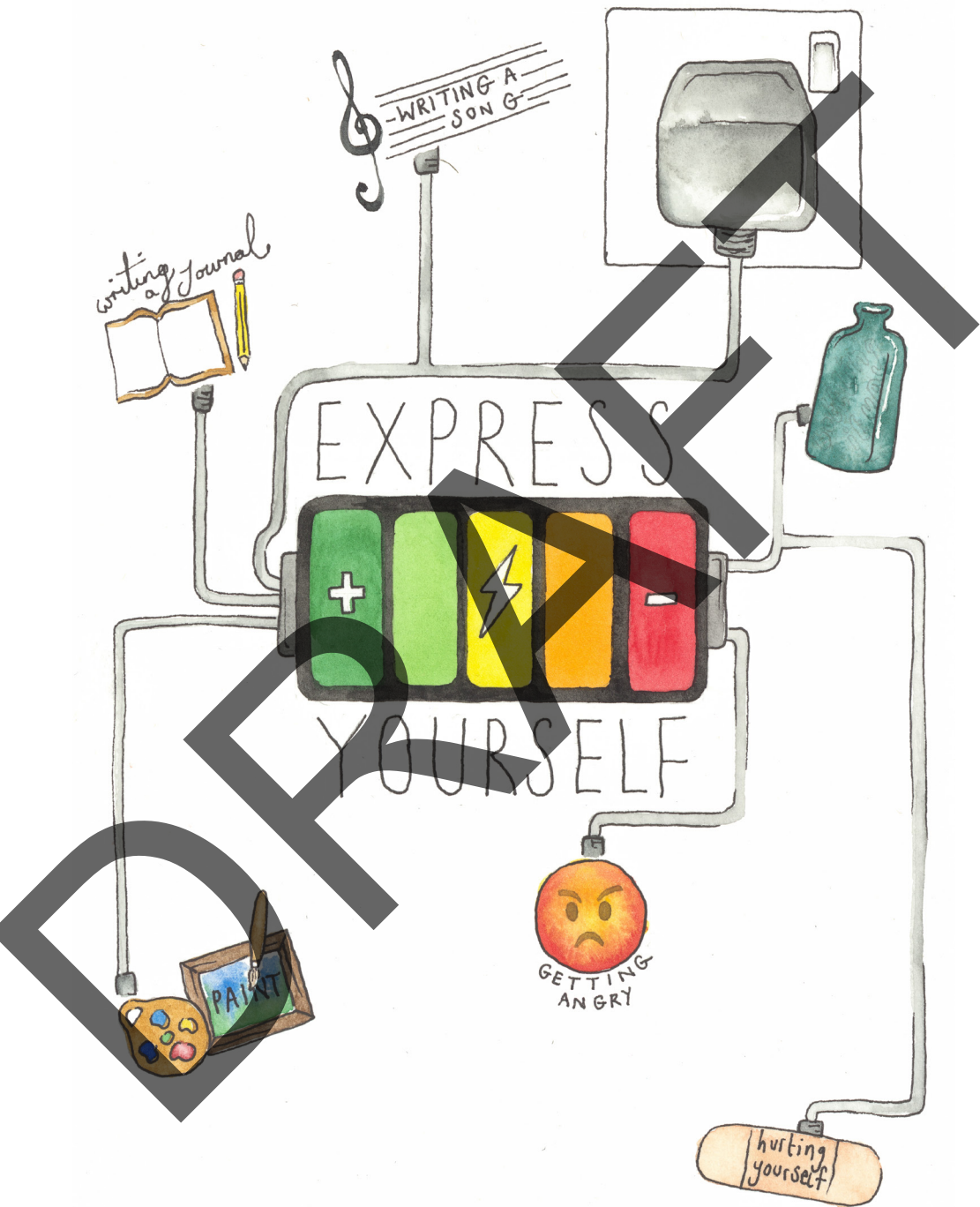
It is not only important to understand your emotions, but also to find ways to express them in a way that helps make you feel better.

Expressing your emotions can be a very powerful way to release your stress and tension, and being a master at expressing emotions in the right way is a great way to **build resilience**.

It's important to find positive ways to do this, to look after yourself and the people around you.

What are the ways we can express our emotions?





DRAFT



TIME TO GET
Emotional



THE NEXT FEW PAGES ARE FOR
WHEN YOU NEED TO LET OFF
SOME STEAM. PICK AND CHOOSE
THE ONES YOU WANT TO USE.

IF YOU DON'T NEED THEM RIGHT
NOW, SKIP ON AND COME BACK
HERE LATER!

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THIS
IS HOW
I'M FEELING

DRAFT

IF YOUR EMOTIONS
WERE

AN ANIMAL.

WHAT WOULD
IT LOOK
LIKE?

DRAFT

DRAFT

DRAFT

Go for a walk outside, find a
flower, a leaf or some mud and
stuff it in here.



DRAFT

Put this page under a pillow
and

PUNCH
IT!



TEAR

out this page,

SCREW

it up and

STAMP

on it,

HARD!

DRAFT





DRAFT

Have a go at making this cake.
Get this page covered in cake
mixture

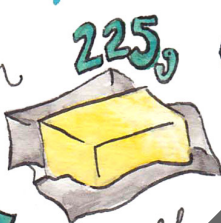
GOO.

Lemon Drizzle Cake

RECIPE

Pre-heat the oven
to **180°C**

225,



Mix the butter and
sugar till pale

FOR THE
DRIZZLE:

juice of $1\frac{1}{2}$ lemons



85g of
sugar

Pick the
cake and
pour over the
drizzle



crack 4
eggs in
1 by 1 and mix

LEAVE TO COOL

BAKE
45
mins



Sift in the flour (self raising)
and the grated zest
of 1 lemon



Spoon the mix ture into
a grease paper lined tin

DRAFT

THIS PAGE HAS ALWAYS
WANTED TO TRAVEL.

TAKE IT FOR A RUN!

(See how sweaty you can get it).



DRAFT

SCRIBBLE

ALL OVER

THIS

PAGE

OVER OVER OVER

DRAFT

DIG DEEP!

www

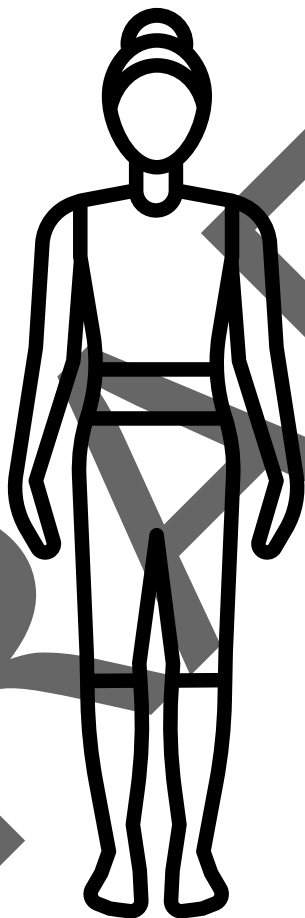
Stressing Out

Stress is a normal part of being human. It is your body's natural **response to the challenges** in the world around you. It can motivate you and make you perform well, like in sports. That burst of adrenaline before the start of race or a performance can be the boost you need to do well.

However, if your levels of stress rise too high and you feel unable to cope with situations, this can have a negative impact on your mind and body.

To learn how to deal with stress, you need to work out what stresses you out and how stress makes your body feel. Every body feels it differently.





Created by dDara
from the Noun Project

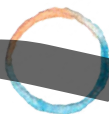
AND

Relax...



DRAFT

CAN YOU FILL ALL THE
BUBBLES WITH WAYS
TO DE STRESS?





Your Situations.

Life's a challenge. We realise that the moment that other kid at playgroup snatches our favourite crayon off us. From then on, we have to face lots of challenges. It can feel like a game show but without a host with a bright orange tan.

Coping means being able to deal difficulties, changes and circumstances. There are lots of different ways to cope, some of which have a positive impact on you as a person and others which can do more damage to you, even if it feels good at the time.

In what ways do you think the coping strategies on the page opposite might be bad or good for you? Can you think of any other coping strategies and connect them to the appropriate symbol?





Calm Breathing

Sometimes, we all feel completely overwhelmed and on the edge of a meltdown. When that does happen, it's helpful to have some tools ready to help you feel calm again. Think about the ways you normally calm down. **Are they helpful?**

One tool that is useful for calming ourselves down is a breathing technique called '**square breathing**'. This is particularly helpful for people who sometimes have panic attacks.

1. Have a look at the square on the next page (or find anything square in the room, for example a window or picture frame).

2. Follow the edge of the square with your eyes, and as you do so take a slow, deep breath in through your nose, keep breathing in until you reach the corner.

3. Following the next edge, hold that breath in.

When you reach the next corner, let the breath out through your mouth slowly as your eyes follow the edge to the next corner.

4. Keep that breath held out until your eyes are back at their starting spot, and do the whole thing again.



Hold that breath in.

Take a slow, deep breath in.

Breathe out slowly.

Hold it out.

Start here!



friendship Goals

Facebook friends, Instagram followers, Snapchat selfie squad - we all have lots of people that we might call 'friends', but how do you know when someone is a real-life friend?

What qualities do you look for in a true friend?

Trustworthy? Honest? Loyal? Generous? Selfless?

Think about your closest friends right now.

How are you showing these qualities to them in your friendship?

You might like to stick or draw pictures of your best friends on the next page, and fill in the hashtags with all their best friend qualities. This is a good page to come back to if you're ever feeling lonely, have a look at the faces you've stuck in here and give one of them a facetime.

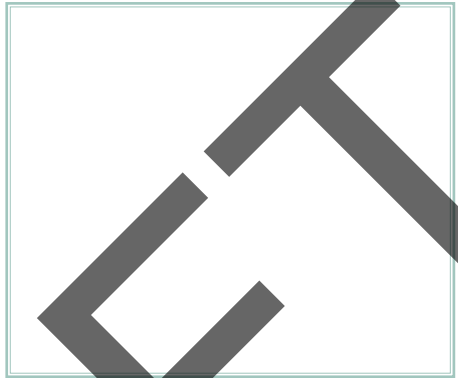




Name
Location



Name
Location



#

#

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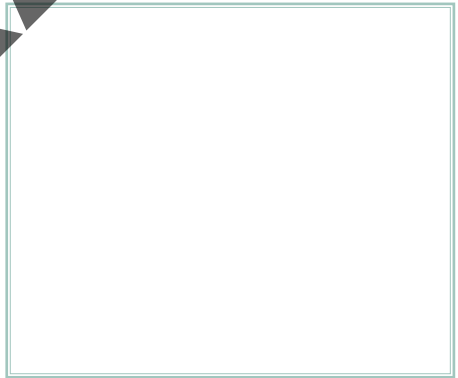
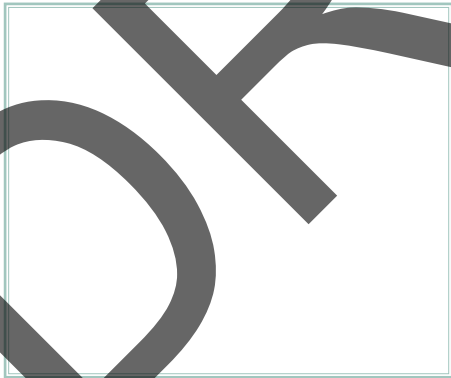
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Name
Location



Name
Location



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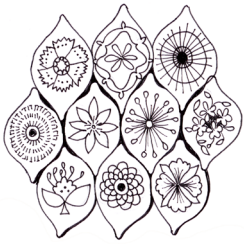
Under Pressure

Everyone feels the pressure sometimes. With work, school, college, home life, families, and friend drama, life can be demanding. Sometimes it makes us feel like we want to explode! If we can understand where this pressure is coming from, we can deal with it before heads start to pop.

A big part of dealing with pressure is understanding that we are allowed to say no to things. You don't have to do every single after school club, or hang out with friends every single evening if you're feeling like some time to yourself. Save your energy for the important things and the ones you actually enjoy doing!

Use the traffic lights to make lists of the things, people or situations that make you feel under pressure. Put them into order of importance, with red being the most important to you. Now, have a look at those green ones. **Is there anything you can say no to, to take the pressure off?**





Who am I?

You are totally and completely unique.

Sometimes it can feel like being different to everyone else is a bad thing. But instead of worrying about how to 'fit in' and be like everyone else, how about we celebrate our differences instead? Every person you know is different from another in lots of ways. Take time to appreciate their uniqueness! Whilst you're doing that, take time to appreciate your own uniqueness.

In the mirror opposite, ask a friend or family member to write down all their favourite things about you, that make you unique and special. Tear the page out and stick it on your mirror so that you can see it and be reminded of how great you are every day.







Strengths and Weaknesses

Understanding our own strengths and weaknesses is a vital part of **developing and growing as a person**. Knowing what we are good at is helpful in choosing our study options, careers, and when making friends. It's helpful to know what you're good at so you can support other people when they find things tough, but also to know when you might need help yourself. Challenging yourself to tackle your weaknesses head-on can help you grow as a person and make you more resilient.

Can you think of a time when you chose to do something that you thought you would find difficult, and in the end, it wasn't too bad after all?

Use the boxes to work out what your strengths and weaknesses are.

I am great at...

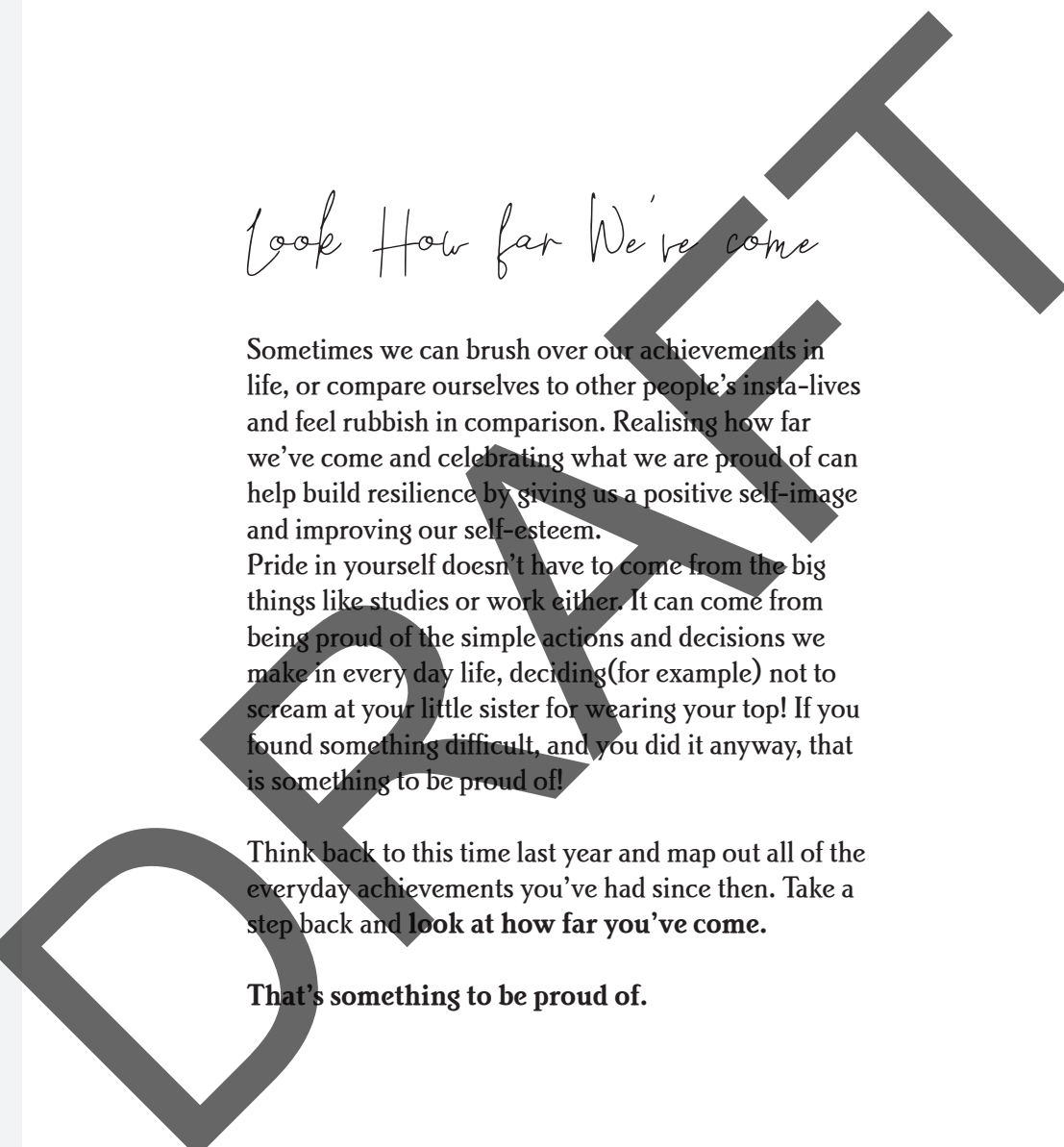
I sometimes need help
with...

I am proud of...

I could practise...

"FAILURES, REPEATED
FAILURES,
ARE
FINGER POSTS ON
THE
ROAD TO
ACHIEVEMENT.
ONE FAILS FORWARD
TOWARD
SUCCESS."





Look How far We've come

Sometimes we can brush over our achievements in life, or compare ourselves to other people's insta-lives and feel rubbish in comparison. Realising how far we've come and celebrating what we are proud of can help build resilience by giving us a positive self-image and improving our self-esteem.

Pride in yourself doesn't have to come from the big things like studies or work either. It can come from being proud of the simple actions and decisions we make in every day life, deciding (for example) not to scream at your little sister for wearing your top! If you found something difficult, and you did it anyway, that is something to be proud of!

Think back to this time last year and map out all of the everyday achievements you've had since then. Take a step back and **look at how far you've come.**

That's something to be proud of.

Obstacle Map

1 YEAR AGO

Going somewhere new
for the first time.

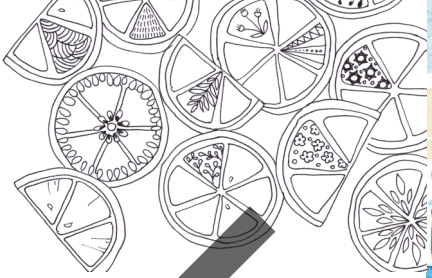
Standing up and
speaking in front of
everyone!



*Dealing with family
drama.*

Getting through that exam

TODAY



Self-Image

When we talk about self-image, we sometimes assume that this is about the way someone looks and how attractive they are. However, self-image is actually about how a person sees themselves. If we have a positive self-image, we see ourselves in a positive light, including our personalities, achievements and how we look. **Everybody has positive qualities, no matter how you feel about yourself!**

It's important to build up a positive self-image, and if this is something you struggle with, it's time to call in the back up for help. Show this 'Sea of Positivity' to a trusted friend or family member. Get them to fill the waves with positive words they think describe you. Use this when you might be feeling insecure to remind yourself of how awesome you really are.



seed of Positivity

creative

honest

brave

DRAFT



Hopes and Dreams

Thinking and planning for the future can be a little bit daunting, so it can be useful to break our plans down into three sections; **aspirations, hopes and dreams**. Aspirations are things we would like to be or to do. They are things that we can reach if we try hard enough. Hopes are what we wish for, that we believe might come true one day, but are a bit out of our control. For example, we hope we have good weather on our birthday (If anybody reading this can control the weather then get in touch!). Dreams are more fantastical than aspirations or hopes. They can be something wild and crazy that you can't imagine really happening in real life...like winning the lottery!

It's well documented and researched that positive thoughts lead to a happier life.



Spend some time thinking positively about your future,
and use this space to scribble, stick or stamp down
your aspirations, hopes and dreams.

DRAFT

I'd like to be...

DRAFT

I'm hoping for...

DRAFT

I'm dreaming of...

Goals!

Setting yourself goals to achieve can **give you direction** and help focus your mind to look positively towards the future. Giving yourself a challenge and trying your best to achieve it can help you feel good about yourself and build resilience.

Think about something that will help you grow as a person — maybe something that will face your fears or test your body? If you are motivated to achieve it, you will move forward towards it.

The **SMART** acronym below can be used to make a goal which is great for seeing your progress as you work through your journey.

Specific
Measurable
Achievable
Relevant
Timely

- don't be vague, be precise!
- how can you measure your progress?
- is it a realistic goal? (probably not going to land on the moon)
- how does it help with the rest of your life?
- when will you have achieved it by?



Write your goal in the netting using SMART as a guide. Cut out the net and fold it up, then place it somewhere safe and set an alarm on your phone for 1 month or year from now. (depending on how big your goal is!).





When life feels bitter

Sometimes when people don't have the resilience to cope with difficult situations in life, they use coping methods which are not healthy.

We've talked before about how these can be things like smoking and taking drugs. Another unhealthy coping tactic can be self-harm. Self-harm tends to be something people don't like to talk about. This might be because it's something which is difficult to understand if you've never experienced it yourself. Often, it's something that people feel like they need to hide and keep secret. In reality, self-harm is **very common**. In fact, about 1 in 5 teenage girls aged 14 have self-harmed at some point.

So, if this is something that you have had problems with, or maybe known a friend to do it, **you are not alone**. And the best thing we can do for ourselves and our friends, is to **learn to talk about it**.





What is self-harm?

“Acting deliberately to injure yourself physically”.

For example cutting, hitting or burning.
Even though it might seem scary, it can be very easily **explained and understood**.

Why do people do it?

Often people who self-harm are experiencing powerful emotions and are finding it difficult to cope with or communicate how they are feeling. They may use it as a way of turning emotional pain that is difficult to understand into physical pain which makes more sense. It can also be a way of taking control of a small area of their lives when they feel that lots of things are out of their control.

It is NOT something that ‘weak’ or ‘crazy’ people do. **Almost anyone** could end up resorting to self harm if they have little resilience to cope with difficult situations or emotions.





What can help?

Finding a different way to deal with your feelings using some of the techniques we have spoken about already.

Breaking the cycle of secrecy! Tell someone you trust that you are struggling. If it helps, there is a letter template at the back of this journal which you can use for writing to a friend or family member for some help.

Recovering can take time, so forgive yourself slip-ups and take it day by day. Learn from the slip-ups by making a note of what caused you to feel that way.

Identify your triggers and find other ways of coping. A list of these is on the next page. Make a note of what works and what doesn't.

Break the habit. If you know you self-harm in your bedroom, don't go to your bedroom when you're feeling like harming.

Change your routine. Do something mentally absorbing instead, like video games or baking.

Get expert advice. The Samaritans, Childline and Young Minds are all great places you can go to for help, as well as your GP.

Alternative Strategies to Self-Harm.



Rub ice along your skin, or hold an ice cube in the crook of your arm or leg.

Find a dog to cuddle.

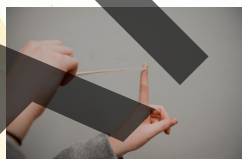


Pop a rubber band around your wrist and snap it against your skin.





Have a cold bath.



Use a red felt tip pen to make marks in the place you would normally cut.



Distraction and delay.
Find something else to do,
like watching a comedy or
playing a video game.

DRAFT

How to help a friend who is self-harming.

What do you say if somebody tells you they have been harming themselves?

React well. Asking someone for help is a **really courageous step**, and if they have come to you then this is a huge compliment and privilege. The way you react to their self-harm can shape the way they act next, and if your reaction is negative this might cause them to feel ashamed, which can then lead to more harm.

Support them, love them, listen to them and realise that it's not something that can just stop overnight.

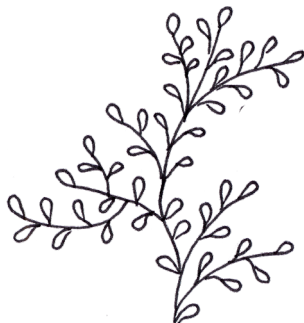
Remember that the person is doing what they are because they are desperate and frightened. Don't push them to stop too soon, it should be on their terms. Instead help them to work through what they are feeling and form some positive goals to work towards. Offer to be their 'code word buddy' described on the next page.

The Code Word buddy

If you have ever felt like you have hit rock bottom, you will know that it's difficult to know how to ask for help. It can be so hard to put into words what you are feeling at the time. Instead, find someone close that you trust and make the **Code Word agreement** with them.

Whenever you feel low, text them the agreed code word (it could be anything random; bananas, lifeboat etc.). When the person receives your code word, they know that you are feeling low and might be thinking about self-harming. Agree together what you would like them to do in the moment. It could be they call you, or text you, pray for you or send you a funny GIF.

Whatever they do, the code word helps you reach out to a friend without needing to explain to them why you need help. You could even have multiple code word buddies there for you.



Name _____
How I reach them _____
Code Word _____
Socials/Profiles _____

@ @

Name _____
How I reach them _____
Code Word _____
Socials/Profiles _____

@ @

Name _____
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Code Word _____
Socials/Profiles _____

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DRAFT

Dear...

I am writing to you because you are somebody that I care about and trust.

I have been finding life a bit difficult recently, particularly because of.....

I have found it difficult to know what to do with my emotions, and because of this I have resorted to harming myself.

I understand that this is not the best way of coping with problems, and I would really value your help and support.

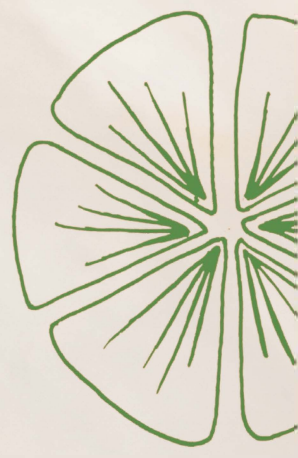
Would you be willing to help me talk about how I'm doing, and maybe make a plan of action together?

Thank you for being so understanding.

from,
.....

Notes and doodles

DRAFT



DRAFT



DRAFT

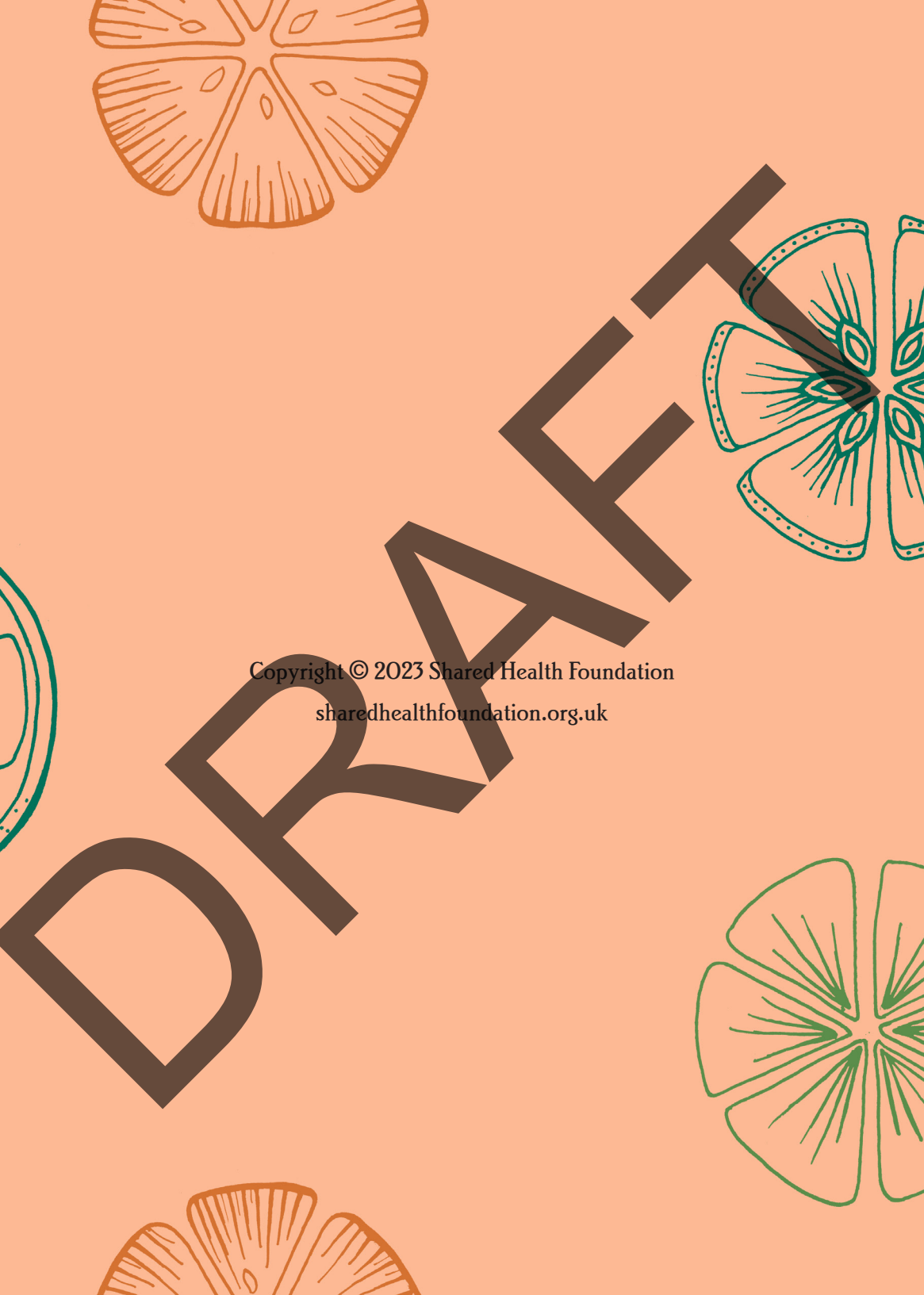


DRAFT









DRAFT

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Reducing the Impact
of Poverty on Health.