



# THE WORTH-IT<sup>®</sup> GUIDE

Wellbeing Activities  
by Young People for Young People



## How this guide came about

**At Worth-it we work with schools and settings to improve mental health and wellbeing. Some of the young people we have previously supported helped us design and improve our services.**

They decided they would like to share what they learnt through our support and let you all know the message of positive mental wellbeing. The aim of this guide is to help improve the mental wellbeing of lots more young people.

The tips, tools and techniques shared in this booklet are all simple and effective ways to improve wellbeing. Throughout this guide, you will find helpful quotes and tips from the young people who helped create it.

All the information in this guide comes from positive psychology and evidence based coaching. This is the method that Worth-it use to help and support young people to improve their mental health and wellbeing.

Remembering what  
you're grateful  
for helps you see  
the good stuff as well  
as the bad

Everything  
gets better  
in time

## Gratitude Piggy Bank

**Write on and around the pig all the things you are grateful for in your life. These can be big or small, e.g. you have a phone, you have nice hair, you're grateful for your family, friends or the fact you've been taken out somewhere nice.**

Practising an attitude of gratitude and 'paying into your piggy bank' builds a stock of all the things you do have and you can remind yourself of, during times when you feel like nothing is good.

# Positive Thinking - Why Bother?

## Thinking Positively

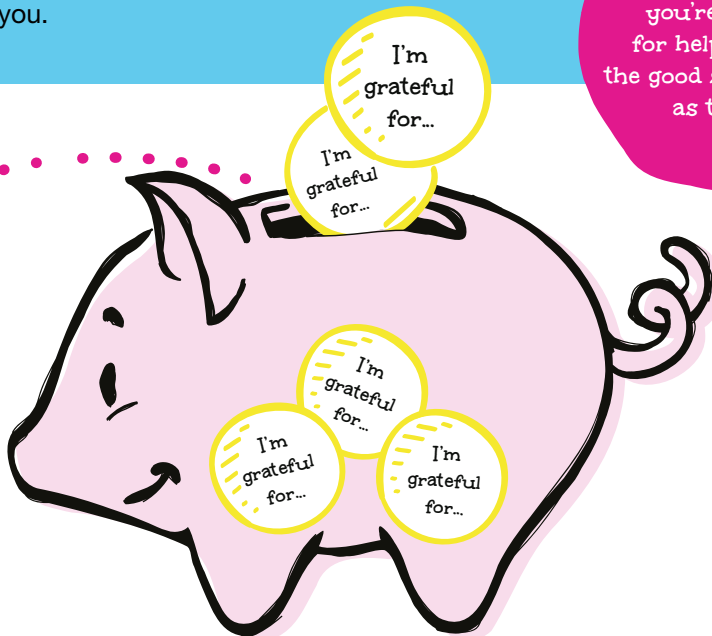
- Helps you see life from a different perspective or put things into perspective.
- Makes you confident so you can be yourself.
- Makes you feel better so you don't have to fake anything.
- Gives you a positive aura and helps you to make friends.
- Helps you help others.
- Gives you good feelings about life.
- Helps you want to try new things.
- Makes you feel good about yourself and when you feel like that people want to be around you.

## How to Improve your Positive Thinking

- Write things down....keep track of the good things you notice in your day.
- Recognise when you have used your strengths and things you are good at.
- Accept compliments and give compliments.
- Take time every day to think about good things that you enjoy or that have made you smile.
- Break large goals into smaller goals.
- Focus on the small goals you have achieved, and reward yourself.
- Keep things in perspective. Notice when something hasn't gone your way but also notice when it has.
- Always think about what you can learn from a challenging situation.



Remembering what you're grateful for helps you see the good stuff as well as the bad

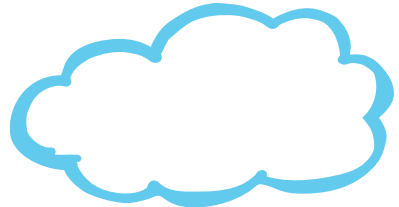


# What Went Well

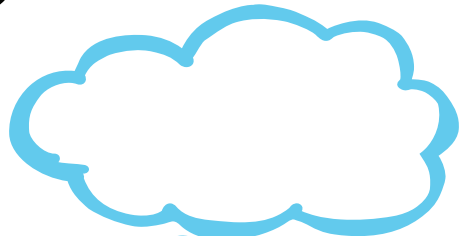
Human brains tend to naturally ignore what goes well and focus on what does or what might go wrong. “What Went Well” brain training asks you to think about three things that went well during your day and why they went well. The three things don’t have to be big things, in fact the smaller they are the better. To start with, try noticing something small like someone holding the door open for you, which made you feel noticed. The “why” is what you did to make the “what” go well and how you felt.

## What to do

Each day write down three things that went well. Think about why these good things happened and make a note of why they went well. You can use a journal or make a list to keep track of your three daily things.



**Example:**  
What: Someone held the door open.  
Why: I felt respected and noticed.



**Example:**  
What: I did well on a test.  
Why: I realised I worked hard and felt proud.

# Positive Thoughts and Responses

Sometimes it's hard to think positive when you are used to thinking negative. Here are some suggestions of what to think for "common" negative thoughts.



"I've got no friends"

How would my friends feel if they knew I thought they didn't like me?

"I'm having a bad day"

What's the least bad bit?

"I always get the blame"

Remember the time when ??? got in to trouble and I didn't.

"I can't stop myself"

What do I gain from doing it? Is there another way to get the same benefits?

"They make me angry"

Do I want to let them have that much control over me? How can I feel instead?

"I can't do it"

What small step could I start with?

## The Positive Me

Complete the table below, take a minute to think of all good bits of you, ask your friends and family if you get stuck. You can use the table to help with 'flow' (on the next page).

Things I enjoy	Things I'm good at	What people like about me
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

# How to find your flow



Have you ever lost yourself in something you are doing so much that you lost track of time? Flow is a state of mind you achieve when you're fully immersed in a task, forgetting about the outside world. Flow is about intense concentration, losing track of time and being perfectly challenged. It's a concept proposed by positive psychologist Mihály Csíkszentmihályi.

Losing yourself in things you enjoy and are good at helps you improve your mental wellbeing.

To recognise the next time you are in your Flow, you notice that you...

- are completely focused on the task you are doing
- forget about yourself, about others, about the world around you
- lose track of time
- feel happy and in control
- are being creative and productive

To feel better  
do something  
fun that  
you enjoy

List what you're doing to get  
into your flow...

A large, light blue rectangular box with a black border and horizontal dotted lines for writing.

Suggestions from  
our young people about  
how they find  
their Flow:

Art, Gaming, Listening  
to music, Writing,  
Sports.

# Where to find help

## Self help resources:

### PAPYRUS Hope Line

0800 0684141

[www.papyrus-uk.org](http://www.papyrus-uk.org)

### Anna Freud

[www.annafreud.org/on-my-mind/self-care/](http://www.annafreud.org/on-my-mind/self-care/)

### Young Minds

[www.youngminds.org.uk/young-person](http://www.youngminds.org.uk/young-person)

## For parents:

### Young Minds

Parents helpline: 0808 802 5544

[www.youngminds.org.uk](http://www.youngminds.org.uk)

### Mindful

[www.mindful.org](http://www.mindful.org)

### Papyrus

[www.papyrus-uk.org](http://www.papyrus-uk.org)

### Mind

Infoline: 0300 1233393

[www.mind.org.uk](http://www.mind.org.uk)

## For bullying:

### Childline

0800 1111

### Bullying Support

[www.familylives.org.uk/advice/bullying](http://www.familylives.org.uk/advice/bullying)

## For self harm:

### National Self-Harm Network Forum (NSHN)

[www.nshn.co.uk](http://www.nshn.co.uk)

## Who else you can talk to

- Family
- Friends
- School nurse
- Doctor - Your GP
- Youth worker/Family support worker
- Pastoral support at school
- Teachers
- Mentors
- Mental Health Support Team

## About Us

Worth-it Positive Education CIC specialises in promoting wellbeing in schools and settings and training practitioners to use mental health resources and targeted support programmes for children and young people. Contact us to find out more.



**Tel:** 0300 3233230

**Web:** [www.worthit.org.uk](http://www.worthit.org.uk)

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## Find out more about our programmes:

### Wellbeing Club

DfE assured training and resources for Senior Mental Health Leads.

[FIND OUT MORE](#)



### Wellbeing Ambassadors

Help your young people support peer wellbeing.

[FIND OUT MORE](#)



### Wellbeing Toolkit

Use our evidence-based toolkit of wellbeing activities and resources for schools and settings.

[FIND OUT MORE](#)



### Staff Wellbeing

Support your staff to develop strategies for personal and team wellbeing.

[FIND OUT MORE](#)



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