

WHAT CAN I DO

when it comes to...

TALKING AND RELATIONSHIPS

FEELING DOWN

MONEY

KEEPING ACTIVE

SLEEP

MYSELF

SERVICES

FOOD

RELAXATION

a young persons guide to looking after yourself

This mini-guide was originally researched and written by volunteers from youth project [Right Here Brighton and Hove](#) and has been adapted for use by young people in West Sussex.

RIGHT HERE

RUN BY YMCA DOWNSLINK GROUP

WWW.RIGHT-HERE-BRIGHTONANDHOVE.ORG.UK



NHS

MONEY

Budgeting with your money can help you feel more in control and lessens pressure about finances.

Plan your budget. Draw out the money you need for the week on Monday and stick to it, or make a list of regular outgoings so you can check you have enough coming in. Ask for help if you are unsure about how to get started.

Organise yourself and your time by making a list, or use a diary. Writing things down can mean one less thing to carry around in your head.

Depending on your situation, look for a part time or full time job to help your finances. If you're finding it difficult to get one, think about volunteering - it can open up opportunities and give you skills, training and experience.

For help with apprenticeships, jobs, benefits and interview skills visit a [FindItOut Centre](#): www.yourspacewestsussex.co.uk/finditout

FOOD+DRINK

Often when people talk about food and health they focus on physical health, but what you eat can also affect your emotional wellbeing.

Poor diet and skipping meals can make you feel tired, which can make simple tasks a bit of a struggle.

Regular meals, especially those including complex carbohydrates like brown bread and rice give you a steady supply of blood sugar (and energy), which helps to balance out your mood. 'Junk' foods give you a quick fix of energy, followed by a crash.

Ordinary things like tea, coffee and sugars (except sugars found in fruit) are all stimulants which can also affect your stress levels if you go overboard on them.

Be aware of how much alcohol you drink. If it's a lot, think about cutting down to stay within the recommended units: 2 or 3 units per day for a woman, and 3 or 4 for a man.

As a rough guide:

Beer or cider (pint)	2.5 units
Alcopop (275ml bottle)	1.5 units
Spirit (25ml shot)	1 unit
Glass of wine (175ml)	2.5 units

KEEPING ACTIVE

Doing a regular and enjoyable activity can boost your self-esteem and relieve stress and tension. It also increases concentration, channels your emotions, helps you to express yourself. It can even help you sleep better.

Exercise releases chemicals in the body called endorphins. These can control feelings of stress and frustration and help promote feelings of wellbeing.

Exercise can mean different things to different people - find something that works for you. Here are some ideas:

- a quick walk (or run!) in the park, or anywhere outside
- kick a ball around, on your own or with mates
- dancing! Either out or in your bedroom (no one will know!)
- wii fit, if you have one
- swimming
- do the housework!

There's loads for young people to do in West Sussex. Check out: www.yourspacewestsussex.co.uk/things_to_do.aspx

RELAXATION

Take time out to relax and chill. It can help you de-stress and gives your mind and body a chance to recover from any pressure you've been under.

When things are tough or getting on top of you it's particularly important to take time out. Try not to exhaust yourself.

When organising your time it's just as important to plan for 'time out'. Keep blank space in your week to chill out and give yourself a break from the busy day-to-day stuff.

How you choose to relax is an individual thing so think about what suits you personally. It could be anything:

- reading a book
- being outside
- watching TV
- having a bath
- cooking
- any hobby you enjoy.

Find a place you find comfortable to relax and chill out, maybe your bedroom, in the countryside, in a park or at the beach. Anywhere that suits you.

You might want to learn about **Mindfulness**, it's a great way to calm down your mind: www.headspace.com

SLEEP

Sleep is more important than most of us realise.

Watching TV or using a computer late at night stimulates the brain and encourages it to be active. This can make getting off to sleep harder.

If you're having trouble sleeping, having a routine when you go to sleep helps your body to adjust to the idea.

You could try having a warm bath, a hot caffeine-free drink, or reading a book to help your body and mind unwind beforehand. Lavender-scented oil on a pillow can help you relax.

Speak to your doctor if sleep becomes an ongoing problem.

TALKING+ RELATIONSHIPS

Opening up about your feelings to someone else can help you. You may get a new angle on things or some practical advice.

Keeping things to yourself can be really stressful. It's not a sign of weakness to talk about how you feel with someone you trust, and who won't judge you.

There might be someone you feel you can talk to at home or where you study, and there are lots of other places around the city where you'll find someone who will listen and support you. Some of them are listed in the **Who Can I Talk To?** section over to the right.

Talking might feel strange at first but after a while it will feel less awkward.

You don't have to plan a specific time to share your feelings with someone.

Be with people who you feel comfortable with and who make you feel good about yourself. The type of people around you can have a big impact on the way you feel about yourself and your life.

Your life and relationships will change. This can be hard to deal with so it's important to communicate your feelings to others who will be supportive.

MYSELF

Be kind to yourself. Try not to put yourself down or blame yourself when things go wrong - and don't overlook the things that are going right.

Accept who you are focus on your strengths. We all have weaknesses and everyone gets it wrong some of the time.

Things do happen in life which are unplanned or out of our control. It can help to view them as opportunities to learn, instead of getting down on yourself.

When things don't go as planned it can be hard at first, but dealing with disappointment can make you a stronger person.

Find more info online at:

youngminds.org.uk
time-to-change.org.uk/
youngpeoplemindfull.org
headspace.com
moodgym.anu.edu.au
findgetgive.com

National mental health support services

FEELING DOWN

Look at the checklist below. If you can regularly tick one or more of these boxes, talk to someone about it.

- Crying or being really tearful
- Mood swings
- Feeling over-tired
- Difficulty concentrating
- Negative thoughts
- Feeling down
- Avoiding being with other people
- Feeling easily irritated
- Over-eating or not eating
- Feeling panicky
- Self harming
- Using alcohol or drugs to cope with your feelings
- Suicidal thoughts

You might not feel like it but there are lots of people out there who will listen and offer you support.

You could talk to a **friend or family member**, or maybe there is a **teacher** or someone at school or college who you trust.

Your doctor can also help you to talk about how you're feeling. If your doctor's surgery is closed, you can get medical advice by calling **111**.

Before your appointment, check out www.docready.org to prepare your checklist and www.howcanifilm.com to learn your rights!

There are more ideas in the next section on the right...

WHO CAN I TALK TO?

You don't have to go through anything on your own.

Here are some places you will find someone to listen. And remember you can take a good friend or family member with you to any of these places.

Add **www.** before all the websites listed!

Dialogue Counselling

Free counselling for 13-25 year olds in Bognor Regis, Burgess Hill, Chichester, Crawley, Horsham, Lancing, Littlehampton, Shoreham-by-Sea and Worthing. **Call or text 07739 893707** community.counselling@ymcadlg.org

Your Space / FindItOut Centres

Advice and info for 13-25 year olds: yourspacewestsussex.co.uk Add /finditout for the FindItOut Centres.

Allsorts (based in Brighton) supports and empowers young people who are lesbian, gay, bisexual, trans* or unsure of their sexual orientation and/or gender identity. allsortsyouth.org.uk

BMEYPP (based in Brighton) is the Black and Minority Ethnic Young People's Project. bmeyp.org.uk

Mind in West Sussex coastalwestsussexmind.org

CRI Substance Misuse offers outreach support for 10-17 years olds 0300 303 8677 option 1 01903 230600 or cri.org.uk

West Sussex Young Carers youngcarers@westsussex.gov.uk westsussex.gov.uk/youngcarers

Worth Domestic Violence Advisors 0330 222 8181 or 07834 968539 worthservices.org

Saturn Centre supports anyone over 14 who has been sexually assaulted. 01293 600649 or saturncentre.org

Child and Adolescent Mental Health Service (CAMHS) Chichester – 01243 813405 Worthing – 01903 286754 Horsham – 01403 223344

This leaflet contains tips to keep yourself emotionally and mentally healthy.

It has been made by young people for young people. The tips are things we have found useful to keep our own health on track.

We have broken it down into different areas to focus on and experiment with, including eating properly, talking about your problems and being kind to yourself.

If you or someone you know has hurt themselves badly and needs urgent help, go to A&E or call 999 for an ambulance.