



GROWING TOGETHER FOR
HEALTH AND HAPPINESS

Wellbeing Toolkit



Resource for health professionals
working with children and young
people living with HIV

Contents

Introduction	p.4
Breathing	p.5–6
Grounding techniques	p.7
Feelings	p.8–11
Self care	p.12–14
Sleep	p.15
Help and support	p.16–18

Introduction

This toolkit is for health professionals working with children and young people living with HIV, to help guide conversations about mental health and wellbeing.

Some children and young people might find HIV difficult to deal with and may also be dealing with wider difficult issues. They may sometimes feel overwhelmed or they might struggle with anxiety or depression. The toolkit includes a range of simple self-care practices that some young people might find helpful.

The toolkit may be particularly useful for HIV clinics that do not have a psychologist in the department. In some cases, health professionals may find that their patients need to be referred to a psychologist.

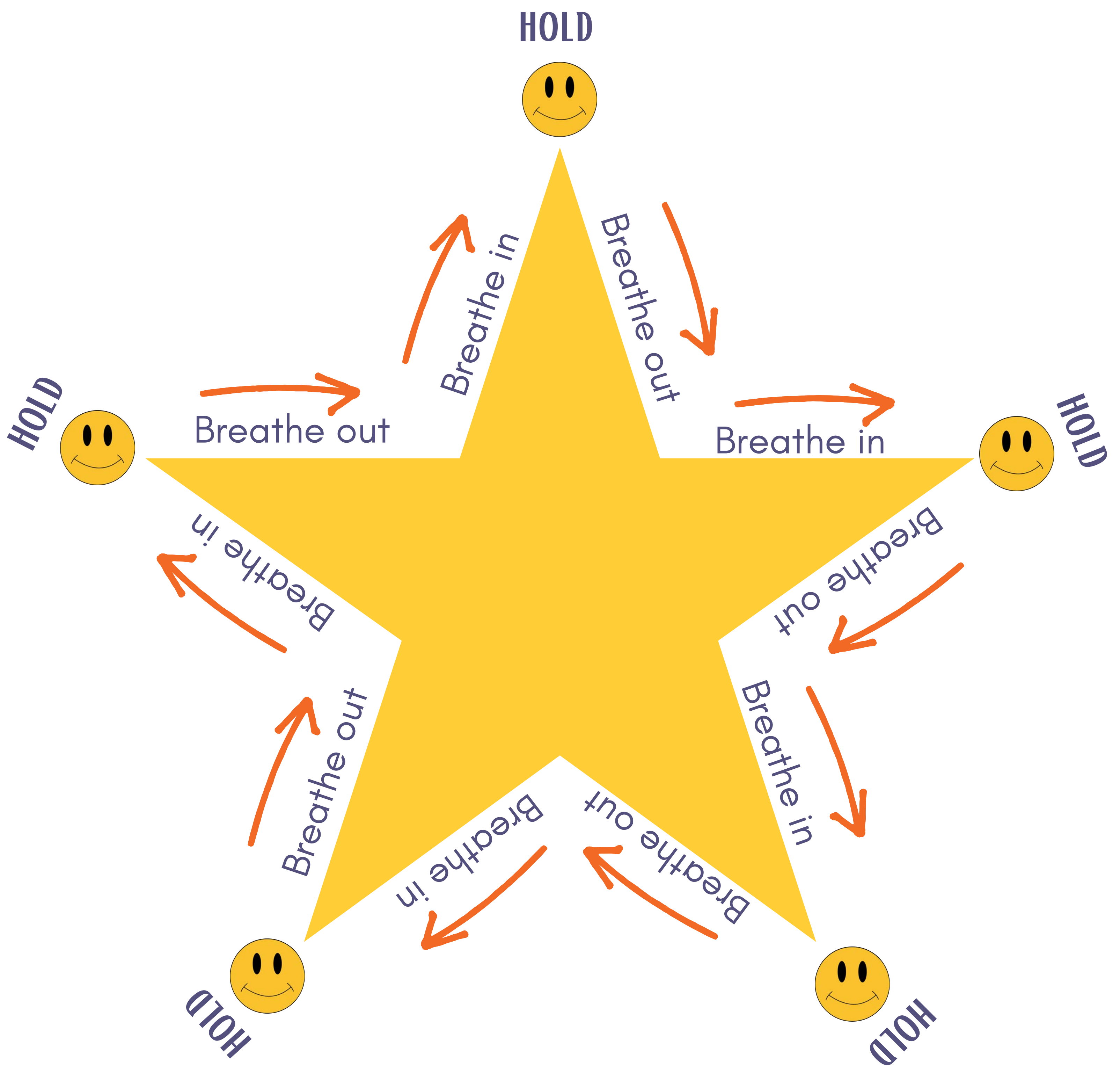
The resource was initially created by a group of psychologists specialising in HIV, to facilitate a workshop about supporting young people's wellbeing at the CHIVA conference for health professionals in 2021. Participants really valued the workshop and suggested that the resource be distributed more widely for health professionals.

We would like to thank the following organisations for allowing use of their imagery in this toolkit:

CAMHS Professionals, Epione Training and Consultancy, Dani DiPirro/ PositivelyPresent.com.

Star Breathing

Breathe in, hold at the point, and breath out. Follow your way around the star.



THE UNIQUE STRENGTH
OF THE BUTTERFLY HUG IS
THAT YOU CAN DO THIS
ANYTIME - ANYWHERE!



Introducing the incredible

The **BUTTERFLY HUG**
method was developed by
Lucina Artigas during her work
with hurricane survivors
in Mexico, 1998.

BUTTERFLY HUG



The **BUTTERFLY HUG** presents
an opportunity for **SELF-SOOTHING**

- 1 Cross your arms over your chest and place each hand on your upper arm/shoulder area.
- 2 With eyes closed or open, begin gently tapping each arm, one side then the other, back and forth.

Begin to notice your breath and try to slow and lengthen your breathing as you continue to tap. In time feelings of anxiety will reduce, and feelings of safety will increase.

Try to observe
any thoughts, feelings,
images or sensations that arise
without judgement like they
are clouds passing by.



Epione
Training and Consultancy

***MORE HUGGING HEROES
ON THEIR WAY ... !***

Grounding Technique

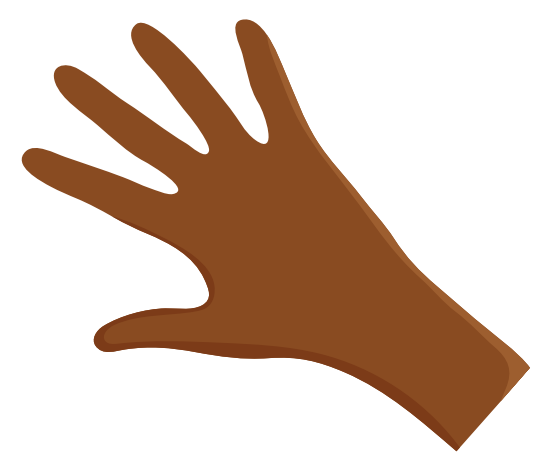
This simple technique can help you get through stressful situations or when you are experiencing overwhelming emotions.

Take a deep breath and then notice...

FIVE – things you can see



FOUR – things you can touch



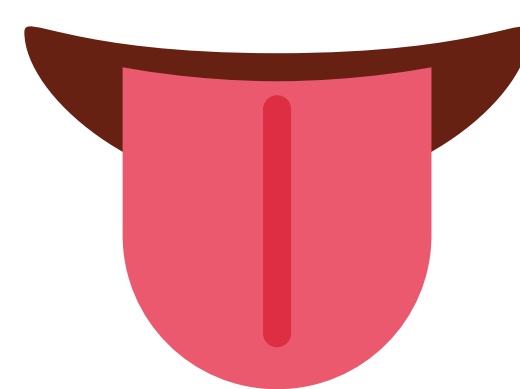
THREE – things you can hear



TWO – things you can smell



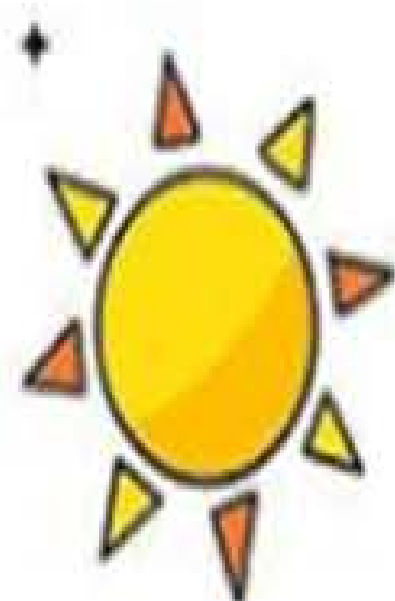
ONE – thing you can taste



Take another deep breath to end

HOW ARE YOU FEELING TODAY?

— @POSITIVELYPRESENT —



JOYFUL



HOPEFUL



FEARFUL



INSPIRED



SAD



CREATIVE



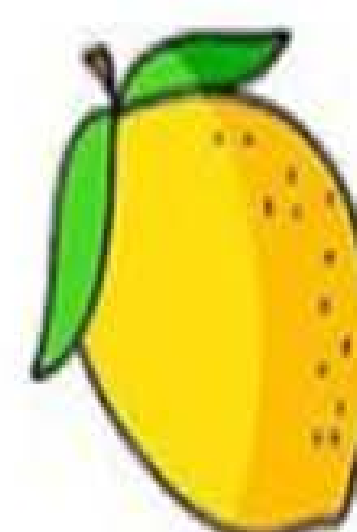
MAGICAL



STRESSED



LOVED



BITTER



ENERGIZED



DELIGHTED



ANGRY



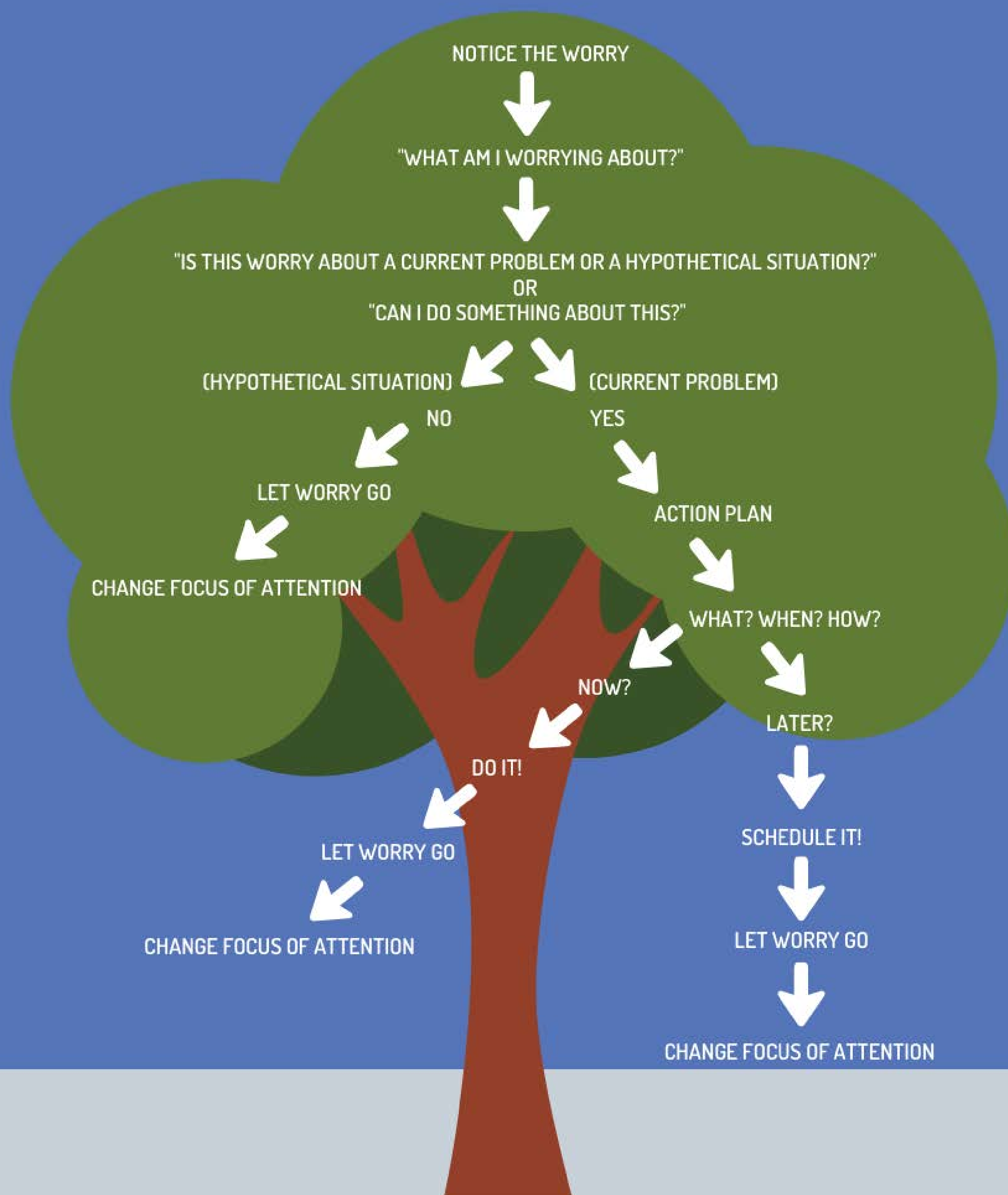
PLAYFUL



LUCKY



UNDERSTANDING THE WORRY TREE



Things that help anxiety

Phone a friend

Engage all
5 senses

Deep breathing

Relaxing bath
or shower

Go for a walk

Calming music

Hold on to
someone

Write it out

Distractions: paint nails,
take dog for walk

Drink cold water

Cuddle a
weighted blanket

Do something
with your hands

UNDERNEATH ANGER

In some families, anger is seen as more acceptable than other emotions. A person might express anger in order to mask emotions that cause them to feel vulnerable, such as hurt or shame.

Anger is an emotion that tends to be easy to see. However, anger is often just the top of the fish bowl. Other emotions may be hidden beneath the surface.



ANGER

Anger triggers are people, places, situations, and things that set off anger. Your triggers can provide clues about the emotions behind your anger and help you better understand these feelings.

Anger may be fuelled by different emotions at different times, or by a combination of emotions. Sometimes, people can't explain their anger.



COPING WITH ANGER

- Identify & avoid triggers if possible
- Identify underlining emotions
- Talk through emotions w / a support
- Track who, what, when, where makes you angry
- Notice how anger shows up in your body
- Journal about your anger
- Exercise frequently to alleviate anger
- Walk away / get out of situations



SELF-CARE: HOW TO LOVE YOURSELF



USE DAILY AFFIRMATIONS



Affirmations work to help boost your self-esteem, which in turn, contributes to that goal of fearless self-love



STOP NEGATIVE THINKING

Adding fuel to the fire of unhealthy thinking patterns is the habit of negative self-talk and can leave you feeling down.



BUILD YOUR STRENGTHS

If social influence plays a role in how you're motivated, you run the risk of focusing attention in the wrong areas.



FOCUS ON YOUR SUCCESSES

Each person has an integrated tendency to remember the negative events in their life, before they remember the positive.



FIND THE HUMOUR IN LIFE

Life is hard and if we spend too much time thinking about all those hardships, we are guaranteed to suffer. Laughter increases the endorphins that are released by your brain.

* Affirmations are positive statements you can say to yourself, either out loud or in your head (e.g. "People like and value me")



SELF-CARE: HOW TO LOVE YOURSELF



DON'T FORGET TO SMILE

Smiling releases endorphins, which make you feel happy inside. If you're feeling blue, try smiling, it might make you feel better.



ASK FOR HELP

Allow others to help lighten your load so you can focus on the most needed tasks and complete those in a near perfect manner.



STAY HOME WHEN NEEDED

If you struggle with holding boundaries with yourself and others, take time in your safe place on the odd occasion.



SHARE YOUR TRUE FEELINGS

It can be hard to be honest with ourselves at the best of times but sharing feelings can have several positive mental health benefits.



PRACTICE SELF-COMPASSION

Give yourself the tenderness and care you need when you're going through a tough time; Trying to understand and show patience regarding your own perceived personality flaws.



SELF-CARE MENU

	Listen to your favourite song.....	5 mins	
	Take a few deep breaths.....	5 mins	
	Stretch your body.....	5 mins	
	Write down your thoughts.....	15 mins	
	Follow a guided meditation.....	15 mins	
	Check in with your emotions.....	15 mins	
	Cook a new recipe.....	30 mins	
	Read a book or magazine.....	30 mins	
	Go for a long stroll outside.....	30 mins	



Sleep

Get regular sleep – Go to bed and get up at more or less the same time every day. Try to avoid regular daytime naps that could disrupt your night sleep routine.



Bed is for sleeping – Try not to use your bed for anything other than sleeping.

Sleep rituals – You can develop your own rituals of things to remind your body that it is time to sleep.



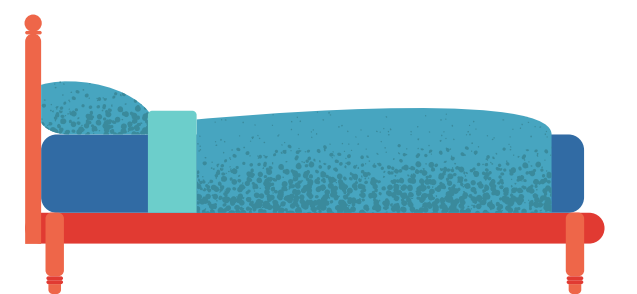
Restrict screen time – Try not to use your phone or watch television one hour before you go to bed.

Exercise – Regular exercise earlier in the day is a good idea to help with good sleep. Try to avoid energetic exercise right before sleep.



Eat right – A healthy, balanced diet will help you to sleep well, but timing is also important. Aim to avoid large meals and caffeine before sleep.

The right space – It is very important that your bed and bedroom are quiet, dark and comfortable. Keeping your body warm but sleeping in a well ventilated room can also help.



Keep your daytime routine the same – Even if you have a bad night's sleep and are tired it is important that you try to keep your daytime activities the same as you had planned.

Apps



Smiling mind

Mindfulness and meditation



Headspace

Mindfulness and meditation



Breathe, think, do with Sesame

Deep breathing and problem solving



Calm

Sleep and meditation



Mindful powers

Mindfulness



Children's Bedtime meditations



For Me

Childline app



The Zones of Regulation

Self regulation skills

Free counselling and mental health services available in the UK and Ireland

The NHS Urgent Mental Health Helpline

1

This service is a short, online quiz that helps you find the best mental health support in your area.

Website: www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline

Every Mind Matters

2

This is the NHS's mental health initiative, which offers long-term support to those who need it.

Website: www.nhs.uk/every-mind-matters/urgent-support/

Mind Out

3

A mental health service designed to specifically support members of the LGBTQ+ community.

Website: mindout.org.uk

Samaritans

4

Samaritans is one of the leading mental health services in the UK for people needing advice.

Website: www.samaritans.org

Mind Infoline

5

Mind is an online and telephone resource that doesn't offer counselling but rather provides a safe space to anonymously discuss your mental health concerns.

Website: www.mind.org.uk/information-support/helplines/

The Mix

6

A free mental health service for people under 25 years old. The Mix offers a range of short-term support options for getting help without ever leaving your home.

Website: www.themix.org.uk

Victim support

7

This is a free service for children, young people, and their parents to help support children who have been affected by crime.

Website: www.victimsupport.org.uk

Kooth

8

Kooth provides free, safe and anonymous support and has good resources for young people.

Website: www.kooth.com

Shout

9

This is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Shout also has good resources for young people.

Website: <https://giveusashout.org>



Orchard Street Business Centre,
13 Orchard Street, Bristol, BS1 5EH

www.chiva.org.uk

©2022 CHIVA

Registered charity number: 1122356.

Company registration number: 06337107