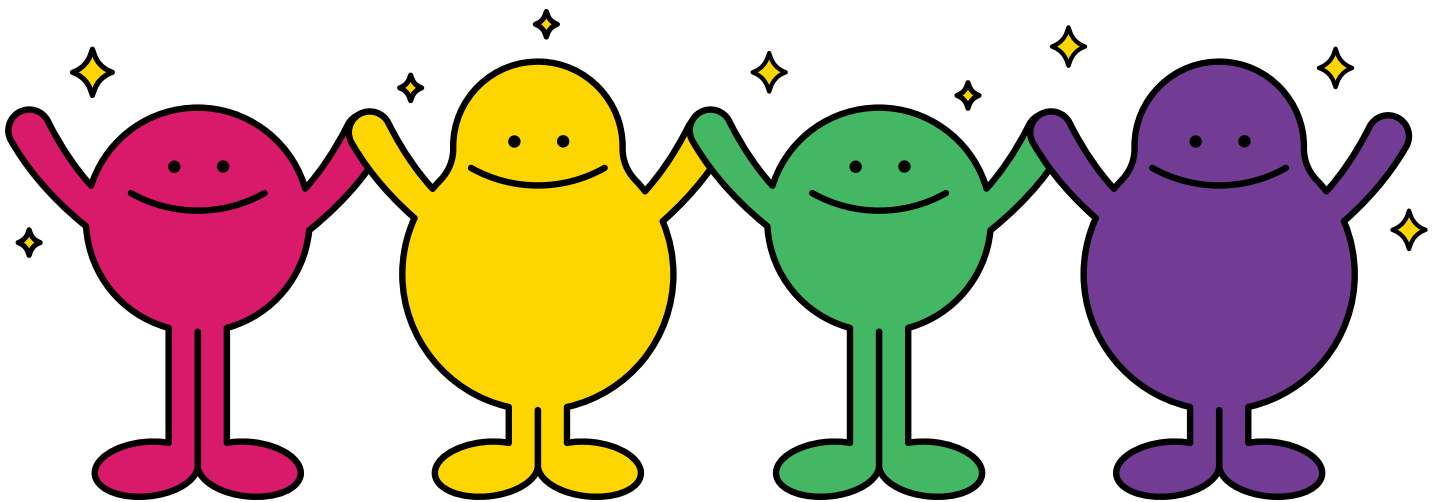


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MY FEEL-BETTER SELF CARE MENU



A PERSONAL GUIDE TO THE
THINGS THAT HELP ME FEEL
LIKE MYSELF AGAIN



BY DR LUCY RUSSELL

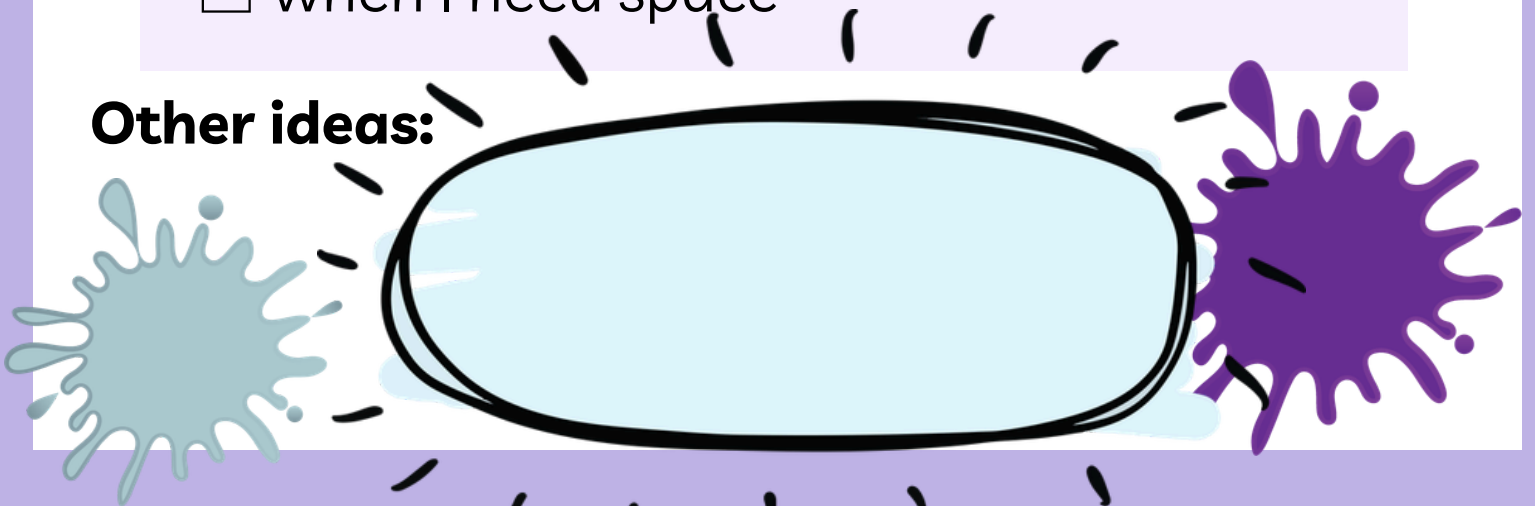
Life gets full on sometimes. Stress, big feelings, pressure from school or friends... it all adds up. That's completely normal.

This menu is yours. It's a place to collect the things that help you feel steadier, calmer, or just a little more okay. The more you use it, the better you'll get at knowing what you need.

When might this menu help?

- when I feel overwhelmed
- when I feel anxious
- when I feel frustrated
- when I feel low
- when I feel tense
- when I feel under pressure
- when I feel unfocused
- when I feel mentally tired
- when I feel restless
- when I need space

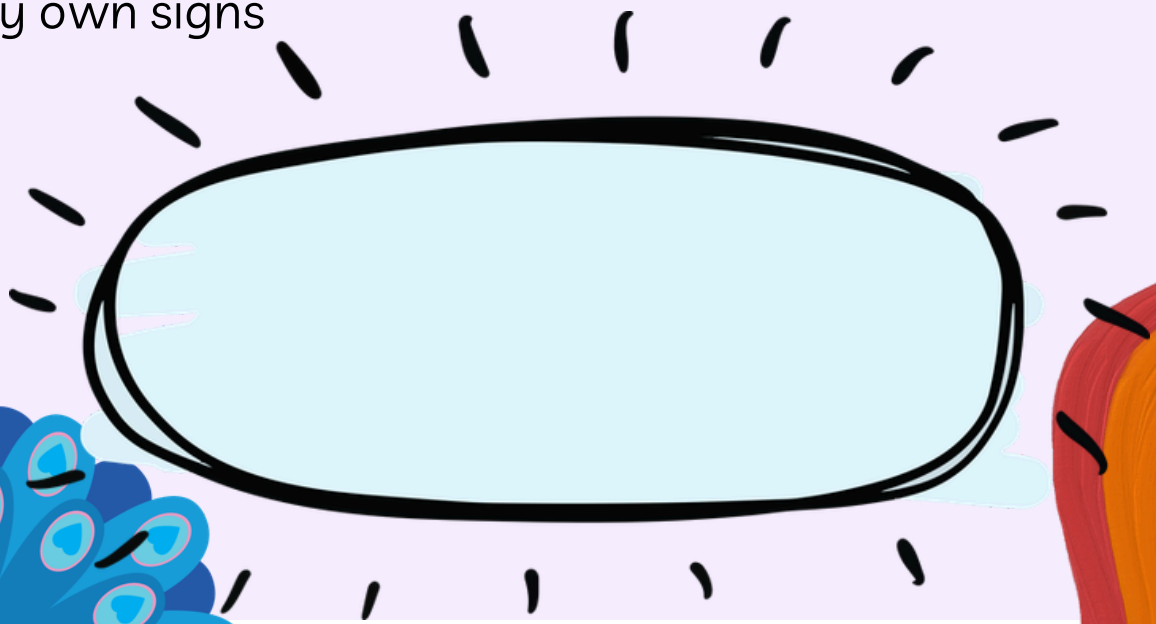
Other ideas:



SIGNS I MAY NEED SUPPORT

- racing thoughts
- tense muscles
- feeling irritated
- finding it hard to concentrate
- feeling restless
- feeling more sensitive than usual
- wanting to avoid things
- feeling overwhelmed by small things
- feeling unusually quiet
- feeling mentally overloaded

My own signs



IDEAS FOR MY FEEL-BETTER MENU

Choose strategies that usually help you feel calmer, clearer, or more comfortable.

Move my body

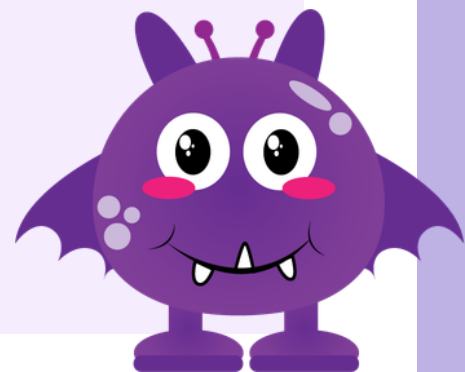
- stretch
- go for a walk
- exercise or sport
- dance
- shake out tension
- step outside for fresh air

Clear or settle my mind

- listen to music
- draw or doodle
- read
- puzzle or strategy game
- breathing exercise
- focus on one small task

Sensory comfort

- cosy blanket
- quiet space
- dim lighting
- fresh air
- comfortable clothing
- headphones



IDEAS FOR MY FEEL-BETTER MENU (PART TWO)

Choose strategies that usually help you feel calmer, clearer, or more comfortable.

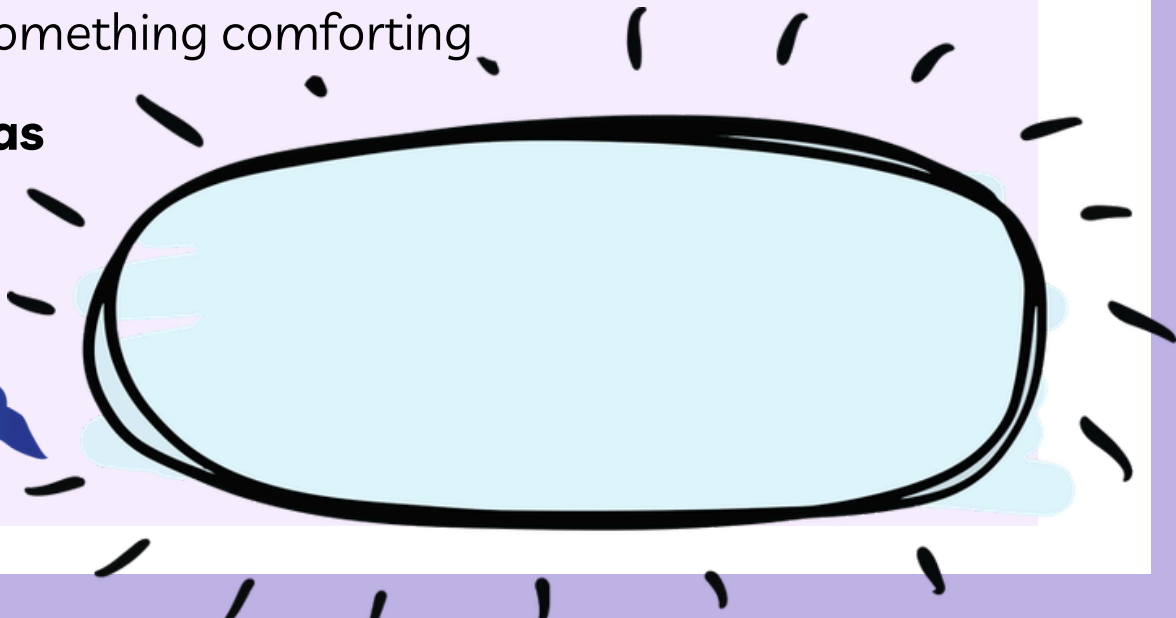
Connection

- talk to someone I trust
- text a friend
- ask for help
- spend time near someone
- time with a pet
- spend time with family

Express my feelings

- write thoughts down
- listen to music that fits my mood
- watch something familiar
- take a break from demands
- remind myself this feeling will pass
- do something comforting

My ideas



MY EVERYDAY FEEL-BETTER MENU

Take your favourite ideas from the checklists above to create your own personal self care menu

Move my body

1

2

Clear or settle my mind

1

2

Sensory comfort

1

2

Connection

1

2

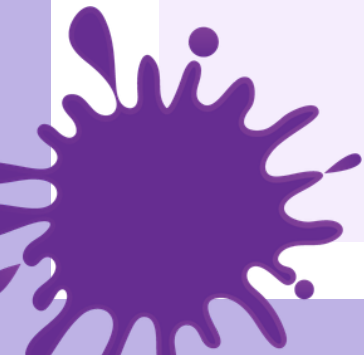
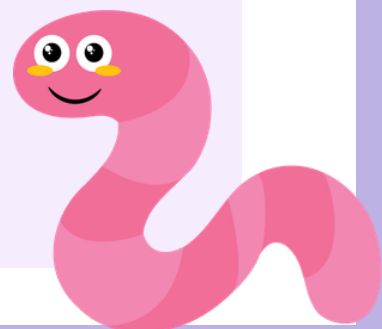
Express My Feelings

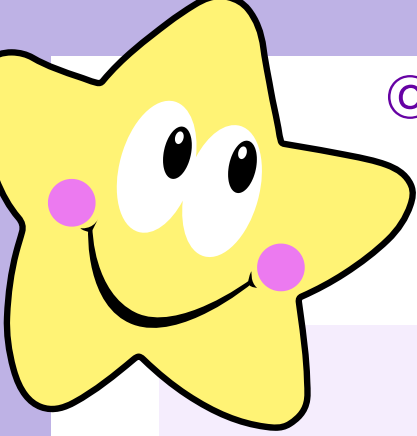
1

2

My most helpful strategies overall

-
-
-
-
-





HELPFUL REMINDERS

This feeling will pass

I can take things step by step

I can ask for support

Doing something small can help

My own reminders:

