

My Isolation pack

Keats Ward

Name: _____



MY DIARY



MONDAY

What have I done today? _____

My Feelings today...

A large, light blue circle intended for the user to write their feelings for the day.

TUESDAY

What have I done today? _____

My Feelings today...

A large, light blue circle intended for the user to write their feelings for the day.

WEDNESDAY

What have I done today? _____

My Feelings today...

A large, light blue circle intended for the user to write their feelings for the day.

THURSDAY

What have I done today? _____

My Feelings today...



FRIDAY

What have I done today? _____

My Feelings today...



SATURDAY

What have I done today? _____

My Feelings today...



SUNDAY

What have I done today? _____

My Feelings today...



Name: _____

Date: _____

Anger Management

L J P V N T U N D Z Z J C O P I N G S K I L L S
R E N X G U Y O J V E U O Y U S S I A O V V G V
E U J B O O R I Y C N Z I I I E T M V W F Y Q H
F Y J T X T F T N I B O C F W S S T A G D H V G
R X H Y E I P O E B N Q I N E G R T N K A X P L
A J F W I K O M U F E T S S D O J T L P P M S F
M C S A D L T E A S P O S E S C R A B B Y S N P
I I Y N O A A R A U U S X N P E O A D Q E T O D
N U B G J T C W I S H M O R Q G R H E R S A I M
G C X E J P R A S G C X E W A K N G T A F Z T O
Y I S R G G V K L T G G P I U N K S G M J L N M
O S R C K F Q O X M N E L G J Y M A E A S B E M
U U Y Y M S T I X A C Q R X T U K W I K E F V C
R M U C T V I Q B T I U X S D E G A R T U O R Q
T E X L Q E I M A G E R Y N L V N V C T J D E G
H S L E G S F X D E E P B R E A T H I N G L T V
I D L K F I E V O S N Z J Q W E X T L S P D N O
N R S T X C K Q M D U B I L C K N Q U X G Y I S
K L E M M R I C K J R Q I R E L A X A T I O N X
I F A W K E J S E I N S U L T S X M D J K M Q U
N S D L T X Z X C F C F J E V S X H Z A T F I S
G A Z G B E I Q N U I W R G I R A T E V S P N M
M O A U E C V F X L J L T J Q E E U O B K L B T
F J E U B U P R O G R E S S I V E M U S C L E O

aggression	anger	anger cycle	calm
coping skills	crabby	deep breathing	emotion
exercise	imagery	insults	interventions
irate	music	outraged	progressive muscle
reframing your thinking	relaxation	stress	talk it out
triggers			

Name: _____

Date: _____

Coping Skills

S S B Q Y S K O O B D O O G A D A E R A M I K M
X 3 A X 1 G I V E Y O U R S E L F A B R E A K N
Y F L U T T P K X X A S K Q U E S T I O N S P I
P O P E A A M Q S K A Y Q Y C Y M U S M W B F L
P E N C H L L R P O M Y N K W A L G O S S W B I
A W T A L K T O S T A F F O U A K W L F X S T S
H T U E K I R U Q L L E L S C W L L 3 P I A N T
G W O P D T W S I Q P K T D 3 S I K Q R K X F E
N A 1 E K O B P U C L A 1 W R K O I A E E N U N
I S O S W U N S N N Y V W N S A O D T W T R U T
H K T O G T R 3 G C B P B R Q Q W I R 3 A X R O
T F T O C D S V A U I D U L R P M O Y C L Y A M
E O N H 3 O N L R L H O M S T E T K R Q K G A U
M R U C X N M C K P Y R Y E A U Y X 1 C T E O S
O H O Q E T S O L F C F O N K 1 V A W K O 3 V I
S E C X T A 0 L O T L Q D F Y K X L T X A L L C
F L D 3 0 C 1 K I T O S P L K W E E O T F L O O
O P N Y B T N Q C 1 P 3 N U Q S O R Y K R F K R
K H A D P I 3 C O A B 3 E D M T A S 3 H I Y A S
N S P F H T D N C H 3 V C W L R D B N K E P U I
I G O T G O U E X E R C I S E Q H R Y Q N I N N
H G T A P U V V X G C F L H D D G P O M D F 3 G
T 1 S S H T A E R B P E E D D N A W O L S 3 D C
F L E S T U O B A S G N I H T E V I T I S O P K

Think of your skills

Relax

Ask Questions

Positive things about
Self

Exercise

Walk Away

Talk it out dont act it
out

Take time and space

Stay Calm

Talk to Staff

Listen to Music or Sing

Talk to a friend

Give yourself a break

Choose Peace

Think of Something Happy

3 Slow and Deep Breaths

Read a good book

Ask for Help

Draw or Color

Ask for Hugs

Stop and Count to 10



ACROSS

- 4 Vengeance (8)
- 8 Common conifer (4,4)
- 9 Indication of something concealed (8)
- 10 Novice (8)
- 11 Mixed (8)
- 12 Indonesian holiday island (4)
- 14 Obligation (4)
- 15 Streetcar (4)
- 16 Old Peruvian Indian (4)
- 17 Body of a church (4)
- 20 Original arkwright (4)
- 22 Inventive (8)
- 25 Approved (8)
- 26 Clever (8)
- 27 Death notice (8)
- 28 Silvery-white metal used in jewellery (8)

DOWN

- 1 Predicament (7)
- 2 High explosive (9)
- 3 Part of New York (5)
- 4 Take back (7)
- 5 The Holy Land (9)
- 6 Bury (5)
- 7 Illness (7)
- 13 Racquet sport (9)
- 14 Hazardous (9)
- 18 Means of sending overseas (7)
- 19 Liberty (7)
- 21 Branch of mathematics (7)
- 23 Representative (5)
- 24 Allow to enter (5)

Supportive people I can call:

1. _____
2. _____
3. _____
4. _____
5. _____

A large, hand-drawn style pink heart with a thick black outline. The heart is filled with a light pink color and has a slightly irregular, sketchy appearance. It is centered on the page and contains three questions with horizontal lines for answers.

Who have I called today? _____

What did we talk about? _____

How did it make me feel? _____



ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

1 Make a plan to help you keep calm and stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

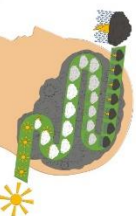
26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



ACTION FOR HAPPINESS



30 actions to look after ourselves and each other as we face this global crisis together

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

POSITIVE AFFIRMATIONS

TO START YOUR DAY

I will be present in every moment.

I am smart.

I am kind.

I am brave.

I am beautiful.

Today is a great day.

All About Me

Four things I like to do/ hobbies

- 1.
- 2.
- 3.
- 4.

Four things songs I like to listen to

- 1.
- 2.
- 3.
- 4.

Four things I like to watch on TV

- 1.
- 2.
- 3.
- 4.

Four things I like about myself

- 1.
- 2.
- 3.
- 4.

Angry Mind

Attention:

Memories:

Thoughts:

Urges:

Outcomes if left unchecked:

How to settle:

Sad Mind

Attention:

Memories:

Thoughts:

Urges:

Outcomes if left unchecked:

How to settle:

Anxious Mind

Attention:

Memories:

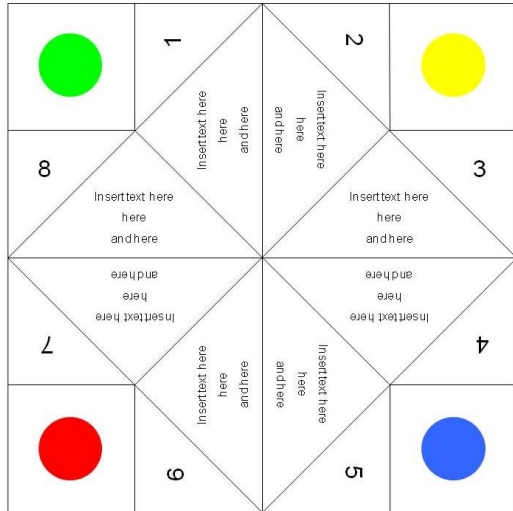
Thoughts:

Urges:

Outcomes if left unchecked:

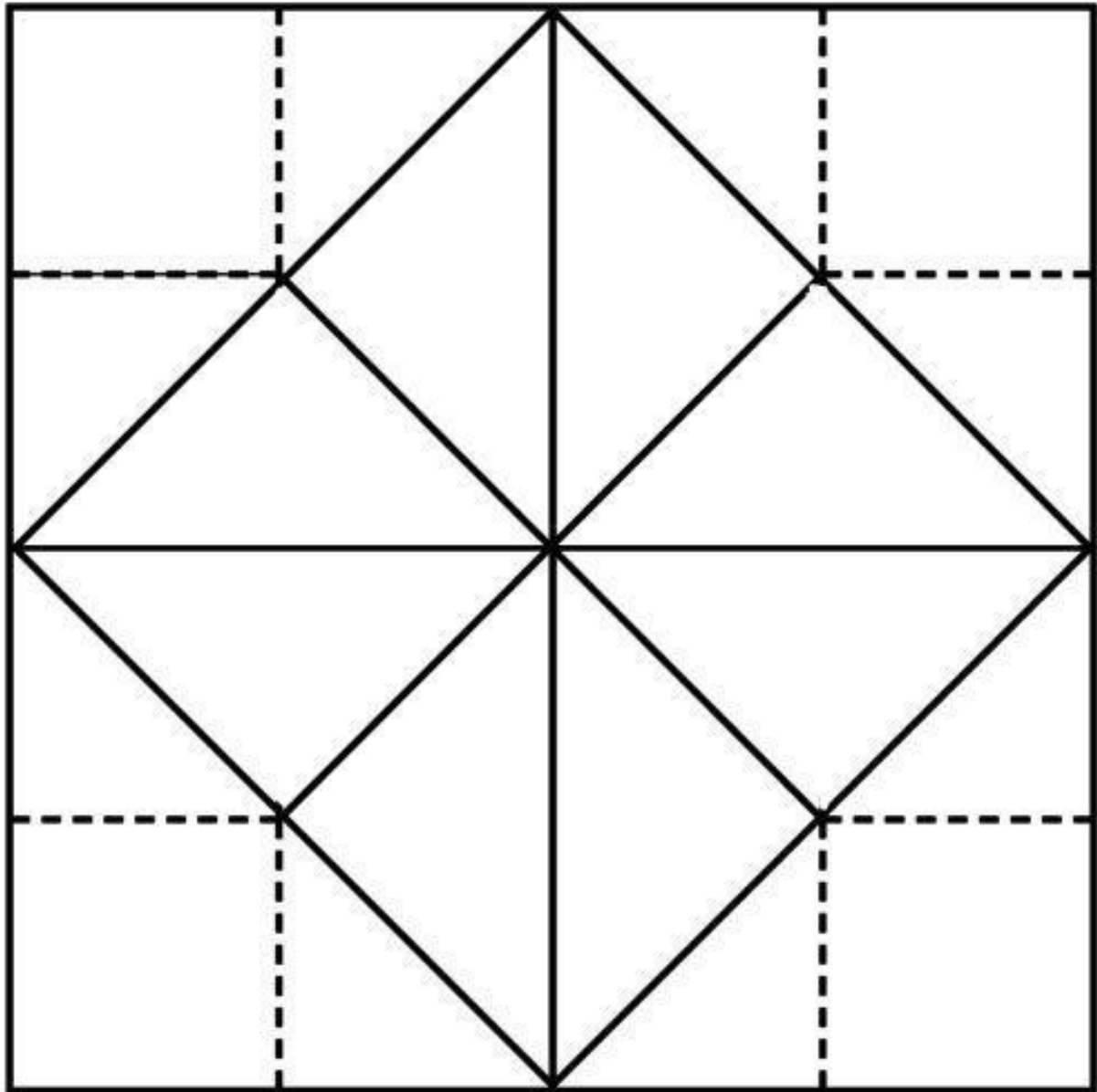
How to settle:

			2		5		6	
		7						4
	9	2	3				5	
8	1			2				
		9		4		8		
				8			7	9
	3				6	5	2	
1						4		
	4		8		7			



Instructions

- Take a square of paper.
- Fold it over like this.
- Unfold it.
- Now fold it the other way.
- Unfold it and your paper should look like this.
- Fold all 4 corners to the center of the square so the points just touch it.
- Your paper should look like this.
- Flip your paper over so the folds you just made are turned down.
- Fold the corners to the center again.
- Your paper should look like this.
- Write the numbers 1-8 as shown above. Two on each flap.
- Add your 8 fortunes by lifting each flap and writing a fortune under each number.
- Flip your paper over and add a color or a different object you can spell to each section.
- Fold it sideways like Figure 1 then unfold it. Now fold it up like Figure 2.
- Put your fingers under the 4 open corners.
- Here is how it looks finished and open.



Grounding exercise

Three things I can
SEE

Three things I can
SMELL

Three things I can
HEAR

Three things I can
FEEL

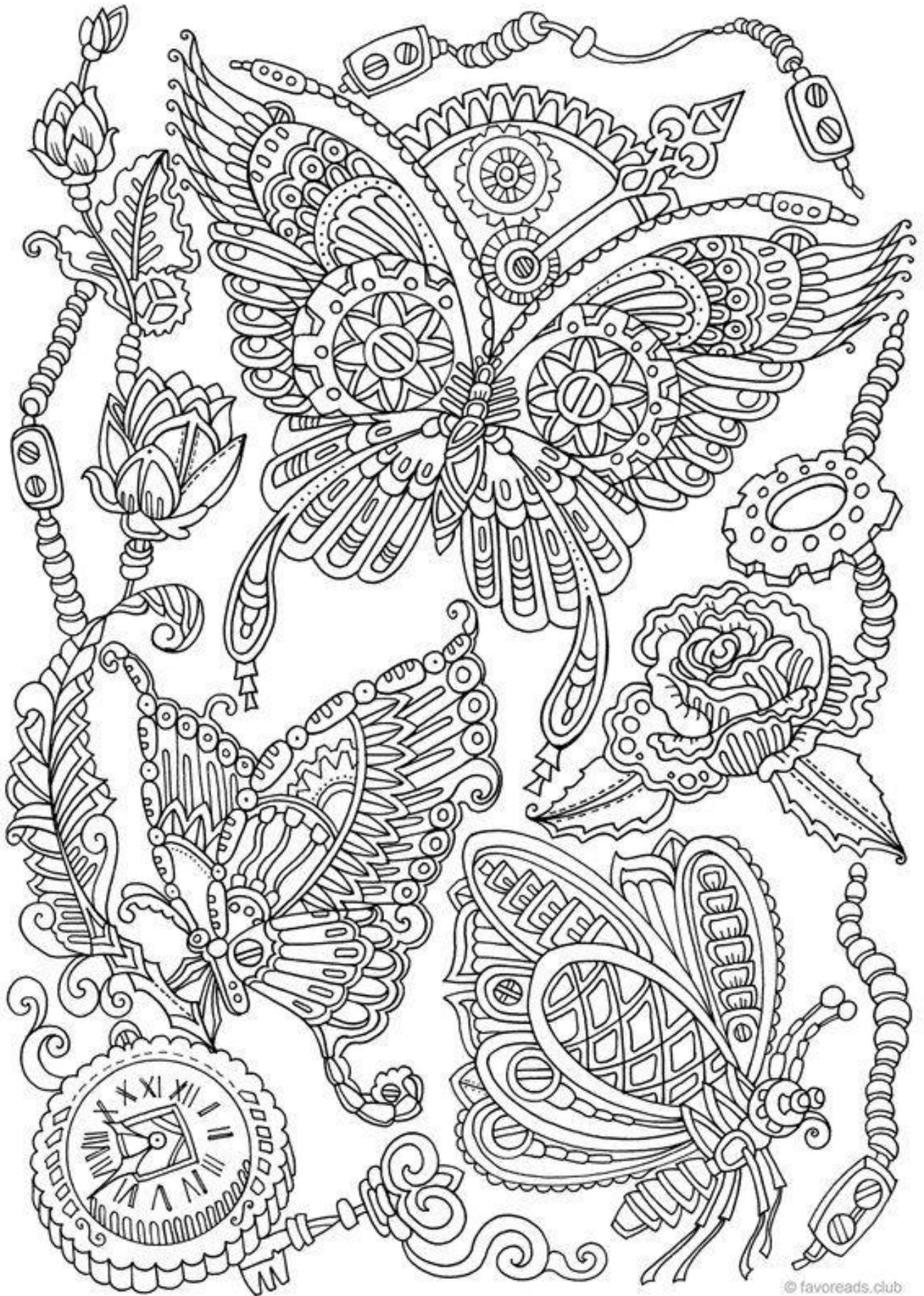
Take **THREE** deep
breaths

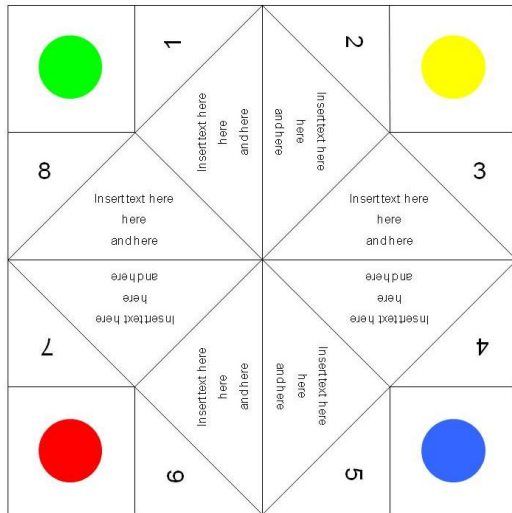
A horizontal brushstroke in shades of green, ranging from light to dark, serving as a background for the first line of text.

Inhale
the future

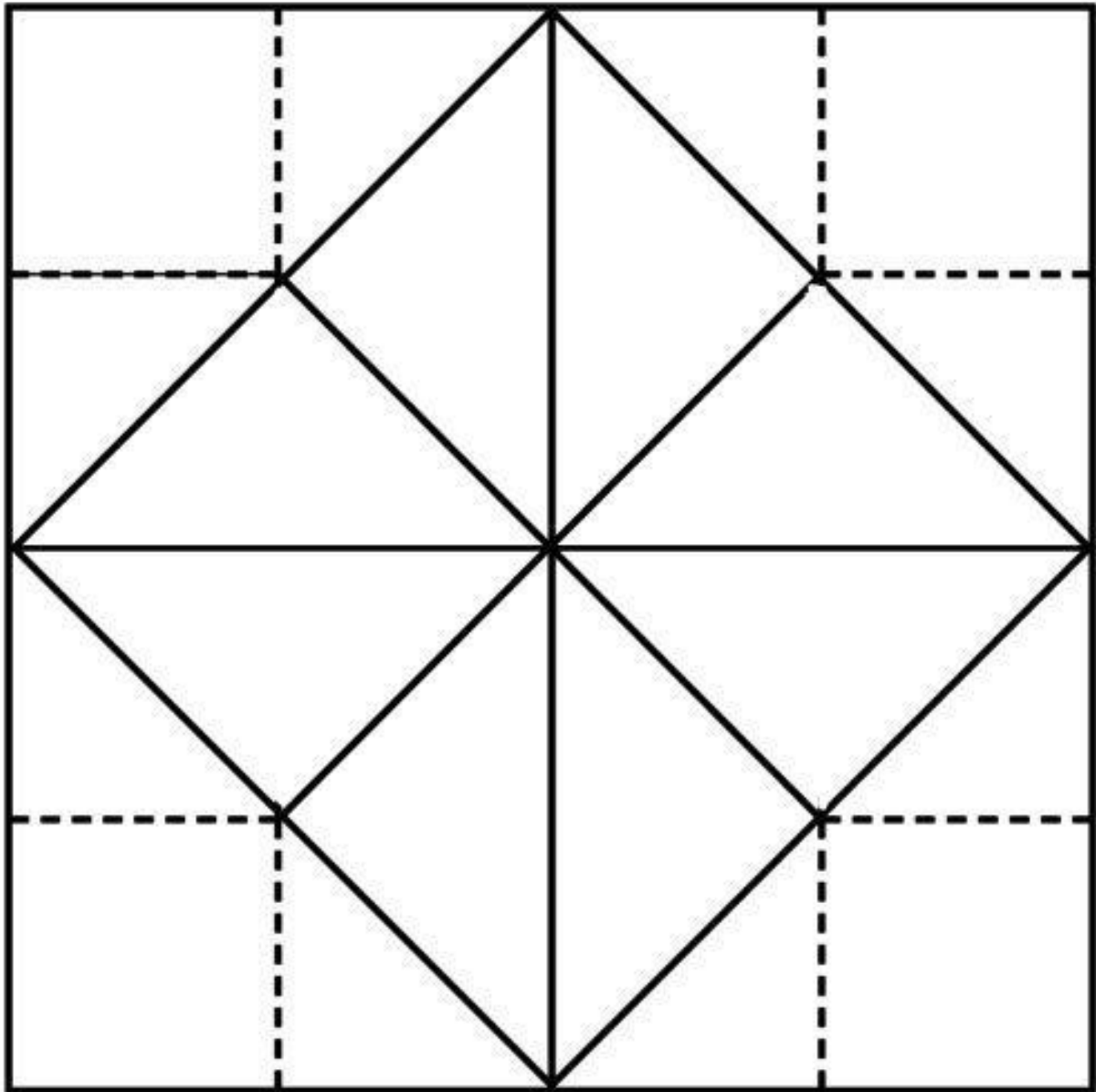
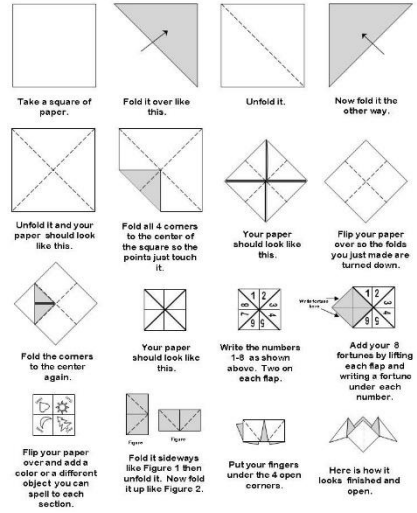
A horizontal brushstroke in shades of purple, ranging from light to dark, serving as a background for the second line of text.

Exhale
the past





Instructions



TAKE A DEEP
BREATH!
GO WITH THE
FLOW...
JUST DO YOUR
BEST... AND
SHOW WHAT
YOU KNOW

Distress tolerance skills

My triggers

Early warning signs e.g
feelings, thoughts, actions

My commitment to dropping
escape method and doing the
opposite

Accepting the distress
Recognise and allow emotion

Watch emotion

Be present with the emotion

Deal with emotional comebacks

Improving distress – my calm down methods

	4				2		1	9
			3	5	1		8	6
3	1			9	4	7		
	9	4						7
2						8	9	
		9	5	2			4	1
4	2		1	6	9			
1	6		8				7	

4-7-8 Breathing Exercise

1

Breathe in for 4
seconds

Hold your breath
for 7 seconds

2

3

Breathe out slowly
for 8 seconds

Repeat at least 3x

This simple exercise activates
the parasympathetic nervous
system responsible for "rest and
digest" which helps lower your
heart rate and relax your
internal organs

SARAHROSECOACHING.COM

A Ask for help	B Breathing deeply and slowly	C Call a friend/ family	D Drink something nice and warm
E Exercise, run, jump, skip	F Find a safe place (Keats Retreat)	G Grounding techniques	H Have a nice bath/ shower
I Ignore people/ things that are annoying you	J Jokes to make you laugh	K Kind thoughts about yourself	L Listen to calming music
M Mindfulness colouring	N Name the emotion you are feeling	O Observe, use mindfulness techniques	P Paint your feelings
Q Question your thoughts	R Run as fast as you can	S Separate yourself from the situation	T Thoughts - negative to positive
U Use your safe place	V Voice your concerns	W Write down your feelings	X Exhale, breath out your feelings
	Y Yell as loud as you can into a pillow	Z Zone out and relax	

