My Isolation pack

Keats Ward

Name: ____________________________
MY DIARY

MONDAY
What have I done today?
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My Feelings today...

TUESDAY
What have I done today?
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My Feelings today...

WEDNESDAY
What have I done today?
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My Feelings today...
THURSDAY
What have I done today?
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My Feelings today...

FRIDAY
What have I done today?
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My Feelings today...

SATURDAY
What have I done today?
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My Feelings today...

SUNDAY
What have I done today?
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My Feelings today...
Anger Management

aggression

anger

coping skills

crabbiness

calm

deep breathing

exercise

insults

framing your

insults

thinking

relaxation

irate

music

triggers

stress

reframing your

outraged

thinking

reintegrate

progressive muscle

stress

talk it out

interventions

progressive muscle

relaxation

emotions

progressive muscle

relaxation

stress

emotion
Coping Skills

Think of your skills

- Relax
- Ask Questions
- Positive things about Self
- Exercise
- Walk Away

Talk it out don't 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
Supportive people I can call:
1. ____________________
2. ____________________
3. ____________________
4. ____________________
5. ____________________

Who have I called today? ________________
______________________________________

What did we talk about? ________________
______________________________________

How did it make me feel? ________________
______________________________________
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

<table>
<thead>
<tr>
<th>Four things I like to do/ hobbies</th>
<th>Four things songs I like to listen to</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
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</table>

<table>
<thead>
<tr>
<th>Four things I like to watch on TV</th>
<th>Four things I like about myself</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
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<td>2.</td>
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<td>4.</td>
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</tbody>
</table>
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:
Instructions:

1. Take a square of paper.
2. Fold it in half vertically.
3. Fold it in half horizontally.
4. Unfold.
5. Take the top left corner and fold it down to meet the center crease. Repeat for the bottom right corner.
6. Your paper should now look like Figure 1.
7. Write the numbers 1-8 on each side of the paper.
8. Flip your paper around so the sides are facing up.
9. Follow the arrows to place the numbers in the correct positions.
10. Fold the paper to form the fortune-teller shape.
11. Your fortune-teller is ready to use!
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
Inhale the future
Exhale the past
Dear

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Love,
Instructions:

1. Take a square of paper.
2. Fold it over the line.
3. Unfold it.
4. Fold both of the other lines.

Fold the paper to the center of the square to the point at the bottom. Your paper should look like this.

Flip your paper to the left side, you just made one label.

Fold the center 4 corners of the paper to the center. Your paper should look like this.

Label the numbers 1 to 6 shown at each flap.

Pull your fingers through the slits and writing in the box under each flap.

Write the numbers 1 to 6 shown at each flap.

Pull your fingers through the slits and writing in the box under each flap.

Here is how it looks when finished.
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
4-7-8 Breathing Exercise

1. Breathe in for 4 seconds
2. Hold your breath for 7 seconds
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.

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