DIVERSE MINDS
LEARNING & LEISURE CIC

TEEN VERSION

My overwhelm toolkit

Practical choices when stress or anxiety feels hard to manage.

Use these pages with support from people you trust.

Choose one idea or leave it for another time. You can ask someone to stay with you. You never have to finish an activity to get help.

You can stop or ask for help at any time.

HELP FIRST

You can ask for help now

An activity is a choice. Help does not depend on doing one.

If someone is hurting or frightening you

Tell a safe adult. If that person is the one you fear, choose someone else. If you can, move to a safer place with safe people. For immediate danger, call 999 or ask someone to call.

If your body feels very unwell

Tell an adult. Serious trouble breathing, fainting or severe chest pain may need urgent medical help. Call 999 for a medical emergency.

If it feels safe to try an activity

Ask for fewer questions, less noise or someone nearby. Choose one idea. Stop if it makes things harder. You can ask for support instead.

If one adult does not help, tell another. You can also call Childline free on **0800 1111**, or visit childline.org.uk. You do not have to deal with danger alone.

CHOOSE A STARTING POINT

Pick what suits you

You can use the help card on page 9 without trying anything else.

I want fewer demands Ask for less noise, more space or one clear step.	**2, 9**
I want to try breathing Gentle breaths or following a line.	**4**
I want a small focus Shapes, an imagined place or an ordinary object.	**5**
I want to make something Doodle or make a paper landscape.	**6**
I want movement or a pattern Small movements, marks or familiar music.	**7**
My thoughts feel crowded Sort one next step with someone.	**8**

Tears, anger, silence or wanting to move can all happen when things feel too much. You might not know what you need yet. Someone can help you work it out.

BREATHING | ONLY IF YOU WANT TO

Keep it easy

You can breathe normally and choose another activity. Keep your eyes open if you prefer.

A few gentle breaths

Sit, stand or lie comfortably with support if needed. Breathe in gently, then out gently. If counting helps, try 1, 2 in and 1, 2 out. Use your own pace. Do not force a bigger breath or hold it.

Follow the line

Follow the line with your eyes or a finger. If it feels easy, breathe in as it rises and out as it falls. Or trace it while breathing normally. You do not need to reach the end.



There is no target to reach.

Stop if you feel dizzy, breathless or more worried. Breathe normally and tell someone. Follow any medical plan you already have. Try page 5 instead.

A SMALL FOCUS

Give your attention a little job

Choose one idea. Looking, imagining or describing are all options.

Shape spotting

Pick a shape and notice a few examples nearby. Describe one detail, such as the edge of a book. If looking around feels uncomfortable, use a familiar picture or imagine a shape.

Design a tiny place

Imagine a tiny studio, bookshop or cafe. Choose three things it contains. Give it a name or sketch a corner. You can keep the idea to yourself.

An ordinary object, another view

Choose a safe object or a picture. Imagine explaining it to someone who has never seen it. What shape is it? What else could it be used for? You do not need to touch it.

If an activity feels uncomfortable or frustrating, stop. You can ask someone to stay with you instead.

MAKING | DRAWING IS OPTIONAL

Make something without a plan

A few marks are enough. You can direct someone else or use an imaginary line.

Turn a line into a doodle, map or pattern.

A paper landscape

Fold or scrunch scrap paper and arrange it as hills, buildings or an imagined place. No scissors, glue or small extra pieces are needed. Ask someone to make it from your instructions if you prefer.

Use materials that are safe for you. Stop if it feels frustrating. You can ask someone to make their own picture beside yours, without judging it.

MOVEMENT AND RHYTHM

Try a small change

Choose a comfortable movement. You can sit, stand or lie supported. Stop with pain or dizziness.

Slow-motion movement

Choose one small, comfortable movement: turn a hand, shift your arms or stretch a finger gently. Try it in slow motion. You can watch or describe a movement instead.

Make a pattern with a pause

Try dot, dot, line, pause. Draw it, imagine it or use a small movement. Change the pattern whenever you want. There is no beat to keep up with.

Music, or quiet

If you want music, choose something familiar at a comfortable volume. Notice one instrument or repeated sound. Stay aware of what is around you. Switch it off if it adds pressure. Quiet is a choice too.

Rest is an option. People should ask before touching you or moving your body or equipment.

WITH SOMEONE YOU TRUST

One thought, one next step

Use this when you have enough space to think. You do not have to list every worry.

Something I need help with

Choose one ordinary worry or task. A word or drawing is enough.

Who can help, and what could they do?

You do not have to solve it on your own.

Something that can wait

Only an ordinary task that is safe to leave for later.

Danger, someone hurting you or feeling very unwell cannot go in the waiting space. Tell a safe adult now. Taking a break does not mean the problem should be ignored.

HELP CARD | SHOW OR POINT

When words are difficult

Show this page to someone safe. Point to a line or use your own message.

I need help now.

Please stay nearby.

I need space. Please check on me.

Please help me get somewhere safer.

I want to write, draw, sign or point.

Someone is making me feel unsafe.

I do not know what would help yet.

If the first person does not help

Tell another safe adult, such as a teacher, youth worker, school nurse or safe family member. Ask someone to go with you. You can call Childline free on **0800 1111** or visit childline.org.uk.

If anyone is in immediate danger, call 999 or ask someone to call. Adults are responsible for acting on safety concerns.

MAKE A PLAN AT AN EASIER TIME

My people and choices

Use this with someone you trust. Keep names and personal details somewhere safe.

Someone I can ask, and a second person

Who else can help if the first person is not there?

An activity I choose, or one I want to avoid

You can ask for company or rest instead.

A change that would help me

Less noise, more time, clearer steps or something else.

Our next check-in

Who will arrange a time to meet or talk? What if they are away?

If worry keeps affecting sleep, learning, friendships or daily life, ask for more support. An adult can help you contact a GP or local service. You do not have to try every activity first.