Information, advice and support for young people in Suffolk

www.thesource.me.uk
How are you feeling today?

Things that can help look after your emotional wellbeing:

5 Ways to Wellbeing: Connect with others, be active, take notice of what's around you, keep learning, and give by helping others.

30 Day What's Up Challenge:
30 tasks that can help you feel more positive.
www.thesource.me.uk/whatsup

Find someone to speak to:
Talk about your feelings and worries with a trusted adult or friend.

Find support: Know where to get help if you are worried about your emotional health.

5-4-3-2-1 Grounding Technique - use when your emotions are running away with you:
Name 5 things you can see around you Name 4 things you can feel
Name 3 things you can hear right now Name 2 things you can smell Name 1 thing you like to taste