

What Helps Me Feel Better?

When something hard or overwhelming happens, it can affect how you feel, think or act.

There is no “right” or “wrong” way to feel. Everyone responds differently and different things will help different people to feel better.

You can use this resource as a reflection tool to write down or think about things that can help you.

You can always speak to a safe adult about how you are feeling.

Things that might help

- Talking to someone you trust
- Listening to music
- Watching something you enjoy
- Reading a book
- Writing in a journal
- Taking a warm shower
- Getting outside or moving your body
- Playing games
- Drawing or doing something creative
- Taking a break
- Being kind to yourself and giving yourself time
- Spending time with friends or pets

Things that make me feel safe

Activities that make me feel safe

List some activities that you do to make yourself feel calm or safe:

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

People and animals who help me feel safe

List some of the safe people or animals in your life. They could be a parent, carer, pet, friend, teacher or another adult

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

Places that I feel safe

Think about one or two places where you feel safe, like your room, school or a park that you like.

1. _____
2. _____

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Ways that I can ask for help

Write one or two sentences that you could use if you need help, such as “something doesn’t feel right” or simply “I need help”

1. _____

2. _____

Distractions that help me

What are some things that you can use to distract yourself in the moment when you need to take your mind of things?

For example, music, hobbies or games that you love

1. _____

3. _____

2. _____

4. _____

Important Things to Remember:

- The way that you feel matters.
- You are not alone.
- Support is available
- Things can get better with time.

What happens when you ask for help

They can listen to you, help you feel safe and figure out what to do next. Sometimes they might have to involve other people to help keep you safe – you can ask questions about what will happen before you decide to tell someone.

Who to speak to for help

- A parent, carer, grandparent or relative
- Teacher, school counsellor or principal
- You can speak to a SECASA counsellor/advocate on 8769 2200 – option 1
- Police, doctors or other professional adults
- Kids Helpline on 1800 55 1800 or visit their website to chat online <https://kidshelpline.com.au/>
- Friend’s parents or neighbours