



# **TOUGH TIMES TOOLKIT**

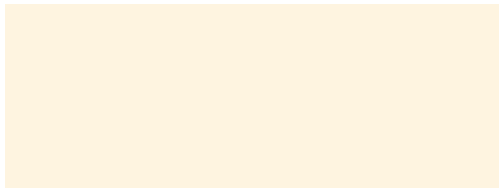
THE LEMONADE PROJECT





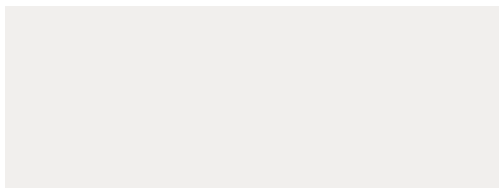
## Who are you?

1. What do you do during the day?
2. Favourite way to spend time?
3. What things are you proud of?
4. What makes you laugh?



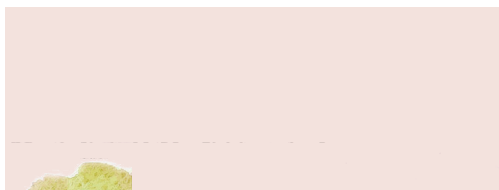
## Protective Factors

1. What are you eating during the day?
2. Do you exercise or go outside every day?
3. How well do you sleep?
4. Are you part of any teams or groups?
5. Who do you care about?



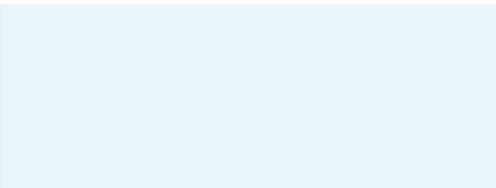
## How are you treated?

1. Do you dislike anything about the way people are treating you right now?
2. What could change to improve the situation?



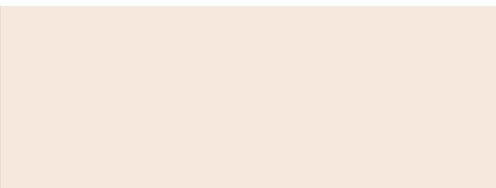
## Good Life

1. What is good in your life?
2. Where do you see yourself in 10 years time?





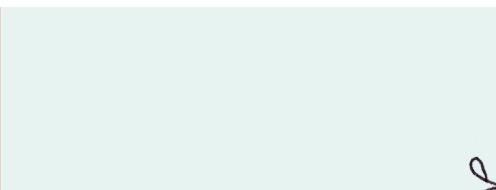
## Life Challenges

1. Do you feel safe in your home?
2. Anyone in your home have difficulties with mental or physical health?
3. Do you ever feel judged?
4. What stresses you out?



## What are you feeling right now?

Take a look at the postcard if you can't find the right words...





# DO YOU FEEL?...

## Disconnected/Numb

1. Call a friend
2. Take a cold shower
3. Play with/hold ice cubes
4. Chew something strong tasting;  
chilli, mint, ginger
5. Go outside/change your environment

## Tension/Anger

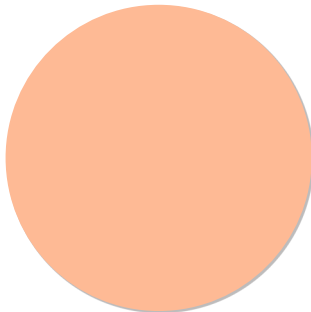
1. Exercise; run, jump, dance
2. Hit a punching bag, cushions, mattress
3. Scream
4. Squeeze blue tack, balls, plastic bags
5. Make noise; drums, saucepans, loud music

## Intense Emotions

1. Paint, draw, scribble in thick pens
2. Write feelings/words and rip them up
3. Compose song/poem
4. Listen to music that fits your mood
5. Tense and relax different muscles

## Calm Down/Soothe

1. Have a bath/warm shower
2. Stroke a pet
3. Wrap yourself in a soft blanket
4. Massage your hands, feet, neck
5. Slow, deep breathing



# TAKING RESPONSIBILITY

1. What is your job to do after this?

2. How can we help make that happen?



A project by

**sharedhealth**  
foundation

[thelemonadeproject.org.uk](http://thelemonadeproject.org.uk)

