



# *My* **HEART, HEAD AND MIND BOOK**

Pre-teens and Teens

Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Year: \_\_\_\_\_

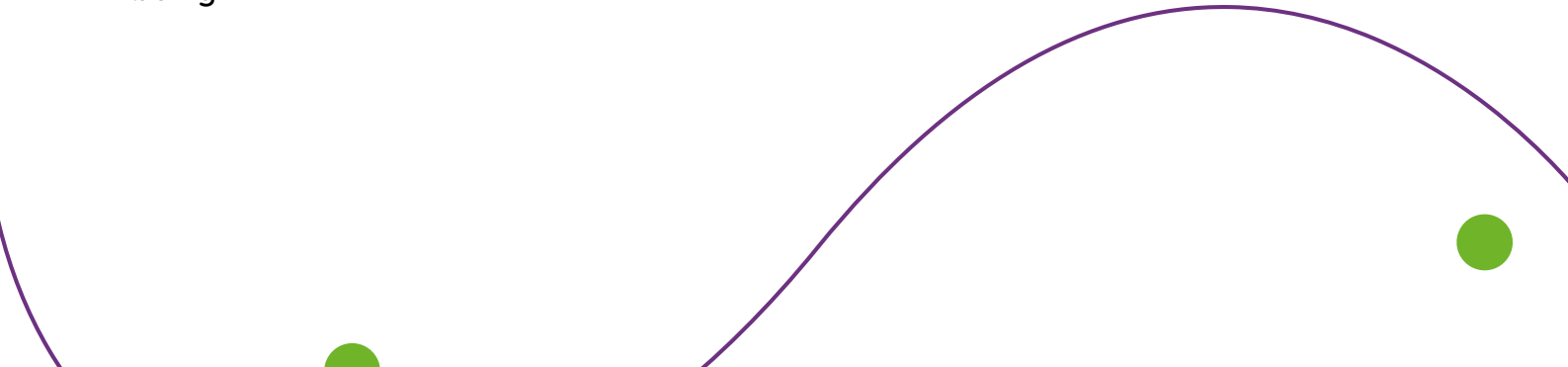
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HEALTH



# Overview

This e-book is designed to help pre-teens and teens understand and manage their emotions effectively. It covers various topics such as emotions, labelling emotions, dealing with guilt and shame, friendships and relationships, managing anger, and overall emotions management.

Overall, this e-book provides valuable information and practical tips for children to understand and manage their emotions. It's an excellent resource for parents, caregivers, educators and most importantly the children themselves to help build emotional intelligence and resilience and prioritise their mental and emotional well-being.



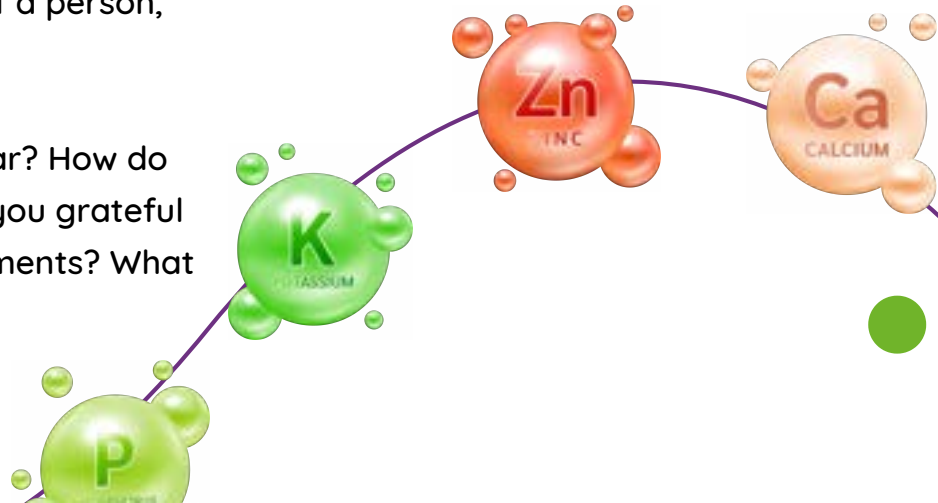
## What is my health all about?

## What does my health consist of?

How do you define health? I bet you have been taught health in your school subjects. Do you define or think of health as only the absence of illness and diseases?

**WHO** (World Health Organization) now defines health as the overall well-being of a person, physically, mentally, and socially.

Are any of these questions familiar? How do you feel today? What things are you grateful for? What are your favourite moments? What are you looking forward to?



**Mental health** includes your emotional (feelings), psychological (behavior) and social (relationships with family and friends) well-being.

Mental health is all about how you feel inside your head and heart. It is about being happy, confident, and having a positive outlook on life.

Sometimes, we may feel sad, worried, or stressed, and that's okay. It's a normal part of life. But when these feelings become overwhelming and start affecting our everyday life, it's important to talk about it and get help.

How are you feeling today?

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What things are you grateful for?

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# Taking Care of My Mental Health

**Talk about your feelings:** It's important to talk to someone you trust about how you are feeling, talk about your feelings and not keep them bottled up inside. Just like we go to the doctor when we have a physical illness, we can talk to a trusted adult or a professional like a counsellor or therapist. They can help you feel better and understand your emotions.

**Do productive things that you enjoy:** like your hobbies; reading a book, or learning a new skill. When we do things that we enjoy, it can make us feel better.

**Get enough sleep:** It is important to get enough sleep so that our body and mind can rest. When we are well-rested, we can think more clearly and feel better.



# Taking Care of My Mental Health

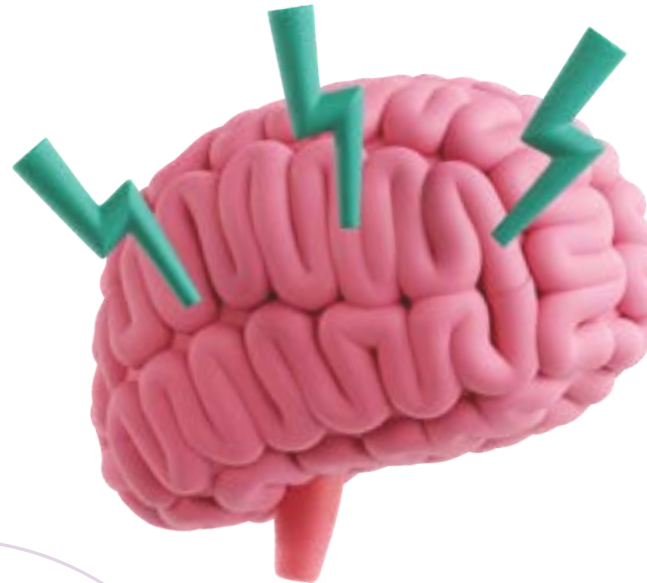
**Eat Healthy & Exercise:** It is important to eat fruits, vegetables, and other nutritious food and exercise regularly to help us to feel energized and have a healthy body and mind.

**Spend time with friends and family:** Being around people you love and who love you can help you feel good inside.

**Take deep breaths:** When you're feeling upset or nervous, take some deep breaths in and out. It can help you feel calmer.

What makes you happy?

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What things do you enjoy doing?  
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# Myths and facts about **Mental Health**.

Here are some myths (widely held but false beliefs) about mental health.



**MYTH:** I do not have mental health

**FACT:** Everyone has mental health which is your feelings, emotions and behaviour just as everyone has physical health which is your physical appearance, diet and nutrition.

**MYTH:** Mental health means being violent

**FACT:** Mental health is a part of our health and well-being that affects how we think, feel, act or behave. When one's mental health is poorly managed it could result in anxiety, anger or aggression.

**MYTH:** Mental health challenges don't affect me.

**FACT:** Mental health challenges are actually very common and affect everyone at different times. from self-esteem challenges, anxiety, managing our feelings, emotions or mood.

# Myths and facts about Mental Health.

Here are some myths (widely held but false beliefs) about mental health.



**MYTH:** If a person has mental health condition it means the person has low intelligence or he/she is weak

**FACT:** Mental health illness can affect anyone regardless of intelligence and has nothing to do with being weak or strong.

**MYTH:** You only need to take care of your mental health if you have a mental health condition.

**FACT:** Just as everyone benefits from eating well and sleeping well for good physical health. Also, everyone benefits from taking care of their mental health through developing supportive, loving, warm family and friends relationships, a positive school environment, healthy sleep patterns and therapy.



# Mindfulness **and** Journaling

Mindfulness is being present here and now, not focusing your attention on what happened yesterday or might happen tomorrow. Mindfulness is noticing the details around you, it could be taking note of how your writing materials are arranged. It is thinking before you act or speak and paying attention to how your body is feeling and responding.







Journaling on the other hand is writing down your experiences such as writing how your day went, who you spent it with, what made you happy and what you were not happy about. You could choose to write daily or when something important happens.

Writing down your experiences also helps you to be fully present, aware of what is happening both in your body and around you at this very moment.



Let's  
take a  
mindful  
minute.

Talk to **YOURSELF**  
with **COMPASSION**

BREATHE	REST	SEE
<p>Take deep breathe and let them out slowly. Think about how the air goes in and out.</p> 	<p>Close your eyes and simply listen to the sounds around you; and think about how many sounds you can name.</p> 	<p>Look at one object around you; and think about its shape, color, texture to your fingers and how it is made.</p> 
TOUCH	SMILE	SAY
<p>Use your fingertips to feel an object or the area around you. Think about the word you would use to describe it.</p> 	<p>Smile, open your eyes and enjoy the world around you.</p> 	<p>Say three nice things about yourself.</p> 

# MY JOURNAL

10.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

The weather today was

\_\_\_\_\_

Feelings that I felt during the day

\_\_\_\_\_

Everything that happened today;

\_\_\_\_\_

\_\_\_\_\_

My favorite part of today

\_\_\_\_\_

\_\_\_\_\_

I am grateful for

\_\_\_\_\_

I am looking forward to...

\_\_\_\_\_



# Feelings **and** Emotions

Have you ever been angry at a friend for tricking you?

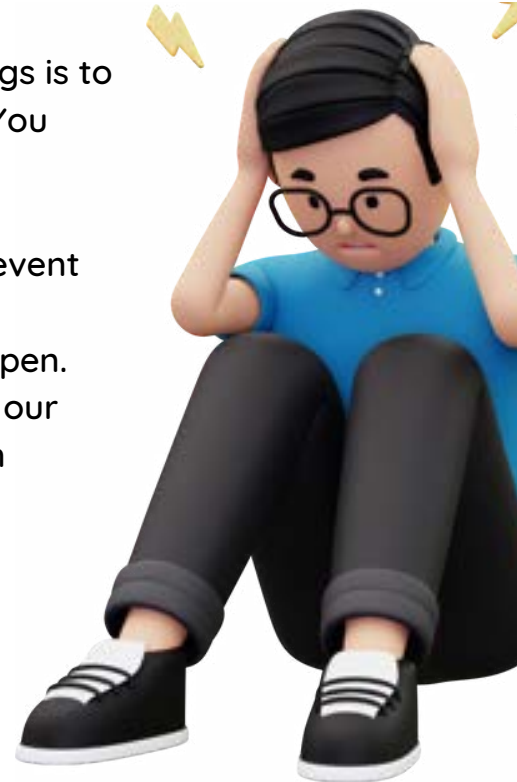
Sad because you lost someone dear to you?

Jealous of a friend?

Then you have feelings. It's OK to feel. The purpose of feelings is to make sense of what is going on inside of us and around us. You could call it your sixth sense!

Emotions are usually triggered by something, someone, an event or a thought.

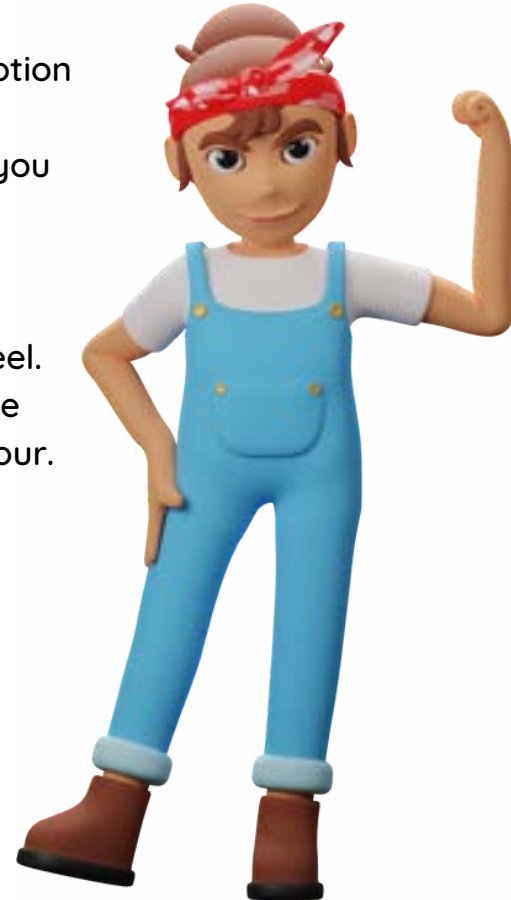
A trigger is like a little signal that makes something else happen. For example, when we smell our favorite food, it can trigger our stomach to feel hungry. Or when we hear a loud noise, it can trigger us to feel scared.

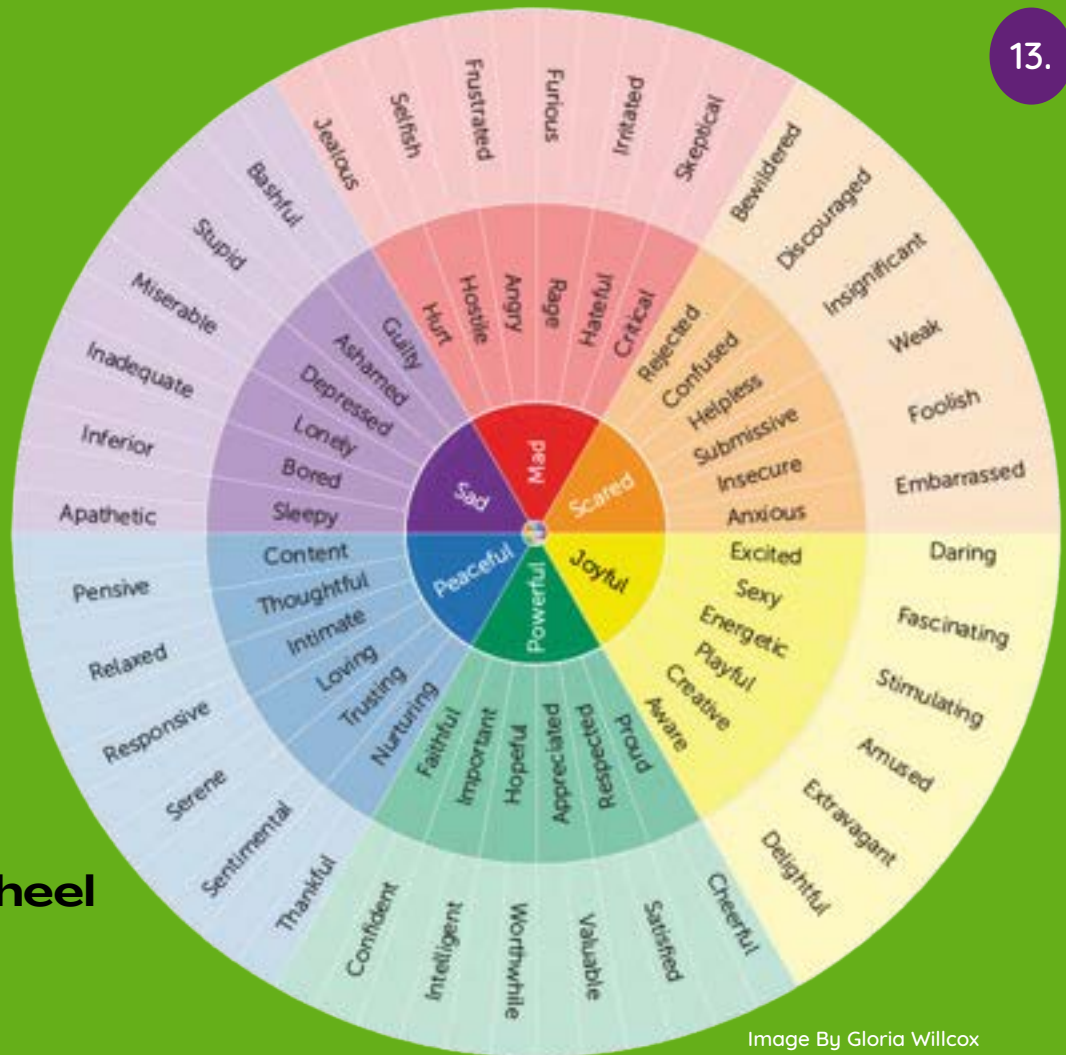


# Feelings and Emotions

We feel and sense different emotions differently. If the emotion is happiness or love, you feel warmth sometimes in your stomach, face and whole body. You smile or chuckle when you see a friend you haven't seen in a while. If the emotion is sadness you are likely to feel it in your heart or chest.

We also attach a colour or shape to various emotions we feel. E.g for happiness you could give it a yellowish colour like the colour of the sun. For anger, maybe red like a tomato's colour.





The Emotions Wheel

# How To Manage Your Emotions



**Practice the 60 seconds rule:** When you feel upset or angry, count up to 60 in your mind. This calms you down and stops you from doing or saying something negative or hurtful.

**Talk to someone:** If you're feeling sad or worried, talking to someone you trust can help you feel better.  
(Parent, Teacher, Trusted adult)



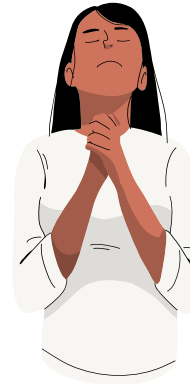
**Use your emotions language:** Try to identify and say how you feel. It is easier to manage how you feel when you know how you feel.  
(I feel angry, frustrated, agitated, scared, happy etc)

# How To Manage Your Emotions



**Do things you enjoy:** Doing things you enjoy can help you feel happy and relaxed. EG Playing musical instrument, drawing, coloring, artwork, reading, playing games (like chess, scrabble), Playing etc.

**Build a personal relationship with God:** Build a relationship with God and know what He says about you.



**Take a break:** Sometimes, taking a break to do something you love can help you feel better.



## Self-Awareness and Self-Esteem

Have you ever felt less of yourself? Wishing you were someone else?

Having thoughts like if I could be more outgoing or quiet, taller, smarter, and have more friends I would be more preferred or popular.

These thoughts come from your belief of who you are (Self-belief) and who you see yourself as. These two things make up your self-esteem which could be high or low depending on the level of confidence you have in your own abilities.



## Self-Awareness and Self-Esteem

One good way to boost your self-esteem is to spend time really knowing yourself. You would be surprised with what you discover. This is to know your strengths (what you are good at), weakness (what you can get better at), your likes and dislikes, desires, uniqueness, and difficulties you have overcome.



When we acknowledge and accept who we are, our uniqueness and our differences, We can be more open, honest to people around us, realise our potentials or dreams and make significant friendships and relationships that matter to us!



# Quick Activity To Know Me Better:

18.

What's Unique About Me?

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Three Things I Am Good At

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Three Compliments Others Have Given Me

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Three Things I Value The Most

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Three Difficulties I have Overcome

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Three Things I Am Grateful For

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## Growth Mindset and Positive Self-talk

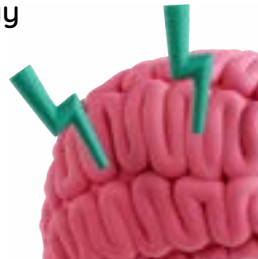
What are those things you can do very well and those you think you are not so good at? It could be a school subject, an activity, a sport, or a game. Are you quick to give up? And what do you say to yourself when you fail at these tasks?

To have a growth mindset is to believe that you can be better, that you can be great at things you do not do well now. You can learn and be better at anything you put your mind to. Even when you make mistakes or fail at some point, you can learn from the experience and get better if you keep practicing and believing in yourself.

Learn to use “yet” instead of “can’t”.

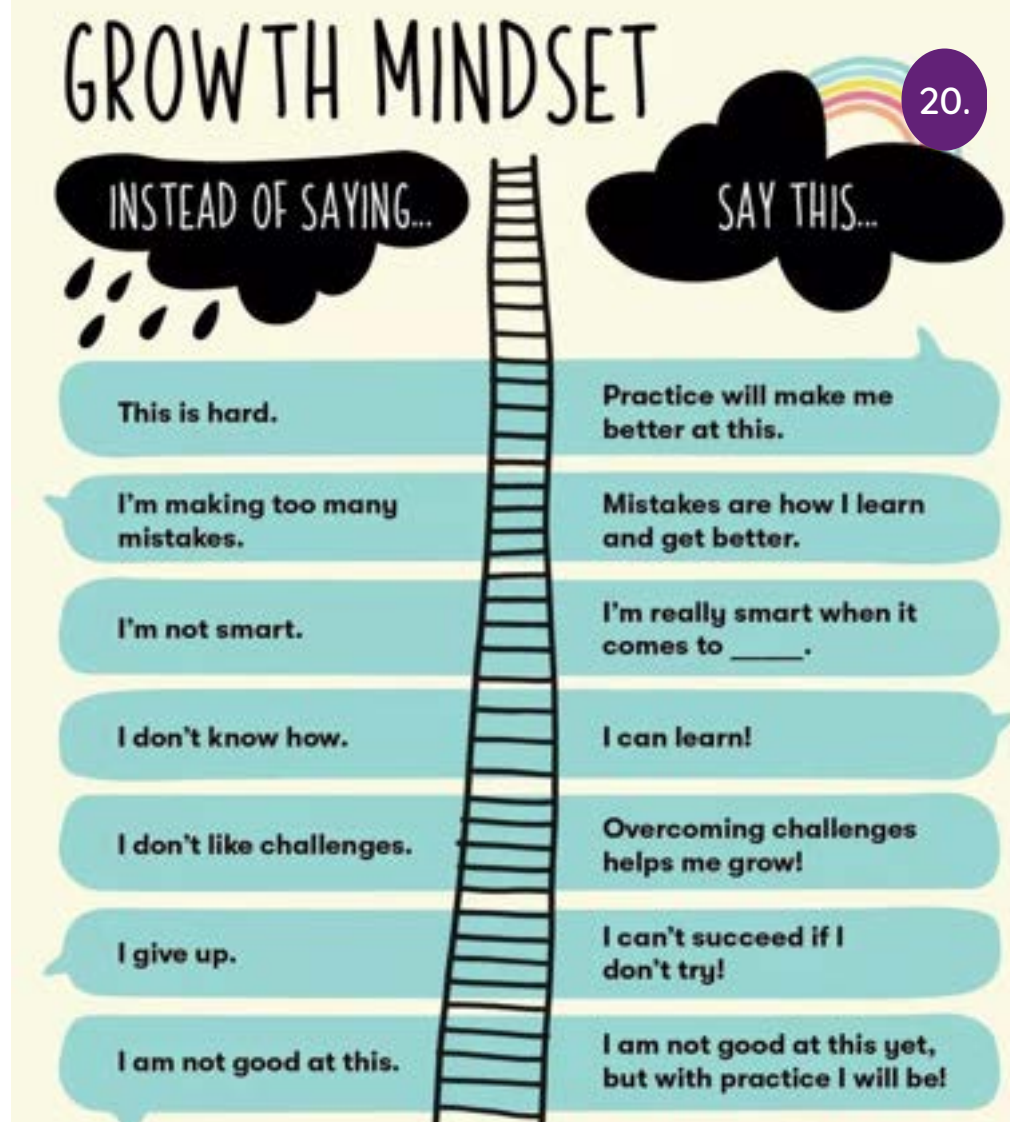
For example, your teacher introduces a new topic in one of your least favorite subjects. Having a growth mindset is instead of saying ‘I am not good at this’ you say ‘I may not be able to do this yet, but with practice and attention, I will be.’

Another example, your friend shows you how to play a game but you cannot get it right. Having a growth mindset is instead of saying ‘I am making too many mistakes, you say ‘Mistakes are how I learn and get better.’



# Growth Mindset and Positive Self- talk

Image by  
tutordocor



## Anxiety

Anxiety is when you feel really worried or scared about something. Sometimes, you might feel like something bad is going to happen, even if there's no real danger. Or you feel your heart beating fast, your stomach might feel funny, or you might have trouble sleeping or eating, or your body might even feel shaky or jittery.

It's like fear of failing a really important exam and you feel a little bit scared or nervous in your tummy.

Sometimes, people feel anxiety when they're facing something new or unfamiliar, starting a new school, meeting new people, taking a test, or even when they're worried about something that might happen in the future.

It's okay to feel anxious sometimes, but if it starts to get in the way of doing things you like or need to do, like playing with friends or going to school, then it's important to talk to a grown-up you trust about how you're feeling. They can help you feel better and figure out ways to deal with your anxiety.



# Anxiety Activity

22.

**Practice positive self-talk;** by speaking your affirmations out loud, such as "I can do this" or "I am strong and capable."

Add more \_\_\_\_\_  
\_\_\_\_\_

**Practise deep breathing** when you feel anxious or really worried about something. Breathe in slowly through your nose, hold for a few seconds, and then exhale slowly through your mouth.

When you start to worry about something bad, visualise a happy place or memory, such as a beach, an outing you enjoyed, or your favourite teddy, focus on the details of the scene,

Add more \_\_\_\_\_

**Talk to a trusted friend or adult.** Write down names of trusted adults or friends you can talk to about your feelings \_\_\_\_\_

\_\_\_\_\_

## Guilt vs Shame

As humans it is natural to feel guilt or shame at one point or the other.

Guilt and shame are feelings that you might have when you do something that you know is wrong or that you shouldn't have done. Guilt is when you feel bad because you did something wrong.

You might feel like you made a mistake, and you wish you could go back and do it differently.

Shame is when you feel bad about yourself because of something you did or because of something someone else did to you and you don't want anyone to know about it. It's like a heavyweight that sits on your chest and makes you feel embarrassed. For example, if you lied to your friend, you might feel ashamed.

Both emotions can lead to negative thoughts, low self-esteem, and anxiety, which can impact your mental well-being.

It's important to know that everyone makes mistakes sometimes, and it's okay to feel guilty or ashamed. The important thing is to speak to an adult you trust, learn from your mistakes, apologize if you are on the wrong, and try to do better next time.





# Guilt vs Shame- Activity

Say these affirmations out loud  
when you feel guilt and shame

24.

Everyone  
makes  
mistakes,  
and it's okay.

I am learning  
and growing  
every day.

My feelings  
are  
important  
and valid.

I am worthy  
of  
forgiveness.

I choose to  
be kind to  
myself and  
others.

I am capable  
of making  
things right.

I am proud  
of myself  
for trying  
my best.

I am not  
defined by  
my  
mistakes.

I am allowed  
to ask for  
help when I  
need it.

I am responsible for  
my actions, but I am  
not defined by  
them.

I am capable  
of changing  
my behavior.

I choose to  
focus on my  
strengths.

I am surrounded  
by people who  
love and  
support me.

# Questions to ask yourself when you feel guilt or shame:

26.

What did I learn from the situation that made me feel guilty or ashamed?

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How can I make things right? \_\_\_\_\_

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What would I say to a friend who made the same mistake?

What can I do differently next time? \_\_\_\_\_

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Who can I talk to for support and guidance? \_\_\_\_\_

What are some things i'm proud of myself for \_\_\_\_\_

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What can I do to be kind to myself today? \_\_\_\_\_

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What are some things that help me calm down when i'm feeling upset?

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What are some positive things i can say to yourself when i'm feeling down? (Refer to the affirmation above)

What are some things i've learned from my mistakes that can help me grow and improve?

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# Friendships and Relationships

Friendship is when two people really like each other and enjoy spending time together. They might play games or talk about things they both like. Friends are kind to each other, care about each other, listen to each other, and help each other out when they need it. You might have a friend in your class at school, a friend who lives in your neighbourhood, or even a friend in your family.

A relationship is a way in which two or more people or things are connected. It can be an emotional or other connection between people. There are various ways people can be connected. E.G. Family relationships, Friendships, Acquaintanceships, and Romantic relationships. Relationships are an important part of our lives as they can provide us with great sources of pleasure and fun as well as comfort, support, and security - all things that are important for our well-being.

It is also important to have a range of different relationships in our lives because they can all serve different purposes. On top of this, it is important to bear in mind that some relationships will come and go, only lasting for a short period of time in our lives whereas others will remain for a lifetime.



## Friendships and Relationships

Maintaining respectful relationships is also important for our wellbeing. This means that we need to be able to recognise the important relationships in our lives as well as those that may become unhealthy and bad for us.

Relationships of all kinds can have a strong influence on our lives, sense of self and identity. Because of how important they are, relationships require a certain level of work, respect, communication and commitment.



# Friendships and Relationships- AFFIRMATIONS;

28.

I am a good friend and I deserve good friends in return.

My feelings are important and I have the right to speak up if something bothers me.

I am capable of resolving conflicts with my friends in a kind and respectful way.

I respect my friends' boundaries and they respect mine.

I am kind and compassionate towards my friends, even when we disagree.

I appreciate and value the differences in my friends.

I trust my instincts and can make good decisions about who to be friends with.

I am proud of who I am and my true friends will accept and love me for who I am.

I have the ability to make new friends and build strong relationships.

I can forgive my friends when they make mistakes and ask for forgiveness when I make mistakes.

I can communicate effectively with my friends to build strong relationships.

I can ask for help and support from my friends when I need it.

I can create positive and happy memories with my friends.

What qualities do I look for in a friend? \_\_\_\_\_

\_\_\_\_\_

How can I show my friends that I appreciate and value them? \_\_\_\_\_

\_\_\_\_\_

What can I do if I have a disagreement with my friend? \_\_\_\_\_

\_\_\_\_\_

What can you do if someone is not being kind to you? \_\_\_\_\_

\_\_\_\_\_

What would you do if you see someone being bullied or treated unfairly?

\_\_\_\_\_

How can I communicate effectively with my friends? \_\_\_\_\_

\_\_\_\_\_

How can I apologize if I have hurt my friend's feelings? \_\_\_\_\_

\_\_\_\_\_

How can I make new friends? \_\_\_\_\_

How can I support my friends if they are going through a tough time?

\_\_\_\_\_

How can I have fun and create positive memories with my friends?

\_\_\_\_\_

## CONCLUSION

In conclusion, mental health and wellness are important aspects of your overall wellbeing, and it is essential to take care of your emotional and mental health just as you do your physical wellbeing. As a child, it is important to understand your emotions, label them, and communicate how you feel with others.

It is normal to feel a range of emotions, including guilt and shame, anger, and grief but It is essential to learn how to manage and cope with these emotions in healthy ways. It is crucial to know how to communicate and express ourselves in a healthy and respectful manner. You can also learn how to manage your anger and overall emotions through various techniques such as deep breathing and positive self-talk.

Speaking up when you are going through any emotional or mental stress is also important, and you should not hesitate to seek help from trusted adults, such as guardians, parents, teachers and professionals like counsellors or therapists.

Remember, taking care of your mental health is a lifelong journey, and it is okay to ask for help when you need it. By learning and practicing healthy emotional and mental health habits from a young age, you can set ourselves up for a happier and healthier future.



# Building Total Wellness for Children

For Children Between  
the Ages of 6 & 17



## Raise Self-Aware Children Who Become Mentally & Emotionally Resilient

Prioritise your child's total well-being through access to confidential and affordable virtual therapy sessions that allows them to open up and in the process, overcome their challenges quickly.

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## WHAT WE DO

Amani Health is an online therapy platform tailored to meet the needs of minors aged between 6-17 years going through traumas, disorders, depression, addictions, abuse and all other emotional, physical, mental or academic challenges



## OUR VISION

To create a world where mental health care is accessible, stigma-free, and fully integrated into our daily lives.



## OUR MISSION

Our mission is to provide accessible, affordable, high-quality and effective mental health care services that empower individuals to live happier, healthier lives by leveraging technology and personalized care

