



# Helping you to #Be OK

## Bag for your Life... #Be OK

Adventure in the detour....

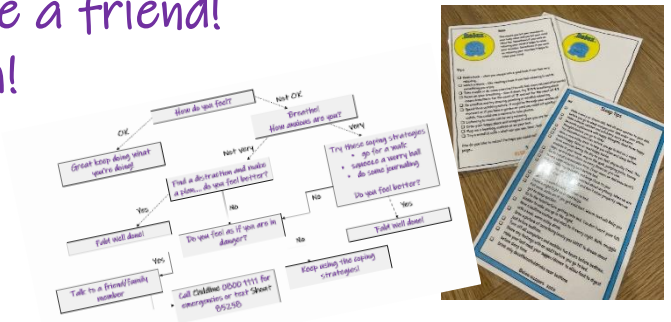
### Bag Contents:

- Worry Ball – to squeeze when anxious
- Bubbles – to help slow down breathing
- Notebook – for journaling; write down your feelings
- Pack of cards – have fun with a friend or family member
- Craft exercise – learn something new; decorate a magnet or key ring. Try some origami!
- Ping Pong ball – how far a way can you stand to throw it into a cup. Now challenge a friend!
- Popcorn - to go with a film!



### Literature:

- Sheets to help with sleep, rest and keeping active
- Leaflet with coping strategies including flow chart of possible scenarios and how to overcome these.
- How to 'Support a Friend' leaflet
- Postcard and paper bag – add motivational stickers, write a message for a friend, make or bake them a gift.



To find out more please contact us at [supportclubs@elevateeleven.com](mailto:supportclubs@elevateeleven.com)

or call Anita on 07730 955699

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