

**MAKING
CONNECTIONS
THAT COUNT**

A JOURNAL TO EXPLORE YOU!

FOR YOUNG PEOPLE 14 +.

BY:

MY PRONOUNS ARE:

ABOUT THIS JOURNAL

Aimed at (young) people aged 14 - 25, suitable for all ages, it is full of inspiration and motivation that encourages and empowers young people to look at life from different perspectives, think about loneliness, their feelings and goals for the future.

Note: If you are aged 14 - 16 and completing this journal for a ReachOut 2.0 hub in Wales, please ensure that you and/or a parent/guardian have completed a participation consent form provided by your hub staff.

A promise to myself

What you're able to get out of this journal is 100% up to you. It will depend on how much thought and honesty you put in to it! So, it makes sense to start the journal with a contract to yourself. List 3 promises to yourself to stick to when completing this journal:

1

2

3

I acknowledge the importance of my good emotional health and well-being and that it is an ongoing process. I agree to focus on myself, learn and develop positive relationships.

Agreed by participant:

WHAT IS LONELINESS?

WHAT DO YOU THINK LONELINESS IS?

REASONS FOR LONELINESS

WORDS, PHRASES, OR EVEN DRAWINGS

Be Creative?

There is no
wrong
answer so
Please add
what makes
sense to you

POSITIVE EXPLORATION OF
ALONENESS-- WHAT IS
LONELINESS? - YOUTUBE
FROM HEADSPACE APP

IDENTIFIERS OF LONELINESS

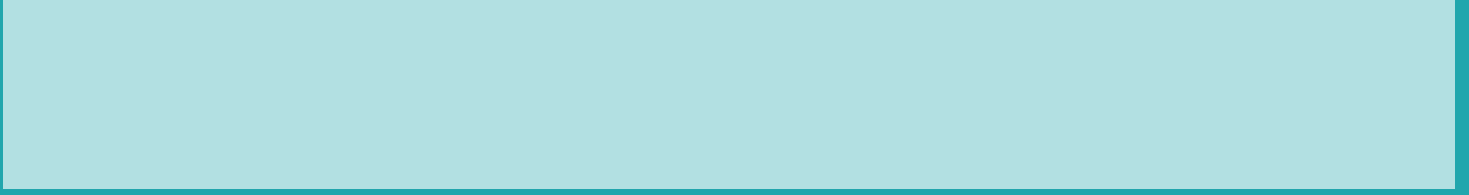
Just
make a
list

NEGATIVE STORY OF
LONELINESS - IF YOU FEEL
LONELY, YOU'RE NOT ALONE
FROM BRIGHTSIDE.



ABOUT ME

Something that my friends like about me is ...



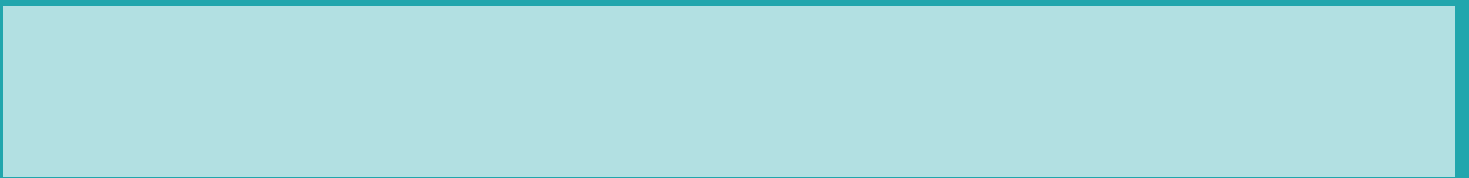
•I'm proud of...



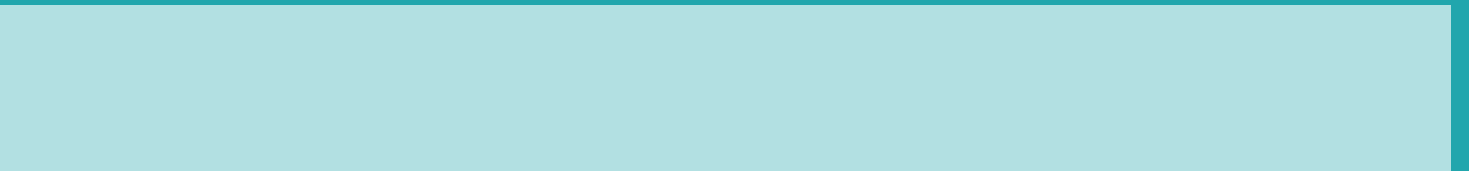
Something that makes me unique



Who can I go out and have fun with? Why?



Who can I express my feelings to? Why?



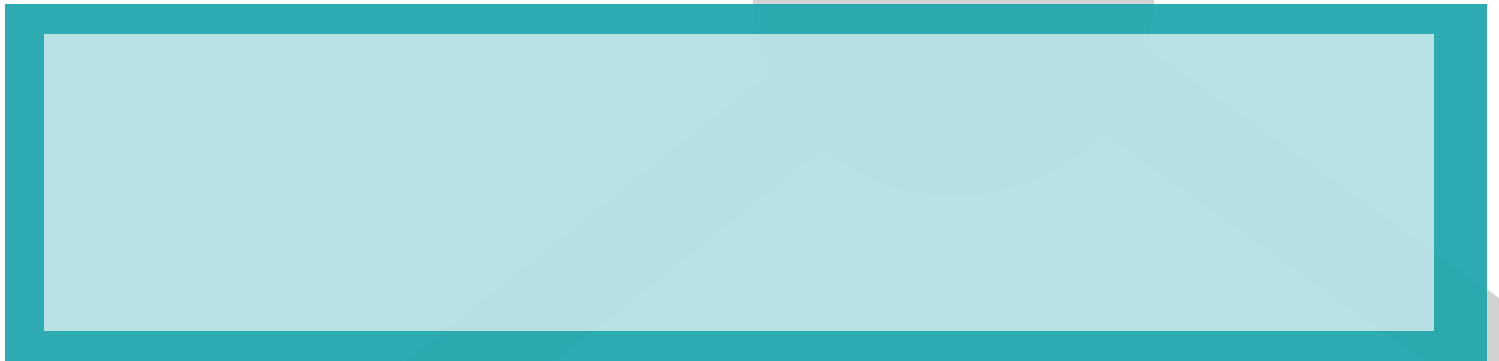
Things I think about when I'm trying to sleep or rest?



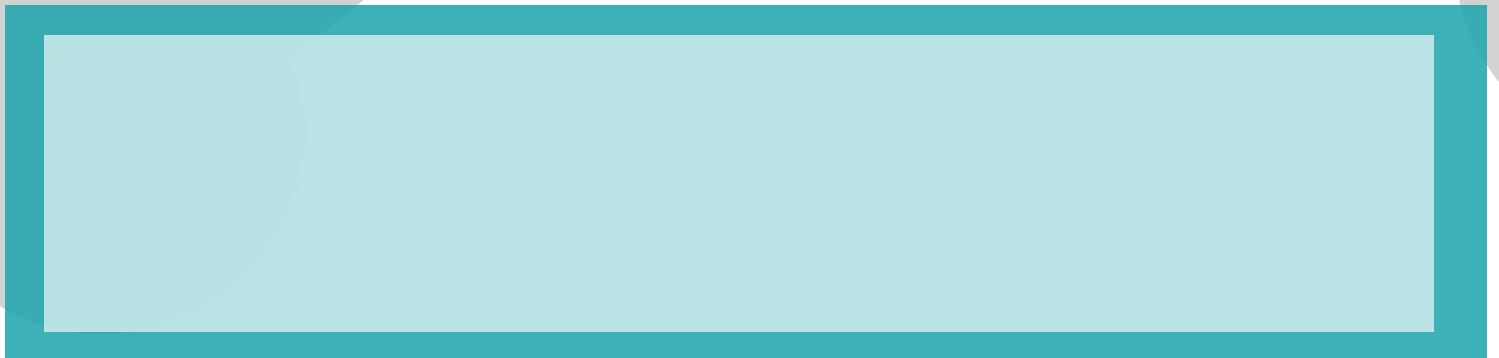
Qualities – name 3 qualities that best describe you.



Questions I don't have answers to?



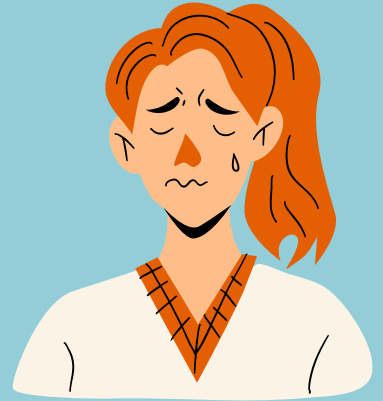
3 things I love about me – Cardiff



AT THE START OF THE PROJECT:

THINK ABOUT WHERE YOU ARE NOW USING THESE QUESTIONS BELOW:

HOW DID YOU FEEL WHEN YOU FIRST ARRIVED?

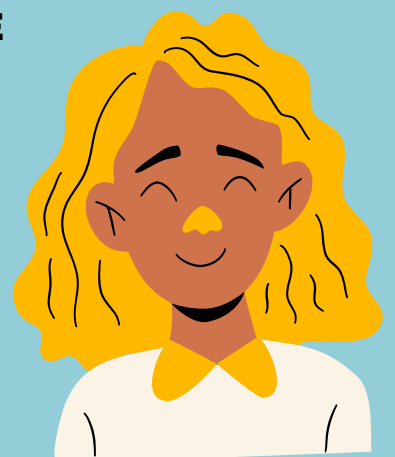


HOW WELL DID YOU OVERCOME ANY NEGATIVE THOUGHTS YOU HAD?



WHAT ARE YOU LOOKING FORWARD TO DOING IN THE PROJECT?

A large, empty white rectangular box intended for a user to write their response to the question above.



This is a 7 day mood tracker and can be helpful to remind you of when the day was, what happened and how you felt at the time.

Here are some words that may help you to describe your mood

Accepted	Festive	Peaceful
Ambitious	Fearful	Realistic
Annoyed	Friendly	Reflective
Animated	Frustrated	Restless
Angry	Fun	Sad
Anxious	Grateful	Serious
Awake	Guilty	Silly
Bored	Hopeful	Shy
Calm	Loving	Tense
Caring	Lonely	Unfriendly
Crazy	Mischievous	Worried
Determined	Miserable	
Embarised	Nervous	
Energetic	Outgoing	
Exhausted	Optimistic	

If you have any other moods that are not on this list that you feel apply to you please use them too.

This is 7 day mood tracker and can be helpful to remind you of when the day was, what happened and how you felt at the time.

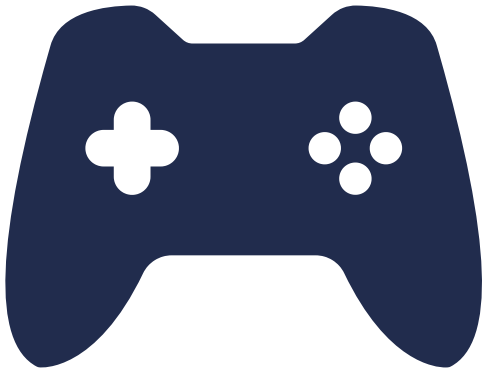
	Time	Mood	What was happening, who was there, what were your thoughts?
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

What is a circle of support?



Family, friends, neighbours, people we work with or people who care for us.

The person/people in your circle can be individuals, informal groups and/or organisation that you may use when you need help.



A circle of support helps people to stay in control and in charge of their own decisions.

You can have different kinds of circles of support:

- **Inner circle** - on a personal level: family, friends, partner, etc.
- **People and groups** who are acquaintances: such as neighbours, teachers, sports club, work friends, team mates, youth club, etc.
- **Additional Support** such as youth workers, social workers, pharmacists, hairdresser, doctor, personal assistant, taxi driver, etc..

Additional support

people and groups

Inner circle

CONTACT INFO: THE PEOPLE I CAN CONTACT TO HELP SUPPORT ME WHEN I FEEL STRESSED OR OVERWHELMED ARE:

NAME:

WHEN:

NAME:

WHEN:

NAME:

WHEN:

NAME:

WHEN:

OTHER SUPPORT I COULD USE:

QR CODE LINK TO WEBSITE

What I Cannot
control

What i can
influence?

What I can control?



AFTER YOUR FIRST SESSION IN THE REACHOUT PROJECT, REFLECT ON A DAY IN YOUR WEEK:

The best part of the day was:

The biggest challenges of the day:

How can I support myself or get support to achieve my goals in the future?

Skills I have worked on (tick the ones you have used on this day)



Thinking about
situations feeling
and setting goals



I have recognised
my feeling and
emotions



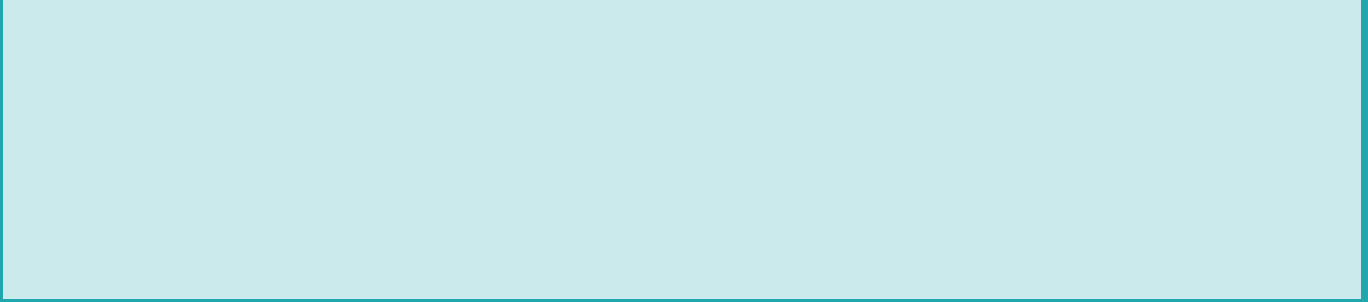
Communicating
with/to others



Taking time out
for yourself and/
or getting help
from others

HOW DID YOU
ACHIEVE THIS
TODAY (IN LESS
THAN 50 WORDS)

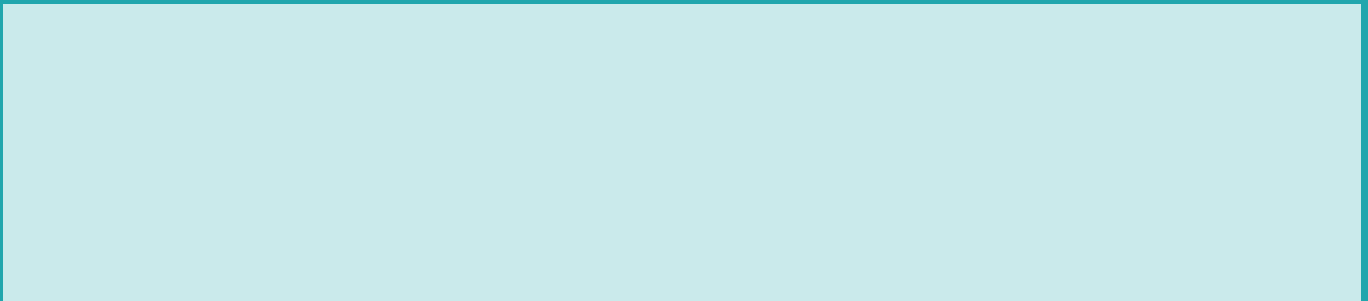
What are you most afraid of when it comes to loneliness?



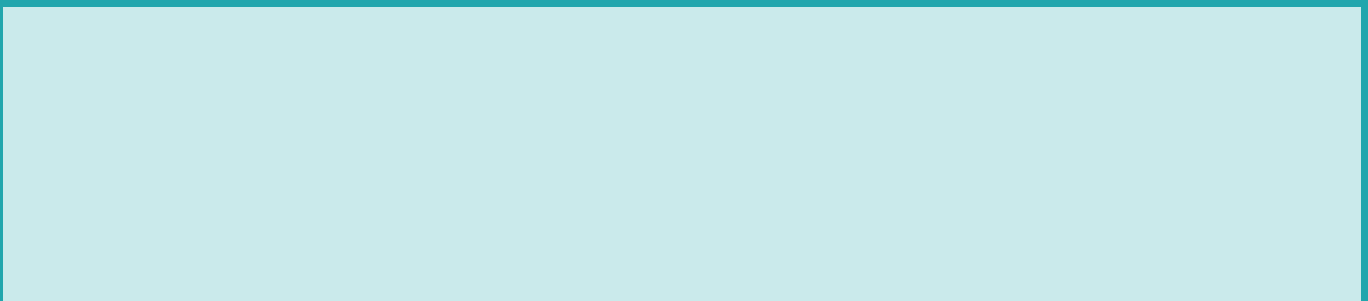
What negative beliefs do I hold about loneliness?



How do they affect/are they affecting me?



What positive actions can I take to change my negative beliefs?



What is the one obstacle that is holding/or can hold you back from achieving goals in your life?

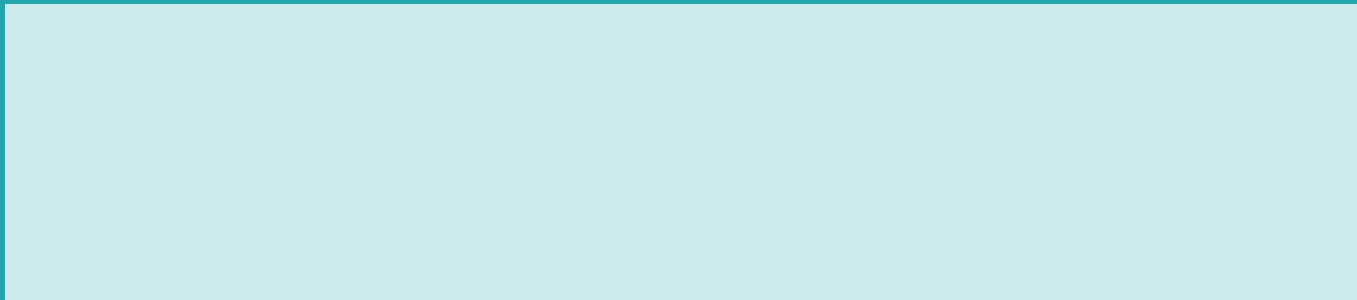


What role might you play in your managing your feelings of loneliness (for example, do up find it hard to make friends or keep friendships)?

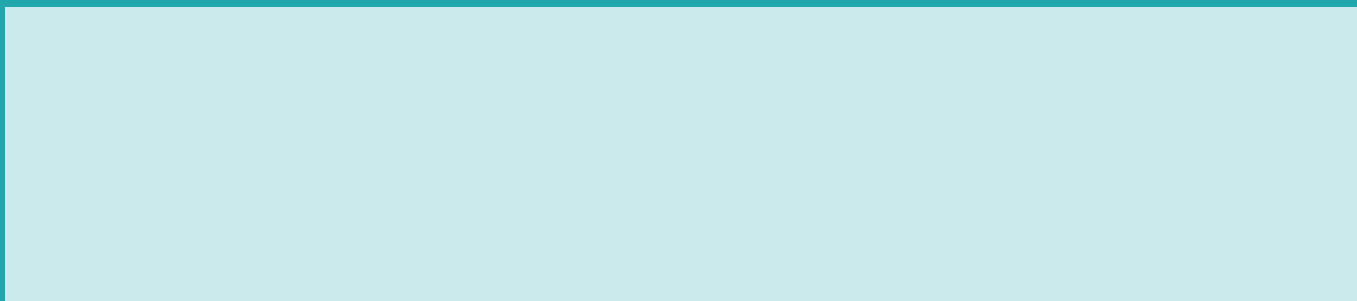


Let's look at your strengths and what we could work on

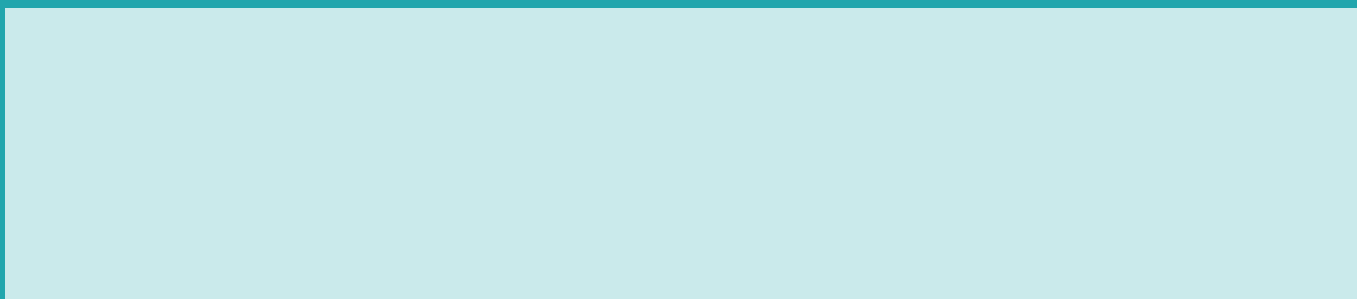
My top 3 strengths are:



Things I can work on are:



What have you learned about yourself?



GETTING ON THE PATH TO SETTING GOAL

Physical health and wellbeing

Physical health & wellbeing means keeping your physical body in a condition that meets your needs. Whether it's stretching in the morning, going to the gym or taking a walk instead of getting the bus, etc. It can also mean the food you put into your body and giving yourself enough time to rest.

Emotional health

Emotional health means focusing on and paying attention to your thoughts, feelings and behaviours (including actions). It includes how you react to positive and negative situations, whether its keeping a positive attitude, setting priorities and goals, and/or expressing your emotions when you need to.

Healthy relationships

There is no such thing as a perfect relationship and all relationships are different. There are some characteristics that support a healthy relationship such as trust, honesty, good communication and providing for help and support where and when needed.

Healthy sleep - [Healthy Sleep: What Is It and Are You Getting It?](#) | [Sleep Foundation](#)

The healthy amount of sleep recommended is between 8- 10 hours for teenagers. This plays a key part in waking up and feeling refreshed and ready for the day. There are 3 stages of sleep: light sleep, deep sleep and rapid eye movement (REM). By successfully going through these stages, they allow the mind and body to recharge.

Mental health - [What is good mental health?](#) | [Mental Health Foundation](#)

Good mental health includes all of the above and is not "simply the absence of diagnosable mental health problems", it also includes the ability to learn and cope with changes and uncertainty.

When setting goals with the SMART goal planner, there is an opportunity for you to focus on the above.

SMART Goals Planner



The Initial goal you have in mind:

Specific: what do you want to do? Who needs to be included? when do you want to do this? Why is this a goal?

Measurable: how do you know if you're on track and will successfully meet your goal?

SMART Goals Planner



Achievable: do you have the skills required and/or do you need support? What motivates me to achieve this goal?

Relevant: why am I setting this goal now?

Time: when am I going to do it by?

Re-think! Read your goal statement at the top of the first page-is it still relevant to you?

AFTER SESSION 3 OR 4 OF THE REACHOUT PROJECT, REFLECT ON A DAY IN YOUR WEEK:

The best part of the day was:

The biggest challenges of the day:

How can I support myself or get support to achieve my goals in the future?

Skills I have worked on (tick the ones you have used on this day)



Thinking about
situations feeling
and setting goals



I have recognised
my feeling and
emotions



Communicating
with/to others



Taking time out
for yourself and/
or getting help
from others

HOW DID YOU
ACHIEVE THIS
TODAY (IN LESS
THAN 50 WORDS)

SHOW GRATITUDE TO OTHERS

Write or draw on the notes on the next page and cut them up and leave them for people in your life that make a difference to you.



THANK
YOU!



live
your
dream.



MAKE IT
HAPPEN

AFTER SESSION 5 OR 6 OF THE REACHOUT PROJECT, REFLECT ON A DAY IN YOUR WEEK:

The best part of the day was:

The biggest challenges of the day:

How can I support myself or get support to achieve my goals in the future?

Skills I have worked on (tick the ones you have used on this day)



Thinking about situations feeling and setting goals



I have recognised my feeling and emotions



Communicating with/to others



Taking time out for yourself and/or getting help from others

HOW DID YOU ACHIEVE THIS TODAY (IN LESS THAN 50 WORDS)

THE THREE GOOD THINGS



One good thing that happened through this project is:

Something good that I have seen others do in this project is:

Today, I smiled when...

Achievements

Achievements can be big or small from attending group session regularly, making new friends or completing an accreditation such as a youth Achievement Award. To remind you of your achievement pop it in the star below.



What Next?

Thank you for getting involved in ReachOut 2.0 and being a part of our loneliness and isolation story - we really value the time and effort that you have put in.

By now you will have looked at how to set goals and plan for the future this section is for you to have some time to think about what is next and does not need to be set as a goal right away.



Thank you from Youth Cymru for taking part.



Support mechanism to be added

Funded buy the Coop Foundation

