

# My Go-to Place



**Tips and tricks for better mental health and a comprehensive list of supports and services across Dublin.**

Hi!

We are the YAP Dublin Participation group, and we would like to introduce you to our 'My Go-to Place' booklet, which outlines a range of mental health coping strategies and support services for young people and families.

As a group, we realised how difficult it is to source supports so we came together to create a resource booklet that young people and their loved ones can use in their time of need. This booklet has grown from the ideas of kind and empathetic young people who want to support others to overcome their challenges.

We hope you find it helpful, feel free to share this with a friend!

Thank you,

The Dublin Participation Group.

SELF CARE IDEAS  
To help lift your mood



OR



# Self-Care ideas to help lift your mood!



Listen to your favourite Music

Make a happy or calming playlist

DANCE LIKE NO ONE IS WATCHING

one is watching

## Positive Affirmations



I belong

SAY GOOD THINGS ABOUT Yourself out loud in the mirror

Write mantras on sticky notes + put them on mirrors + fridge

## Self Care to calm yourself

- \* Listen to ASMR noises
- \* Watch oddly satisfying videos
- \* act like a sloth
- Do nothing, just be still enjoy a moment of peace + quiet



HAVE A NAP 1/2

## Alex's Self-Care Tip

### Alex's Self Care tips

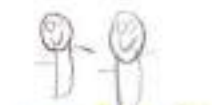
- 1 go out
2. play Playstation
3. going Swimming

### Odhrán's self care tips

Watch TV



Play football with friends



energy drink



golfing and playing



Watch on beach



Foot ball



## Kayleigh's Self-Care Tip

Kayleigh's self care is to ..... go on my phone and talk to my friends.

### KARINA'S SELF CARE TIPS

Listening to music

Swimming

Badminton

Showering

Talking to friends

Hanging out with friends

5:55



## Odhrán's Self-Care Tip

## Karina's Self-Care Tip



**Daisy's Self-Care Tip**

Daisy's go to tip for self care

1. Sea Swimming
2. Listening to music 🎵
3. Getting me hair done.
4. Relaxing Shower.
5. Minding my siblings 🧡

**Darragh's Self-Care Tip**

Darragh's selfcare is to..... talk to my mates on my phone  
Meet my mates and do fun things.

Sophie's Self care tips

1. go for a walk on the beach
2. watch sunset/sunrise
3. listen to music
4. go out with friends
5. play with my dogs
6. playing 8 ball pool
7. go out to my boyfriend

Jen's top tips for self care.



Listening to Music 🎵  
 Walking in Park. 🌳  
 Meeting with friends ☕

**Jen's Self-Care Tip**

**Sophie's Self-Care Tip**



**TAKE SOCIAL Media Breaks**



UNFOLLOW OR Block People - PAGES THAT DON'T INSPIRE YOU OR MAKE YOU FEEL GOOD

Improves Self esteem  
Increases Productivity  
Frees up time.  
Gives you Private space  
takes pressure off

**DIGITAL DETOX**

Put Your PHONE, TABLET, LAPTOP etc AWAY for as long as possible



**D.I.Y. SPA DAY**



FACE MASK  
moisturise  
nail polish  
Bath bombs

cucumber eyes  
- foot spa  
essential oils

Just BE OKAY AND CALL IT A DAY  
Remember YOU ARE NOT A MACHINE BUT A HUMAN BEING!

meditate



deep muscle relaxation - tense hold release  
focus on different body parts

**\*YOGA\***

SELF MASSAGE

PRACTICE MEDITATION

# #Mygotoplace

Have a  
**Pajama Day**



OR  
A MOVIE NIGHT



Visit Your FAVORITE PLACE

CALL OR MEET  
\* a \* friend \*

TRAVEL ALONG WITH FAMILY OR FRIENDS



Don't turn small mistakes into big problems

Realise  
You can only change  
yourself  
not other people  
But  
changing your behavior  
can influence them  
to change

Be aware of what you  
eat + DRINK

Bananas  
- almonds  
- Pistachios  
leafy greens

ginger  
matcha  
turmeric  
Kombucha  
oily fish



70%+ Dark chocolate

liver, egg yolks

these natural foods contain  
antioxidants that lower blood  
pressure

release Serotonin or vitamins  
that improves mood like C or B12  
that reduce stress

More about  
antioxidants

ACU PRESSURE POINTS  
Use a circle motion to  
PRESS (not too hard  
for 2 minutes)  
Between your eyebrows



5-4-3-2-1 TRICK.

-DISTRACT Yourself  
by Focusing on 5 naming

5 things I can see

4 things I can hear

3 things I can feel

2 things I can smell

1 thing I can taste



Get Lost  
in a GOOD  
BOOK

make a memory box



Look through old Photo albums

Take Pic  
of Beautiful things






Self Care  
Ways to Cope with anxiety

- Mindful breathing.  
4-7-8-



- Close eyes if possible
- Breathe in for 4 seconds
- Hold breath for 7 seconds
- Breathe out for 8 seconds
- REPEAT AS NECESSARY



- Put fresh sheets on
- no screen time for 1hr before lights out
- Drink warm milk or chamomile tea
- no caffeine, energy drinks or alcohol
- have a relaxing bath
- Put lavender oil on your pillow
- read a book / listen to an audio book
- Set Alarm
- wear a sleep mask
- listen to a sleep app



### Sarah's Self-Care Tip



Zack's Self care tips.  
watch or make tiktoks.  
drt  
going on walks.  
going to the feild to the horses  
playing with my dogs  
beating my cousins

Sarah's Self Care tips:

1. Netflix

2. going for a walk to a River.  
(with my mates)

3. Playing with my dogs.

4. Being on the phone to my friends.

5. Jack Morn

6. Makeup

7. Watching true Crime on youtube

### Zack's Self-Care Tip

### Trish & Liz's Self-Care Tips

Trish's self care is..... I like to walk in the park or walk on the beach. I like to talk to my family



1: Top Tip for Self Care

2: Sunbathing

2: Running

3: Gym

4: playing with my dogs

Keith's selfcare tips...

Watch nature documentaries



Spnd time in nature

Quality time with friends and family

My go to place is...



Watching nature programs



Sit in a forest & breath

Have a shower in the dark



### Keith & Ailish's Self-Care Tips





START OR END EVERYDAY  
LISTING THINGS YOU WERE GRATEFUL  
FOR

1. People you love + why
2. A SUNSET
3. HEARING birds sing
4. Your health
5. WHAT MADE you smile
6. Happy memory
7. something you learned
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Write a   
**DREAM IT**

**DO IT** LIST  
(FOR A DAY + YOUR LIFE)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
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9. \_\_\_\_\_
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9. \_\_\_\_\_
10. \_\_\_\_\_

## WAYS to stop having negative thoughts.

- \* Don't make assumptions about what other people think or how they might react - instead of worrying about something with no proof - ask! At least you will know for certain + not just imagine the worst
- \* Don't take things personally the world doesn't revolve around you people are usually more concerned with their own lives
- \* Try focus on the positive things not just what went wrong.
- \* Stop being judgemental about yourself - the past can't be changed but the future can
- \* Don't over generalise - just because one person doesn't like you doesn't mean no one does they are - FIND Your People - out there

## Alternatives for Risky Self harm

- \* Pinch yourself
- \* Snap elastic on your wrist
- \* Punch pillows, a stuffed toy or a <sup>furniture</sup> sofa.
- \* Hold an ice cube in your hand
- \* Use a red pen to draw marks on your skin
- \* Rip up cardboard
- \* eat something really sour or spicy
- \* Scream into a pillow

## WAYS to reduce self harm + stay safe

- Recognise + understand your triggers
- o Keep a self harm diary
  - o Try + control your mood by going to your go to place before the urge to self harm becomes too much
  - o Go somewhere public on purpose. You are less likely to self harm in front of people
  - o Ask a friend to come be with you tell them you feel like self harming + need distraction
  - o Sterilize any self harm tools
  - o treat any injuries straight away





REMEMBER ANXIETY results in physical symptoms—  
like racing heart, dizziness, breathlessness, nausea etc.

You are NOT ill or DYING!

It's just your bodies reaction to your thoughts.

TAKE BACK CONTROL

CALM Yourself + THINK RATIONAL THOUGHTS

By

SAY you are NOT able to think about this now but I will later

\* SAVE ANXIOUS THOUGHTS For "Worsey Time"

Set a time in your day to name what is worrying you  
(FACE Your Fears)

\* Ask yourself what's the worst case Scenario

\* Are you exaggerating  
or jumping to conclusions  
or only focusing on the bad stuff

Answer with your anxious thought then

eg. "I'm dizzy I'm going to faint / I've been dizzy  
before + I don't faint  
so I probably won't

write down possible solutions even silly ones

# #Mygotoplace



As the theme of this years YAP Ireland National Event is **Sustainability**, you can view all the resources that we have compiled via this QR code, which will take you to the YAP Ireland website where we have uploaded them all into one useful PDF!

Thank you!

Illustrations by: **Tadgh**

Inking/Colouring by: **The Dublin Participation Group.**



# My Go-to Place

Sarah

Darragh

Alex

Daisy

Sophie

Karina



A  
BIG  
HUG

Tadgh

Kayleigh

Odhrán

Zack



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