

# Let's Talk About Ellie

Mental Health Journal



*Delivering Healthier Outcomes*



[www.dmchealthcare.co.uk](http://www.dmchealthcare.co.uk)



# Introduction to Ellie



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## Ellie Paine

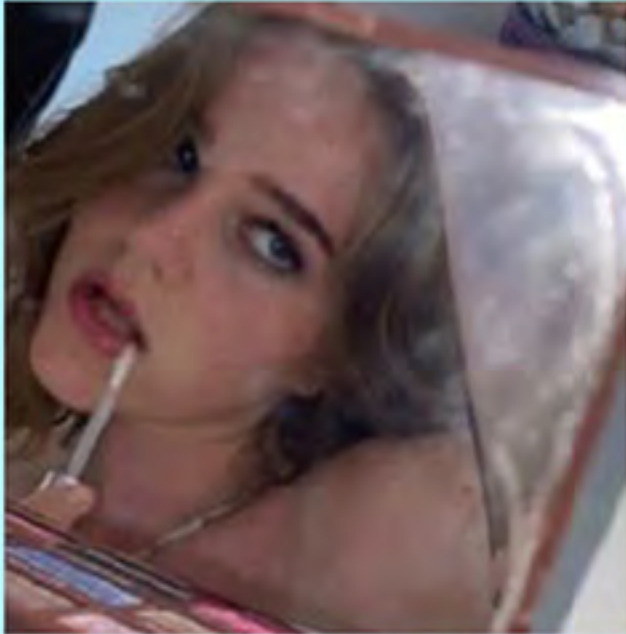
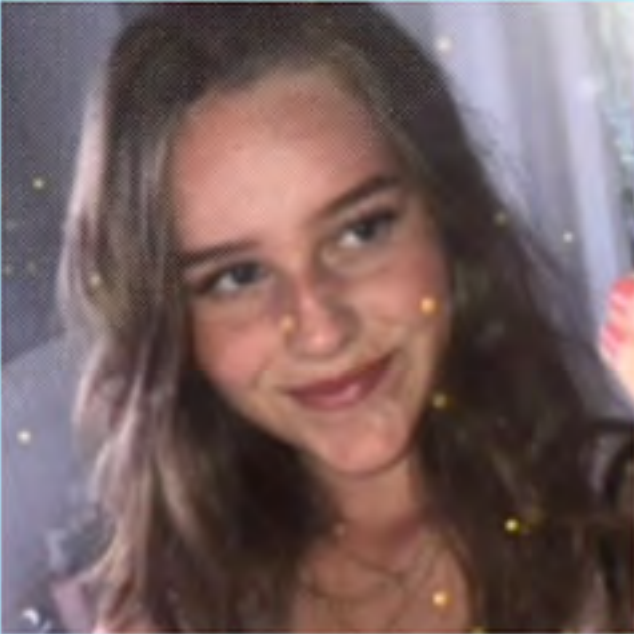
Ellie 🌹•16• 🌹

Lana Del Rey 🏰 Friends and family 💕 Meditating 🌊 Shopping 🛍️ Crystals + healing 🌙 Love being with animals

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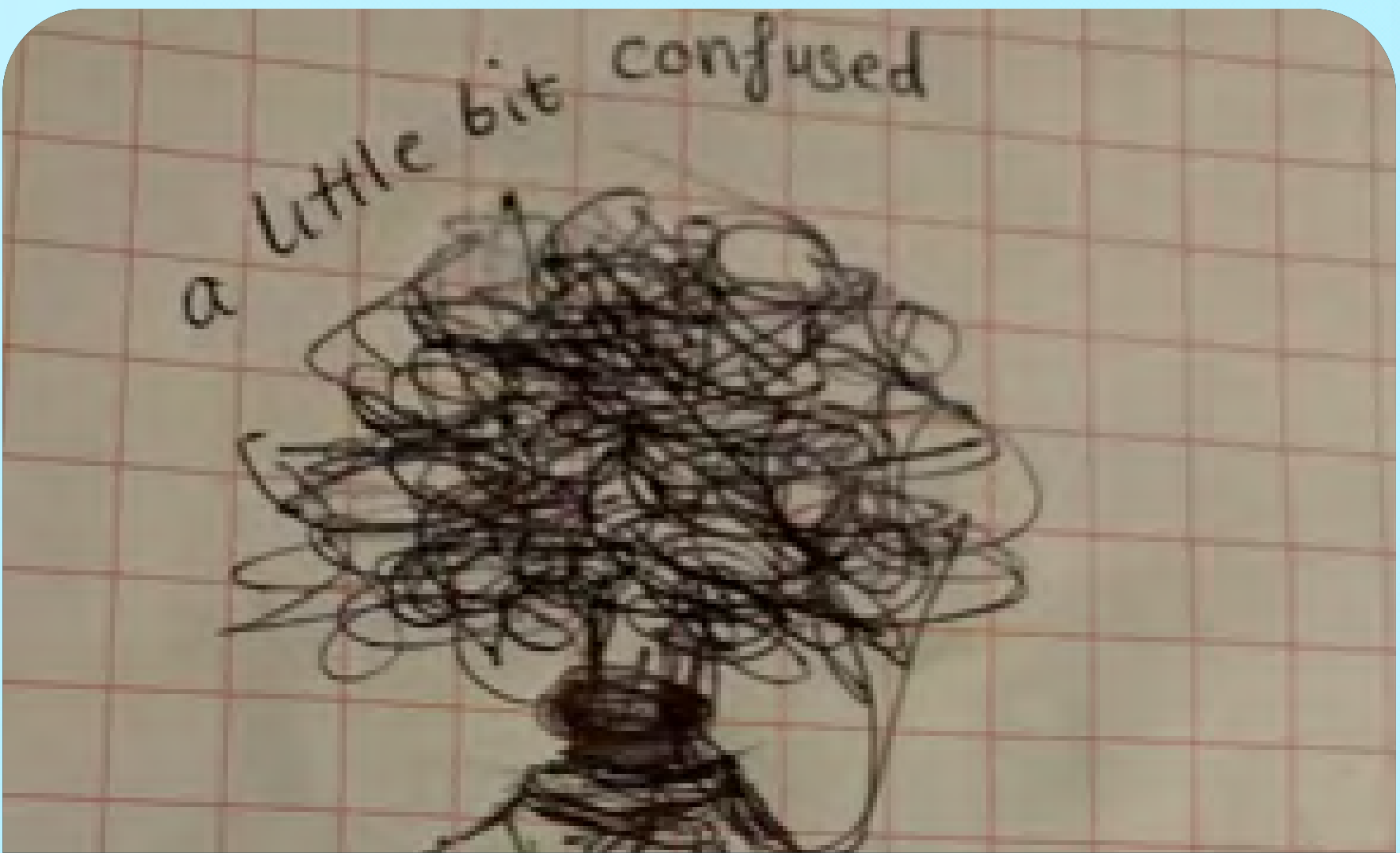


9:41



# This is Ellie's Story

Ellie was a bright, caring, creative, helpful girl who always looked for the good in people. As an empath she felt others' emotions deeply and wanted to do all she could to help people feel good. 🥰 🥰



Like many teenagers, Ellie struggled with anxiety. Many factors contributed to this, like the pressures of today's society, the unrealistic standards of 'beauty' portrayed online, The ongoing pressure of education, and of course the natural yet confusing, troublesome and hormonal transformation from girl to woman. Collectively all these elements took their toll on Ellie and had a seriously negative effect on her well-being. Emotionally she was very low and sad. Often grumpy and stressed too. Physically, Ellie struggled with energy levels and couldn't sleep at night. She often had palpitations and felt sick too. She had tummy aches and headaches and would comfort eat and then hated herself for eating too much because she despised the way she looked. It was when Ellie finally hit the all time low point that her survival instincts kicked in. 🤞



9:41



## This is Ellie's Story

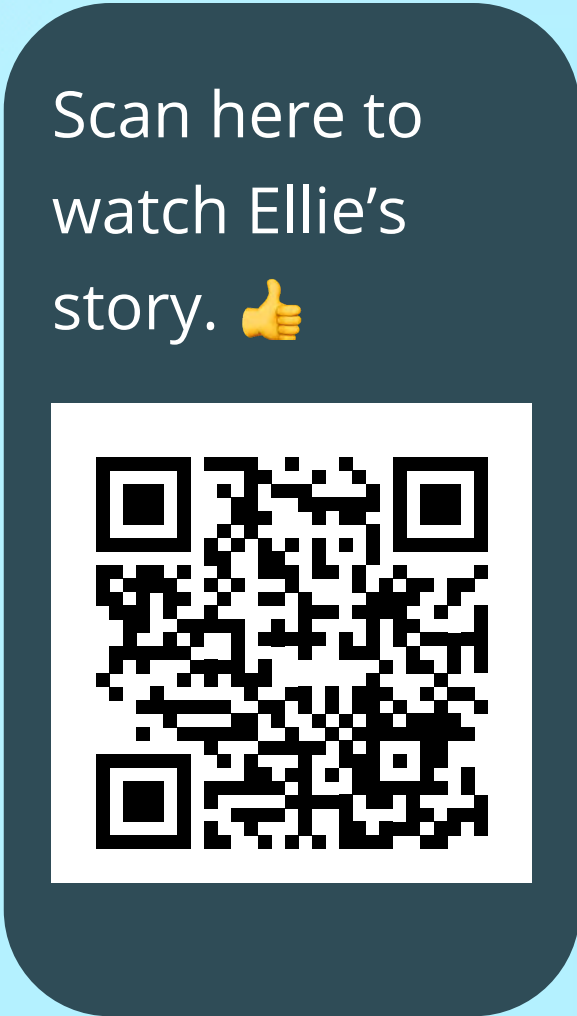
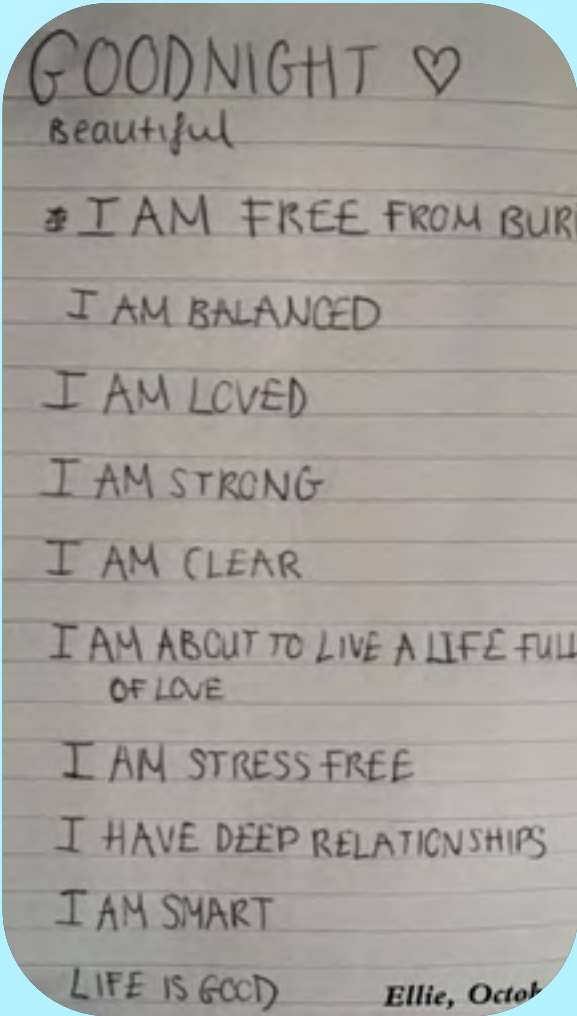
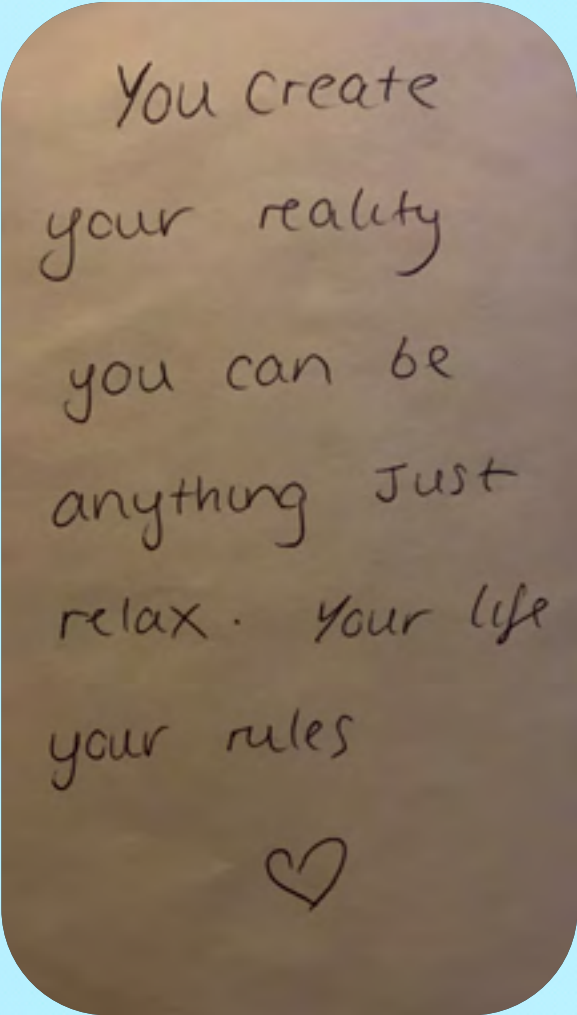
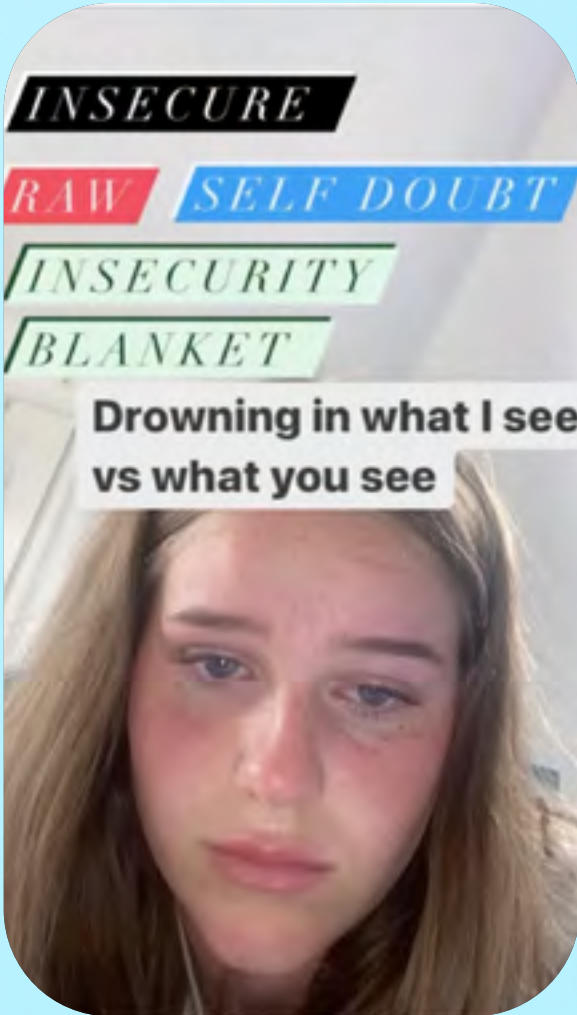
From then on, Ellie was determined to focus all her energy on self love ❤️ and looking after herself by focusing on and engaging in activities which made her feel positive, relaxed and calm. As a result in this change of life-style, Ellie transformed into the best version of who she could be. She was finally content, happy and confident again and the light within her shone bright once more. She was living her best life, Ellie chose to turn her life around. 🥰 😊 ☀️



Ellie chose happy,  
And so can you...



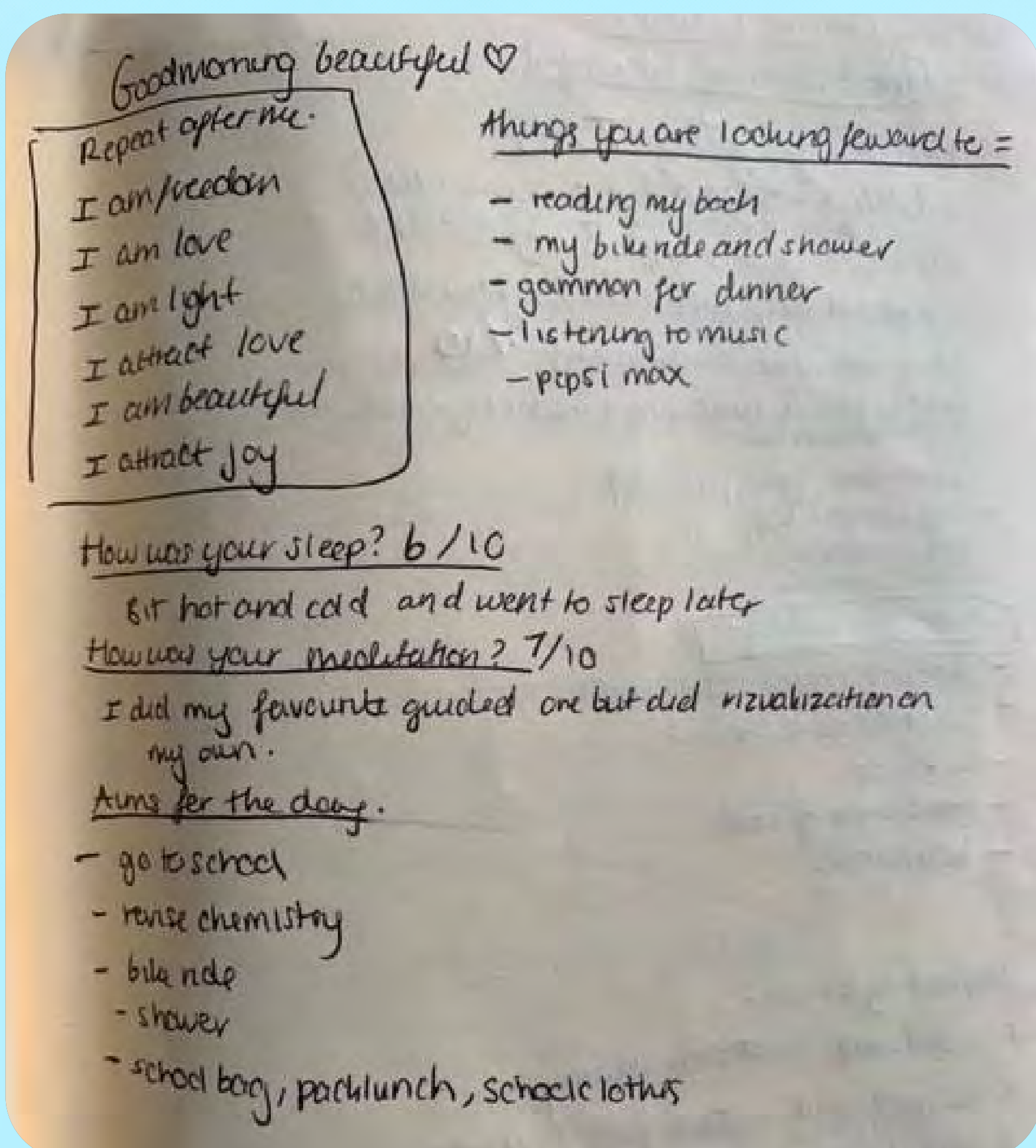
# This is Ellie's Story





# Let's talk about YOU

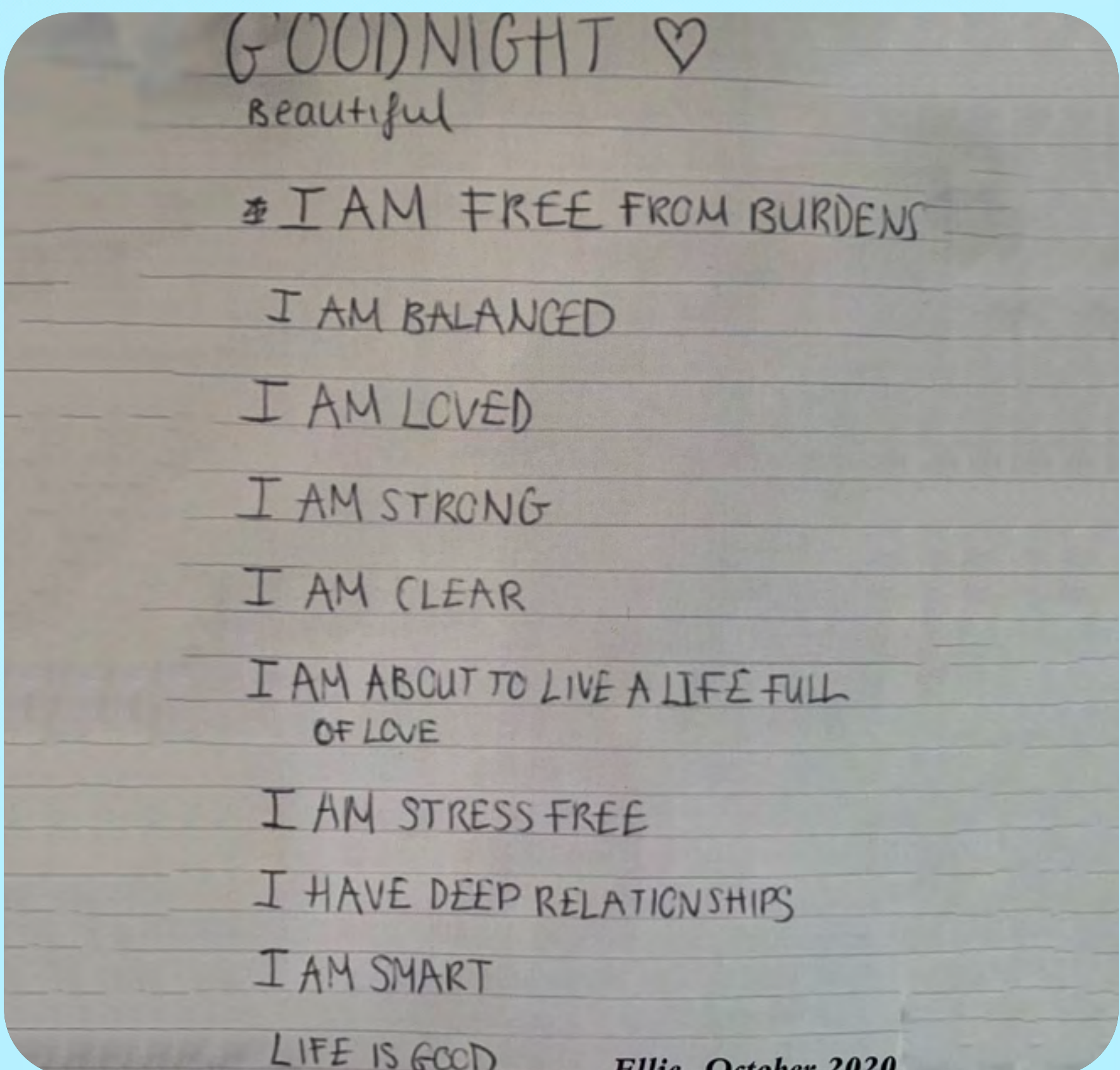
So far we've heard about Ellie, so let's talk about you now. 🥰 😊 Journalling is great for getting things off your chest and unclogging your mind. Getting your thoughts out on paper is not only therapeutic, but helps you to really reflect on how far you've come over time and gets you into a routine of thinking positively each day. Doing this alongside the use of affirmations and focusing on the positive aspects of your day really helps to rewire your mind. Ellie learned that no matter how bad her day seemed, that when she wrote her thoughts down, she could always find something positive no matter how big or small it was, it kept her going and gave her hope.





# Affirmations

Ellie used affirmations everyday to help change her mindset and to help her become the person she truly wanted to be. These affirmations motivated, inspired and encouraged her to take action and realise her goals and become the best version of herself. Ellie would look in the mirror each morning and say these affirming phrases out loud, she would write them in her journal; say them in her mind throughout the day too. She truly believed that the power of their positivity would in-turn manifest the best life for her, and it really did. Ellie would recite words to herself such as *"I am happy, I am strong, I attract joy"* and other such things that she wanted to become. In doing so she transformed into the radiant and confident person who rediscovered the love for herself once more. Ellie chose happy and so can you.



Ellie, October 2020



# Day 1

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 100

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 2

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏃

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 3

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 100

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 4

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏃

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 5

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 100

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 6

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏃

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 7

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 100

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



Hello pretty ♥

I know you are stressed but you are coping so well.

so how do you feel? 6/10

Stress, anxious but a little better ~~20~~ I'm just going to ride through it and have fun

How was your sleep? 10/10

9 hours was really needed. feel so much better waking up

How was your meditation? 3/10

only did 5 mins but watch a stress video instead after for advice

3 things this week that made you smile.

- when mum bought me a hoodie
- when I saw tom yesterday morning
- when I see Nicole at lunch.

Aims for today (be kind to yourself)

- just go to school + sessions do what you can
- homework
- shower / bath
- PL, SC, SB

THEN RELAX.

you are so loved and love > hate. So much of life. won't remember my GCSE's revision but I will remember friendships.

Today feels lighter, love.

My aims this November / October

- Eating well again
- exercise X3 a week
- Carry on good with school
- dive deeper spiritually
- heal with therapist
- get closer with family



# Day 8

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏃

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 9

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏃

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 10

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 100

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 11

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 100

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 12

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 100

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 13

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏃

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 14

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏃

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



Good afternoon, It's been a long and rollercoaster week to say the least. I'll start with Wednesday and build up from there. As the week went on I was just more and more stressed and anxious over little pointless things all leading up to my birthday.

I wasn't meant to have my period until 9 days but I got it on my birthday which explains my strong emotions. This whole week I felt an urge to try and show more of my love to my family. My Birthday started off well, school was slow but my friends made it better, I only got one piece of homework and my lunch was good. After school I saw mum opened my presents and get ready. I LOVE my room now I'm obsessed. The sounds, the smells, the colours.

I took some great life long photos which are now in my new memory journal. The hairs, clothes, music

Good morning Beautiful

How are you? How was the medication?

(7/10) (9/10)

I feel energised the medication allowed my sleep to be deep and full

How was your meditation? 6/10

I did the morning meditation for positive energy  
I am going to do some new ones next week

Aims for the day:

- go to school
- homework
- see tom
- do flashcards

What's happening today to smile about?

- I get to meet tom after school
- I get to see my friends

I am love

I attract love

I am vibrating at 5D

I am beautiful

I am calm



# Day 15

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏆

What I want today 💪 🤔 🙄 😍 🥰 🦄

What's happening today to make me 😄



# Day 16

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏃

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 17

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏃

What I want today 💪 🤔 🙄 😍 🥰 🦄

What's happening today to make me 😄



# Day 18

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 100

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 19

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏆

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 20

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏆

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 21

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 100

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



9:41



One thing I realise all you need in life is confidence, if you manifest confidence you manifest so much more. Hello, my dull headache hasn't stopped yet and it's been 4 days I think my third eye is blocked. My ~~elbow~~ bowels haven't been too good either so tonight I'll do a chakra balancing meditation. Tomorrow is a busy but good day. Sunday doesn't feel as fatal when school is at home the next day I like it. Boy scouting term 2 starts at 9am-12am then lunch. I'm so tense and stressed and everything is ~~so~~ for no reason I need to remove my phone tomorrow and spend a whole hour meditating in the evening and see if it helps. I joined a year 10 Zoom call it was funny.

I think realised vanilla gives me headaches so I will stop using that. Being at home all the time makes me ~~feel~~ feel so dirty. I'm always on the bed it's boring but I don't want to sit downstairs because mark works down there. Bike rides are harder in the heat and so is sleep. I just want to stop off and meet grandma and collin on my way but I can't. I miss Tom so much but he doesn't like facetime or calls so I just think about him. I'm very obsessed with Lana Del Rey right now. So many good songs. I think I've found my artist. She's beautiful.

I don't like constantly being hot in this room, I need good sleep followed by a nice ride, cold shower, healthy food/drink and a new good show. It will all be okay. Just 3 more days of work then 3 days off. Friday another season of my favourite show comes out. Saturday I can meet Tom. Sunday I can revise and ride my bike. I don't like the energy of my bed or this room in general but I will try to improve it. If I'm not happy now I won't ever be so. Time to manifest, meditate and ~~app~~ love.



# Day 22

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏆

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 23

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 100

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 24

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏃

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



9:41



## Day 25

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 100

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 26

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏃

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 27

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 100

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 28

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏃

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



## Insecurity Blanket

I put on my defensive blanket, warm and deceiving  
I look into the mirror longingly forever hoping to look  
like a model

Pretty and beautiful

I layer my face to make myself seem semi-decent  
Someone messages me saying how beautiful I am  
I just don't see it

My blanket wraps around tighter

They just don't understand, they don't see me everyday

They don't see me raw without my makeup

They don't see pictures of me at bad angles

They never see me on my horrible hair days

The blanket is strangling any last hope of self-esteem

I text back "no im not"

I truly mean it

People say "If you say 'no im not' your looking for attention  
I'm not"

I just don't understand how someone can't comment  
on how I look when they only see the best of me

I don't understand how anyone can think in  
anything more than okay

They say "You are"

In denial I start texting long paragraph

I'm not perfect

I'm drowning, my vulnerability rises to the surface

I take in what he says

The blanket gets looser

I deleted my long paragraph and say "Thank you"

It felt wrong

Did I mean it? Did I agree? NO

Acceptance is the best part about my security blanket

It's warm and deceiving

Just like their compliment

Maybe one day I will understand

For now I am okay my insecurity blanket

It keeps me aware of reality

I tighten my defensive blanket warm and deceiving

check symptoms on

Chakra	Physical	Emotional
crown	poor sleep nausea	Disconnected difficult to meditate
3rd eye	Headache depression	poor intuition
throat	sore throat	can't express feeling mind & heart disconnected
heart	heart disease	Lack empathy fear of intimacy
Solar plexus	Poor digestion	low self esteem / will power
Sacral	Painful period infertility	low sex drive / creative block
root	constipation fatigue	Spacey / unsafe



# Day 29

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏃

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 30

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏃

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



# Day 31

Good morning

How do you feel? 👍 👎

Repeat after me...

Aims for the day 🎯 🏃

What I want today 💪 🤔 🙄 😍 😘 🦄

What's happening today to make me 😄



Good morning, today I decided to stay at home. I have read, bathed, drank, diffused. I am watching Shantley and Lavagirl whilst I do this then I will get on with some school work. I am quite tired and exhausted but I want to relax. I did a love tarot reading today and it said soon I will have many suitors and a decision will have to be made, it also will be a whirlstorm, I need to put my usual type aside to open my heart to a new opportunity.

I need this day off, tomorrow is therapy and I can't wait. I love it, I can heal myself there.

Life is just getting better and better. I am exhausted of being so many things for others. I am going to take a week to recharge and meet no one to protect and restore my energy only 3 2/3 days being around others this week. I'm going to finish this off another day as I feel a little drabby. goodbye

I can already feel a closer bond with my grandma and with my brother. It's a slow process but I need to start expressing myself more as I have a lot of love to give. When I see colours in my head it's always white, blue, purple. Sometimes green. Never yellow, red and orange. This could be the colour of my aura and show where I am off balance in life. I will focus on red jasper, carnelian, and tiger's eye. I was attracted to these last week actually.

I am also going to start learning how to do tarot cards + readings. This is another new stage in my life. I'm ready to heal + blossom. The pain is over.



# Where you can seek help

We can all struggle with our mental health and wellbeing at times, however old we are.

If you are a child or young person in Kent and Medway, specific services to support you are just a text, call or a click on website or app away.

Kent and Medway CCG have developed a Hub which provides advice and guidance in a variety of forms. For young people these include:

## Kooth

**Age range:** 10 – 25 years old

**Support offered:** Offers an online mental health community giving free and confidential advice. You can chat with a team member about anything that is on your mind.

**Access:** Online, Text and App



## Togetherall

**Age range:** 16 – 18 years old

**Support offered:** For those in need of mental health support. It offers an online community that can be accessed 24 hours a day, 365 days a year. There are also self-assessments and recommended resources, as well as a wide range of self-guided courses to do at your own pace.

**Access:** Online, App and Peer Support



9:41



# Where you can seek help

## Moodspark

**Age range:** 10 – 16 years old

**Support offered:** They can support young people to better understand and support their own emotional wellbeing and resilience. Created by young people for young people. Moodspark is a place where you can learn how to look after your emotional and mental health and find ways to help you bounce back when life gets tough.

**Access:** Online, Text and Phone

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## ChatHealth

**Age range:** 11 – 19 years old

**Support offered:** Offers a confidential and anonymous texting service to a nurse via **07520 618850**. However, the service is only available Monday to Friday and between 9am and 5pm.

**Access:** Text

## Good Mental Health Matters

**Age range:**

**Support offered:** Provides information to help you make small changes to improve your mental health and give you the tools you need to cope when things get tough. There are videos to watch on five ways to keep stress in check and protect your mental health.

**Access:** Online and Virtual Groups



9:41



# Where you can seek help

## Kent Youth Health

**Age range:** 4 – 19 years old

**Support offered:** through Kent Youth Health you (or your parent or carer) can contact the school health teams from 8am to 6pm, Monday to Friday, including during school holidays. You do not need to be in mainstream education, so if you are home-schooled or in a pupil referral until, you can still use this service for advice, support and help. Find out more including how to refer yourself at [www.kentyouthhealth.nhs.uk](http://www.kentyouthhealth.nhs.uk)

**Access:** Online, Text, Phone and Email



For further information please access:

<https://www.kentandmedwayccg.nhs.uk/mental-wellbeing-information-hub>



9:41



# How DMC Healthcare can help you

DMC are glad to promote their vision, unique amongst general practice providers, in prioritising the mental health of patients by employing mental health nurses alongside GPs to deliver direct mental health care to patients. Patients can book in directly with a mental health nurse, on the day in many cases, and get an assessment and a treatment plan which follows the NICE guidance.



Speak to one of our Mental Health Nurses

**Scot Jones**

Iwade Health  
Centre

**01795 413100**

**Jayne East**

Church View  
Practice

**01634 337642**

*Delivering Healthier Outcomes*

*“Good morning Beautiful!*

*Repeat after me.*

*I am loved*

*I am smart*

*I am beautiful*

*I am alive*

*I am happy*

*I am calm*

*I am healing*

*Today is going to be good”*

*- Ellie -*



9:41

