

That's Okay!

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Featured in the
Belfast Telegraph

Chris Dixon

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little fish
digital 

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That's Okay!

Emotions can feel strange.

So these colourful creatures are here to help.

They have emotions from happy to sad.

They will show you that all emotions are okay!

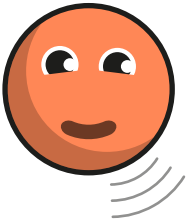
I'm happy.



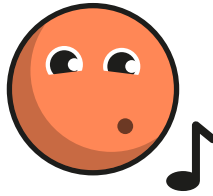
And that's okay.

When you are **happy** you might want to...

Talk



Sing



Smile



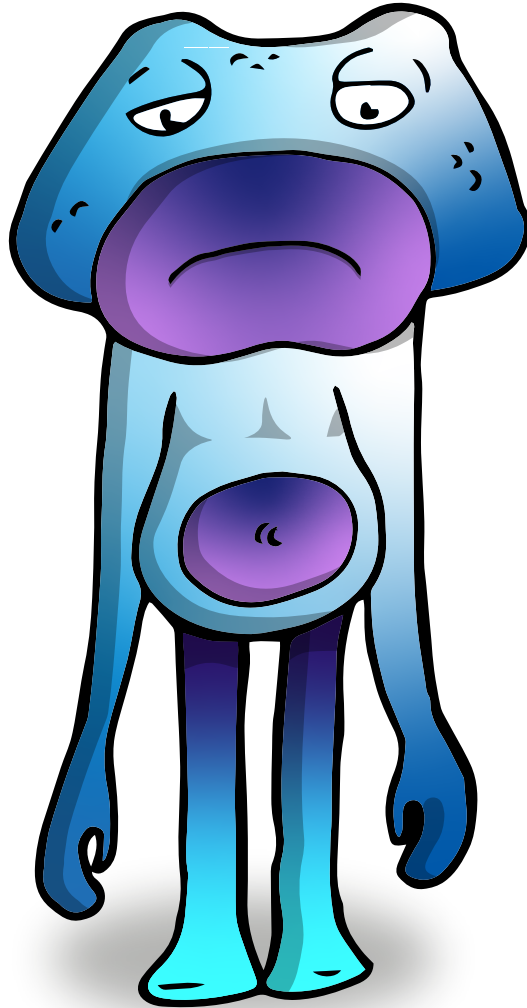
You might **feel awake**.

You might **want to see your friends**.

You might **want to hug people**.

You might feel happy if
it's a special day like your birthday.

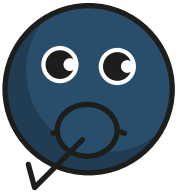
I'm sad.



And that's okay.

When you are **sad** you might want to...

Not
speak



Hide



Cry



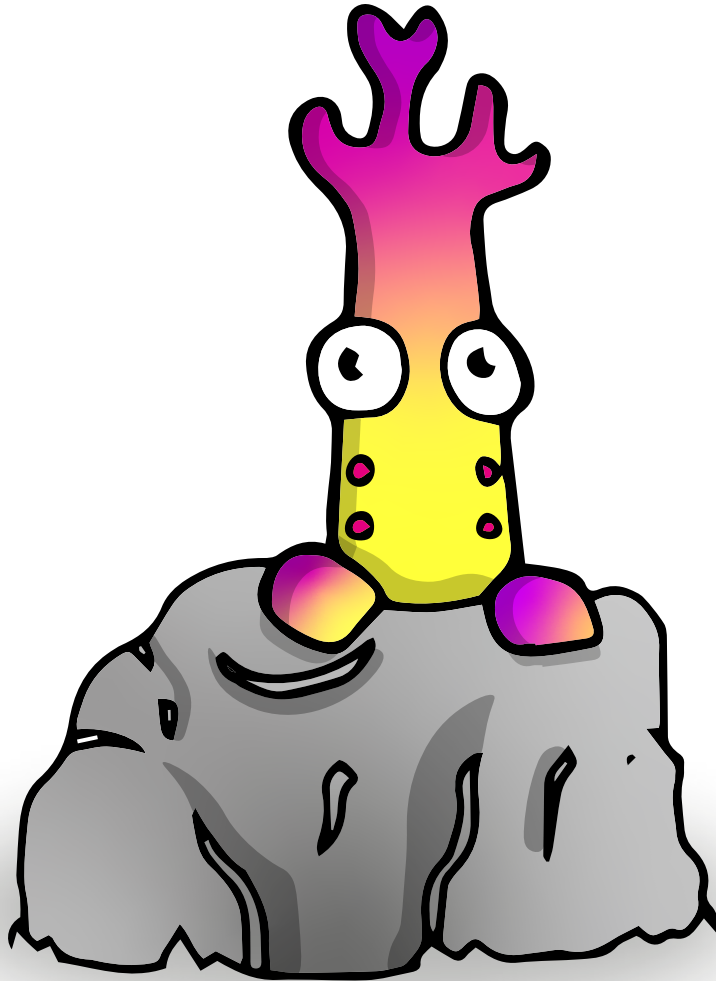
You might **feel sleepy**.

You might **have a hurt head**.

You might **feel unhappy**.

You might feel sad if your friend has
moved to a new town.

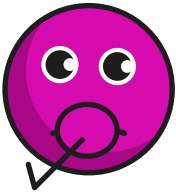
I'm shy.



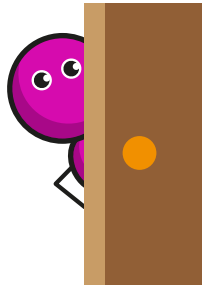
And that's okay.

When you are **shy** you might want to...

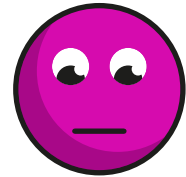
Not
speak



Hide



Look at
the floor



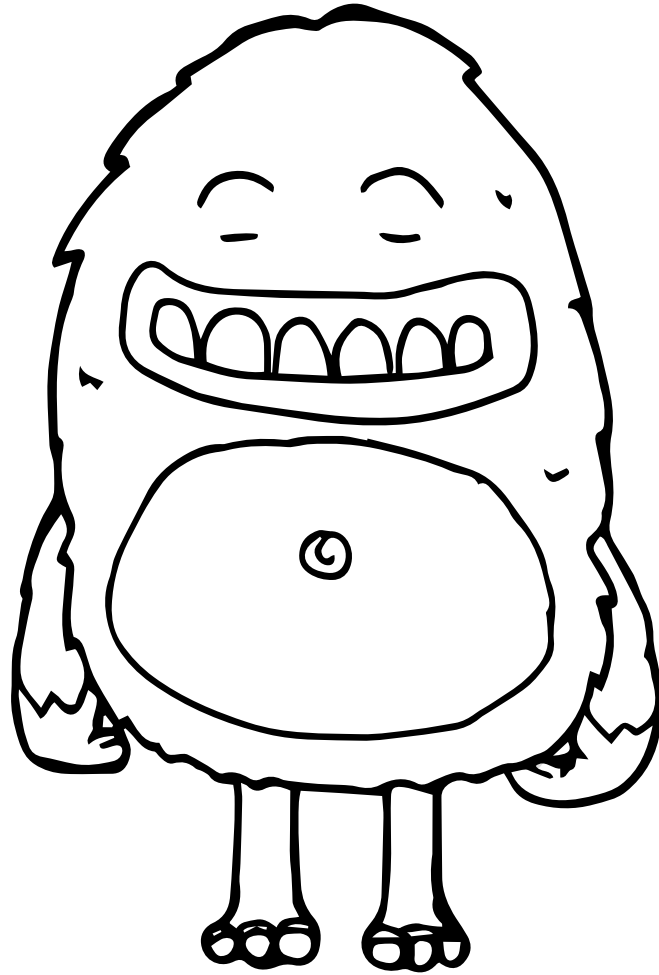
You might **feel like not talking.**

You might **feel scared.**

You might **feel like hiding.**

You might feel shy if you meet
someone new.

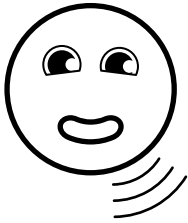
I'm happy.



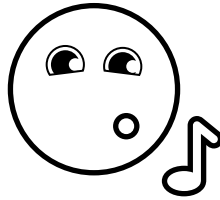
And that's okay.

When you are happy you might want to...

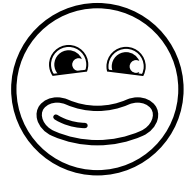
Talk



Sing



Smile



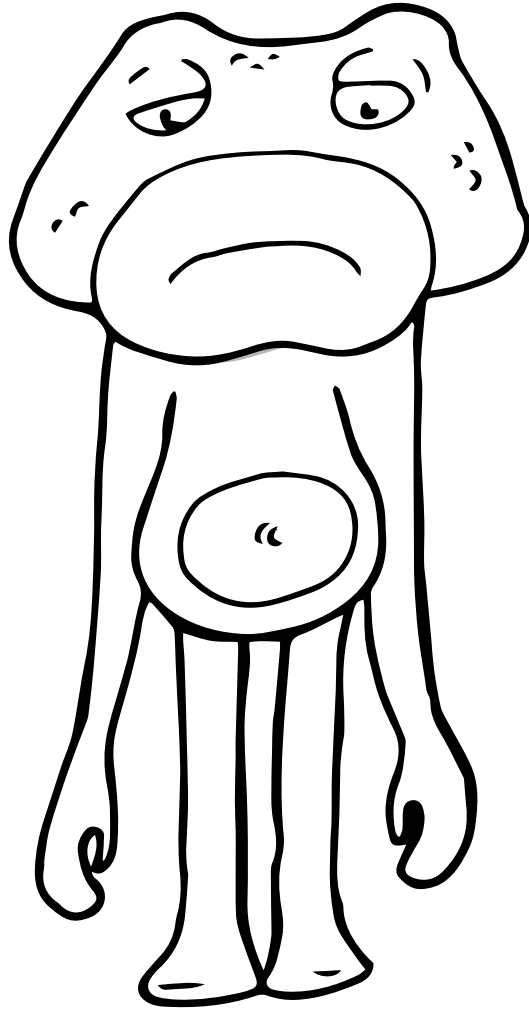
You might feel awake.

You might want to see your friends.

You might _____

You might feel happy if

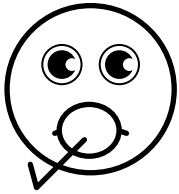
I'm sad.



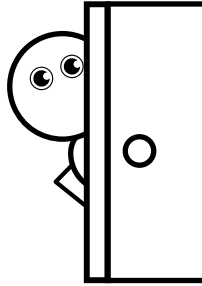
And that's okay.

When you are sad you might want to...

Not
speak



Hide



Cry



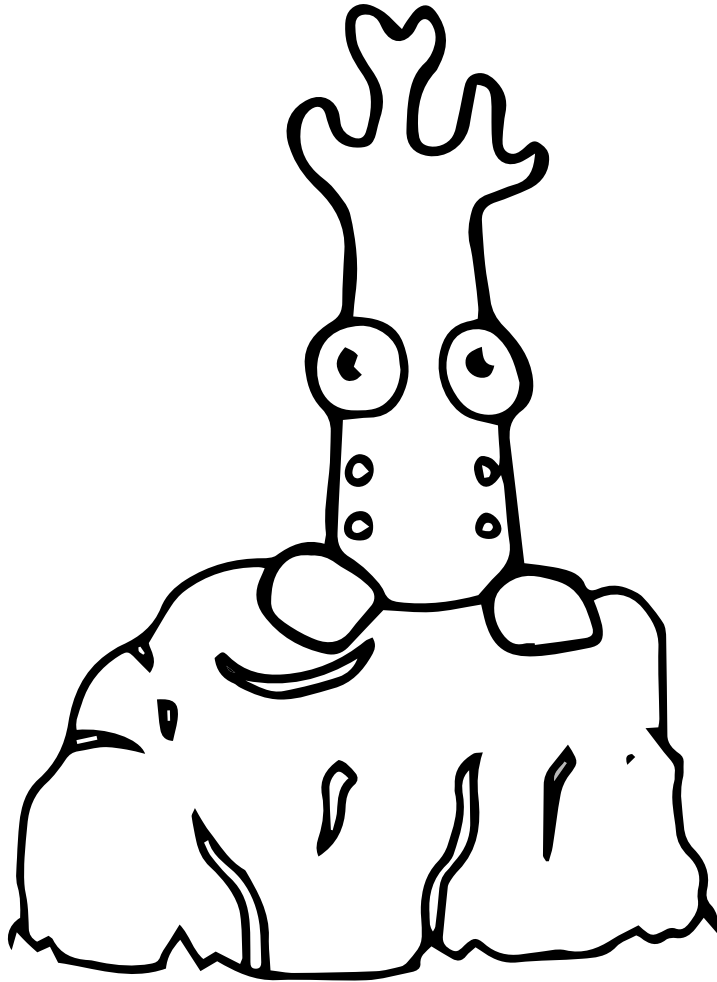
You might feel sleepy.

You might have a hurt head.

You might _____

You might feel sad if

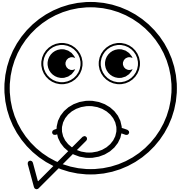
I'm shy.



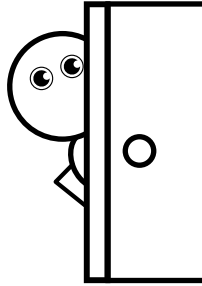
And that's okay.

When you are *shy* you might want to...

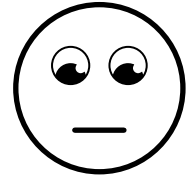
Not
speak



Hide



Look at
the floor



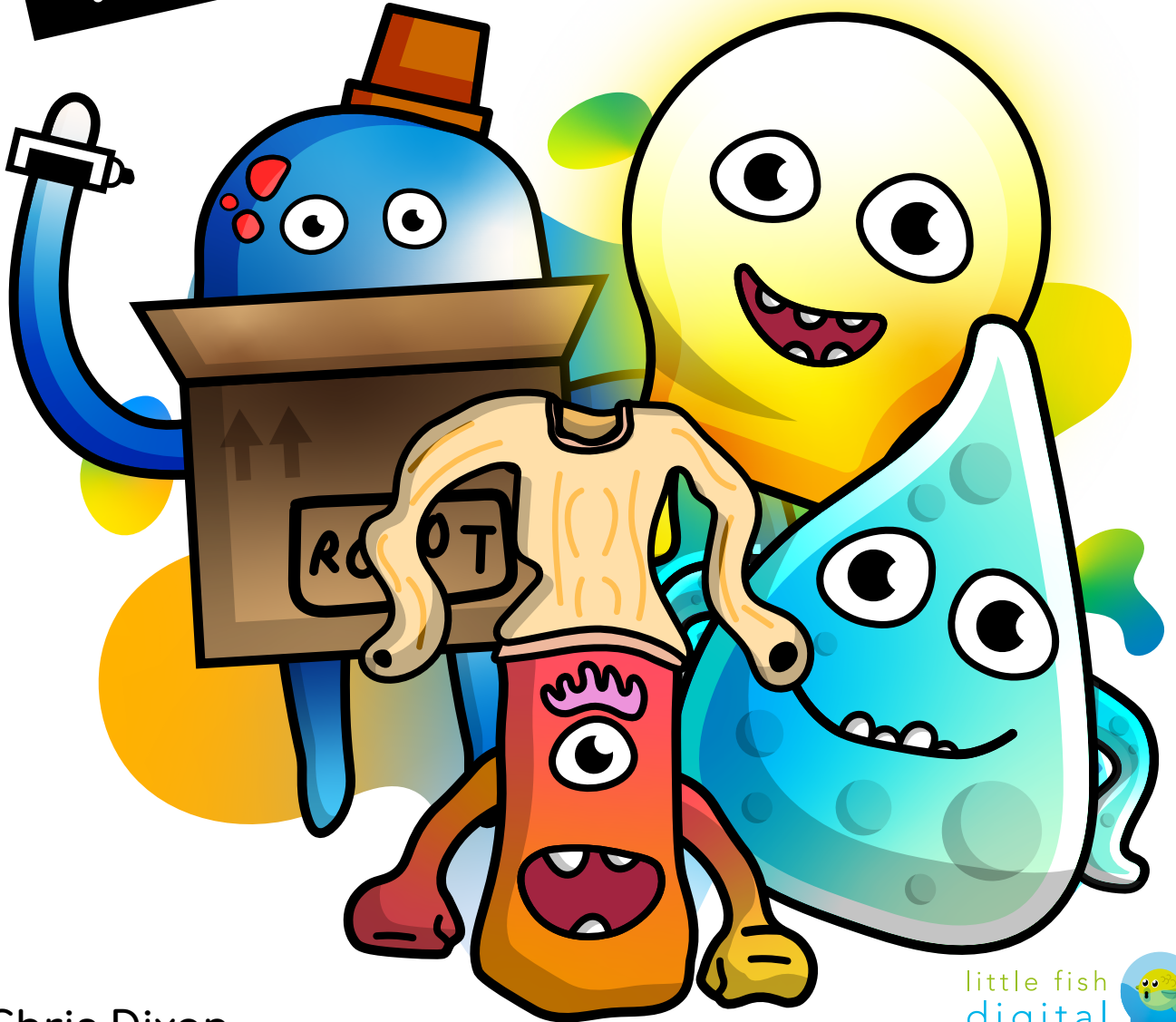
You might feel like not talking.

You might feel scared.

You might _____

You might feel shy if

That Feels Earthmazing!



Chris Dixon

That Feels Earthmazing!

Nature needs your help!

Our planet is getting warmer.

That means we will see less magical
animals and plants.

It will be too hot for them!

But we can stop the earth heating up.
Then we can win back the wildlife!

These colourful creatures will
show you how.

Helping feels earthmazing!

Look out for the lightbulbs for fun facts!

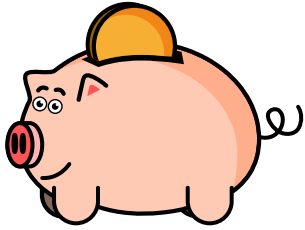


I'm refusing!

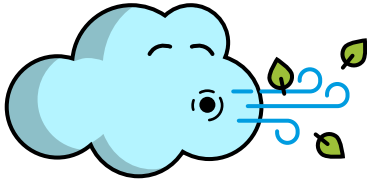


And that feels earthmazing!

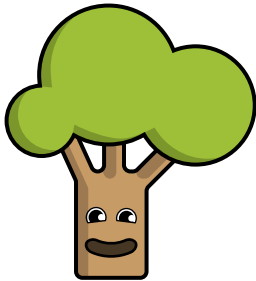
Refusing toys and sweets helps tidy the planet.



Refusing helps to save money.



Refusing helps keep the air clean.

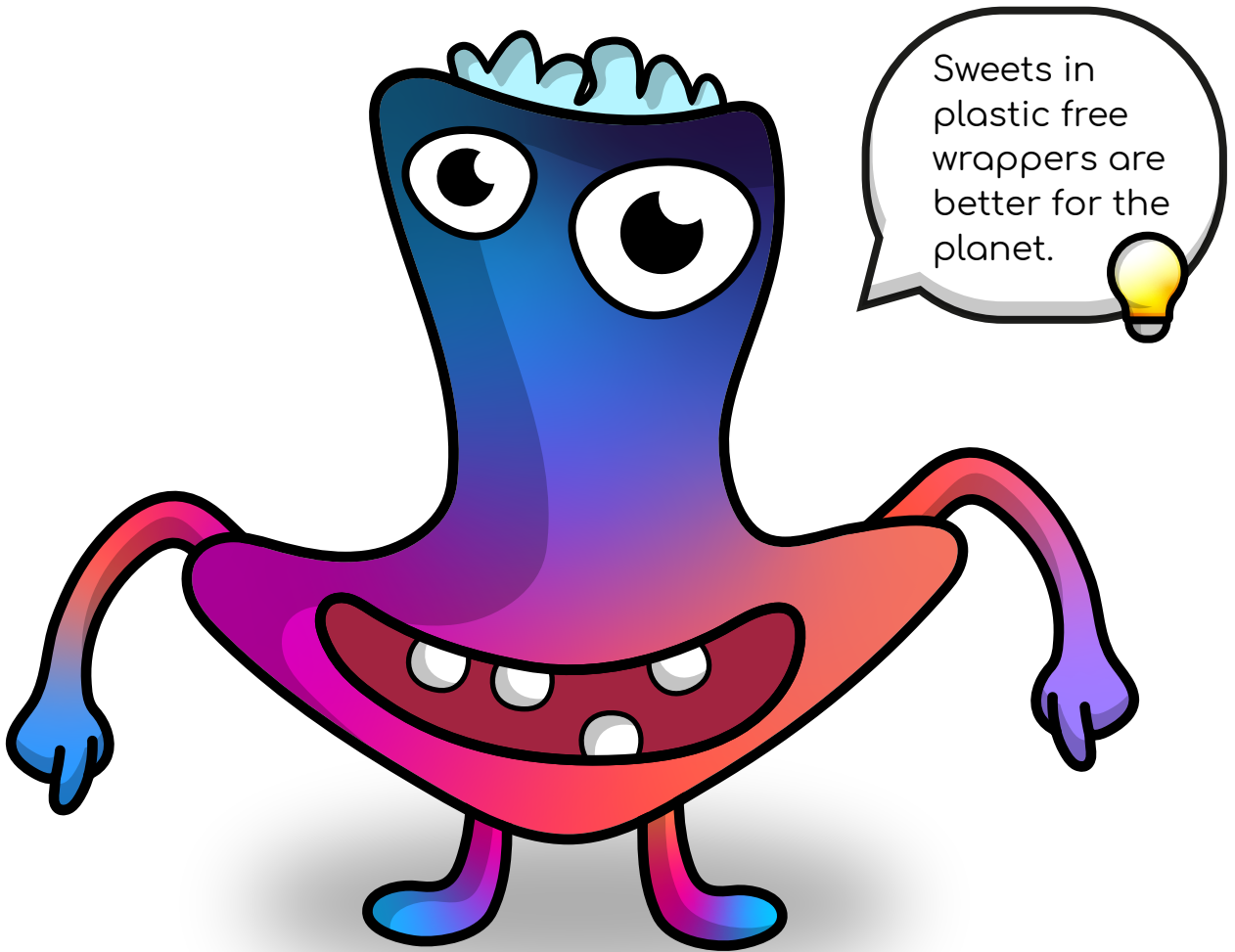


Refusing saves on natural resources.

Take your time to think if you need something. It is okay to refuse a toy or sweet.

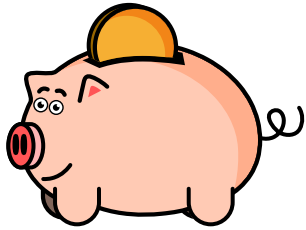


I'm reducing!

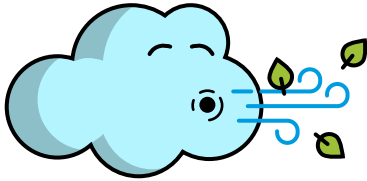


And that feels earthmazing!

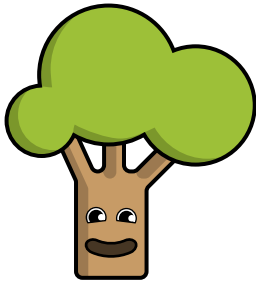
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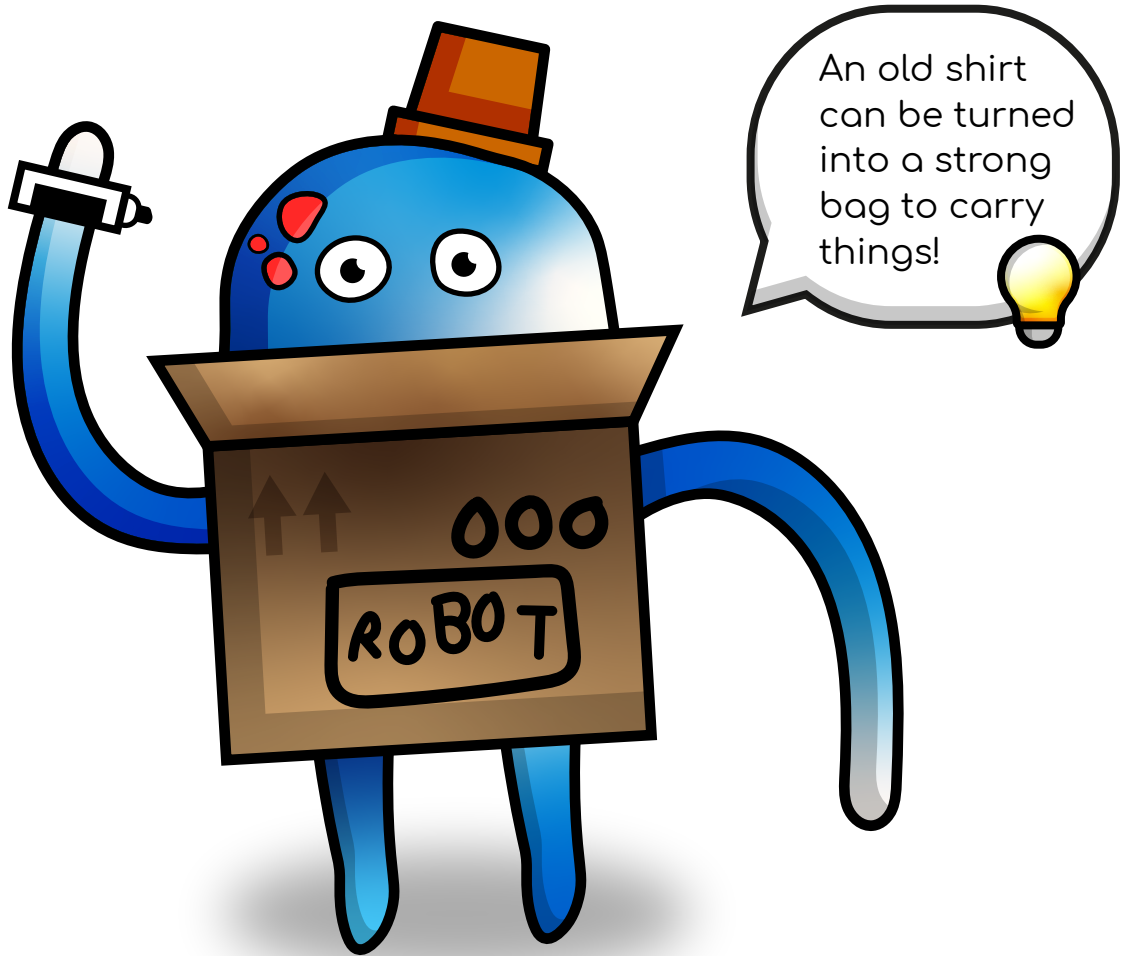


Reducing saves on natural resources.

You can reduce by getting one packet of crisps instead of two!

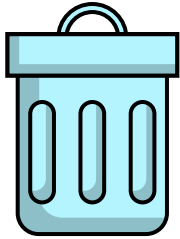


I'm reusing.

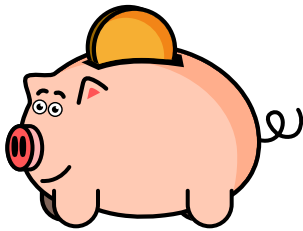


And that feels earthmazing!

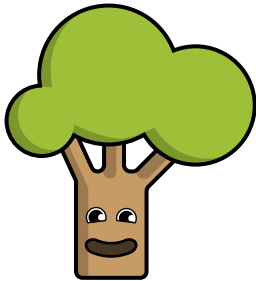
Reusing turns handy resources into new things.



Reusing means a cleaner outdoors.

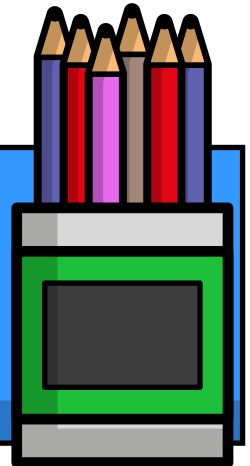


Reusing helps to save money.

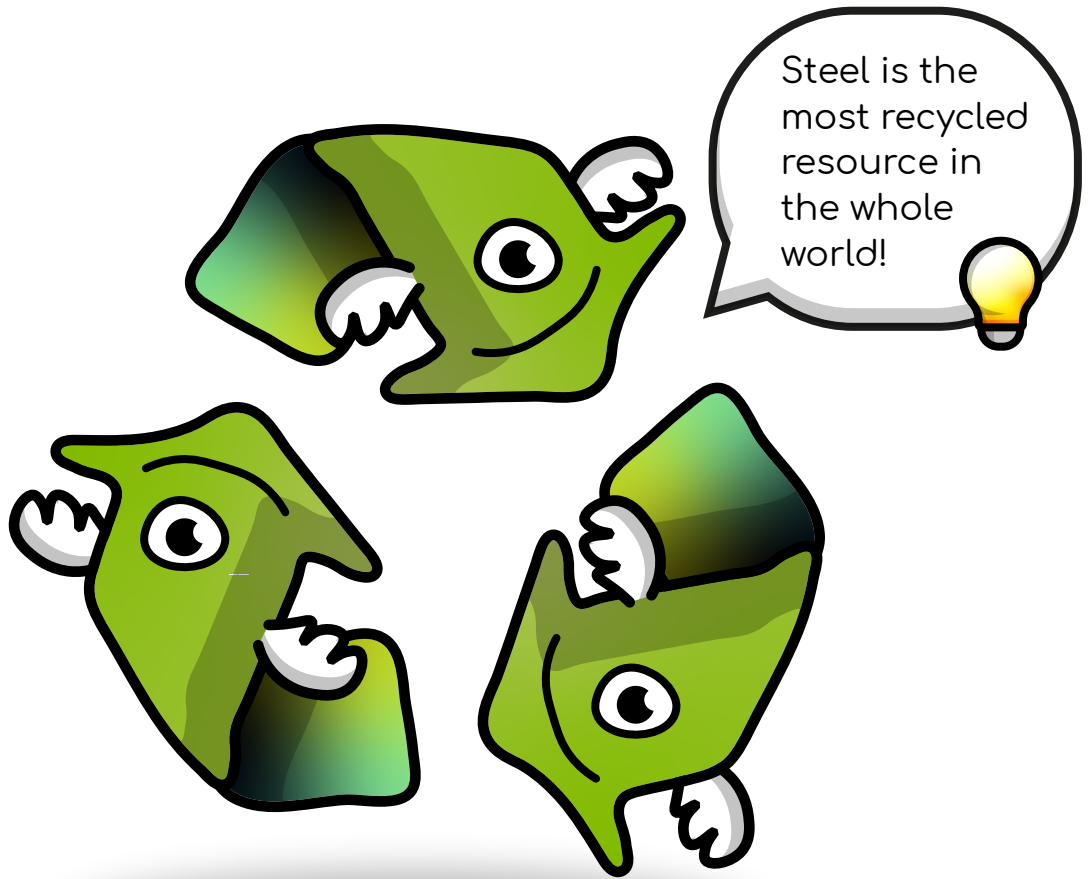


Reusing saves on natural resources.

You can reuse a baked bean can by turning it into a pencil pot.

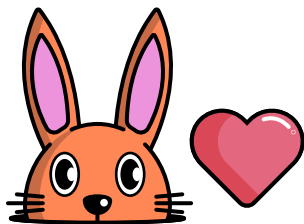


I'm recycling!

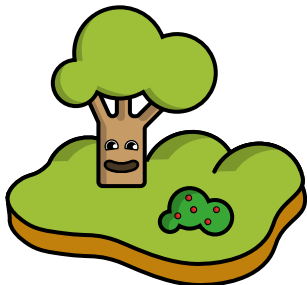


And that feels earthmazing!

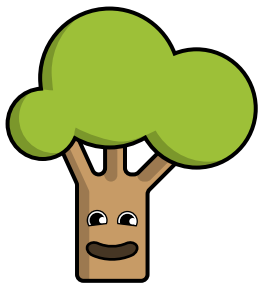
Recycling makes old things brand new again!



Recycling stops animals getting stuck.



Recycling helps keep the land nice and tidy.

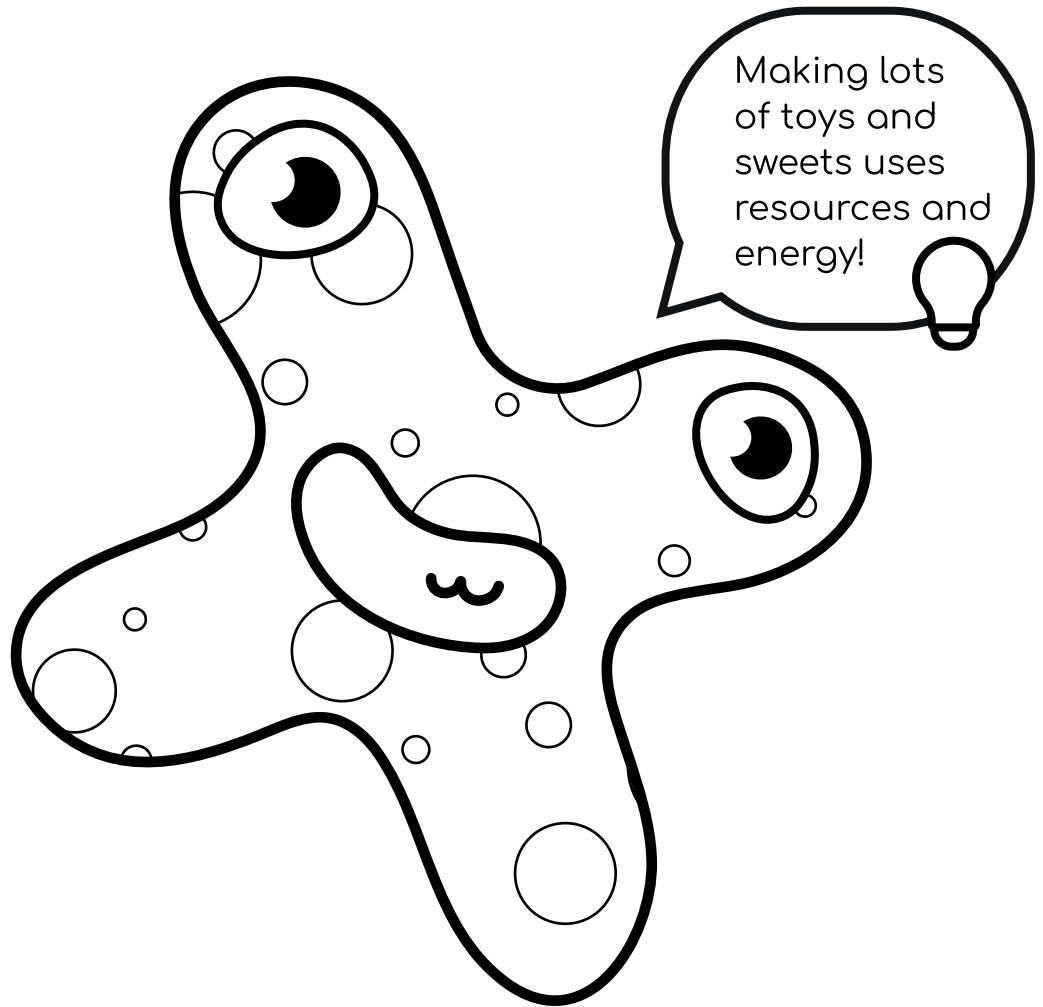


Recycling saves on natural resources.

The council can tell you what resources can be recycled!

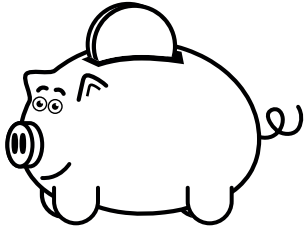


I'm refusing!

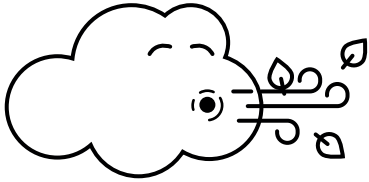


And that feels earthmazing!

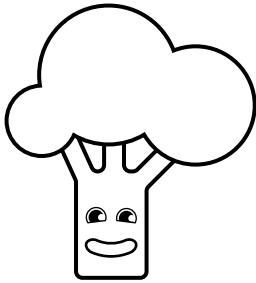
Refusing toys and sweets helps tidy the planet.



Refusing helps to save money.

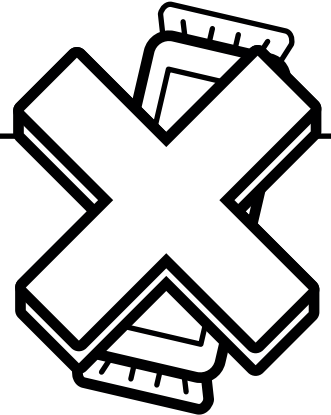


Refusing helps keep the air clean.

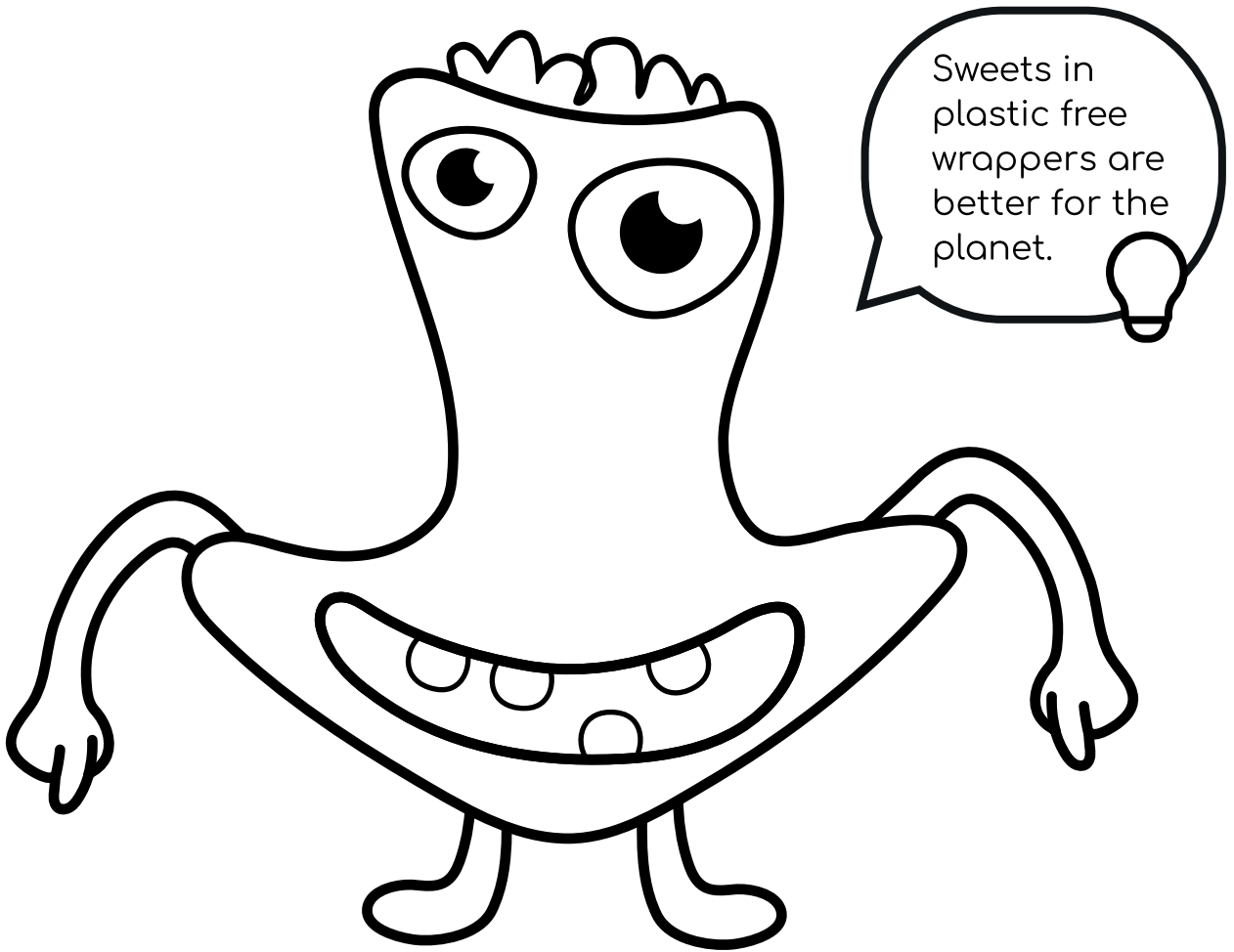


Refusing saves on natural resources.

Take your time to think if you need something. It is okay to refuse a toy or sweet.

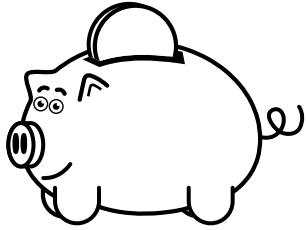


I'm reducing!

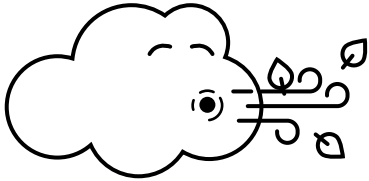


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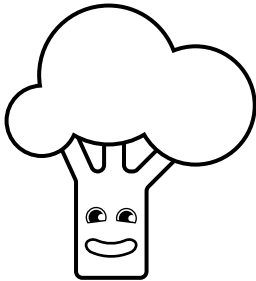
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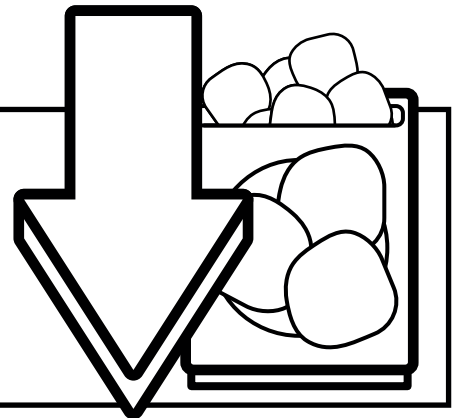


Reducing helps keep the air clean.

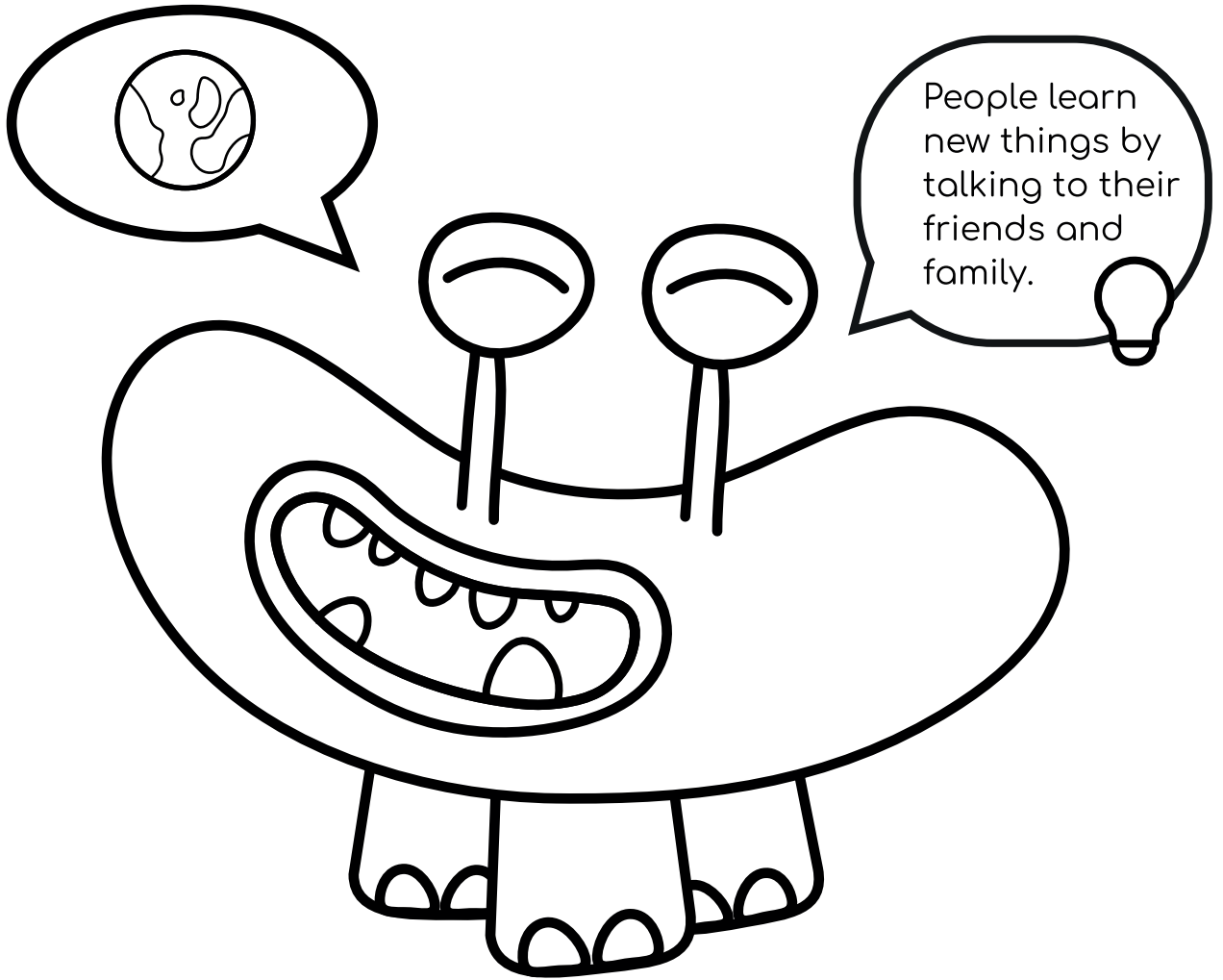


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You can reduce by getting one packet of crisps instead of two!

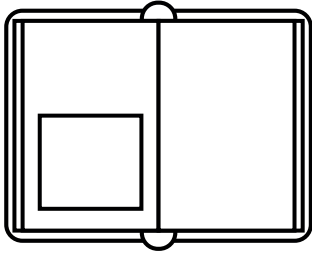


I'm talking to my friends.

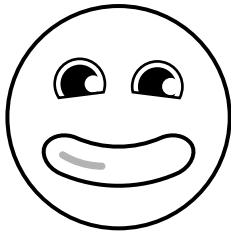


And that feels earthmazing!

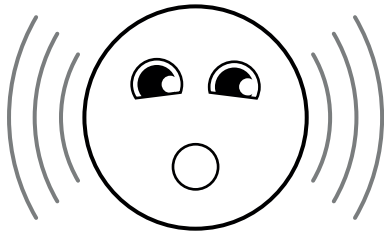
You can talk to your friends to see if they can help.



Talking to your friends helps you learn things.

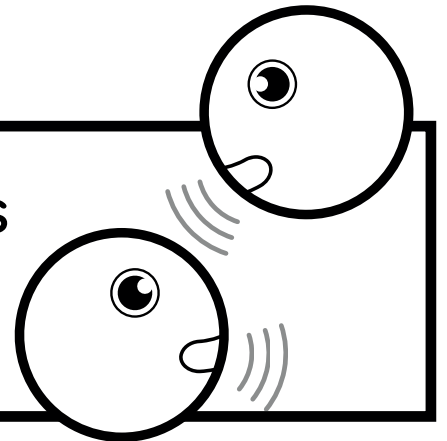


Talking to your friends helps you feel good.



Talking to your friends makes them aware.

You can talk to your friends about helping the animals.



That's Calm

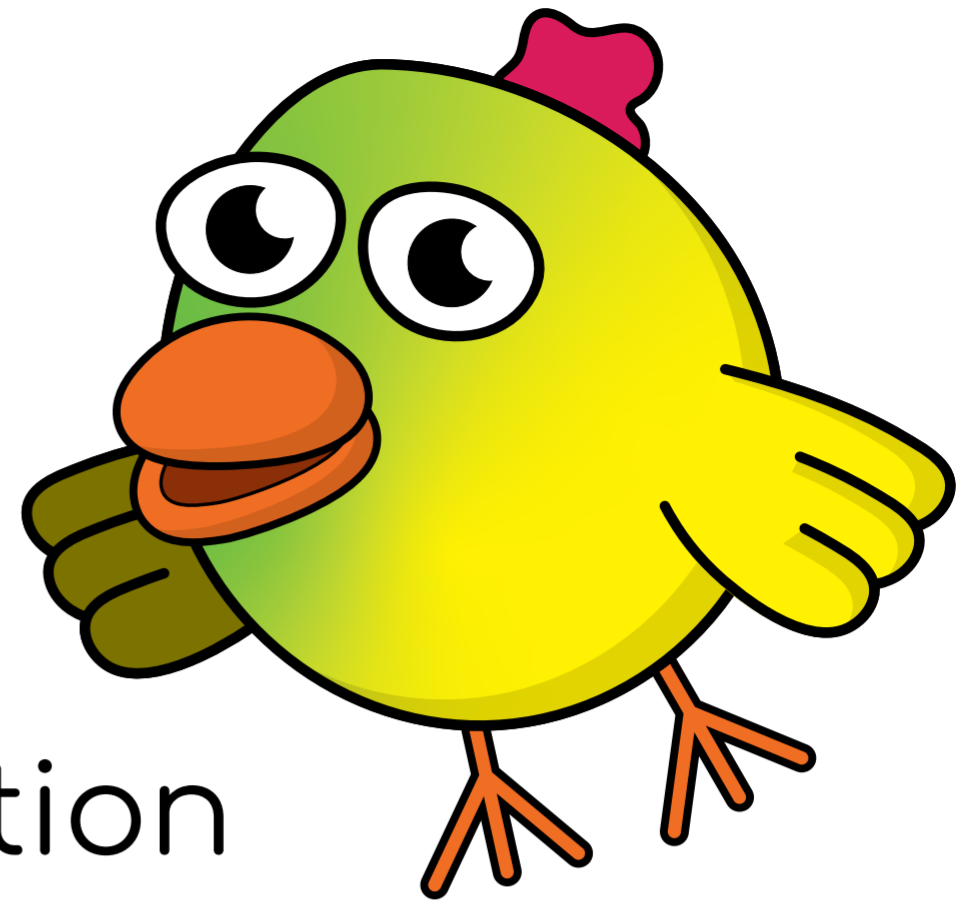


Chris Dixon

little fish
digital



That's Calm



That's Calm is a gentle guided meditation story book for children.



The book aims to help children learn how to de-stress and relax.

Preview the audio book:

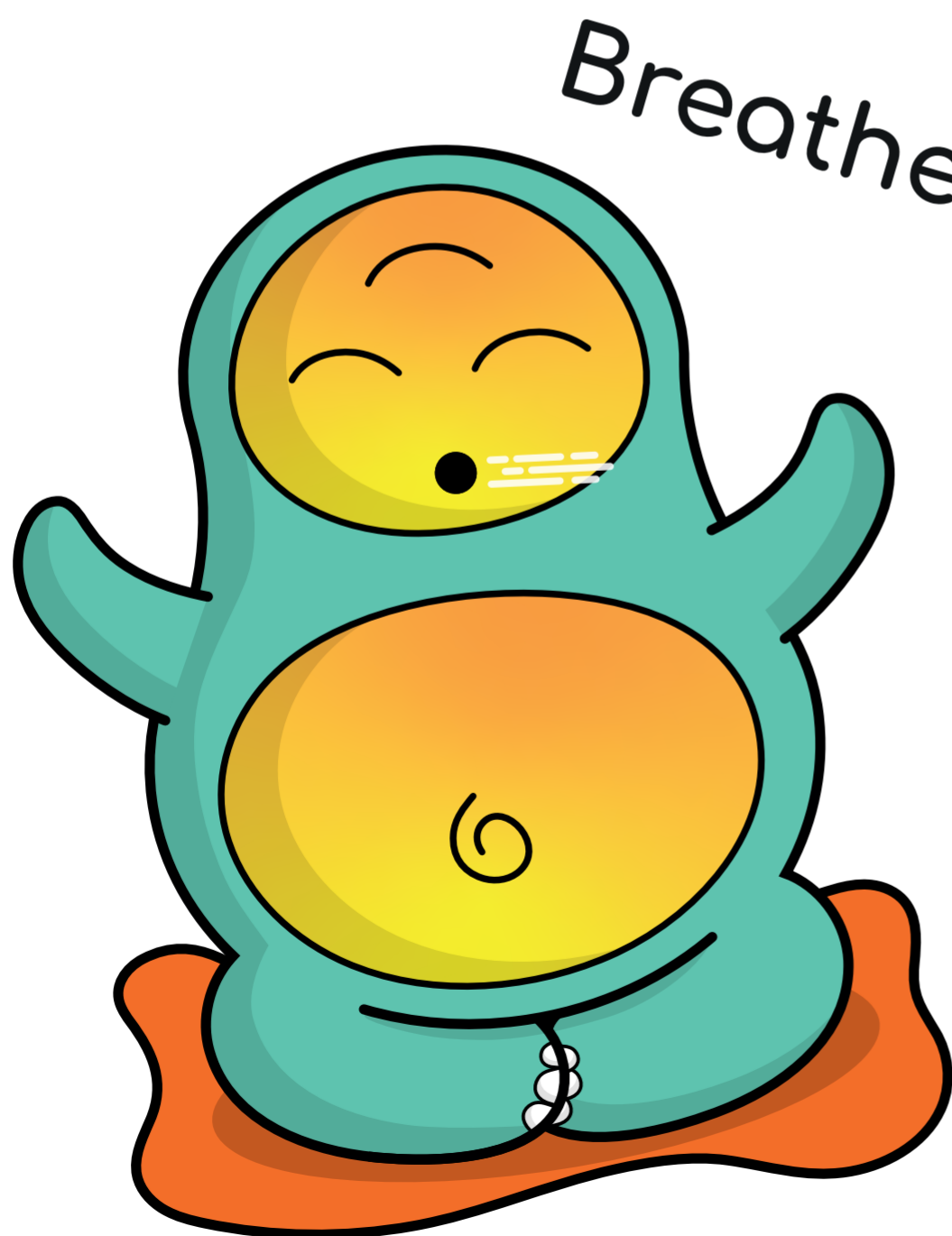
www.thatsookay.co.uk/that's-calm

Today, we are going to take some time to focus on our breath and calm our minds.

Find a comfy position, either sitting or lying down, and close your eyes.

Take a deep breath in and slowly breathe out.

Repeat this a few times until you feel calm.



From outside, you can hear the birds tweeting and chirping...

...Like they are calmly talking with each other.

You can feel the toasty sunlight through the window.

Cotton wool clouds drift across the summer sky.



You open the door and head outside.

The singing birds float from tree to tree.

One beautiful bird glides up to you.

Its feathers are soft and shiny.

Its beak is orange like a tasty tropical drink.

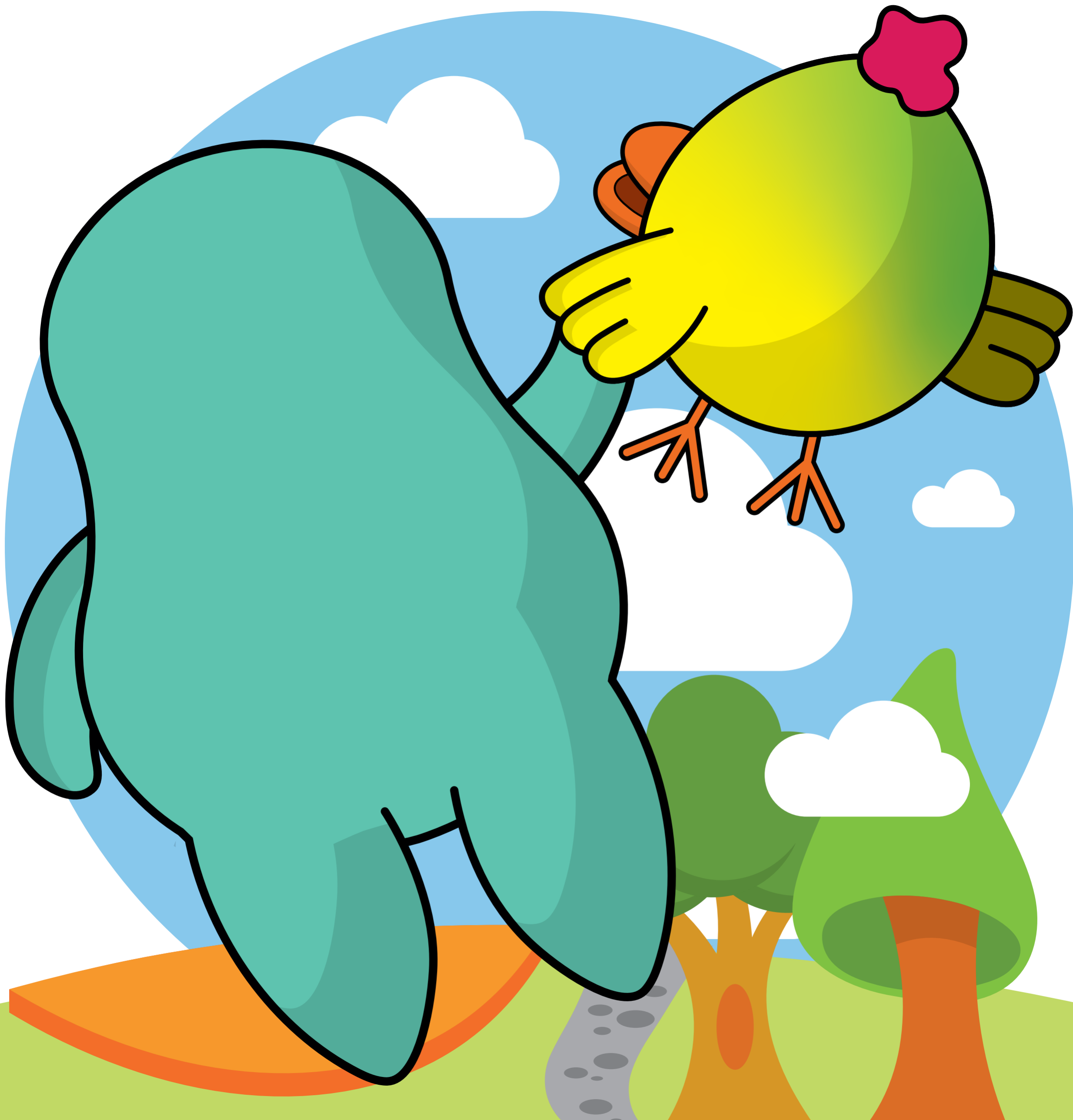


The bird holds your hand
with its little wing.

You feel your feet slowly coming
off the ground.

“It’s time for an adventure,”
sings the bird, as it lifts you gently.

You’re flying through the air
like a super person.



You lift off into space...

...drifting back towards the earth sky.

The bird guides you.

It's day time again.

And the fields and forests re-appear.

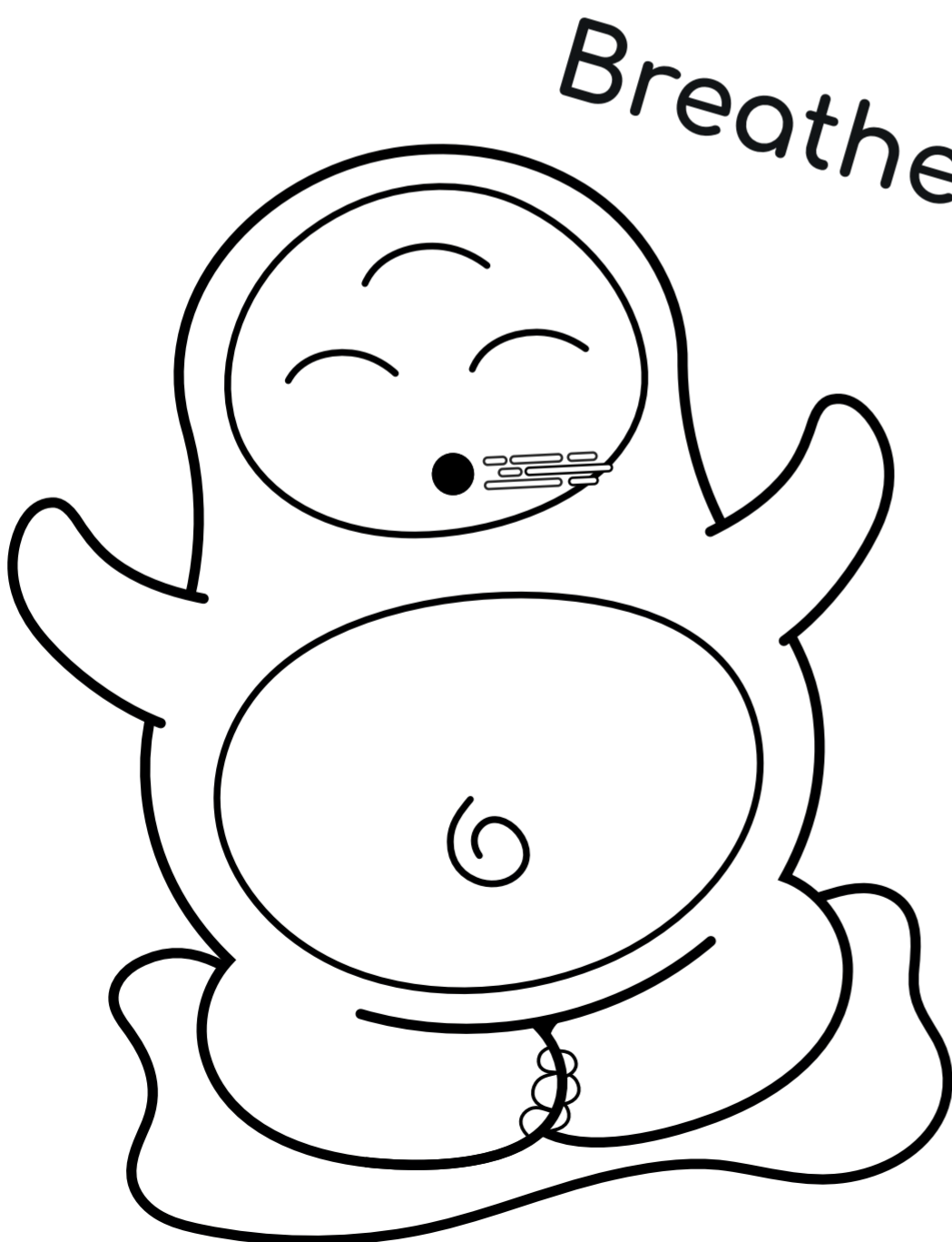


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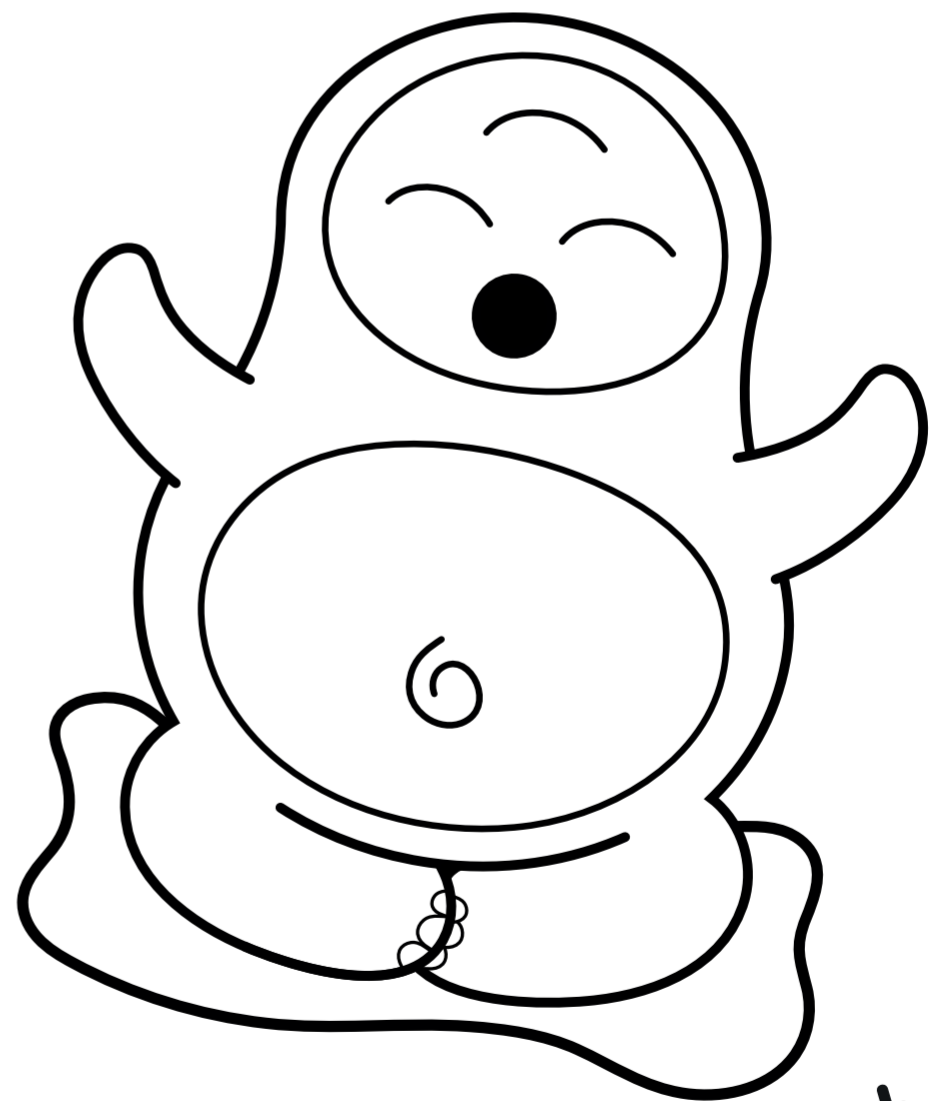
Find a comfy position, either sitting or lying down, and close your eyes.

Take a deep breath in and slowly breathe out.

Repeat this a few times until you feel calm.



Breathe in...



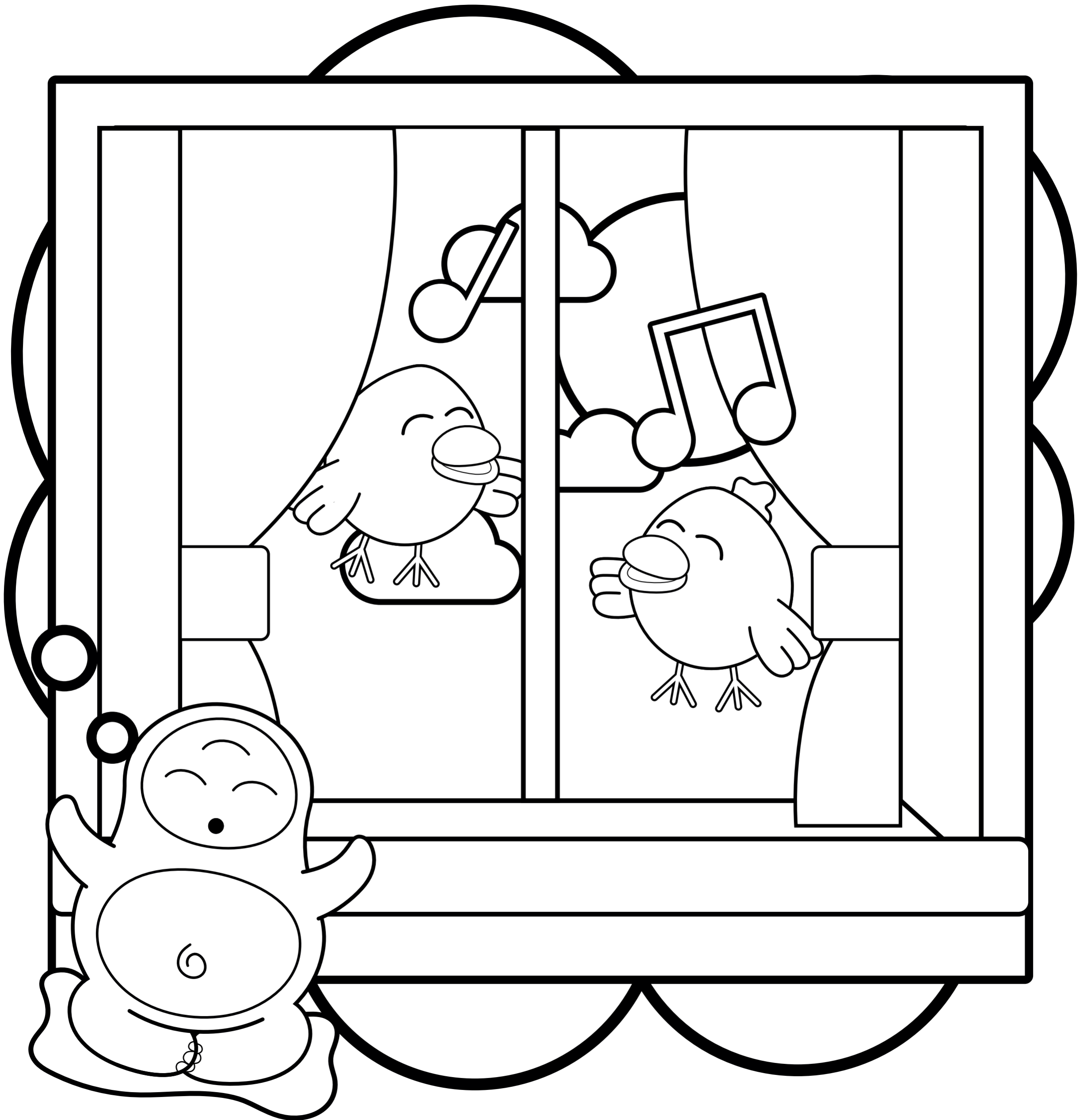
...and out...

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Cotton wool clouds drift across the summer sky.



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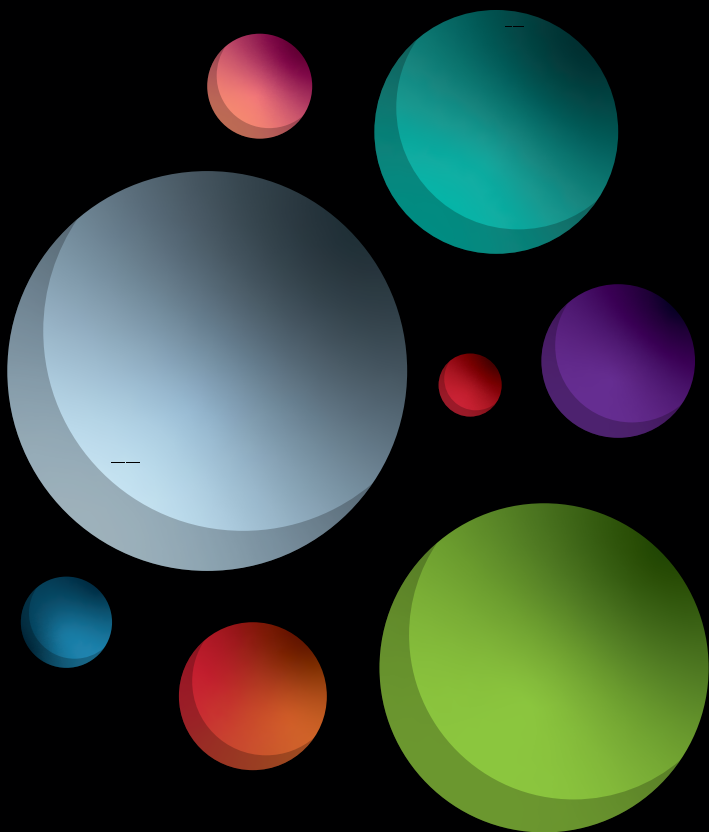
“It’s time for an adventure,”
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You’re flying through the air
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That's Alright

Making Sense of What You Feel



Chris Dixon

That's Alright

Making Sense of What You Feel

This is the free version of That's Alright with a handful of the emotions featured in the full edition.

Take a look at more books from Chris Dixon at

thatsokay.co.uk

That's Alright

Making Sense of What You Feel

I have suffered from long-lasting chronic depression and was fortunate enough to access therapy. Through this process, I realised that I didn't fully understand what I was feeling or why.

As a result, I noticed that many people, including myself, had difficulties discussing emotions. This could be due either to a lack of education on emotional awareness or to fear and shame stemming from societal stigmatisation.

This is why I wanted to create resources to help us understand emotions that are commonly perceived as 'negative'. My aim is to assist people in tackling chronic depression by encouraging them to feel comfortable being open and discussing how they feel.

In this book, there are 18 illustrated emotions, including anger, grief, and guilt. Each emotion comes with explanations about how they might manifest physically and what the possible triggers could be. Accompanied by statistics, these examples highlight that, no matter how alone you may feel, many others are going through similar experiences.

Together, we can dispel the stigma around these emotions and work towards a society where we feel comfortable supporting one another through difficult times.

Important - Please read:

This book has been created to help you understand and identify your emotions. It does not provide methods for controlling or managing feelings. As the aim is to help people eliminate the shame and stigma of perceived negative feelings, this is not a medical guide.

If you feel any emotions are having an impact on your health, life or loved ones, please seek medical advice from a qualified expert such as your local General Practitioner (GP) or through therapy.

I do hope that this book can help some people identify that they may need to seek support with their mental health or it may help you encourage others to seek help. Please don't rely on this as a diagnostic tool.



Anger

Anger can be a reaction to conflict or mistreatment. We experience it occasionally in our lives. However, sometimes we can feel anger more often than we'd like, which can interfere with relationships and careers.

Here are some possible indicators of anger:

- Feeling reluctant to speak
- Sensing that your jaw is clenched
- Feeling hot or tension in the muscles
- Being unable to think clearly or make decisions
- Shouting or swearing at someone or something



You're not alone with this!

Around 1 in 4 people in the UK (28%) reported in a survey that they feel worried about the level of anger they experience (Boiling Point, Mental Health Foundation, 2008).



Anger potential triggers:

- Things not working as expected
- Failure to achieve desired goals
- Unfair mistreatment by someone
- Arguments with friends or family
- Acute or chronic pain from injury or illness
- A demanding lifestyle with many pressures
- Reminders or recollections of past traumas

Anxiety

Anxiety often stems from stress but can include additional emotional and physical symptoms. It can affect daily life even in non-stressful situations. Chronic anxiety can significantly hinder one's ability to enjoy life.

Here are some possible indicators of anxiety:

- Increased heart rate or palpitations
- Feeling uneasy, restless or 'on edge'
- An upset stomach or stomach discomfort
- A strong urge to escape or avoid a situation
- Dry mouth, leading to an increased desire to drink water



You're not alone with this!

Approximately 1 in 6 people in England report experiencing a common mental health problem, including anxiety, each week (Mind, 2020).



Anxiety potential triggers:

- Financial pressures
- High or constant levels of stress
- Disagreements with other people
- Certain medications and treatments
- Experiencing or witnessing a trauma
- Big crowds of people you haven't met
- Caffeine from tea, coffee or energy drinks

Depression

Depression is a persistent feeling of sadness, despair or displeasure with life. Chronic depression requires treatment as it can prevent us from enjoying life. It can also make many things seem like a struggle

Here are some possible indicators of depression:

- Changes in your appetite
- Experiencing a mental fog
- Feeling constantly fatigued
- Difficulties with sleeping and waking
- Unexplained aches, pains and digestive problems



You're not alone with this!

Depression is more common in younger adults and women. Around 1 in 3 women between the ages of 16 and 29 experience intense depressive symptoms. Meanwhile, 1 in 5 men of the same age group report experiencing these symptoms (Office of National Statistics, 2021).



Depression potential triggers:

- Persistent stress
- Changes in hormone levels
- Social isolation or confinement
- Loss of a friend or family member
- Chronic mental and physical illness
- Previous or current traumatic experiences
- Certain medications or medical treatments

Despair

With despair, we can feel a loss of faith and hope. It may also feel like we have no options in life and our freedom is limited. A chronic sense of despair can prevent us from engaging in activities we would normally enjoy.

Here are some possible indicators of despair:

- A loss of enjoyment in hobbies
- Feeling a sense of helplessness
- Experiencing fatigue and lethargy
- A lack of motivation for work or school
- Maintaining a consistently negative outlook on life



You're not alone with this!

A study found that feelings of despair tended to be more frequently experienced by people from areas with economic hardships such as high unemployment rates and low household incomes (Journal of Health Economics, 2017).



Despair potential triggers:

- Isolation from others
- Chronic illness or pain
- Experience of ongoing trauma
- Challenging financial pressures
- Global issues like climate change
- Loss of a friend or family member
- Sudden end of a close relationship

References (in page order):

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That's Alright

Making Sense of What You Feel

Do you struggle to recognise your own feelings?

Do you feel a need to keep your emotions hidden?

The demands of education, work, and financial responsibilities may compel us to suppress our emotions. Additionally, societal pressures or a lack of self-awareness can make us prioritise others' feelings over our own. In some instances, this suppression can result in chronic stress, depression, and emotional burnout.

This book aims to challenge society's negative perceptions of certain emotions, tackling the stifling stigma that often accompanies them.

Through engaging illustrations, insightful descriptions, and factual information, this book seeks to help readers recognise and understand their own emotions.

The book also aims to help people overcome the shame and fear associated with natural emotions so that they can engage in open and constructive conversations about their mental health.

Sometimes, we can't control how we feel, and that's perfectly alright.

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