

Inside Prep 3 — Mindset & Emotional Survival

INSIDE KNOWLEDGE | FREE SUPPORT RESOURCE | LOU MYX

This workbook is designed to help you develop emotional resilience during your time inside. Prison is not just a physical environment—it's an emotional test. This module will help you manage the difficult feelings that may come up and stay grounded, day by day.

Key Survival Tools & Tips

Create a simple daily routine. Anchor yourself with structure—it helps keep the mind steady.

Expect emotional ups and downs, especially in the first few weeks. Write them down, don't bottle them up.

Find someone you trust (even just a little). A listener is worth their weight in gold.

Guilt is normal. So is anger. So is wanting to be left alone. These feelings pass. Let them.

Use grounding techniques: 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste.

Stay off the drama. It's everywhere. But you don't need it.

Be kind to yourself. You've already survived more than you realise.

Guided Journaling Prompts

- What emotion am I feeling most strongly today? Why might that be?
- What do I need right now (emotionally or physically)?
- What would I say to my best friend if they were in my shoes today?
- What is one tiny thing I can do to comfort myself today?
- Who am I beyond this sentence? Who was I before it? Who do I want to be after?

Emergency 'Panic Sheet'

If you're overwhelmed, use this simple technique: 1. Breathe in for 4, hold for 4, breathe out for 4. Repeat. 2. Sit down. Feel the chair or bed under you. Say out loud: I am safe. 3. Repeat one of these mantras: - This will pass. - I've survived worse. - I'm not my worst day. - I matter. 4. Reach out—to a listener, a chaplain, the Samaritans phone inside. You're not alone.

Personal experience and general support only. Prison rules, entitlements, procedures and available services vary and may change. Check current arrangements with the relevant prison or official guidance before relying on practical details.