

More support

For mental health support:

- The Mix – 0808 808 4994 / www.themix.org.uk
- Childline - 0800 1111
- HopeLine – 0800 068 4141 / 0786 003 9967
- SANE - 0300 304 7000
- SHOUT (crisis text) - 85258
- Local GP

For mental health information:

- Rethink Mental Illness – www.rethink.org
- Mind – www.mind.org.uk
- MindEd - www.minded.org.uk
- YoungMinds – www.youngminds.org.uk



Some useful websites

- www.studentminds.org.uk
- www.youngminds.org
- www.moodjuice.scot.nhs.uk
- www.headspace.org
- www.childline.org.uk
- www.familylives.org.uk
- www.stressbusting.co.uk
- www.respectyourself.org.uk



Health and Wellbeing | Looking after yourself



MY CHECKLIST

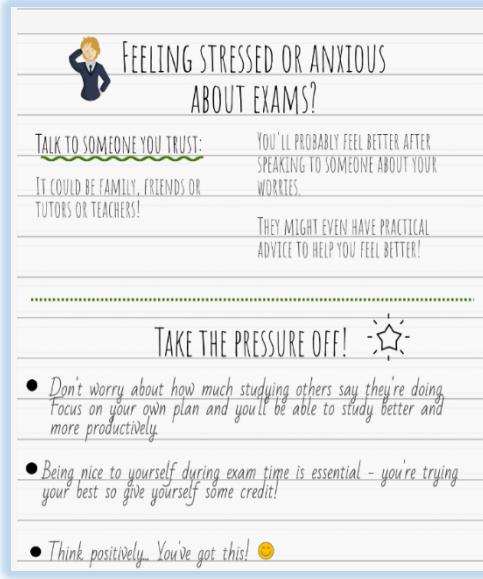
Points to make sure I am at my best going into a test

I HAVE PREPARED SUFFICIENTLY

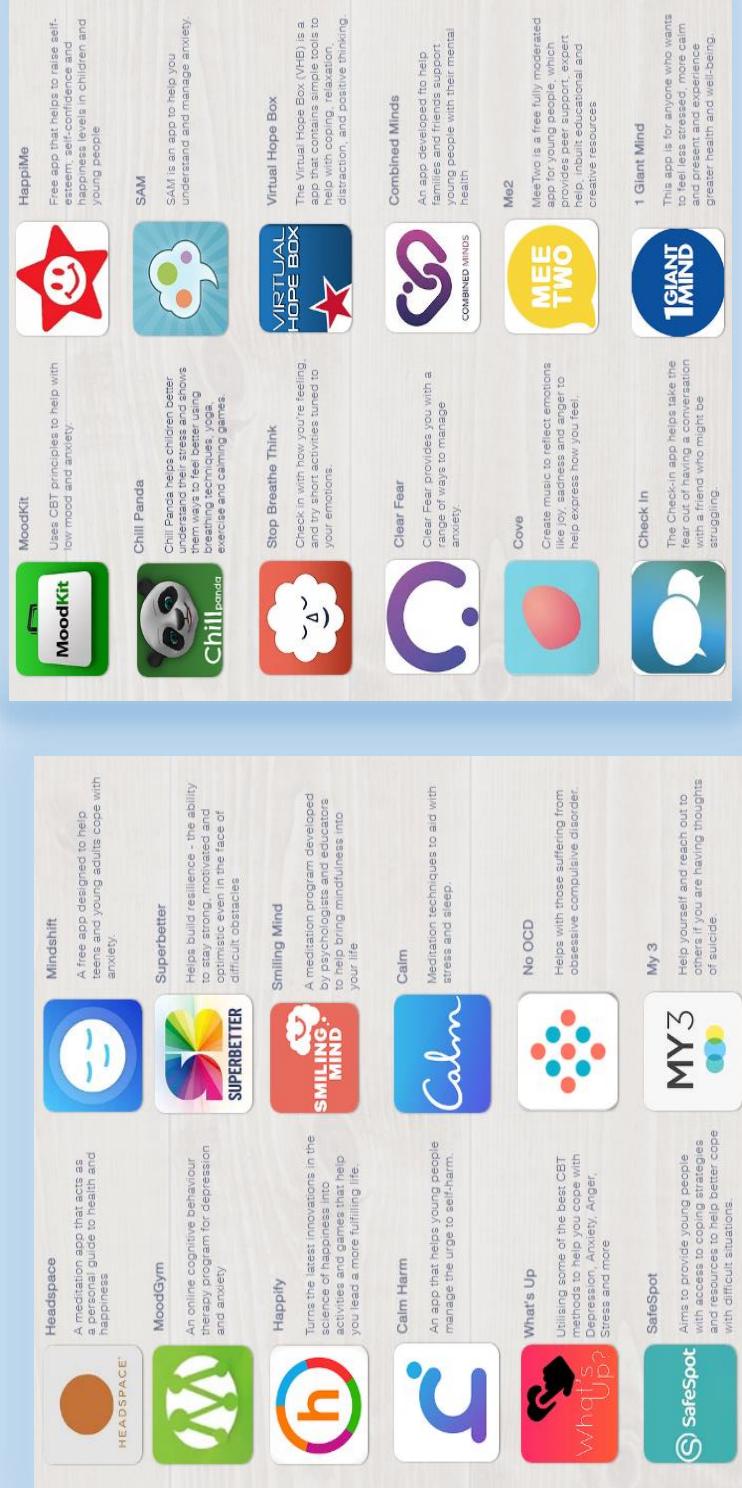
I HAVE BEEN ABLE TO REST WELL

I UNDERSTAND THE MATERIAL

I HAVE FOCUSED MY MIND



Health and Wellbeing Apps



Progressive Muscle Relaxation



First, starting with your feet, tense your muscles slowly while taking a deep slow breath through your nose.



Hold both your muscles and breath for 5 secs, and then breath slowly out through your mouth while releasing the muscle tension in your feet.



Now repeat, but with a different body part working your way up to the head.

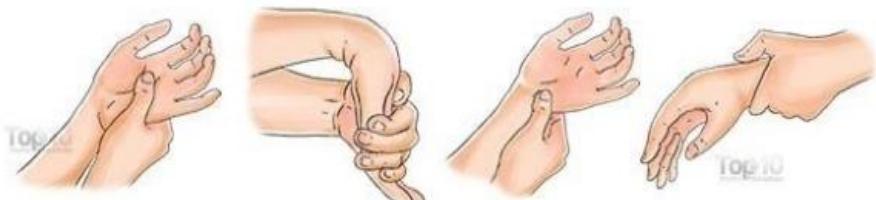


Try focusing on key spots of tension like neck, jaw and legs.

NOVATE

Japanese Shiatsu for Anxiety & Stress

Anxiety Reduction Technique



1. Use your thumb on your right hand to apply pressure in the middle of your left palm, pressing that area for 30-60 sec.

2. Pull all four fingers of your left hand with the fingers of your right hand to stretch them. Release after 5 sec.

5. Switch hands and repeat exercise.
6. Perform this exercise twice daily.

3. Vigorously stroke the inside of your entire left palm with your right thumb for 30 to 60 sec.

4. Finally, flip your hand over & massage the top of your wrist in a circular motion for 30 to 60 sec.

Top 10
Home Remedies

Anxiety Busting!

The next time your mind is stuck on anxiety and worry, try the following simple exercise!

Look around you and notice:



5 things you can see: Your hands, the sky, a plant.



4 things you can feel: Feet on the ground, the chair.



3 things you can hear: Birds chirping, your breath.



2 things you can smell: Coffee, your lunch, clothes.

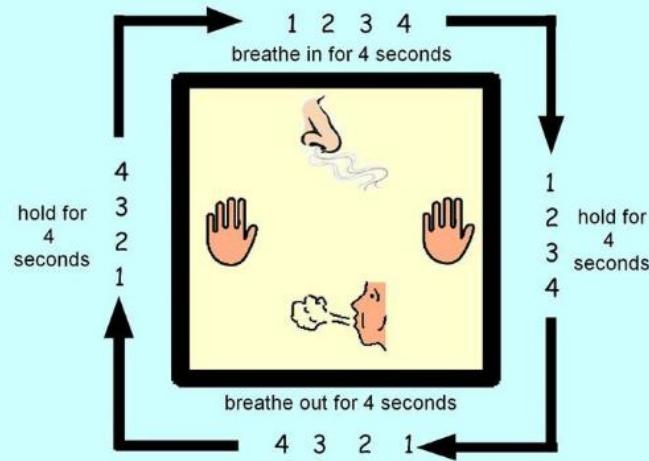


1 thing you can taste: A mint, gum, the fresh air.

FIND YOUR IDEAL THERAPIST ON ZENCARE.CO

 ZENCARE.CO

SQUARE BREATHING



Support for your Wellbeing

Here are some more supports to look at, lots more specific info

Believe in children from Space 2B ☺



<https://clearyourhead.scot/tips>

<https://clearyourhead.scot/support>

<https://www.camhs-resources.co.uk/websites>

<https://www.camhs-resources.co.uk/apps-1>



Teachers/ Learning Assistants

School Support

Peers
Friends
Mental Health Ambassadors
MVP Mentors
School Nurse



Pupil Support

Guidance
Support
for Learning
Home School
Link

Normal Stress Vs Bad Stress

- Revising for exams
- Preparing for an interview
- Perform well in sports/ comps
- Stand up for ourselves
- Run from danger
- Protect ourselves



- Affects our sleep +/-
- Reduces/ increases appetite
- Affects our mood
- Affects relationship with others
- Affects focus & concentration



What is Stress?

It is a real physical response caused by our brain releasing hormones into our blood stream when there is an emergency / perceived threat

Managing Stress

BE ACTIVE – exercise releases happy hormones (endorphins)	GET ENOUGH SLEEP - create a consistent bedtime routine 8-9 hours	HAVE 'ME' TIME – take part in things that you feel relaxing/ fun	GO OUTSIDE – fresh air and sunshine
SET YOURSELF CHALLENGES – achievable targets develop resilience	BE POSITIVE/ GRATEFUL – look for the good things that are happening	ACCEPT THERE ARE THINGS YOU CANNOT CHANGE – focus on things you can control	EAT PROPERLY – regular intervals
WORK-LIFE BALANCE – set aside time to work have time to relax and switch off	CONNECT WITH OTHER PEOPLE – don't isolate yourself	RELAXATION – guilt free	