

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

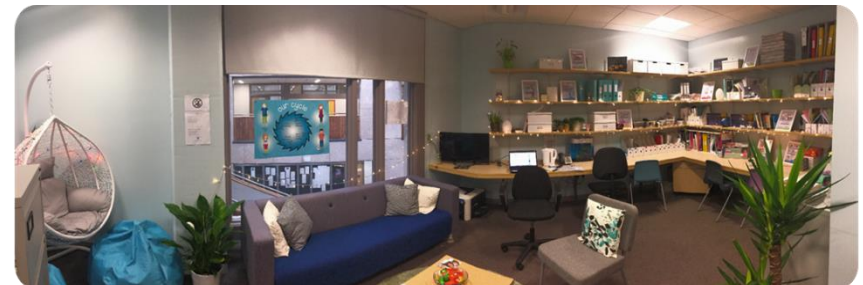


Health and Wellbeing | Looking after yourself



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



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

TAKE BREAKS



IT CAN BE TEMPTING TO FOCUS ONLY ON YOUR STUDIES AROUND EXAM TIME

... BUT YOU SHOULDN'T CUT OUT ALL THE FUN FROM YOUR LIFE!

PLAN AHEAD

Plan your revision to include time off to unwind!

TAKE A BREAK

Build in time to reward yourself for studying - it could be some time on social media or meeting up with friends

- STUDYING 24/7 ISN'T PRODUCTIVE
- TAKE REGULAR SHORT BREAKS
- TAKING PLANNED BREAKS, OR EVENINGS OFF, IS NOTHING TO FEEL GUILTY ABOUT.



FEELING STRESSED OR ANXIOUS ABOUT EXAMS?

TALK TO SOMEONE YOU TRUST:

IT COULD BE FAMILY, FRIENDS OR TUTORS OR TEACHERS!

YOU'LL PROBABLY FEEL BETTER AFTER SPEAKING TO SOMEONE ABOUT YOUR WORRIES.

THEY MIGHT EVEN HAVE PRACTICAL ADVICE TO HELP YOU FEEL BETTER!

TAKE THE PRESSURE OFF!



- Don't worry about how much studying others say they're doing. Focus on your own plan and you'll be able to study better and more productively.
- Being nice to yourself during exam time is essential - you're trying your best so give yourself some credit!
- Think positively. You've got this!

Health and Wellbeing Apps


FORM GOOD HABITS

- EAT WELL**
Eat foods like bread, rice, pasta, fruit and veg to help maintain your energy levels.
- DRINK PLENTY OF WATER**
Drinking plenty water can help with your focus and energy levels. Super useful when you are studying!
- KEEP ACTIVE**
Exercising is a great way to de-stress and clear your mind, allowing you to focus on your learning.
- GET A GOOD SLEEP**
Good sleep is essential for good mental and physical health, so try to get enough rest while you are studying.

Headspace A meditation app that acts as a personal guide to health and happiness	Mindshift A free app designed to help teens and young adults cope with anxiety.	MoodKit Uses CBT principles to help with low mood and anxiety.	HappiMe Free app that helps to raise self-esteem, confidence and happiness levels in children and young people
MoodGym An online cognitive behaviour therapy program for depression and anxiety	Superbetter Helps build resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles	Chill Panda Chill Panda helps children better understand their stress and anxiety using breathing techniques, yoga, exercise and calming games.	SAM SAM is an app to help you understand and manage anxiety.
Happily Turns the latest innovations in the science of happiness into activities and games that help you lead a more fulfilling life.	Smiling Mind A meditation program developed by psychologists and educators to help children bring mindfulness into your life	Stop Breathe Think Check in with how you're feeling! and try short activities tuned to your emotions.	Virtual Hope Box The Virtual Hope Box (VHB) is a app that contains simple tools to help with coping, relaxation, distraction, and positive thinking.
Calm Harm An app that helps young people manage the urge to self-harm.	Calm Meditation techniques to aid with stress and sleep.	Clear Fear Clear Fear provides you with a range of ways to manage anxiety.	Combined Minds An app designed to help young people and their support people with their mental health
What's Up? Utilising some of the best CBT methods to help you cope with Depression, Anxiety, Anger, Stress and more	No OCD Helps with those suffering from obsessive compulsive disorder.	Cove Create music to reflect emotions like joy, sadness and anger to help express how you feel.	Me2 Me2Two is a free fully moderated app for young people, which offers online peer support help in the educational and creative resources
SafeSpot Aims to provide young people with access to coping strategies and resources to help better cope with difficult situations.	My 3 Help yourself and reach out to others if you are having thoughts of suicide.	Check In The Check-in app helps take the fear out of having a conversation with a friend who might be struggling.	1 Giant Mind This app is for anyone who wants to feel less stressed, more calm and present and experience greater health and well-being.

MoodKit Uses CBT principles to help with low mood and anxiety.	Chill Panda Chill Panda helps children better understand their stress and anxiety using breathing techniques, yoga, exercise and calming games.	Stop Breathe Think Check in with how you're feeling! and try short activities tuned to your emotions.	Clear Fear Clear Fear provides you with a range of ways to manage anxiety.	Cove Create music to reflect emotions like joy, sadness and anger to help express how you feel.	Check In The Check-in app helps take the fear out of having a conversation with a friend who might be struggling.
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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.

NOTE

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

Top 10 Home Remedies

Anxiety Busting!

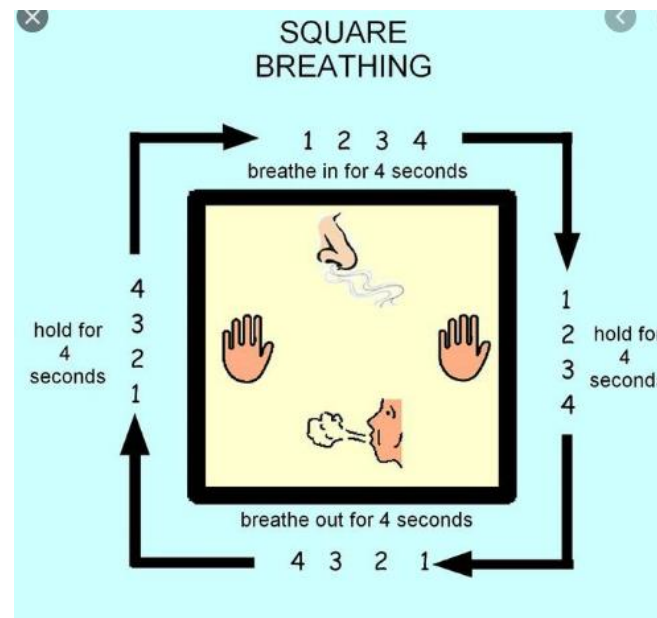
The next time your mind is stuck on anxiety and worry, try the following simple exercise!

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](https://zencare.co)

 [ZENCARE.CO](https://zencare.co)



Support for your Wellbeing

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



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

Space2B @ PGHS
@PGHS_Space2B



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!