

*The quickest way for a parent to get a child's attention . . .*

*is to sit down and look comfortable.*





# Time for You

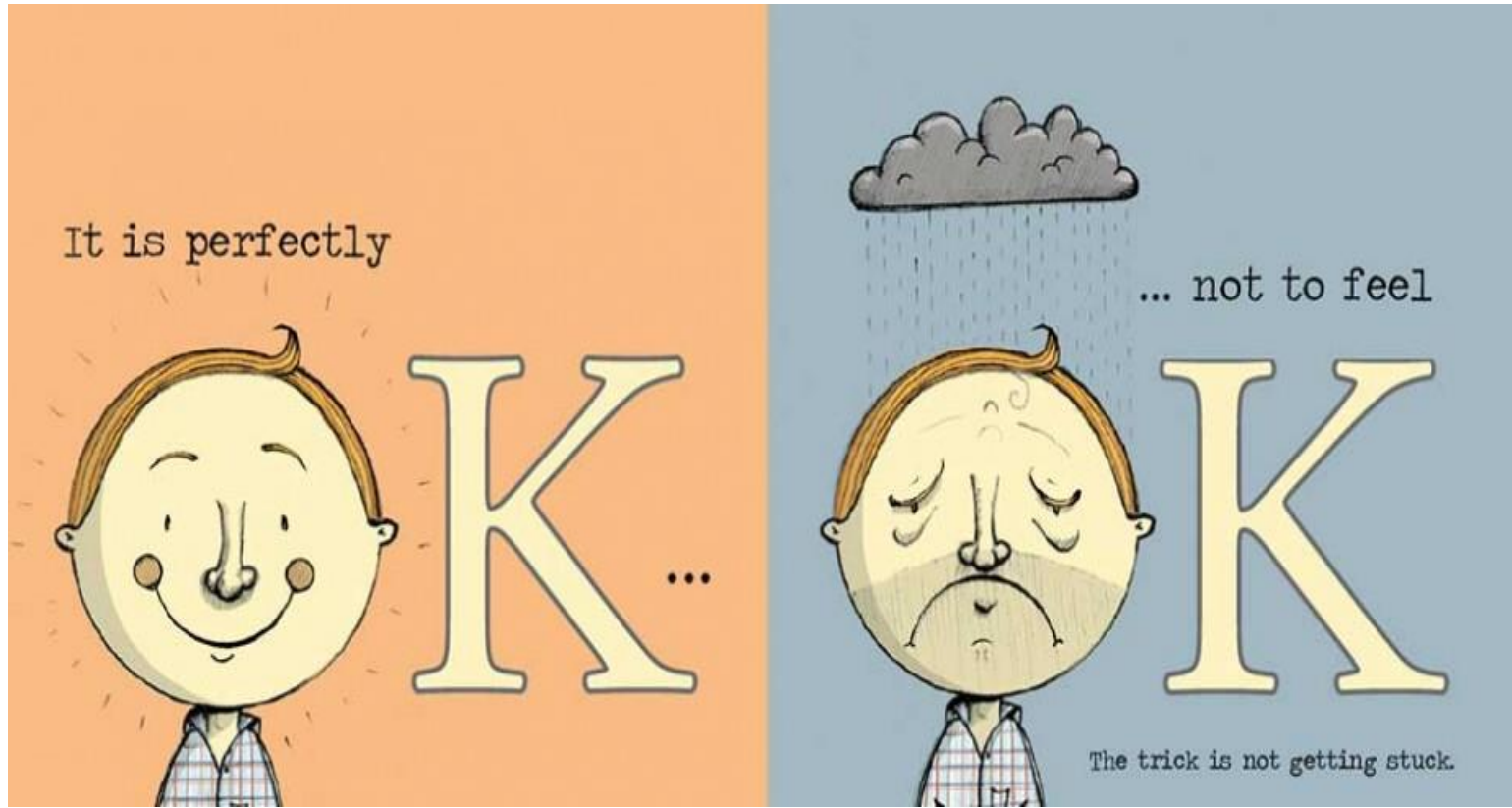


Gloucestershire  
Healthy  
Living and Learning

*Belinda Heaven*

 ALPHA WELLBEING  
ASSOCIATES LIMITED

# Aims of the Session



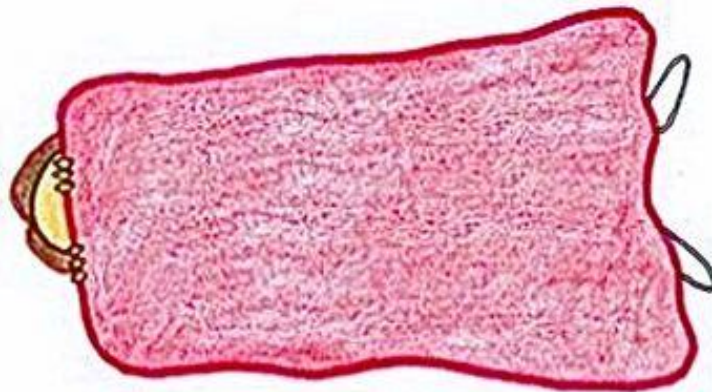
- ▶ To explore ideas on how to support children & young people
- ▶ Promote positive mental health.
- ▶ Signpost resources for managing anxiety
- ▶ Questions

# How are you REALLY doing?

*“Comparison is the Thief of Joy”*

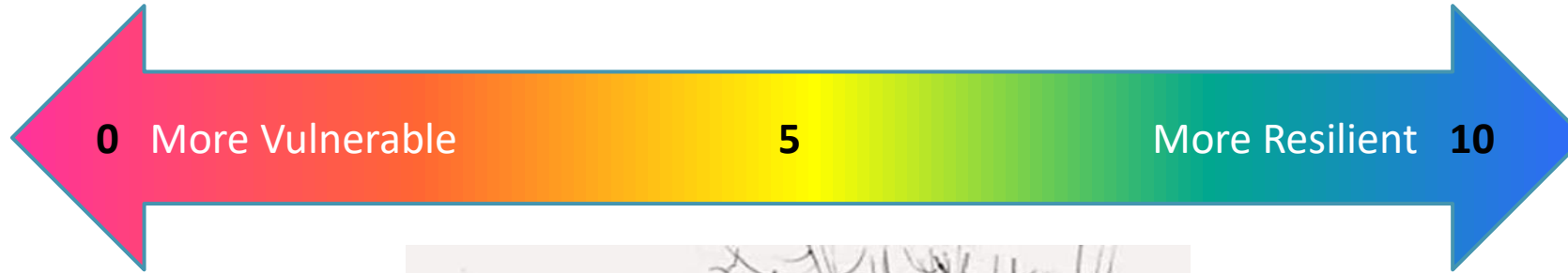
SOME DAYS

OTHER DAYS



*“All any of us can ever hope to achieve is to be the best version of ourselves”*

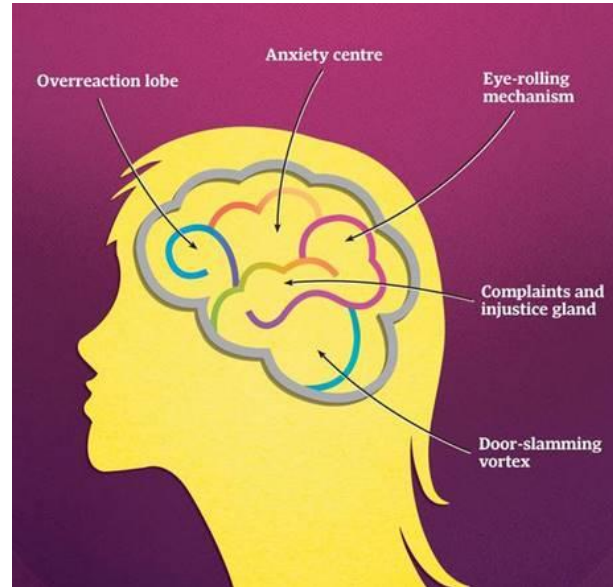
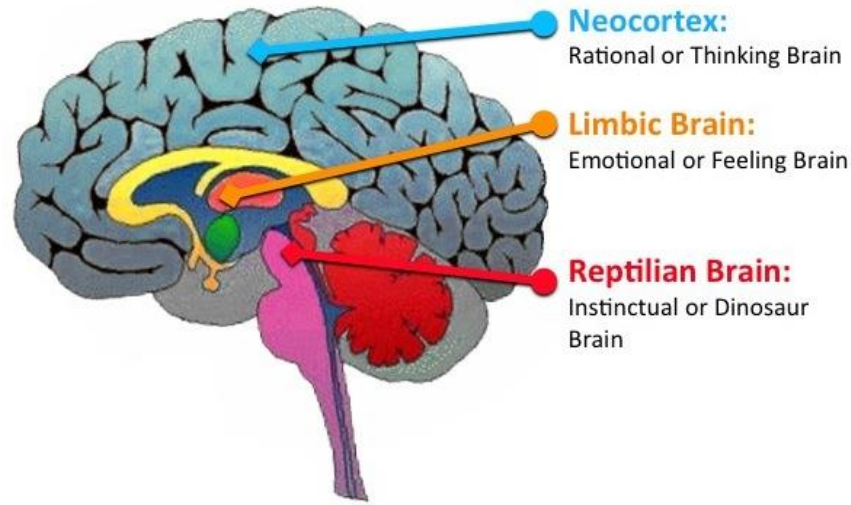
# Mental & Emotional Scale



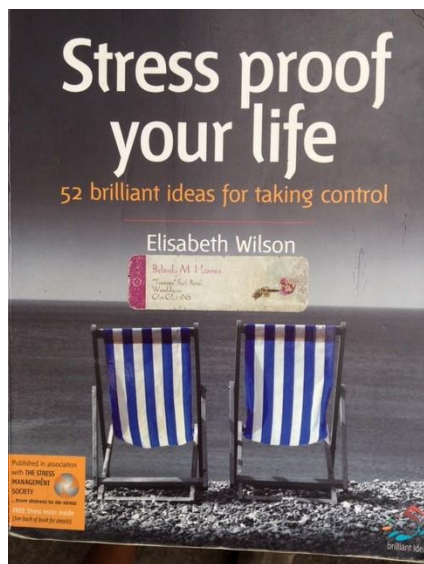
<https://10daysofhappiness.org/>

# What affects us?

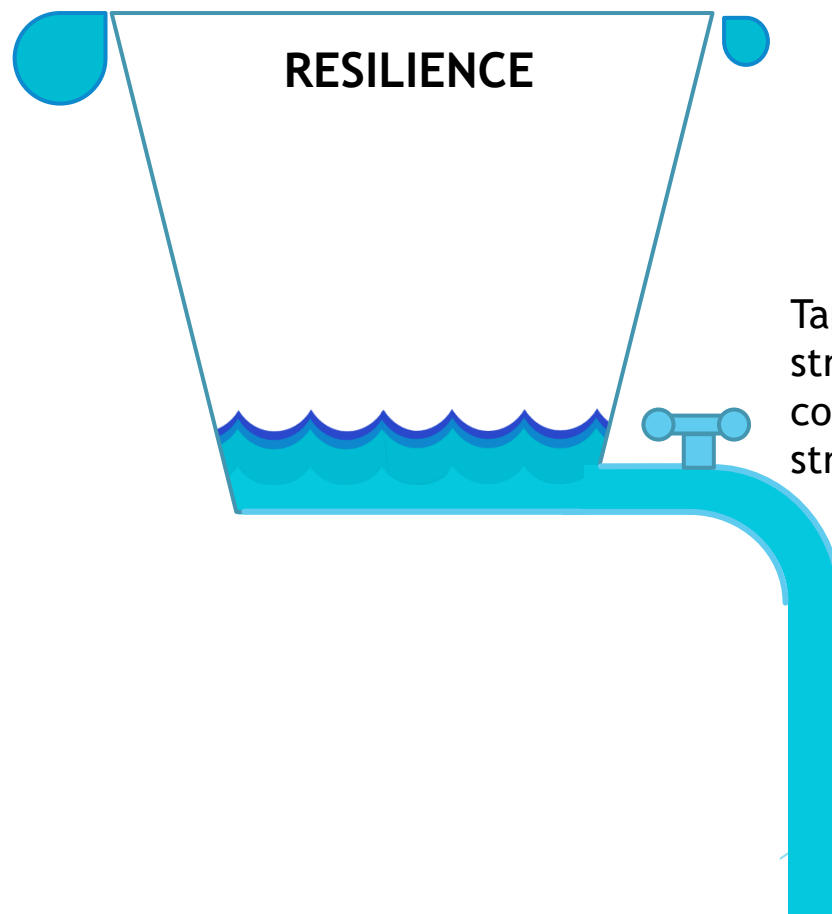
- ▶ Previous Experience
- ▶ Current Expectation
- ▶ Current Emotional State
- ▶ Environmental Anchors and Clues



Memories of Being a Teenager



Life's Stressors Come in All Sizes

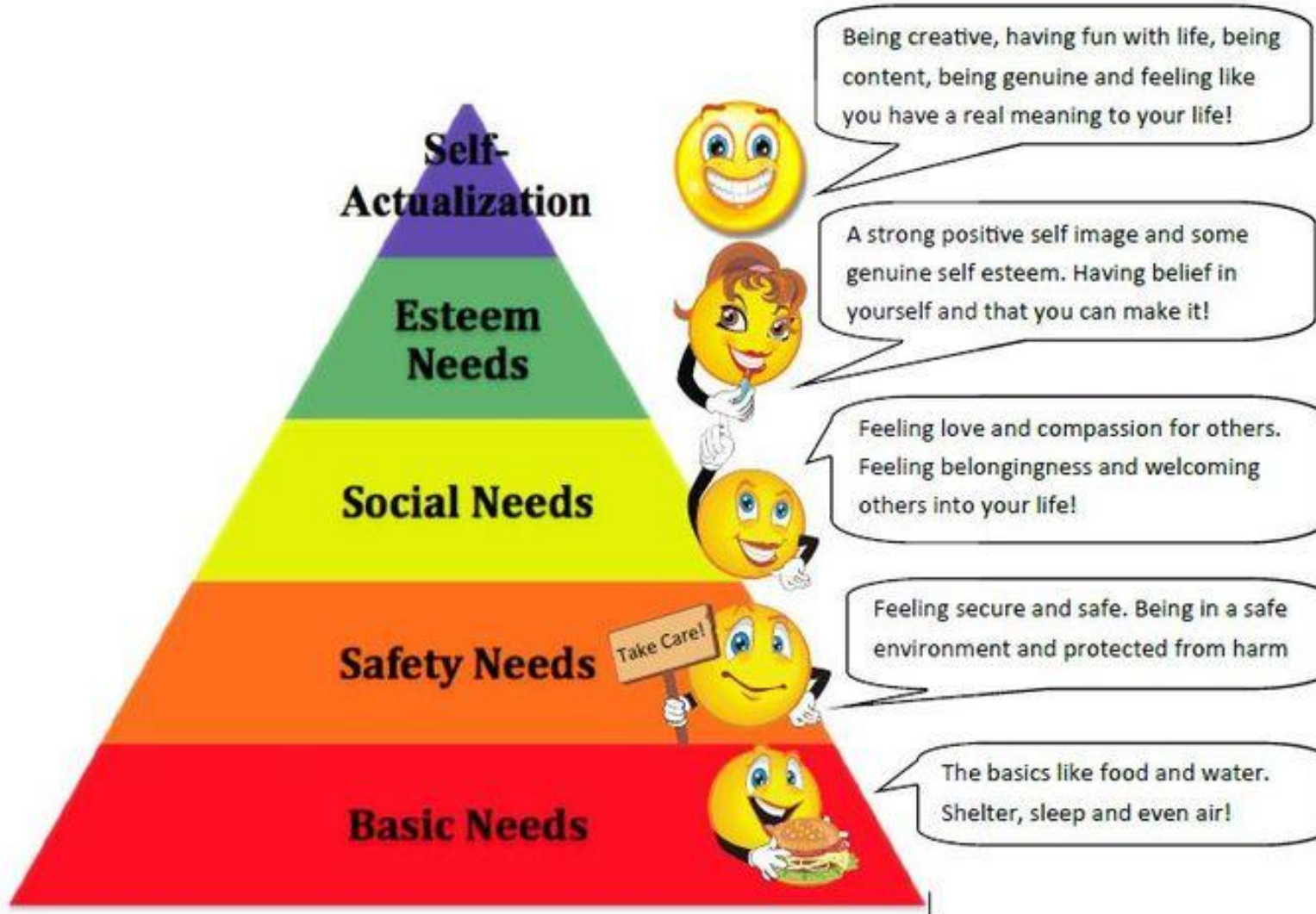


Tap to release stress levels: coping skills and strategies

Problems can happen when our 'stress bucket' overflows e.g. 'snapping'

This may lead to anxiety and/or depression

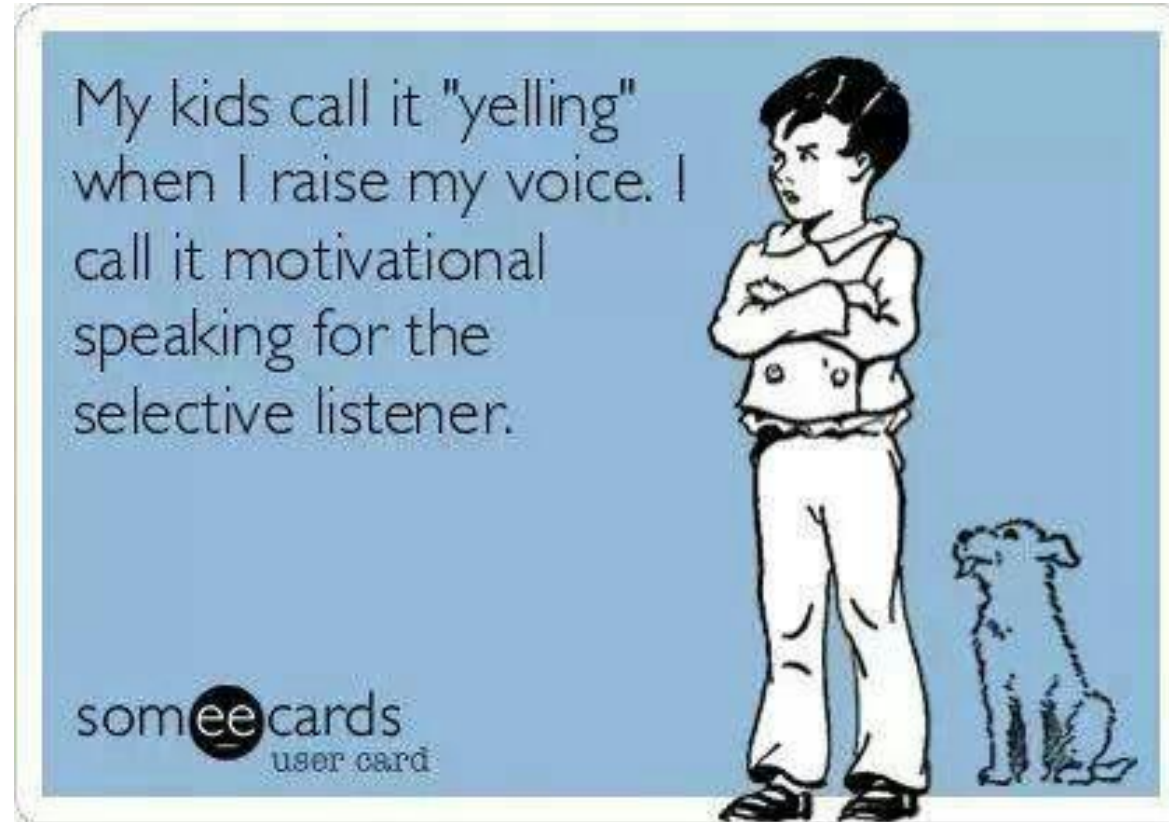
# Maslow's Hierarchy of Needs or H.A.L.T = Hungry, Angry, Lonely or/ & Tired





# What Helps?

- ▶ **Self-Awareness**
- ▶ **Skill Development**
- ▶ **Understanding**
- ▶ **Listening**
- ▶ **Boundaries**
- ▶ **Being There**



Using "I" messages

# What you can do.....

- ▶ Reassure them they are not mad and should not feel ashamed
- ▶ Be aware of your responses and how they impact
- ▶ Give them the right to their feelings
- ▶ Be truthful - talk to them in appropriate language
- ▶ Pay attention to their symptoms
- ▶ Teach that it is ok to ask for help
- ▶ Don't be afraid to ask questions



**ANXIETY GIRL!**  
Able to jump to the worst conclusion  
in a single bound!

# Support for Children

S - Show young people how to be successful

U - Understand that they have a problem

P - Patient approach

P - Prompt new skills

O - Observe them

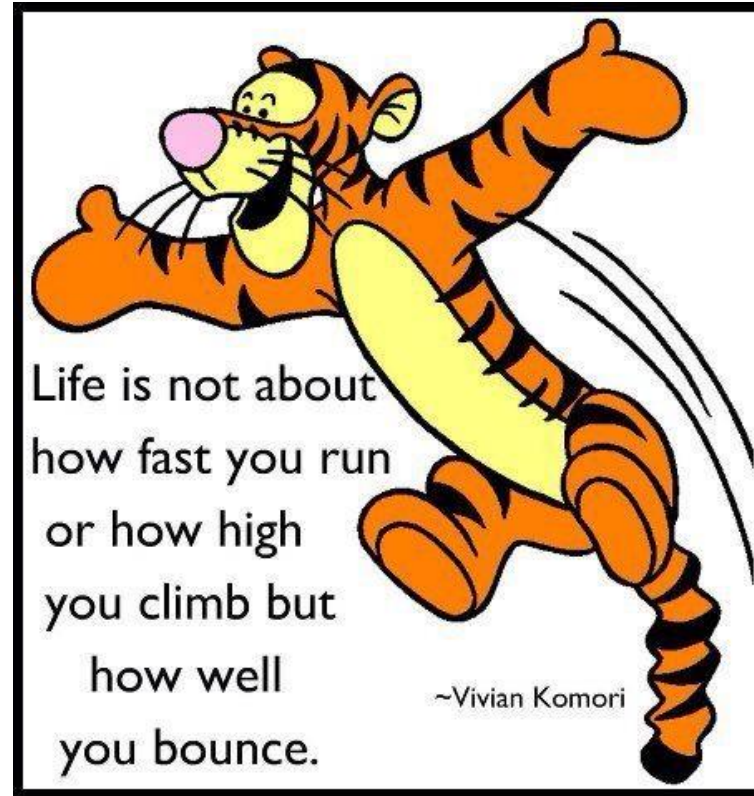
R - Reward and praise their efforts

T - Talk about it



# Positive Thinking

- ▶ I'm ok You're ok
- ▶ Body Language
- ▶ Things to avoid
- ▶ Active Listening
- ▶ Voice
- ▶ Being tolerant
- ▶ Repeating what you have heard
- ▶ Selecting your words



# S.E.N.S.E

- ▶ Set Boundaries
- ▶ Enforce them
- ▶ No Post Mortems
- ▶ Short punishments
- ▶ Encourage the behaviour you like



# “BATHE Technique”



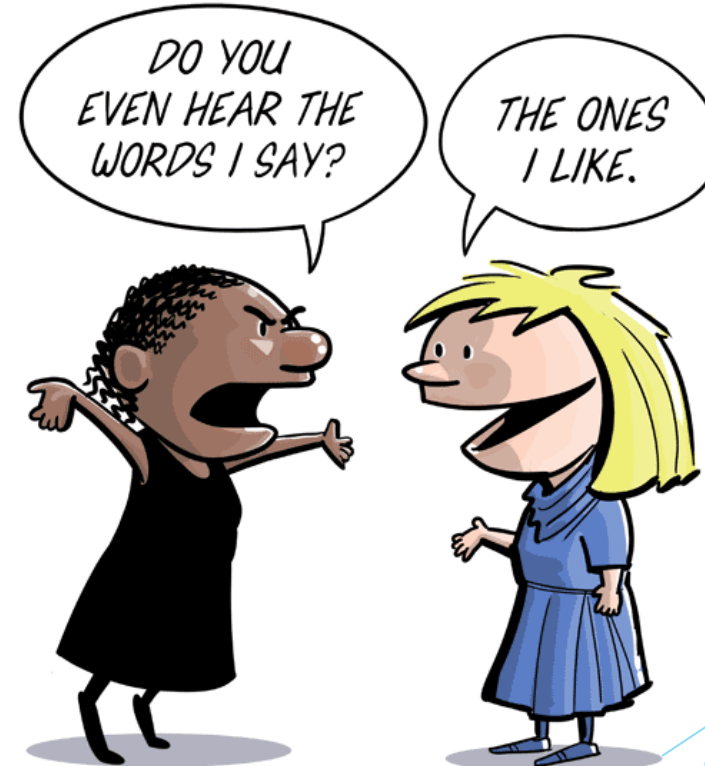
**B:** Background *What is going on for you at the moment?*

**A:** Affect *How do you feel about it?*

**T:** Trouble *What troubles you the most?*

**H:** Handling *How are you handling it?*

**E:** Empathy *That must be very difficult for you?*



Thought for the day:

***“Never lie in bed at night asking yourself questions you can’t answer.”***

Charles M. Schulz

# Physical Activity & Being in Nature helps to....

1. Give a break from busy schedules
2. Reduce anxiety
3. Have a positive impact on mental wellbeing
4. Top up on vitamin D which releases serotonin
5. Reduce Cortisol in the brain



# How to Manage Worry.....

- ▶ Allocate some time to worry
- ▶ Keep a, (mood) Journal
- ▶ Press the “pause” button and ask what would be the worst thing that could happen? (reframing)
- ▶ What happens if I do nothing?





# Mood Monitoring



Like



Love



Haha



Yay



Wow



Sad



Angry

<https://www.moodscope.com/>

# My Good Day.....Discuss?

My last good day was: .....

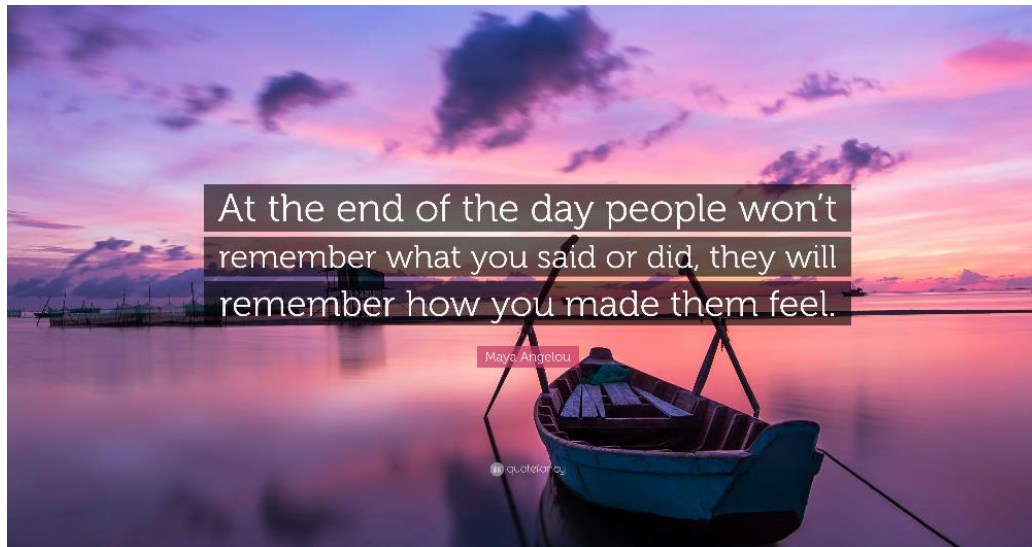
I know it was a good day because this happened: .....

It made me feel like this: .....

What made it a good day was : .....

The people around me that made it a good day were .....

I can make another good day by:.....



# New Ways November 2021

MONDAY



1 Make a list of new things you want to do this month

TUESDAY



2 Respond to a difficult situation in a different way

WEDNESDAY

3 Get outside and observe the changes in nature around you

THURSDAY

4 Sign up to join a new course, activity or online community

FRIDAY

5 Change your normal routine today and notice how you feel

SATURDAY

6 Try out a new way of being physically active

SUNDAY



7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

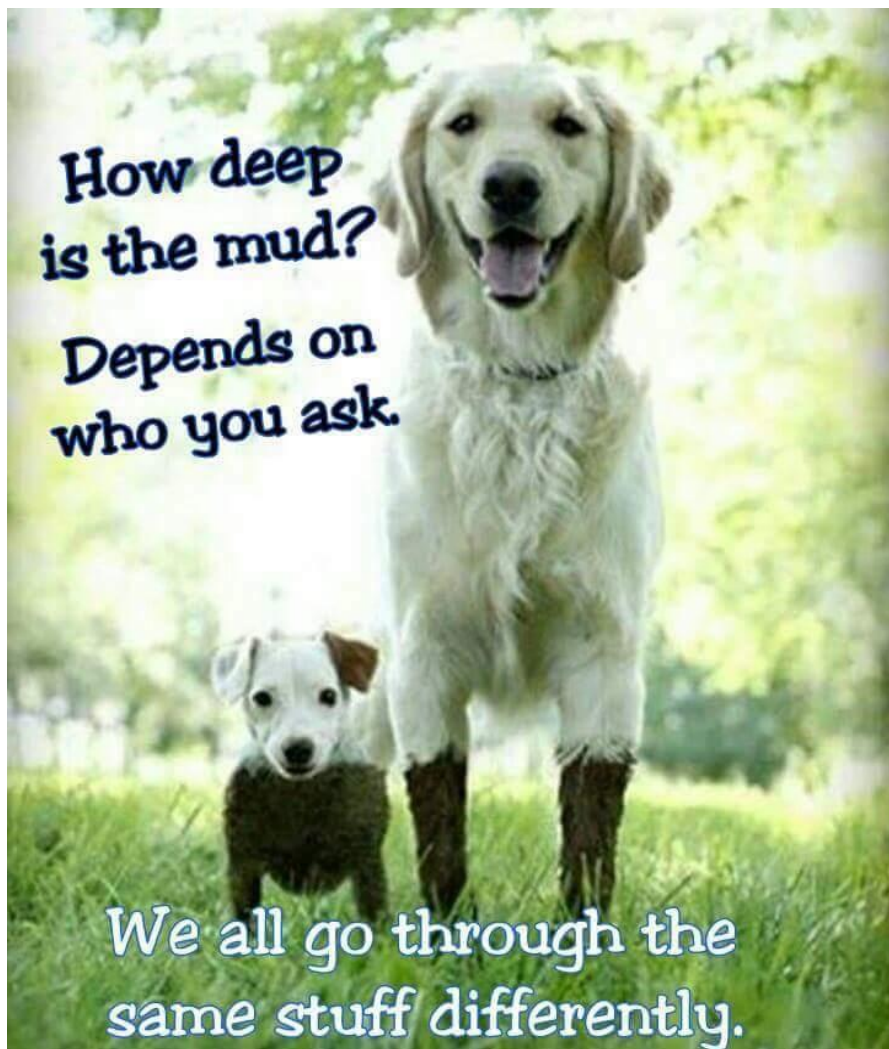
27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times





# Thank You

Always Hold on to Hope



Kind

ASK ME ABOUT  
MENTAL HEALTH  
FIRST AID



MHA England

#MentalHealthFirstAid

Email: [Belinda@alphawellbeing.com](mailto:Belinda@alphawellbeing.com)  
Mobile 07778846442  
Website: [www.alphawellbeing.com](http://www.alphawellbeing.com)

# Useful Contacts

<https://www.annafreud.org/>

[www.papyrus-uk.org](http://www.papyrus-uk.org)

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

[www.moodscope.com](http://www.moodscope.com)

[www.onyourmindglos.nhs.uk](http://www.onyourmindglos.nhs.uk)

TIC+ <https://ticplus.org.uk/parents-carers/>

[www.youngminds.org](http://www.youngminds.org)

[www.barnardos.org.uk](http://www.barnardos.org.uk)

[www.headspace.com](http://www.headspace.com)

[www.actionforhappiness.org](http://www.actionforhappiness.org)

[www.thecalmzone.net](http://www.thecalmzone.net)

[www.headspace.com](http://www.headspace.com)

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

[www.anxiety.org.uk](http://www.anxiety.org.uk)

[www.cwmt.org.uk](http://www.cwmt.org.uk)




Rethink self help line 08088010606

Samaritans 116123


Self Injury Support 07800472908

# 50 Ways to Take a Break

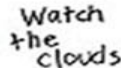
Take a Bath 

Listen to Music 

Take a Nap 

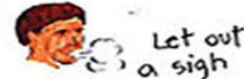
Go to a body of water 

Watch the clouds 

Watch the stars 

Light a candle 

REST your legs up on a wall 

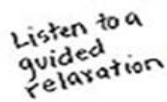
Let out a sigh 

Fly a Kite 

Write a Letter 

2x Move twice as slowly 

Learn something NEW 

Listen to a guided relaxation 

Read a Book 

sit in NATURE 

2x Move twice as slowly 

Take Deep Belly Breaths 

MEDITATE 

Call a Friend 

Meander around Town 

WRITE in a journal 

Notice your Body 

Buy some Flowers 

Find a relaxing scent 

Walk Outside 

Go for a run 

Take a bike ride 

Create your own coffee break 

View some ART 

Eat a meal in SILENCE 

Turn off all electronics 

Go to a park 

pet a furry creature 

read or watch something FUNNY 

Examine an everyday object with Fresh Eyes 

Drive somewhere NEW 

Go to a Farmer's Market 

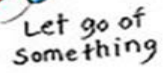
Forgive Someone 

Engage in small acts of KINDNESS 

COLOR with Crayons 

Make some MUSIC 

Climb a Tree 

Let go of something 

Put on some music and DANCE 

Do some gentle stretches 

Print on a surface other than paper 

Write a quick poem 

Read poetry 

Give Thanks 