



HEALTHY MINDS TEAM

Young People Self Care & Wellbeing Pack

During this time of uncertainty and recommendations to distance yourself from others, you may worry about how you will cope.

Here are a few ideas about how you can protect your Mental Health & Emotional Wellbeing

If you are in need of urgent mental health care, call the Crisis Team on **0191 5665500** or free via **111**



It is very important to talk about and share your feelings.

Everyone feels anxious, worried or scared at times.

During these times it is important to take notice of your feelings.

This booklet contains advice and activities to help you manage your feelings and wellbeing.

Ways to be kind to yourself

- Accept what is in your control
 - Notice your thoughts –
Do you speak kindly to yourself?
- Treat yourself like you would treat a friend
 - Forgive yourself
– we all get things wrong and have off days
 - Enjoy the good days
- Accept who you are and your worries
- Set yourself a time to worry each day

Five Ways to Wellbeing

The five ways to wellbeing are simple things that we can all do to improve our emotional health and wellbeing

Connect

Enjoy connecting with others (within your household or virtually)
- find out something new!



Be Active

Being physically active can improve your mood
- go for a walk or learn a new dance!



Give

How can you help others?
How about writing a letter to a relative?



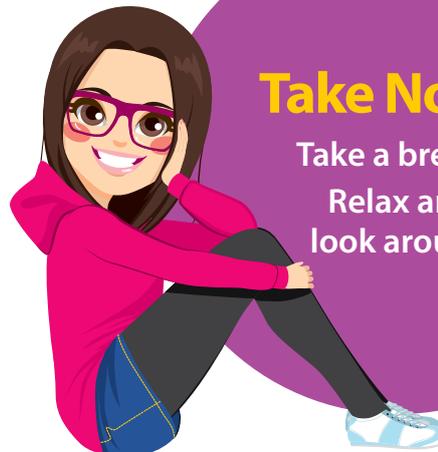
Keep Learning

What have you always wanted to learn or try?
Now is your opportunity!



Take Notice

Take a breath!
Relax and look around





My Wellbeing Planner

Use the five ways to wellbeing to plan some activities into your week

MON 😊

TUE 😊

WED 😊

THU 😊

FRI 😊

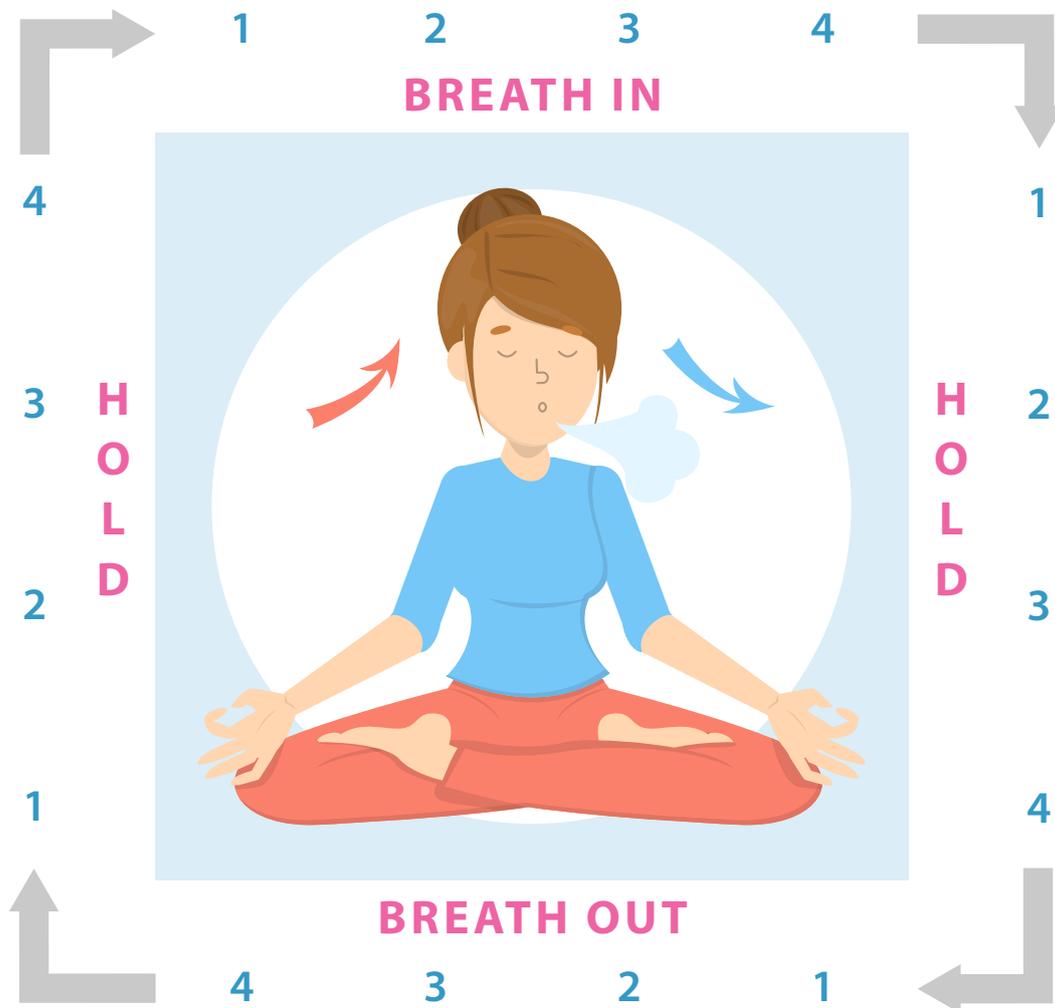
SAT 😊

SUN 😊

Notes:

Square breathing

When we are feeling overwhelmed, breathing exercises can help us relax. Lots of people find it helpful to use breathing techniques. Here is one for you to try.



Breathe in for 4 and use your finger to draw the square as you breathe.

Breathe in for 1... 2... 3... 4

Hold for 1... 2... 3... 4

Breathe out for 1... 2... 3... 4

Hold for 1... 2... 3... 4





The here and now

This next exercise will also help you to focus on the 'here and now' if you are feeling overwhelmed. Keeping the same rhythm as square breathing, as you breathe think about the following (it's harder than you think!):



Five things you can SEE



Four things you can TOUCH



Three things you can HEAR



Two things you can SMELL



One thing you can TASTE



Self-Talk

You may have never paid attention to it, but if you are feeling sad, worried or anxious, it is important to focus on your 'self-talk'. Once we pay attention to this we become more aware of how we are talking to ourselves.

Sometimes our self-talk is unhelpful...



Sometimes it is helpful...



These negative or unhelpful thoughts usually happen when we are worried or nervous about a situation.

When we are feeling ready for a challenge, we are more likely to have positive and helpful thoughts.

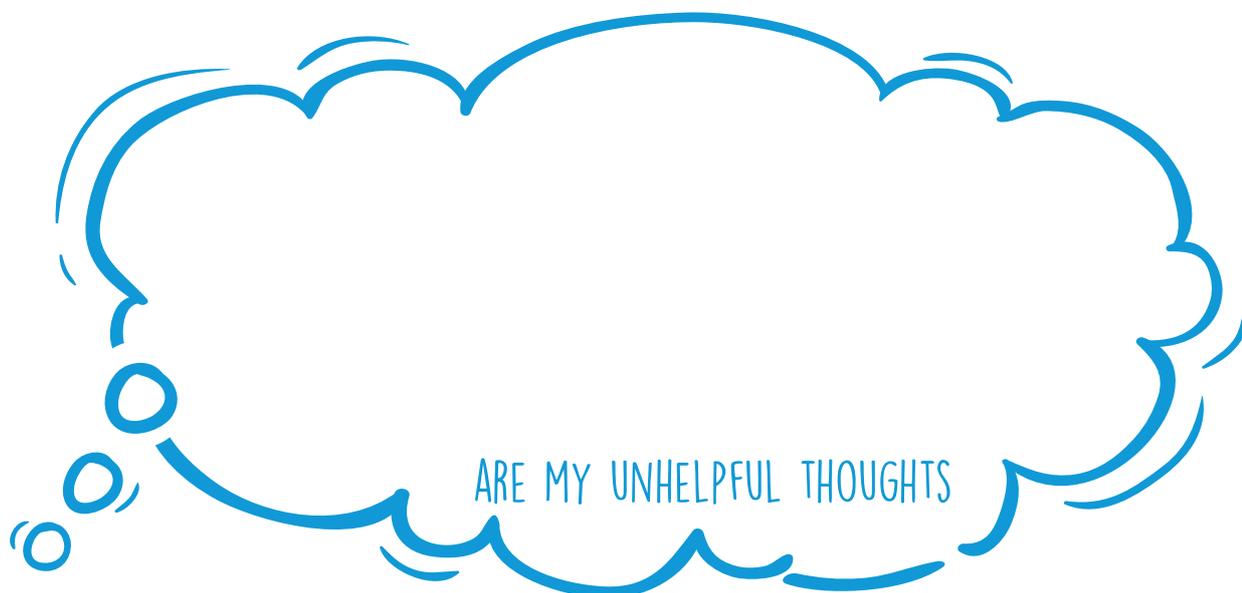
Once we recognise the helpful and unhelpful thoughts in our self-talk it is much easier to control them, and our worry.





Self –Talk

Write down some of your unhelpful and helpful thoughts below.



- Your thoughts, feelings and behaviour are all connected.
- The way we think about a situation affects our feelings.
- This then affects our behaviour, for example, if we think we are going to fail a test, we feel more worried about it and are more likely to make mistakes or not prepare enough.

Changing our thoughts

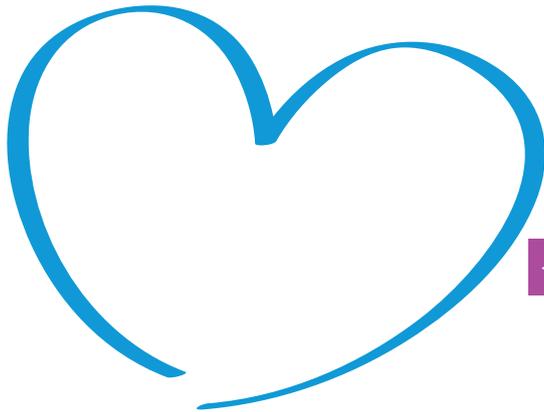
We can take control of our thoughts. Red thoughts can make us anxious or sad; however, if we choose a green thought we wouldn't feel as worried and be more confident about the situation. Using the examples, fill in your own unhelpful self-talk.

UNHELPFUL

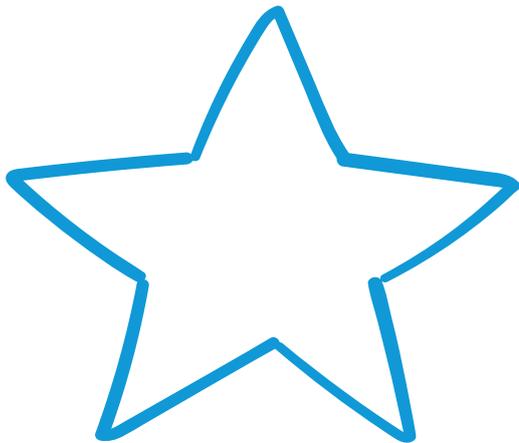
HELPFUL



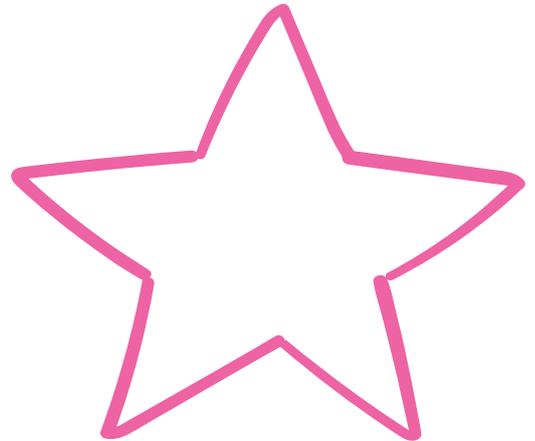
◀ THOUGHTS ▶



◀ FEELINGS ▶



◀ BEHAVIOUR ▶



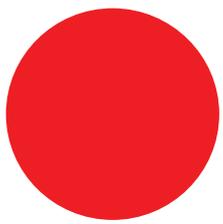


Changing our thoughts

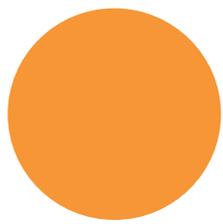
When we have unhelpful thoughts it can be useful to ask ourselves these questions...



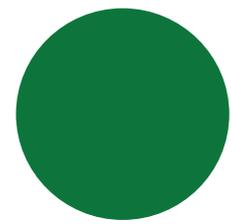
Think of these challenging questions as the amber on our traffic lights, helping us change our unhelpful thoughts to more helpful thoughts.



Unhelpful Thoughts



Thought Challenging



Helpful Thoughts

Just like unhelpful thoughts, worry is a normal process and we all worry.

For some people, worrying can interfere with their everyday life and stop them doing the things they want to do.

Some worries are about things that are definitely going to happen, like a test or a trip. Some worries are about things that are very unlikely to happen but unless we challenge these worries they can seem more likely.

The first step to tackling worries is to notice them. Lots of people find it helpful to list their worries into worries about things that are definitely going to happen, and things that are very unlikely to happen.

Think about your worries and list them below.

WORRIES THAT MIGHT HAPPEN

WORRIES THAT WILL
PROBABLY NEVER HAPPEN

YOU CAN MAKE A PLAN TO
FIGHT THESE WORRIES

REMIND YOURSELF THAT REALLY
BAD THINGS DON'T OFTEN HAPPEN





Circle of control

When our worries aren't real ones that can't be problem solved, it might help to think about the circle of control. Most things in life that we worry about are things we cannot control.

We are more likely to find an answer to the problem if we focus on things that are within our control.



What we do can also have an influence on how we feel...

We've all had times when we have felt down and not wanted to do anything. It can be very easy to allow ourselves to fall into this way of thinking. Have you ever found yourself in a bad mood but been convinced to do something anyway? Try and recall such a time and write it in the box below.

SITUATION (e.g. My little brother made me play a board game even though I wasn't really in the mood).

Now, think about how you felt before and after the activity. Write down your feelings in the boxes.

BEFORE (e.g. annoyed, down, tired)

AFTER (e.g. happy, pleased)

Was there a difference? Did the initial feelings remain?
Did completing the activity affect your feelings for the better?





Chances are, you got so caught up in the activity that you were able to forget about how you were feeling before. Or maybe you didn't forget, but by pushing yourself to carry on with things you felt a sense of pride or accomplishment.

This may include doing things with friends or family, learning musical instruments or putting your efforts into schoolwork.

This list will look different for everybody, but the important thing is that you use your time to do things which you value. By doing this you increase your chances of getting more out of life, resulting in a sense of achievement and fulfilment, and improving your sense of general well-being.

Even if you find yourself stuck in the house you can apply these same principles. See below a list of some activities that you could do for inspiration.

• **Keep in touch with friends.**

Use social media platforms like Whatsapp, Facetime or Zoom to set up video calls with several people at once.

• **Learn something new.**

Maybe you've always wanted to learn how to play the piano or speak Italian.

• **Cooking.**

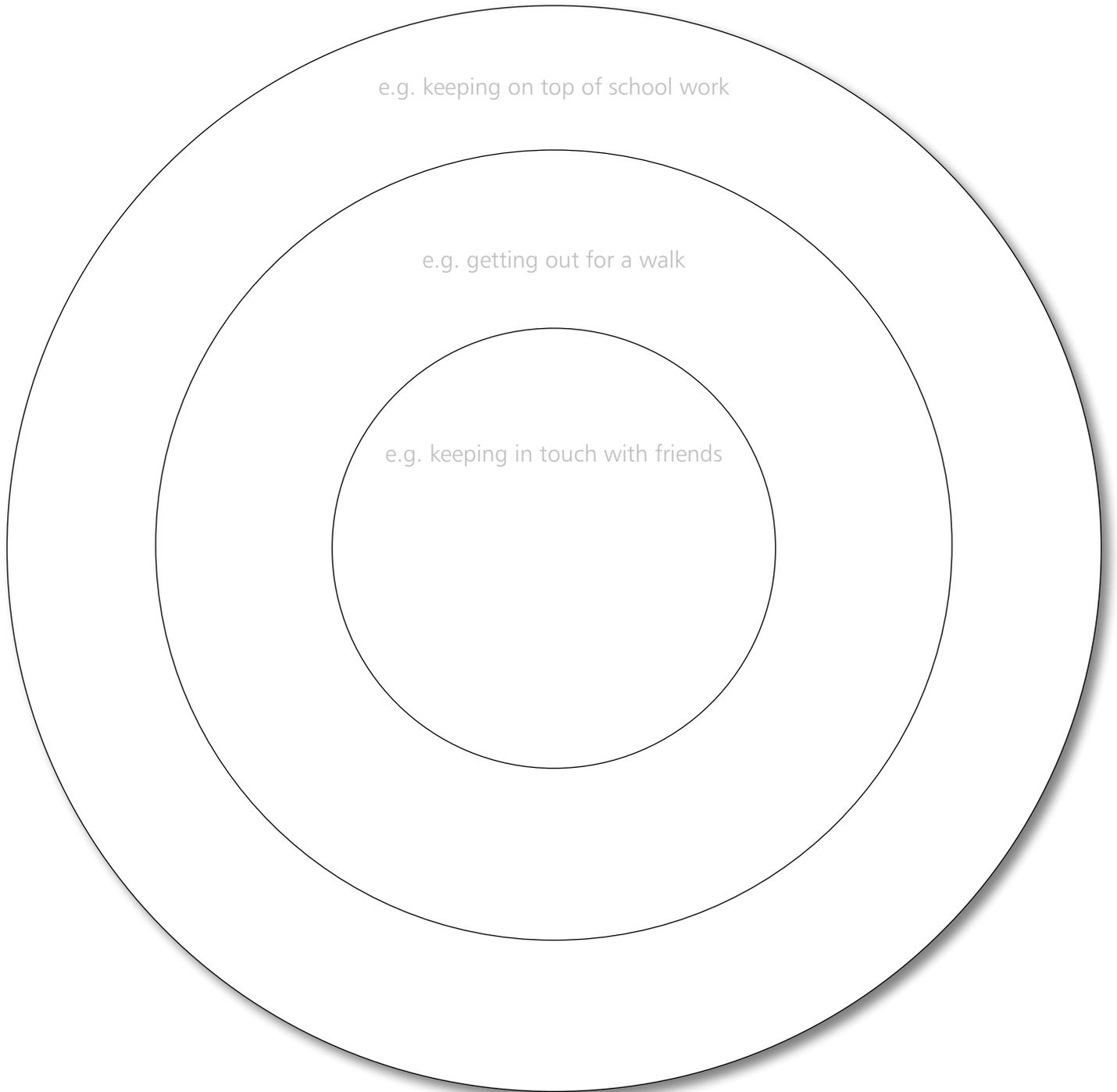
An enjoyable activity AND you get to eat the outcome. Win – Win!

• **Sort out your cupboards/de-clutter.**

Getting rid of things you don't need can feel surprisingly therapeutic!

Write a list of as many home based activities that you can think of.

Have a think about what is important to you. Try filling in the following diagram, starting with those things which are most important at the centre, working outwards.



How many of the things you have recorded do you do regularly? Do you have time to do more of these things? It may be helpful to plan some of these things into your routine for the week or two ahead.

What we know is that even the act of planning something and writing it down means we are more likely to hold ourselves to account and actually do it. This can help us to accomplish those things which we know we should do but find it hard to motivate ourselves to get started.





Parent Notes

1. 5 Ways to Wellbeing

The five ways to wellbeing are a set of evidence based actions which promote young people's emotional wellbeing. Evidence shows us that if we do the following five things listed below, wellbeing will be influenced positively.

WINNING WAYS TO WELLBEING

CONNECT

TALK AND LISTEN
BE THERE
FEEL CONNECTED

GIVE

YOUR TIME
YOUR WORDS
YOUR PRESENCE

TAKE NOTICE

REMEMBER
THE SIMPLE THINGS
THAT GIVE YOU JOY

KEEP LEARNING

EMBRACE NEW
EXPERIENCES
SEE OPPORTUNITIES
SURPRISE YOURSELF

BE ACTIVE

DO WHAT YOU CAN
ENJOY WHAT YOU DO
MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS

2. Online Resources

Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

The online resource offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside of counselling hours young people can message the team and get support by the next day.

When students register with Kooth they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

To find out more visit **www.Kooth.com** where young people can register and others can find out more about the service.

There are lots of helpful links that you may find useful, for example MindEd for families **www.mindedforfamilies.org.uk/young-people**

You may find that you are struggling with your own mental health or emotional wellbeing, you can access support for yourself by visiting **www.southtynesidelifecyclementalhealth.nhs.uk**

There are further online resources that you can access such as living life to the full **www.lltff.com**

Free, safe and anonymous online counselling and support

**“I don’t think I could’ve spoken
to someone face-to-face.”**



**Chat to our
friendly counsellors**



**Read articles written
by young people**



**Join live
moderated forums**

kooth

www.kooth.com



If you feel that your child requires a personal intervention or access to internet therapy, please call South Tyneside Lifecycle Talking Therapies on **0191 2832937** to discuss this further.

If your child is experiencing mental health crisis requiring immediate response from the Crisis Team, please telephone **0191 5665500**.

For more information visit

www.southtyneside.gov.uk/youngpeoplementalhealth



South Tyneside Council



NHS
South Tyneside
Clinical Commissioning Group