

Dereham Neatherd High School
Wellbeing Booklet



Students Name:

Form:

Date:

Mentor:

Follow up date:

Who to contact for support

Please speak to a **trusted adult in school** if you are feeling anxious, overwhelmed or feeling low.

Just One Norfolk JustOneNorfolk.nhs.uk – for lots of information, advice and guidance. 0300 300 0123

Childline online, on the phone, anytime
Childline.org.uk / 0800 1111

Samaritans Online or phone (free)
jo@samaritans.org / 116123

**In an emergency phone 111 option 2 or 999
Or visit your nearest A & E**

Please tell your key worker/trusted member of staff on your return to school if you have been in crisis during the holidays.

Online counselling support



<https://www.kooth.com>



Text messaging support service
For young people to contact if in crisis or distress.

Mental Health Apps



Clear Fear – provides ways for children and young people to manage anxiety.



Calm – to help young people with sleep and meditation.



Calm Harm - to help young people who self-harm.



Safespot Aims to provide young people with access to coping strategies and resources to help better cope with difficult situations. Stress workbooks to work through.



Happify - helps you overcome negative thoughts, stress, and life's challenges

Nelsons Journey Smiles and Tears – bereavement app.

Websites and other useful services

For information advice and guidance
YOUNGMINDS youngminds.org.uk



Chathealth phone 07480 635060
Emotional health, self-harm, relationships and loads more!



info@norfolklgbtproject.org.uk

www.blahyouth.co.uk

01603 219299



Free, confidential support for young people under 25 via online, social and mobile.

<https://www.themix.org.uk>



Young carers

www.youngcarersmattersnorfolk.org

info@mtmyouthservices.org.uk



UK charity for the prevention of young suicide.

<https://www.papyrus-uk.org/>

Phone 0800 0684141 Text 07860 039967



Support and information for those suffering with obsessive compulsive disorder.

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



Eating disorder charity

[_beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)



[FYI - For Your Information \(fyinorfolk.nhs.uk\)](http://fyinorfolk.nhs.uk)

Lots of information advice and guidance

Early warning signs that we may need help

It's useful to learn to recognise the signs in our thoughts, feelings, appearance or behaviour which might help us or those who care about us to recognise when we need help. Thinking about this can also help us to recognise when a friend might need our support to.

Unusual behaviour – acting different from normal

Changes in body language

Losing interest in things

Forgetting things

Not listening or caring

Saying yes but meaning no

Mood swings

Feeling low, angry, stressed, lonely or crying

Tiredness or becoming withdrawn and quiet

Avoiding friends or social situations

Changes in social media habits, shutting down or stopping social media

Not answering the phone

Uploading worrying photos or status updates

Neglecting appearance or cleanliness

Feeling unable to manage





Asking for help

Accept that it is ok to ask for help. It can be easier to write things down before asking for help. Sometimes we don't know the reasons we feel like we do. Just say what you want help with.

Telling a parent

- You might think that they will be angry, sad, disappointed or dismissive and you don't want to upset them.
- Plan what you are going to say to them.
- Start by telling them what symptoms you have and how they have been impacting on you.
- Tell them when you have plenty of time, and that you would like to talk without interruption.
- You could write to them if talking is difficult.
- Or speak to someone at school who can tell a parent for you.

Telling a friend

- Often friends are the first people you speak to.
- Find a safe space and a good time to talk, rather than on social media.
- Decide on what information you want to share.
- Answer questions but let your friend know what you are not comfortable sharing.
- Remember friends are not trained in mental health so be prepared for different responses. Tell your friend what you need from them, do you want them to help you find professional help or just listen?

Anxiety

What is anxiety?

- Anxiety is a NORMAL EMOTION – it helps us cope with difficult, challenging or dangerous situations.
- We all feel anxious at times.

Anxious feelings:

When we become anxious our body prepares itself for action – often called the ‘flight, fight or freeze’ response. We can notice a number of symptoms:

- Shortness of breath
- Tight chest
- Dizziness or light-headedness
- Palpitations
- Muscle pain
- Wanting to go to the toilet
- Shakiness/jiggly leg
- Sweating
- Dry mouth
- Difficulty swallowing
- Blurred vision
- Butterflies or feeling sick

Often there is a reason for feeling anxious such as:

- An exam
- Social situations
- Doing something scary

Once the unpleasant event is over our bodies return to normal and we usually end up feeling better.

Worry Thoughts

Sometimes there may not be an obvious reason for feeling anxious. Another cause of anxiety is the way we think about things. We may think that:


- Things will go wrong
- We will be unsuccessful
- We will be unable to cope.


Life can seem like one big worry as minds become full of negative or worry thoughts. Anxiety is unpleasant and so we may find ways of making ourselves feel better. Feared or difficult situations may be avoided. We may stop doing things that worry us. The more we stop or avoid things, the less we do and the harder it becomes to face our fears and overcome our worries.

Fight, Flight or Freeze response

When we see something scary or think thoughts, our bodies prepare us to take some form of action. This can be either to run away (flight), stay and defend (fight) or shut down (freeze). To do this the body produces chemicals called adrenalin and cortisol. These chemicals make the



heart  beat faster so that blood can be pumped around the body to the muscles. The muscles need oxygen and so we start to breathe faster in order to provide the muscles with the fuel they

need. This helps us to become alert and able to  focus on the threat. Blood gets diverted away from those parts of the body that aren't used (tummy) and from the vessels running around the outside of the body. Other bodily functions shut down. We don't need to eat at times like this so you may notice the mouth



becoming dry and it being difficult to swallow. The body is now working very hard. It starts to become hot. In order to cool down the body starts to sweat and pushes the blood vessels to the surface of the body, resulting in some people becoming flushed or red in the face. Sometimes the body may take in too much oxygen, resulting in people feeling faint, light headed, or as if they have wobbly or jelly legs.

Muscles that continue to be prepared for action (tensed) start to ache and people may notice headaches and stiffness.

My anxiety body signals:

When you feel anxious you may notice a number of changes in your body. Circle the body signals you notice when you get anxious.

Red face/feel hot

Dry Mouth

Lump in throat

Butterflies

Sweaty hands

Difficulty breathing



Headache

Blurred eyes

Shaky voice

Fast heartbeat

Jelly legs

Want to go to the toilet

What makes me feel anxious?

Draw a line between the anxious face and the things that make you anxious.

Going somewhere new

The dark

Talking with friends

Meeting new people

Dentists

Parents being ill

Spiders



Snakes

Animals

Being ill

Germ

Doctors

Exams/tests

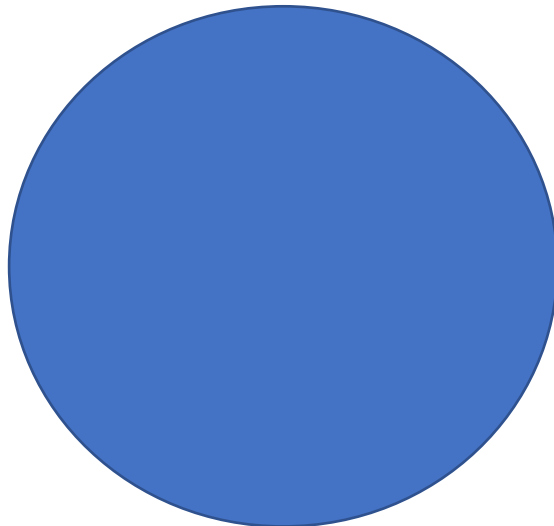
Doing something in front of others

'Good' worry verses 'Bad' worry

This activity is designed to help you understand and separate good worry verses bad worry. For instance, good worry might be worry about an upcoming test, which motivates you to study. Bad worry might be the worry that prevents you from completing your day-to-day routing. Write down examples of good and bad worry.

Good Worry	Bad Worry

What does your worry look like? Draw or write in the circle below:



Low Mood

What causes low mood?

Life events: We can feel low for a variety of reasons. This feeling can follow difficult experiences e.g. bullying, someone dying, moving schools. There is often a feel of 'loss' or 'emptiness' associated with such experiences. On the other hand, sometimes low mood can feel like it comes 'out of the blue', for no reason at all.

Behaviours: Low mood can also occur because we stop doing many of the things we used to enjoy e.g. socialising with friends or doing sport and hobbies. This creates a 'vicious cycle' which is the trap that can happen when our lives appear to be boring or meaningless, which in turn reduces our motivation to engage in activities. We do less and less and over time we start to feel like our life has become unrewarding and unsatisfying, which reinforces our initial thoughts that our lives are boring and meaningless.

Thinking styles: The way we interpret, or make sense of things, can also lead us to feel sad. This is because how we think affects our emotions. For example, when we are sad, we often think about situations in a very negative way – only seeing the bad things and ignoring the good things. This way of thinking can lead to uncomfortable feelings of sadness, hopelessness and helplessness. When feeling sad, you might find that you feel negatively about yourself, the future and the world around you. It might feel like there is no way out. There is...and the first step is to understand why you feel sad and what's keeping it going.

Each person's symptoms and experience of low mood may be a little different from everyone else's. Learning to recognise your own symptoms can help you to both prevent and manage your low mood.

Circle the symptoms below that may be expressions of your low mood.

trouble sleeping	unhappiness	weight change
reckless behaviour	constant boredom	withdrawal
feeling helpless	truanting lesson	forgetfulness
increased anger	feeling worthless	aching body
frequent crying	increased anger	poor hygiene
increased arguments	feeling guilty	irritability
missing appointments	can't make decisions	feeling suicidal
thoughts of running away	disappointed in self	restlessness
negative attitude	feeling a failure	self-injury

It is normal for anyone to experience symptoms of low mood at one time or another. Symptoms may come and go over the course of days, weeks or months. Symptoms become a problem if they cause long-term or severe disturbance in your life.



Goals

Goals are important. They give us something to aspire to, drive our ambition, foster self-esteem. We feel a sense of pride and joy when we reach our goals. And, perhaps most importantly, we will be happy with our life (and ourselves) if we know that we reached our goals.

What goals do you have?

- 1.
- 2.
- 3.

Smart goals

Smart goals are specific, measurable, attainable, realistic and timely. A SMART goal breaks down a goal into steps that you can work on to help you reach that goal.

Specific: What exactly do you want to accomplish?

Measurable: How can you measure progress? When will you know you have achieved your goal?

Attainable: Do you have the tools or resources to achieve this goal? If not, can you obtain them?

Relevant: Why is this goal important to you?

Timely: What is the deadline for achieving this goal?

What goal would you like to achieve? Do the SMART goal setting below.

Specific – what do you need to do	
Measurable – how will you know you have done it?	
Achievable – how is it achievable	
Realistic – what actions will you take	
Time – what is your deadline?	



Exploring the consequences of anxiety and low mood

Use the following to identify how anxiety and low mood have impacted your life, as well as how reaching your SMART goals would make things different.

What are the consequences of my anxiety and low mood? How has it impacted....

1. How I feel about myself
2. My friendships?
3. My family?
4. My schoolwork?
5. My hobbies and interests?

If I reach my SMART goals....

1. How will I feel about myself?
2. How will my life be different?
3. What will my parents/carers think?
4. What will my friends think?
5. How will it affect my low mood and anxiety?

Meaningful activities

Now you have established a few things that are meaningful to you, you can think about which changes can you make in your day to day life. These activities will need to be realistic and achievable. Don't set yourself up to fail! You can always build up your activities over time.

Hobbies: What do you enjoy doing?

Playing football/netball



Activity:

Baking/cooking

Go for a jog.

Art/drawing



Activity:

Running/gym

Bake a cake

Now plan an activity into your week which will help you move towards more things that are meaningful to you. Start with easy activities and schedule them on a day and time the you can reasonably complete them. Break them down if they feel overwhelming. Don't be discouraged if you don't complete them.

Thoughts and feelings

We think about people in simple terms, categorizing them by their most obvious traits. You may know someone who is deaf, extremely tall or short or who stutters. The difference is only a small part of who that person is.

Who are you? Fill in the questionnaire below which focuses on the positive aspects of yourself and your feelings. Thinking in more positive terms and being more optimistic is an important part of improving your mental health.

My favourite subject at school is	
My favourite teacher is	
My favourite TV show is	
My favourite film is	
One place I would like to go	
One thing I like about my best friend	
My favourite sport is	
One hobby I like is	
My best quality is	

Sometimes it is the way we think about things that makes us feel anxious or have low mood.



We:

Expect to be unsuccessful.

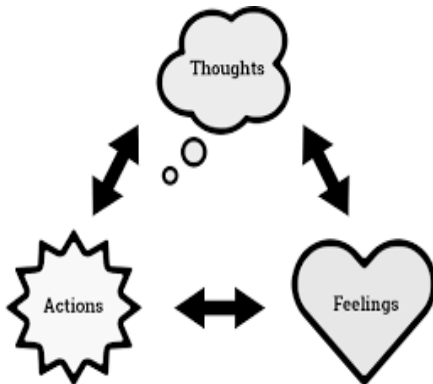
Notice the things that go wrong.

Are very negative and critical about what we do.

Think that we will be unable to cope.

If we change the way we think then we can feel less anxious and happier. We can learn to do this through something called cognitive behaviour therapy (CBT). CBT is based on the idea that how we feel and what we do are due to the way we think. CBT is one of the most effective ways of helping people with anxiety.

Vicious cycle

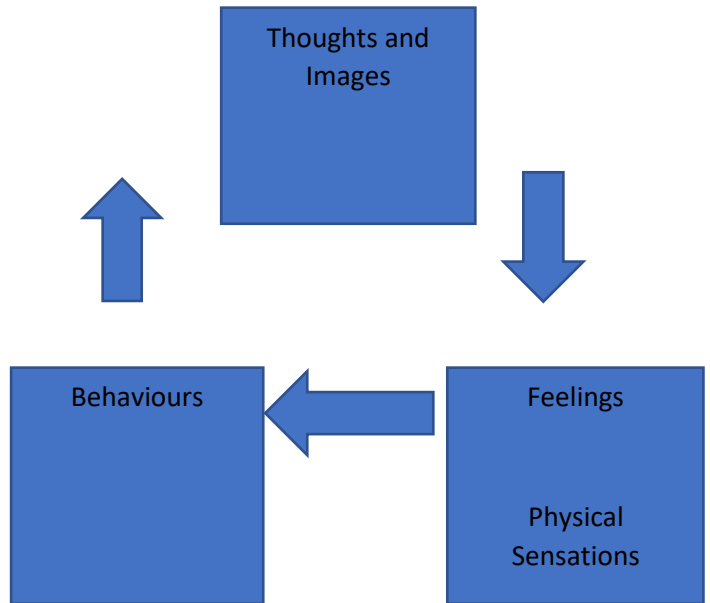


CBT assumes that a lot of anxiety and low mood problems are related to the way we think. Because we can change the way we think, we can learn to control our anxious/low feelings. Thinking in more positive ways can help us feel good. Thinking in more negative ways makes us feel fearful, tense, sad, angry or uncomfortable.

We all feel anxious/low some times. A certain amount of anxiety helps us to be more alert and focused. For example, just prior to an exam, a few exam nerves can have a positive effect, motivating us and helping us to focus. Too much anxiety, or constantly being anxious, is unhealthy and detrimental to our lives and relationships.

An example might be that a student is really worried about a lesson. Will they be asked a question that they don't know the answer to, will everyone look at them? Their thoughts can make them have a racing heart, sweaty hands and jiggly legs. Because of this they may want to avoid the lesson. But...they don't know that they will be asked a question, or if they would get it wrong. By thinking more positively 'I may not get asked a question, everyone might not know the answer, I am sure I will be fine as I have learnt the work', this can make them feel a lot less anxious, have fewer physical symptoms and make them happier about going to lesson.

Think of a situation that made you anxious:
When? Where? What? Who with? What were your thoughts and images? What emotions and physical sensations did you feel? How did this affect what you did? (behaviours).



Now replace the thoughts and images with more positive thoughts,
How do you think this will affect your feelings and physical sensations? Will this also affect your behaviours?

By changing how **you** think it will help to make you feel less anxious, which will then change your behaviours.

Negative thoughts worksheet

Identify the negative thoughts that you are having and then come up with new, positive thoughts to have instead.

The situation:

These are the thoughts I am having.....



These are the thoughts I can have instead.....



Wellness Toolbox

Think about the things that keep you well – this is our ‘wellness toolbox’. Things that go in should include:

Getting Active – a good way to work out anger, frustration and worry and can take your mind off things.

Getting outside – Is really good for our mental wellbeing. Walk the dog, meet friends at the park.

Connecting – Spend time with family and friends. Join in team sports and keep in contact with friends.

Reach out – If you are feeling low reach out to family and friends either in person or online.

Positivity journal – record one thing you are grateful for each day.

Quiet time and relaxing – read a book, listen to music.

Worry – write down your worries, screw up the paper and throw it in the bin!

Think of things that support your wellbeing

What makes you happy? _____

What helps you feel calm? _____

What new things would you like to try? _____

What stops you feeling bad? _____

What have others suggested? _____

Daily maintenance plan

Things I can do for myself each day to keep myself feeling as well as possible:

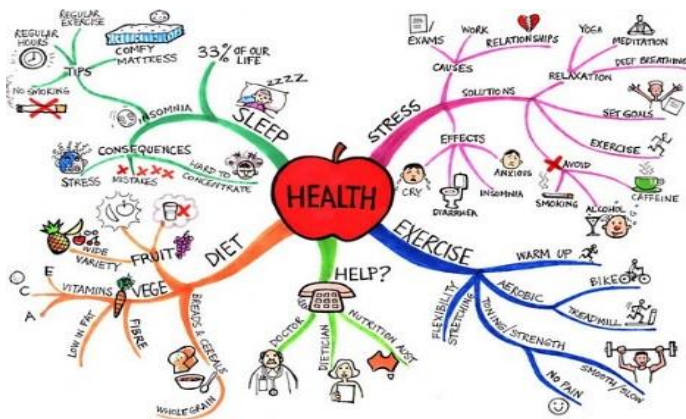
- 1.
- 2.
- 3.

Things that are my triggers and challenges

Think of the things that make it harder for you to stay well:

- 1.
- 2.
- 3.

Write things down – do a mind map



Grounding technique

Helps refocus while in distress or feeling anxious.



Coping Strategies

Emotional release Squeeze a cushion Talk to someone Scream or sing Cry Write in a journal	Distraction Puzzles Colouring Music Watch a movie Tidy your room
Physical release Squeeze ice cubes Lightly snap a rubber band on your wrist Eat a lemon Take a cold shower	Self-Soothing Listen to soothing music Have a bath Look at happy photos Have a cup of tea Paint your nails

7/11 breathing exercise

Breathe in through your nose for a count of 7 and out through your mouth for a count of 11. Continue for 5 - 10 minutes or longer if you can, and enjoy the calming effect. Make sure you're doing deep 'diaphragmatic breathing' rather than shallower lung breathing.



Count 1 to 7

First, count from one to seven on each "in" breath . . .



Count 1 to 11

. . . then, counting at the same rate, count from one to eleven on each "out" breath

Look at these emotion faces to help you decide how you feel



**Please speak to someone if you feel
like you need some support.**

**It's Ok
not to be ok**

My trusted adults are;

1. _____

Contact details:

2. _____

Contact details:

3. _____

Contact details: