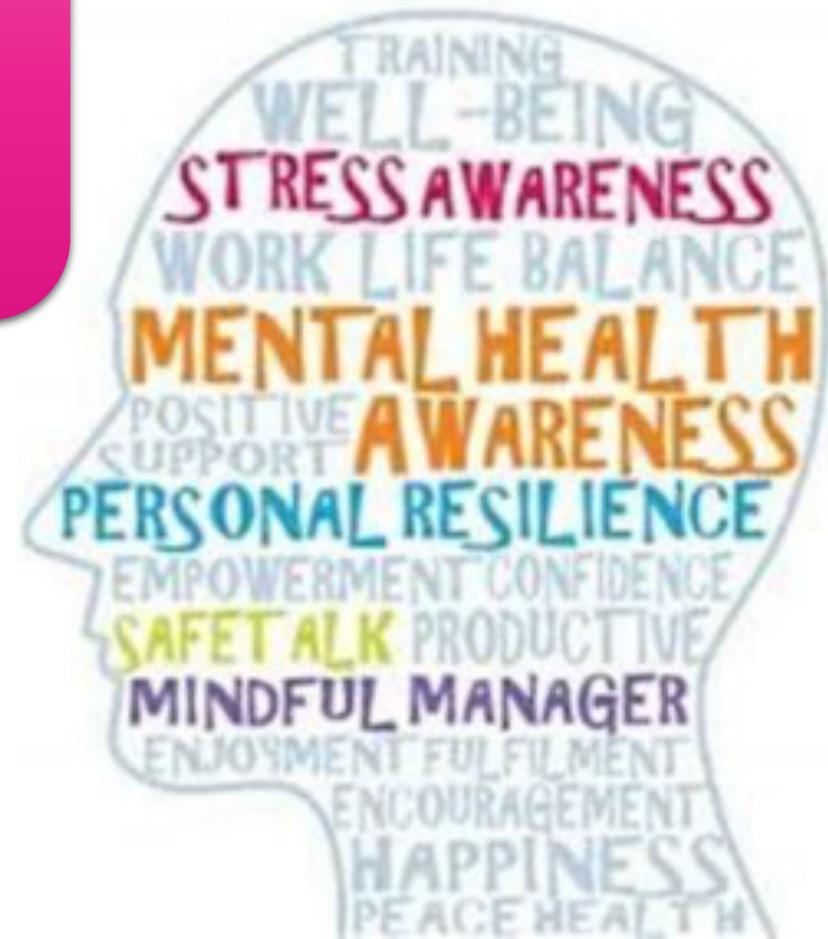


Mental Health & Well-Being

Lesson 1 – Introduction & Ways to Relax





Hi Tynecastle High School!

For those of you who don't know, we are some of Tynecastle's Mental Health and Well-being team! Over the next few weeks the team and I are going to be talking to you about how to stay happy and healthy during lockdown.

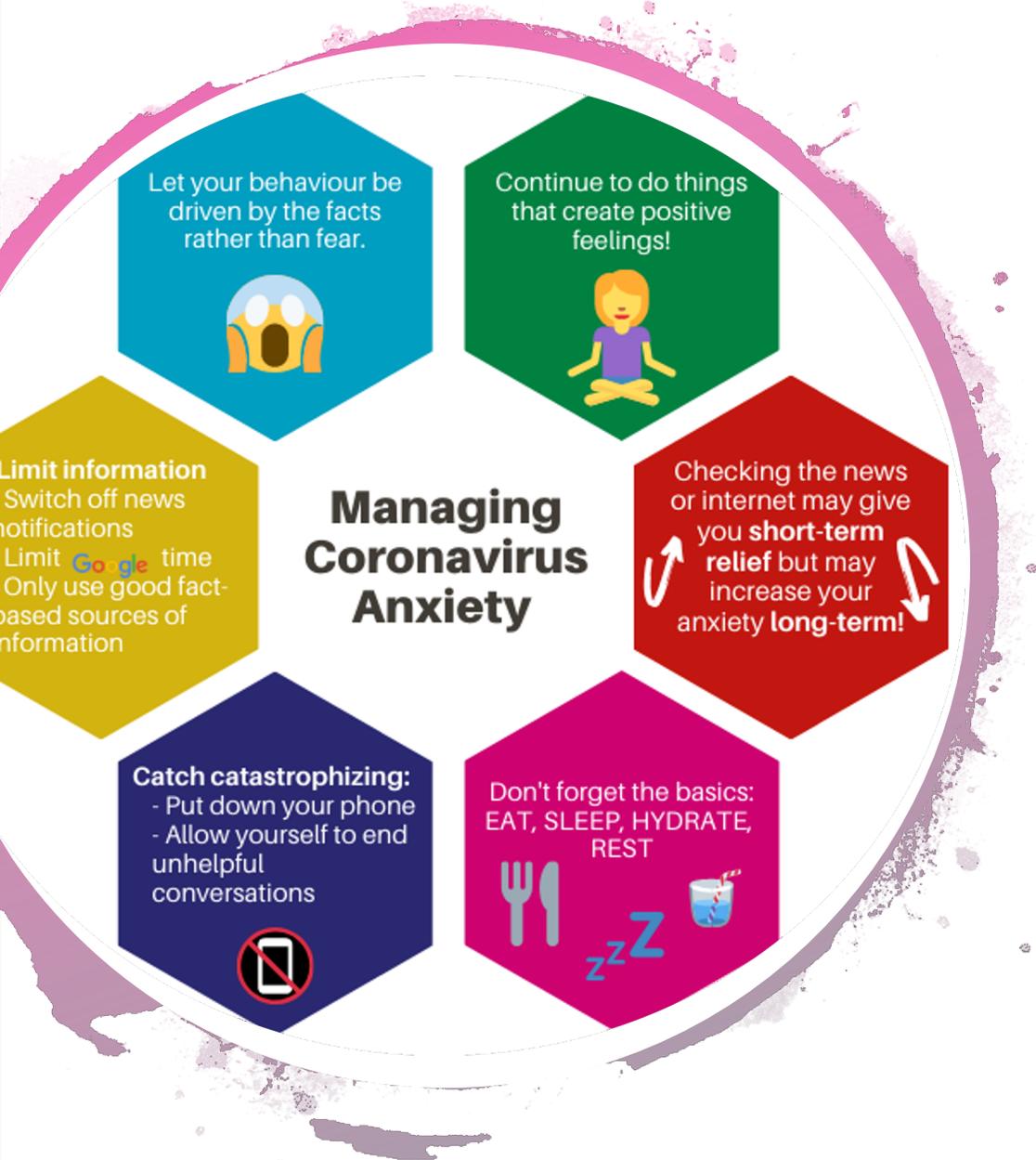
Today we would like to get you thinking about your Mental Health and how to relax during such a crazy time. Our lives are changing so quickly just now, and it is easy to get lost and feel stressed. That's why it is extra important to think about how to stay mentally healthy.

What is Mental Health?

Mental health is part of our overall health. It's about: how we feel, think, and behave; how we cope with the ups and downs of everyday life; how we feel about ourselves and our life; how we see ourselves and our future; how stress affects us; how we deal with negative things that happen in our life; our self-esteem or confidence.

It's ok to have bad days, it's natural, and on these difficult days there are lots of things you can do, and people to speak to to help!





Why is it so important right now?

The world is changing rapidly. Coronavirus is all over the news, schools have moved online, we can't spend time with friends and family and the things we usually like to do are not available.

It is really important to remember that it is natural to feel stressed and worried right now – adults and teachers are too! This is a very normal way to feel when lots of changes happen quickly and it just means that the part of your brain that wants to keep you safe is functioning in the way that it's meant to. Often though people find themselves worrying too much and forgetting to focus on their own emotional wellbeing. Now more than ever we need to find ways to relax and be happy.

WHAT I CAN CONTROL:

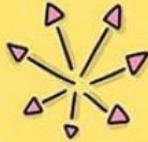
by
mellow
doodles
♡



How much news
I read & watch



How much
time I spend
on social media



Where I direct
my energy



How I speak to
& treat other
people



How I choose
to self soothe



The decisions
I make



How I handle
my own feelings



How I look
after myself

WHAT I CAN'T CONTROL:



How other
people behave



How other
people feel



Other people's
thoughts & ideas



Other people's
decisions

Things we can't help

- During times like these, people often find themselves worrying about things that they have little or no control over- no matter how much worrying they do.
- If you feel there is a way for you to fix the worry, you should make a plan to do this! This may be something you can do instantly (emailing a teacher for help) or it may be something you can schedule for later (calling a friend)
- If you identify that there isn't anything you can do to fix the problem that is worrying you, there are strategies to help you learn to 'let the worry go'.

Task 1

1. Make a list of anything you feel is stressing or worrying you at the moment.

2. For each separate stress/worry follow the worry tree to see what you should do.

If it is to do with school work, it may be that you need to make a realistic plan / timetable so you don't let it get on top of you. Or if it is due to coronavirus, you may find there isn't anything you can actually do right now, and therefore you need to 'let it go.'



Distracting yourself from your worries

- Name all the objects you see.
- Describe the steps in performing an activity you know how to do well. For example, how to shoot a basketball, prepare your favorite meal, or tie a knot.
- Count backwards from 100 by 7.
- Pick up an object and describe it in detail. Describe its color, texture, size, weight, scent, and any other qualities you notice.
- Spell your full name, and the names of three other people, backwards.
- Name all your family members, their ages, and one of their favorite activities.
- Read something backwards, letter-by-letter. Practice for at least a few minutes.
- Think of an object and "draw" it in your mind, or in the air with your finger. Try drawing your home, a vehicle, or an animal.

- Try these exercises when you need to distract yourself from your worries. Turn it into a competition with your friends or family!





Relaxation

- There are lots of different ways you can relax and distance yourself from your worries and different people find different things relaxing. Some people like using strategies to calm the mind, some prefer to relax their bodies, and others like to do activities to distract themselves from thinking too much.
- The following slides give you some different ways to relax and unwind.

Give them a try and see which ones work for you!

Ways to relax

Try some of these activities to relax yourself if you are feeling worried or stressed.

Practice Yoga

Listen to music

Read a book

Spend time with a pet

Try a home workout

Go outside – for a walk, run or cycle

Phone or text your friends

Paint or draw

Phone your friends

Challenge yourself to an hour without technology

Sing or dance

Cook or bake

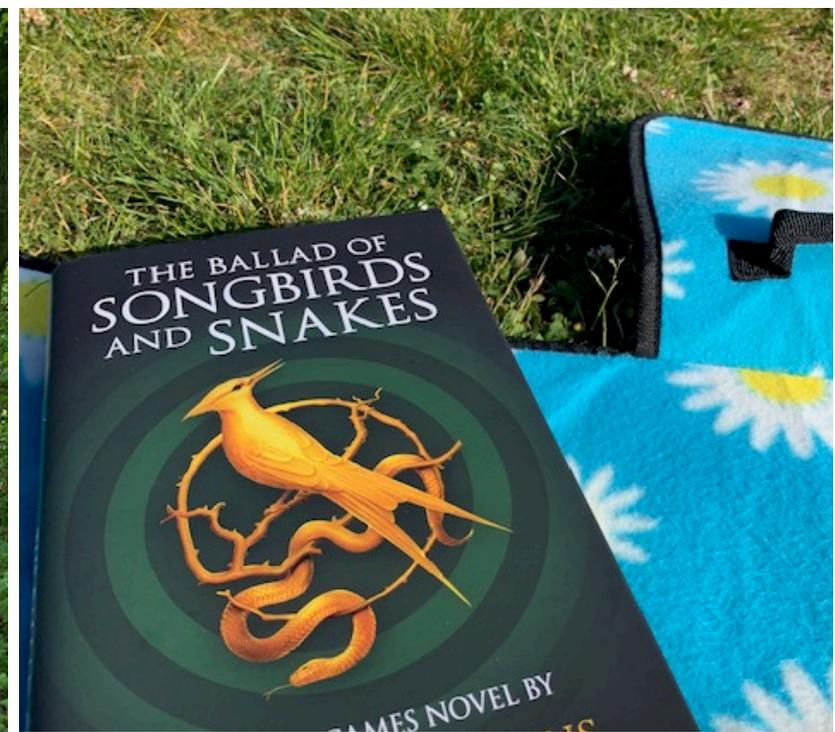
Watch your favourite tv show or movie

Have a bubble bath

Play a board game

Play an instrument

Make a bucket list of things to do in the future



Here are some of the things that have Miss Bowerman relax during lockdown...

Task 2

It's hard to think of things to do when your mind is already distracted by worries. Try making a list now when you are feeling okay, so it is ready when you need it.

Make a list of anything you have done already during lockdown that has helped you relax.

In a different colour, write down any new things you think you could do to help you relax in the future.

Next time you are feeling stressed or worried, choose something from this list to do to unwind!

Places to get help if you need it

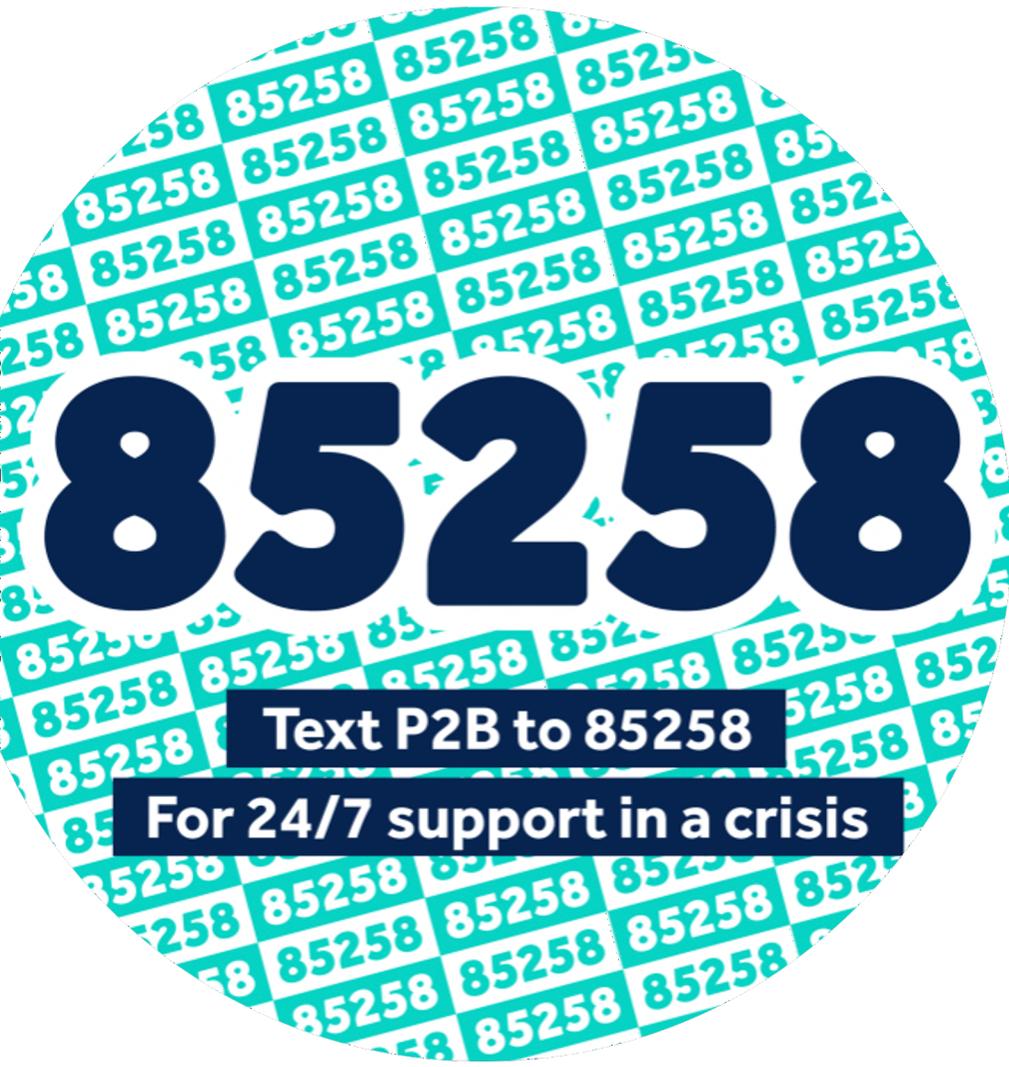
Here are some places you can go if you need someone to talk to:

SHOUT! Crisis Text Line

- Confidential support by text, available 24hrs every day
- Text P2Be to 85258 (it's free)
- See <https://www.place2be.org.uk/our-services/get-help/> for more information

Childline

- Phone 0800 1111 (it's free)
- At the moment, you can call Childline from 9am until midnight • See <https://www.childline.org.uk/> for more information



That's all for today, see you again soon! 😊

For more ideas and resources, follow our Mental Health and Wellbeing Twitter feed @THS_wellbeing and our NEW Instagram @Tynecastle_hwb



If you have any questions or issues relating to your mental health and well-being, feel free to drop any of us an email.

The Mental Health and Well-being Team



“It's okay to do less when you are coping with more.”

