

# Mental Health

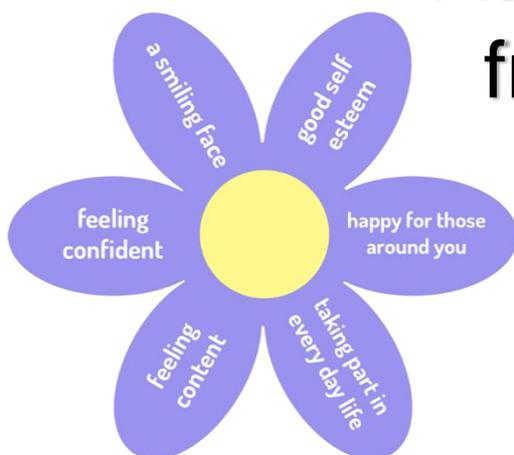
# &

# WELLBEING

For children, young people  
and adolescents



Advice & guidance  
from the School  
Nursing  
Service



<http://maternalmentalhealth.org/>

Devon  
County Council



## **Why have we made this pack?**

To support your child's health and wellbeing.

As coronavirus (COVID-19) impacts our familiar life routines, as social distancing and school closures play a fundamental role in the public health response, taking care of our mental health is vital in this time of change.

Even though it may be more difficult to get out and about, as a school nursing team we are still here for you! Even if we cannot offer face-to-face visits we can still provide telephone contacts and are available via email Monday – Friday 9am – 5pm.

School Nursing Service, Honiton Hub: [0333 234 1903](tel:03332341903)

Email: [rde-tr.easternphnduty@nhs.net](mailto:rde-tr.easternphnduty@nhs.net)

For reliable information related to COVID-19 in Devon please see the Devon County Council website –

<https://www.devon.gov.uk/document/coronavirus-advice-in-devon/>

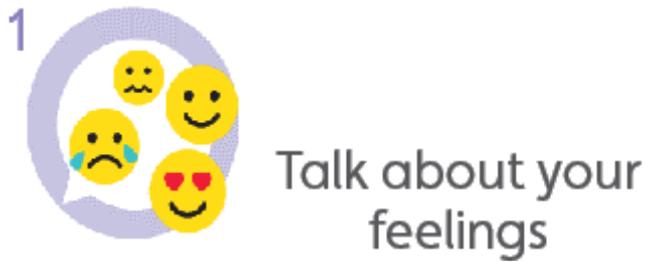
This pack includes:

- '10 a day' to help support our mental health
- Resources and worksheets for building resilience
- Further websites and resources to utilise

There are some **key things that everyone can do** to positively support their own health and wellbeing. The following are 10 ways that we can all make healthy choices that are beneficial to our mental health. This is something that can be used by the **whole family** – so why not give it a go!

**‘10 a day’  
choices to  
help balance  
our Mental  
Health**

-   
1 Talk about your feelings
-   
2 Do something you enjoy and are good at
-   
3 Keep yourself hydrated
-   
4 Eat well
-   
5 Keep active in mind and body
-   
6 Take a break
-   
7 Stay connected to those you care about
-   
8 Ask for help
-   
9 Be proud of your very being
-   
10 Actively care for others



Chatting about your emotions is good for your mental health. If you are struggling with how you feel, talking can help find a way through it. It is not a sign of weakness but a way of looking after your health.



Doing something you enjoy can be a great way of feeding your soul. Having hobbies can enable self-expression and potentially connecting with others.



We all need to drink 6-8 cups of water based fluids spread throughout the day. Generally, a 7 year old will need to drink

about 1.5litres a day. For an 11 year old it will be closer to 2 litres.



Eating well can affect how you feel today and improve your physical and mental health in the long-term. Small steps help. For example, eating fruit instead of eating a processed snack. Are you getting your 5 a day? See <https://www.nhs.uk/change4life/food-facts/five-a-day> for more information.



Physical and mental activities are both great for your health and wellbeing. It can raise your self-esteem, help you set goals and achieve them and positively change your mood. Why not check out the sudoku later in this booklet.



## Take a break

Regular, short breaks can help maintain focus and increase your learning. It's important to take time for yourself, especially when starting to feel anxious or stressed. You may, for example, like to listen to music, spend time sitting with family or practice a mindful meditation. Do it!



## Stay connected to those you care about

Good relationships are important for your health and wellbeing. They can help you build a sense of belonging, give you an opportunity to share positive experiences and provide emotional support to you and those you care about. Take time to spend with your family, arrange a phone call with friends, and sometimes turn off the TV and play without technology.



## Ask for help

There are a number of people that you can turn to for help; your friends, your family or a professional you trust such as a teacher. It may feel embarrassing to ask for help but this is the best step for you to bettering your mental health. For online contacts to support your mental wellbeing, take a look at the list of contacts at the end of this booklet. **Chat health** is there as a resource for teenagers. Please do get in touch.



## Be proud of your very being

Celebrating yourself is important, be proud of your achievements and of how far you've come. Being proud of yourself doesn't always come naturally. Taking note of your own personal achievements can really help to better your overall mood.

10

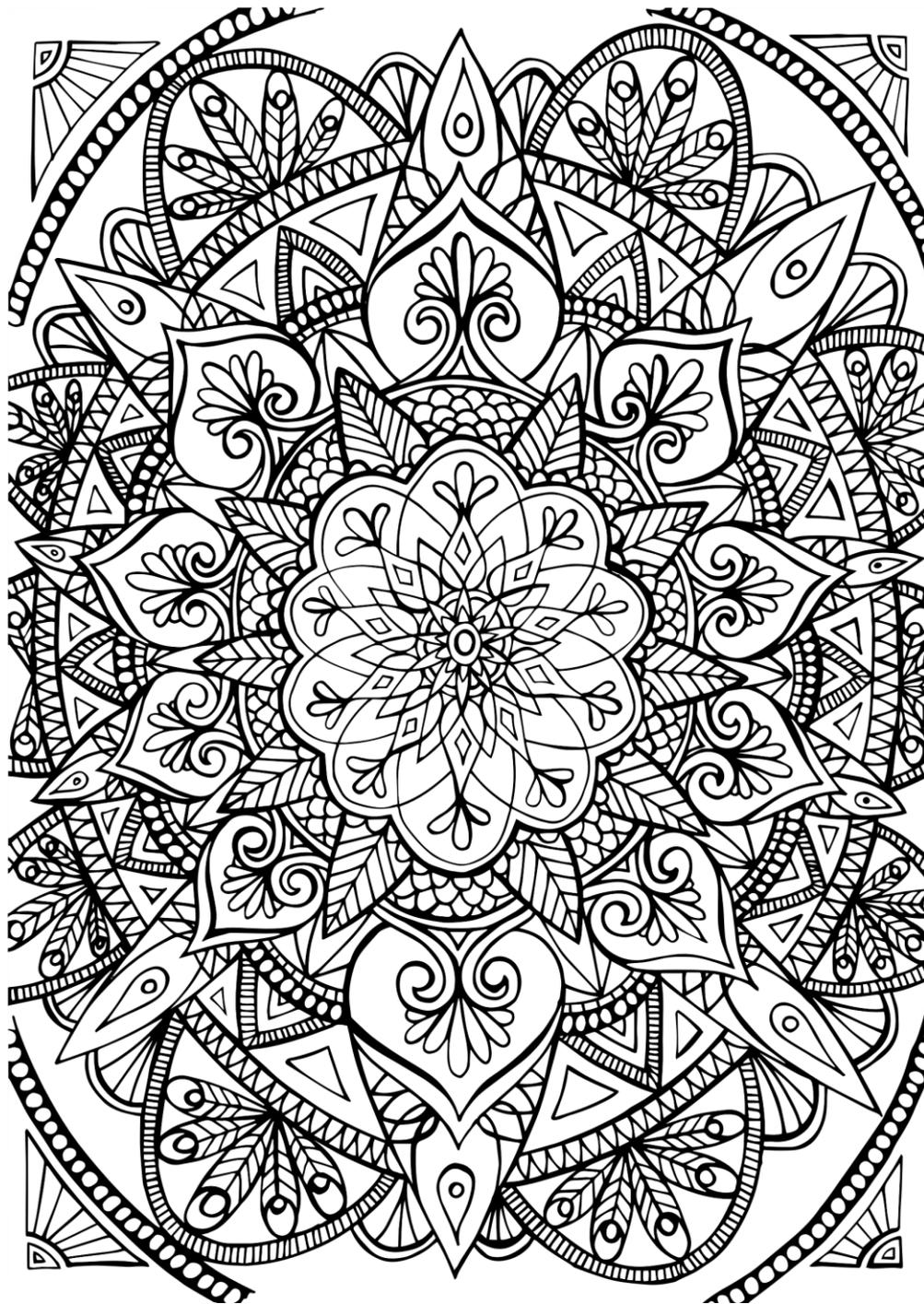


## Actively care for others

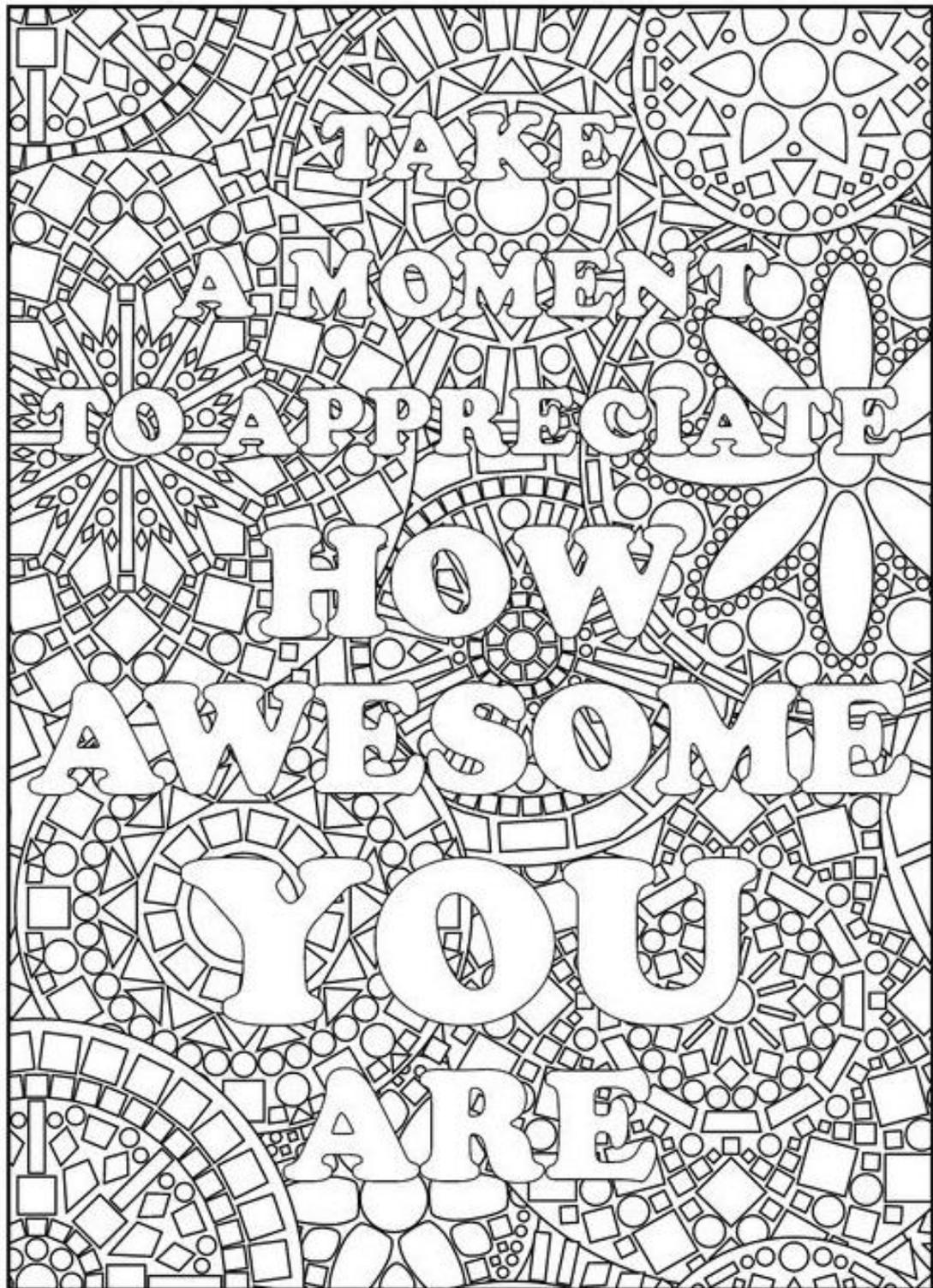
Acts of giving and kindness can help improve your health and wellbeing by creating positive feelings and a sense of reward, giving you a feeling of purpose and self-worth. It could be small acts of kindness towards other people. For example, making a cup of tea for your parent or simply asking how they are.

## **Practical resources and worksheets:**

Colour therapy – accessible online from Michael O' Mara Books, [www.mombooks.com/mom/online-activities/](http://www.mombooks.com/mom/online-activities/)







# I am amazing!

Fill out the balloons with all the reasons why you are AMAZING! Because you really are!

I am a good friend because...

I am really good at...

I am proud of myself when...

I have worked hard to improve...

I am thoughtful because...

My special talent is...

I am a good team member because...

I am unique because...

I am loved because...

# Negative → positive



Often we think negatively about a situation that has happened or may happen. When we begin to think negatively, we are likely to continue to think in this way, which leads to our thoughts becoming stronger and more powerful. When it gets to this stage, it is often difficult to find our positive thoughts again.

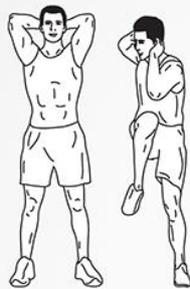
Complete this table to help see how you can turn your negative thoughts into positive ones 😊

<b>Negative Thoughts</b>	<b>Positive Thoughts</b>
<i>EXAMPLE: I am not good at maths because I only got 16/20 in my test. I think my mum is cross with me.</i>	<i>I worked really hard in maths and getting better and better. I only got 4 wrong in my last test. My Mum is really proud of me.</i>

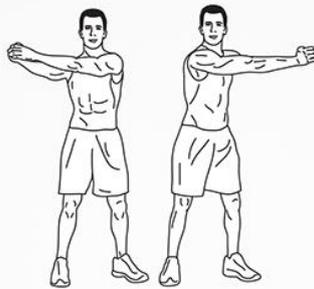
Exercises for at home – make it fun, dance if you like!

# standing abs

repeat 5 times | up to 2 minute rest between sets  
© neilarey.com



**20** knee-to-elbows



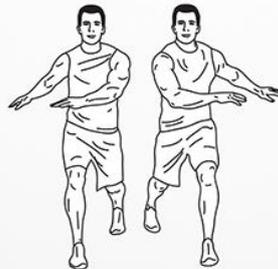
**20** side-to-side chops



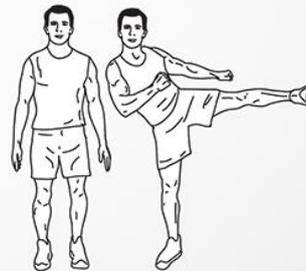
**10** cross chops



**20** high knees



**20** twist jumps



**10** side leg raises

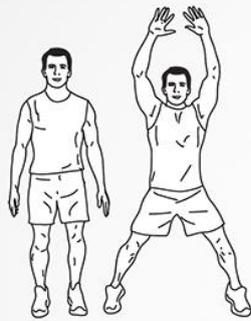
www.nhs.uk **NHS** choices

# 150 POINTS

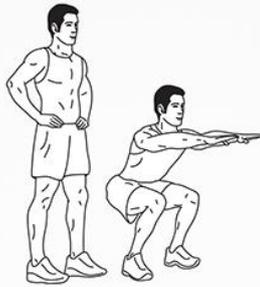
WORKOUT @ [neilarey.com](http://neilarey.com)

EACH EXERCISE = 1 POINT

UP TO 24 HRS TO COMPLETE



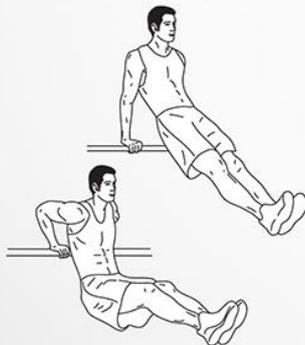
star jumps



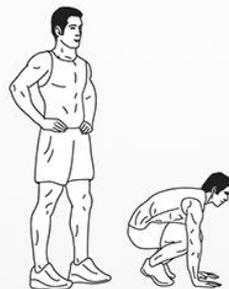
squats



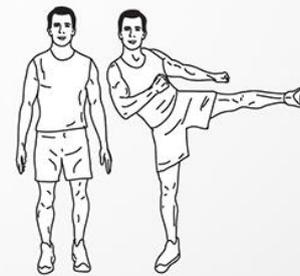
lunges



tricep dips



floor taps



side leg raises

# Sudoku –

Available online from [www.mathsphere.co.uk](http://www.mathsphere.co.uk)



**MathSphere**  
**Sudoku**



Fill in the puzzle so that every row across, every column down  
and every 2 by 2 box contains the numbers 1 to 4.

## Easier Puzzle 1

			3
			2
3			
4			

# Harder Puzzle

Fill in the puzzle so that every row across, every column down and every 3 by 3 box contains the numbers 1 to 9.

Hard Puzzle 1

								2
						9	4	
		3						5
	9	2	3		5		7	4
8	4							
	6	7		9	8			
			7		6			
			9				2	
4		8	5			3	6	

## Where can I get additional support?



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

Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

## childline

ONLINE, ON THE PHONE, ANYTIME

[childline.org.uk](http://childline.org.uk) | 0800 1111

Childline is there to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, trained counsellors are available to offer support.



[themix.org.uk](http://themix.org.uk)

There to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts. Gives you the information and support you need to deal with it all. Because you can. Because you're awesome. For teenagers and young adults between the ages of 13-25.



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

Leading the fight for a future where all young minds are supported and empowered, whatever the challenges. YoungMinds seeks to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.

### **Specific Challenges:**

There are a range of organisations that provide specialist support for young people experiencing specific challenges. These include for;

#### **Bereavement**

Balloons – [www.balloonscharity.co.uk/](http://www.balloonscharity.co.uk/)

Children and Families in grief - [www.childrenandfamiliesingrief.co.uk/](http://www.childrenandfamiliesingrief.co.uk/)

Pete's Dragons - [www.petesdragons.org.uk](http://www.petesdragons.org.uk) (Specifically working around bereavement through suicide)

#### **Bullying**

Bullying UK – [www.bullying.co.uk](http://www.bullying.co.uk)

#### **Crime**

Young Victims of Crime service – Young Devon 08082 810155

**Divorce / Separation**

Relate – [www.relate.org.uk](http://www.relate.org.uk) – Online and face to face support

**LGBTQI**

Intercom Trust – [www.intercomtrust.org.uk](http://www.intercomtrust.org.uk)

Proud 2 Be – [www.proud2be.co.uk](http://www.proud2be.co.uk)

**Substances**

Y-Smart – [www.y-smart.org.uk](http://www.y-smart.org.uk)

**Staying safe online**

CEOP – [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**Parents**

It can be really difficult to know the best way to support your child if they are struggling with their mental health. The following websites offer information as well as advice lines to get support yourself.

Family Lives – [www.familylives.co.uk](http://www.familylives.co.uk)

Yound Minds – <https://youngminds.org.uk/find-help/for-parents/parents-lounge>

**Apps:**

There are many phone apps which can be a source of support. They include, for example, Headspace (meditation) and Calm Harm (self-harm prevention).

A list of useful apps can be found here -

<https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/>

**Chat health:**

If you're 11-19 years old, and have any concerns, text a school nurse on 07520631722. We are available to answer Monday-Friday 9-5.