

SUPPORTING YOUR MENTAL HEALTH

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

Mental Health:	Your general state of well-being & state of mind. Something that should be looked after
Mental Illness:	Something that disrupts your mental state and interrupts how you feel, think, communicate and behave

Apps:



Manage feelings, thoughts and improve sleep through mindfulness exercises.



Reduce stress, improve sleep and focus.



Targeting a range of wellbeing aspects through meditation exercises.




Cove
Expressing your mental health through music.



Calm Harm
This app provides tasks that encourage users to distract themselves from urges to self-harm and help manage their "emotional mind" in a more positive way.

Mindful Gnats



An app designed to teach young people simple mindfulness and relaxation skills.

Available on iOS and Android devices.

Blueice

An evidence-based NHS app to help young people manage their emotions and reduce urges to self-harm.



Meditation aimed at younger children.



MindShift

This app is free and helps cope with anxiety.

SuperBetter

An app aimed at building personal resilience and boosting physical and emotional wellbeing.

Available on iOS and Android devices.



RootD

Works great for panic attacks and anxiety. Has a panic button that you can use when having a panic attack and walks the person through breathing and stress management.

Apps (continued):



Booster Buddy

A fantastic app designed to help teens and young adults improve their mental health. Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests designed to establish and sustain positive habits.



Stay Alive

Stay Alive is a suicide prevention app packed full of resources, useful information, and tools to help you stay safe or help someone else.



ThinkNinja

An app designed to help 10 to 18 year olds learn about and manage their mental health and emotional wellbeing



eQuoo

Adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills.



Catch It

An app that will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



Chill Panda

Breathing techniques to help you worry less, relax more and feel better.



Worry Tree

An app to help you take control of worry wherever you are through cognitive behavioural therapy (CBT) techniques.



Happify

Activities and games to help reduce stress, overcome negative thoughts and provide effective tools to improve emotional well-being.

Available on iOS and Android devices.



Thrive

A game based app to help you prevent and manage stress, anxiety and related conditions.



MeeToo

A safe and secure forum for teenagers wanting to discuss any issue affecting their lives.



**CLEAR FEAR
Clear Fear**

Clear Fear uses a Cognitive Behavioural framework to help you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses.

Websites:



www.themix.org.uk



www.youngminds.org.uk



www.mindyourway.co.uk

Websites (continued):



kooth
kooth.com

www.kooth.com

A free, anonymous and confidential website where young people can go for help, advice and to talk to a trained counsellor online.

www.epicfriends.co.uk



EPIC FRIENDS

www.childline.org.uk

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, their trained counsellors are here to support you.

MindMate

www.mindmate.org.uk



shout
85258

www.giveusashout.org





HEADS TOGETHER

www.headstogether.org.uk

HappyMaps

www.happymaps.co.uk



stem4i
supporting teenage mental health

www.stem4.org.uk





SANE

www.sane.org.uk



PAPYRUS
PREVENTION OF YOUNG SUICIDE

www.papyrus-uk.org

STEP BY STEP
Young People. Hard Times. Bright Futures.

www.stepbystep.org.uk



Books for Parents/Guardians:



Publications/Resources for Parents:

- The Mental Health Foundation - <https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>
- Mind - <https://www.mind.org.uk/information-support/>
- MindEd for Families - <https://mindedforfamilies.org.uk/#/>
- Every Mind Matters - <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

- Place2Be - <https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>
- Young Minds - <https://www.youngminds.org.uk/parent/>
- NSPCC - <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>
- Nip in the Bud - https://nipinthebud.org/child-mental-health-conditions/?gclid=Cj0KCQjwmPSSBhCNARIsAH3cYgY51n8KhtAo1-vwhKNx1n98-uT3UE2DMRbNh77GwLybPLugBR4bYlQaApA4EALw_wcB

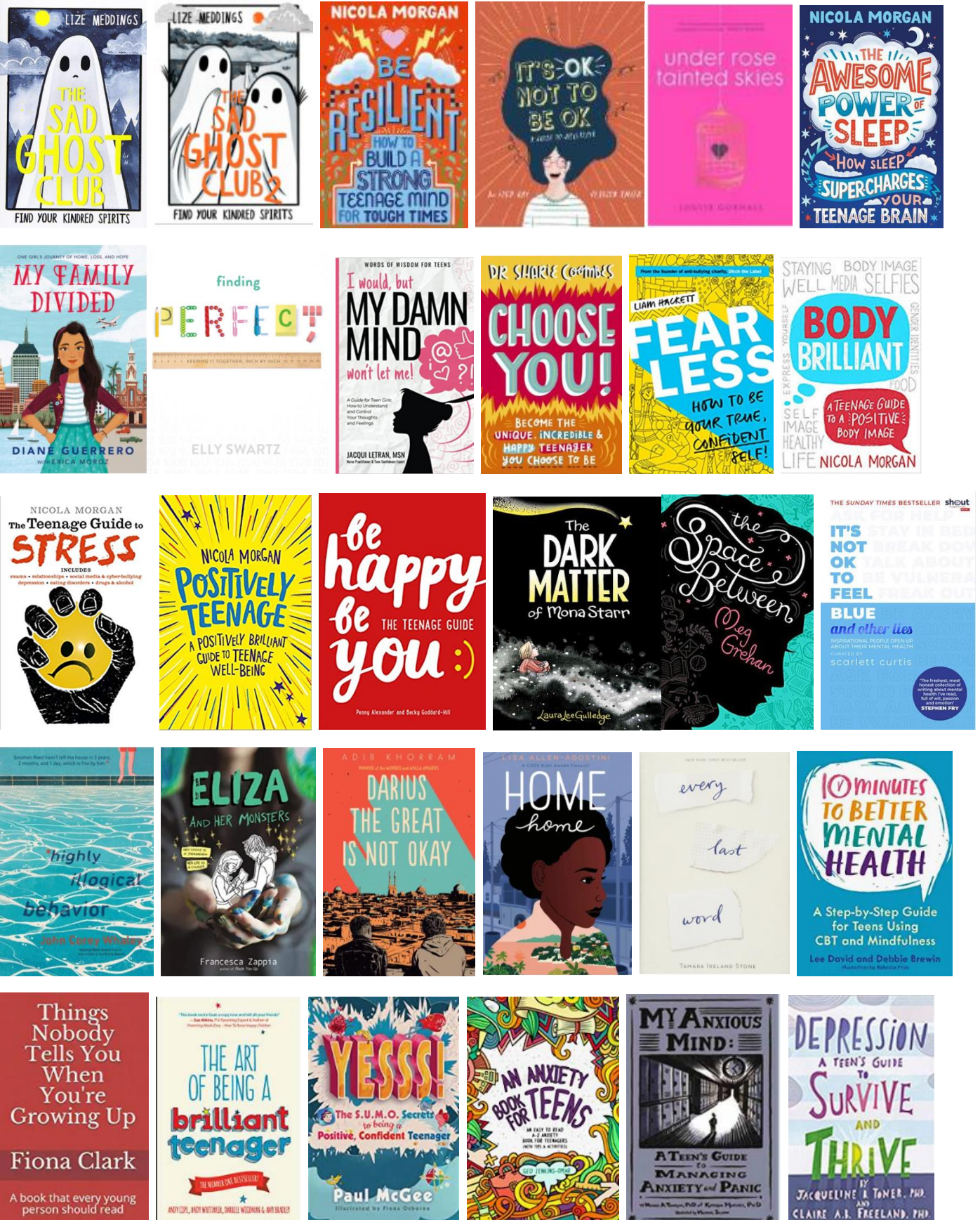
Books for Younger Children:



Books for Children/Young People:



Books for Teens/Young Adults:



Books for Siblings:



Self-Soothing and Grounding Suggestions:

SELF-SOOTHING

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.



Sight

- Low lighting
- Soothing colors
- Sleeping masks
- Coloring books

Touch

- Soft things
- Cuddle things
- Massage
- Hot/cold shower
- Heated/weighted blanket



Sound

- Calming noise
- ASMR videos
- Nature sounds
- Guided meditations
- Binaural beats



Smell

- Aromatherapy
- Fresh air
- Candles/incense
- Comforting smells



Taste

- Strong flavors
- Warm drinks
- Eat slowly
- Nostalgic flavors



Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

5 Things You Can See

4 Things You Can Feel

3 Things You Can Hear

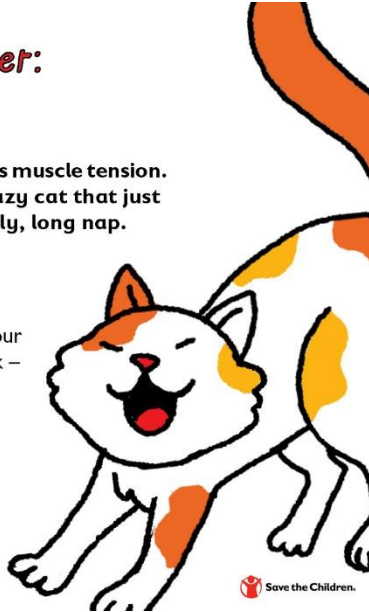
2 Things You Can Smell

1 Thing You Can Taste

Stress Buster: Lazy Cat

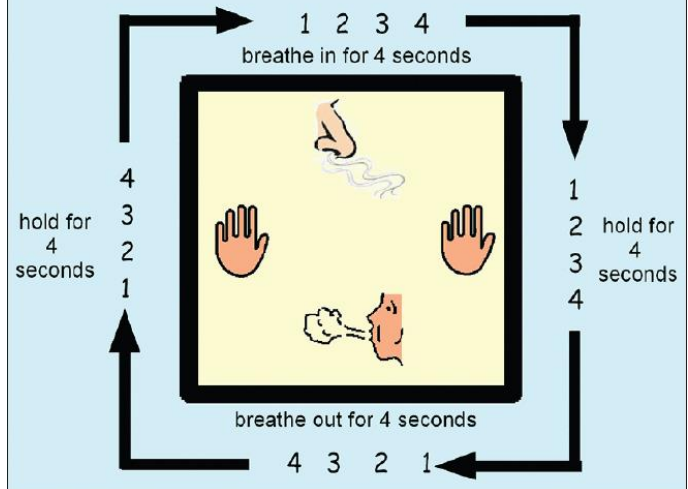
This exercise releases muscle tension. Pretend you are a lazy cat that just woke up from a lovely, long nap.

- Have a big yawn.
- And a meow.
- Now stretch out your arms, legs and back – slowly like a cat – and relax.



Save the Children.

SQUARE BREATHING



DURING YOUR RELAXATION REMEMBER TO

HOLD each muscle tension for **5 SECONDS**

PAUSE for **10 SECONDS** and breathe deeply in between each muscle tension



- FOREHEAD**
Raise your eyebrows as far as you can
- EYES**
Clench your eyelids tightly shut
- MOUTH**
Open your mouth wide enough to stretch the hinges of your jaw
- NECK + SHOULDERS**
Raise your shoulders up to touch your ears
- CHEST**
Tighten by taking a deep breath
- STOMACH**
Suck your stomach in
- ENTIRE RIGHT ARM + HAND**
Tighten your biceps by drawing your forearm up towards your shoulder and "make a muscle", while clenching fist. Repeat with left arm and hand
- BUTTOCKS**
Tighten by pulling your buttocks together
- ENTIRE RIGHT LEG**
Squeeze thigh muscles while pulling toes upwards towards you. Repeat with left leg
- FEET**
Curl your toes downwards

KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!

-  **FROG JUMPS**
Hop, hop, back and forth like a frog
-  **BEAR WALK**
Hands & feet on the floor, hips high - walk left and right
-  **GORILLA SHUFFLE**
Sink into a low sumo squat, with hands on the floor, shuffle around the room.
-  **STARFISH JUMPS**
Jumping jacks as fast as you can, with arms and legs spread wide.
-  **CHEETAH RUN**
Run in place, as FAST as you can! Just like the fastest animal in the Sahara.
-  **CRAB CRAWL**
Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.
-  **ELEPHANT STOMPS**
March in place lifting your knees as high as you can and stomping the ground as hard as you can!

TOOLS TO IMPROVE DISTRESS



ACTIVATE

- WALK
- JOG
- CLEANING
- COOKING
- CALL A FRIEND
- GO OUT FOR LUNCH / COFFEE
- TV
- SHOPPING
- GAMES
- GYM
- GARDENING
- DANCE
- COLD SHOWER

SOOTHE

- LIGHT A CANDLE
- AROMATHERAPY
- BEACH WALK
- SOOTHING MUSIC
- BODY LOTION
- MASSAGE
- PAT YOUR PET
- BUBBLE BATH
- FOOT SOAK
- FACE MASK
- JOURNALLING
- READ
- GRATITUDE LIST
- MEDITATE

STOPP

TAKE A BREATH

OBSERVE: What am I thinking?
What am I reacting to?
What am I feeling in my body?

PULL BACK: Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

PRACTISE WHAT WORKS: What's the best thing to do for me, for others, for this situation?



Crisis Survival - TIPP



T – Temperature

Change your body temperature using cold water or ice.



I – Intense exercise

Walk quickly. Climb the stairs. Jump up and down. Run on the spot.



P – Paced breathing

Breathe in to the count of 5, hold then breath out to the count of 7.



P – Paired muscle relaxation

Tense your muscles when breathing in and relax them when breathing out.

(Linehan, 2014)

What do I do for self-care?

2015-03-18

- Get plenty of sleep
- Enjoy sunshine
- Cook
- Write or draw (think out loud)
- Talk to myself
- Cuddle cats
- Walk or bike (esp in a park)
- Tidy
- Read
- Read about people whose lives are more complicated
- Garden
- Get a hug
- Talk to select people

Examples of Grounding Exercises



Deep Breathing



Hold a piece of ice



Listen to nature sounds



Take a mindful walk



Enjoy a drink or some food



Grounding Techniques: Examples & How They Help

Physical Grounding Techniques

1. Savor a food or beverage
2. Hold ice
3. Sprint quickly
4. Try breathwork
5. Smell something nice
6. Designate a safe object
7. Find something funny
8. Feet on the floor
9. Focus on coloring
10. Create a grounding space



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