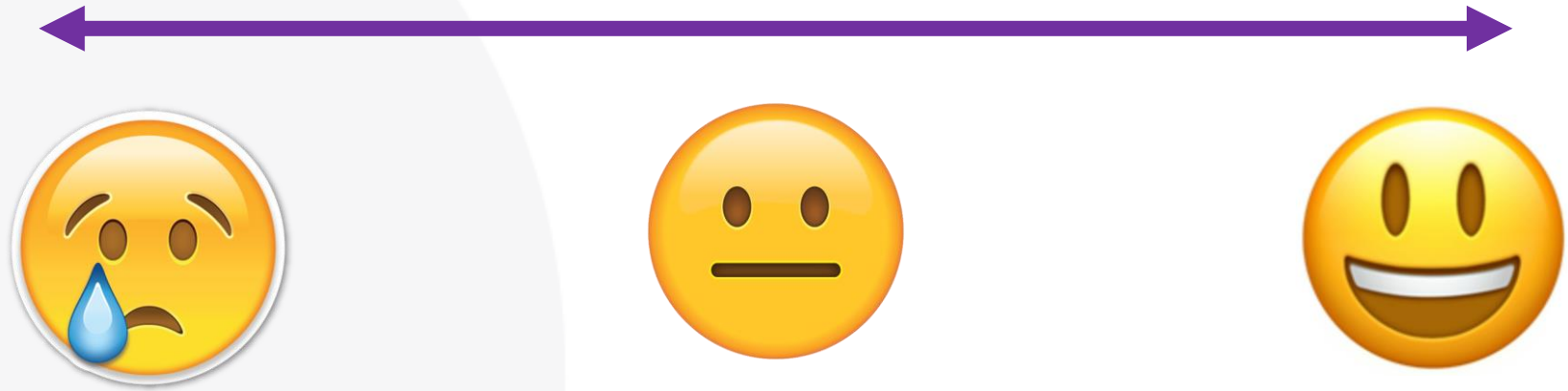


Objectives for today

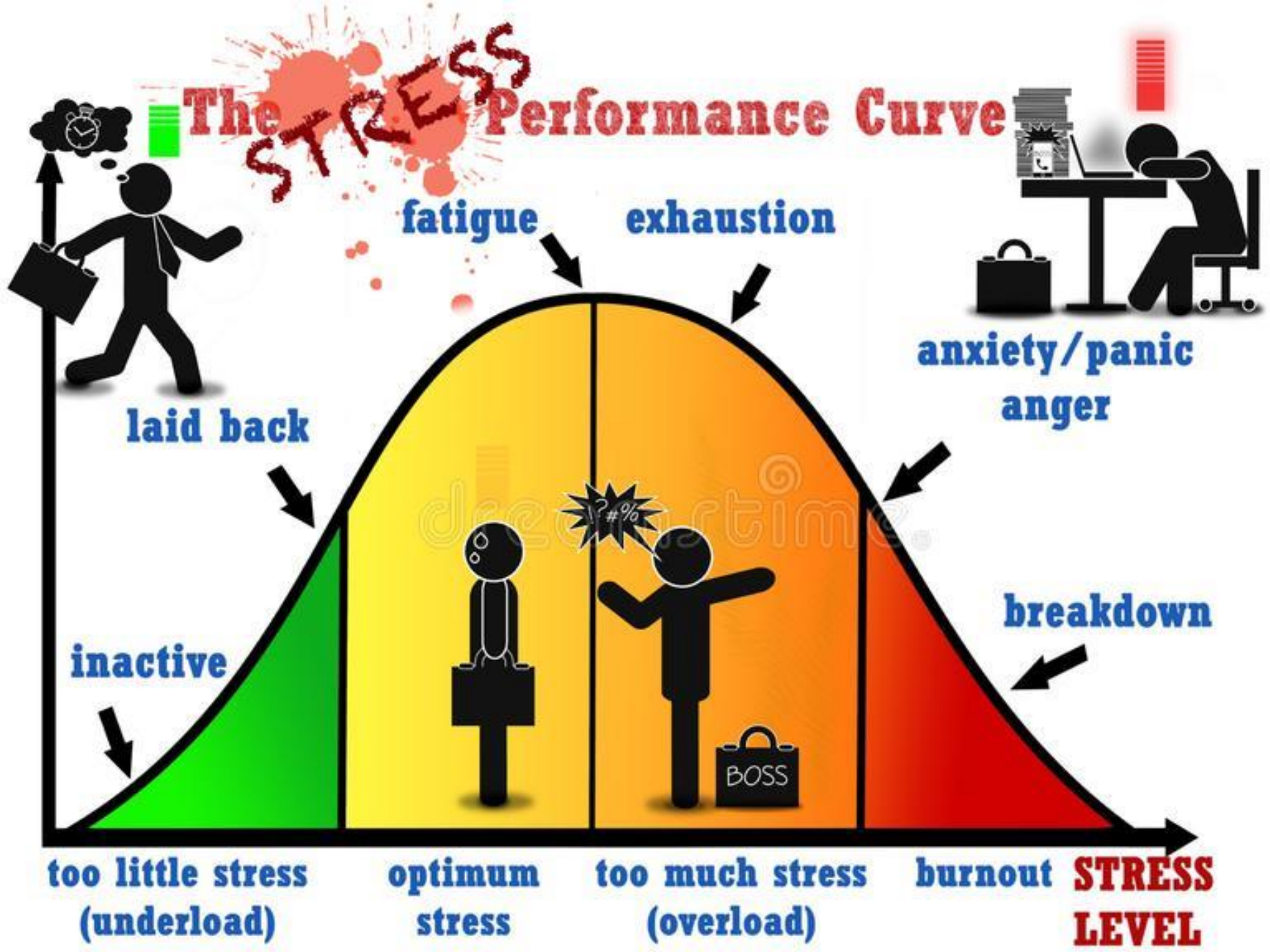
- Taking control when things seem out of control
- Self-awareness – being kind to yourself
- Staying the right side of your well-being curve
- Challenging old unhelpful patterns
- Creating a positive well-being plan

Continuum of mental well-being



1. How are you when you are at your best?
2. How are you when you are not at your best?
3. What causes you to feel stressed/out of sorts?
4. What helpful coping strategies do you have?
5. Do you have any unhelpful coping strategies?

The STRESS Performance Curve



Serious symptoms

Hallucinations

Paranoia

Self-harm

Depression

Hyper-activity

Detached from reality

Suicide



Well-being strategies





**KEEP
CALM**

AND

TAKE

CONTROL

NOISE!

ROUTINES CHANGED

WHEN MY EXPECTATIONS HAVE TO CHANGE

When I can't get to sleep - it affects the whole of next day

WHEN I CAN'T DO WHAT I WANT

BULLIES

not being able to get stuff

people messing with my stuff

person committing

grumpy people

my sister is a brat

having to wait

worrying about problems from yesterday

being told to be quiet

when my dog leaves me



having a shower

drawing

scrolling

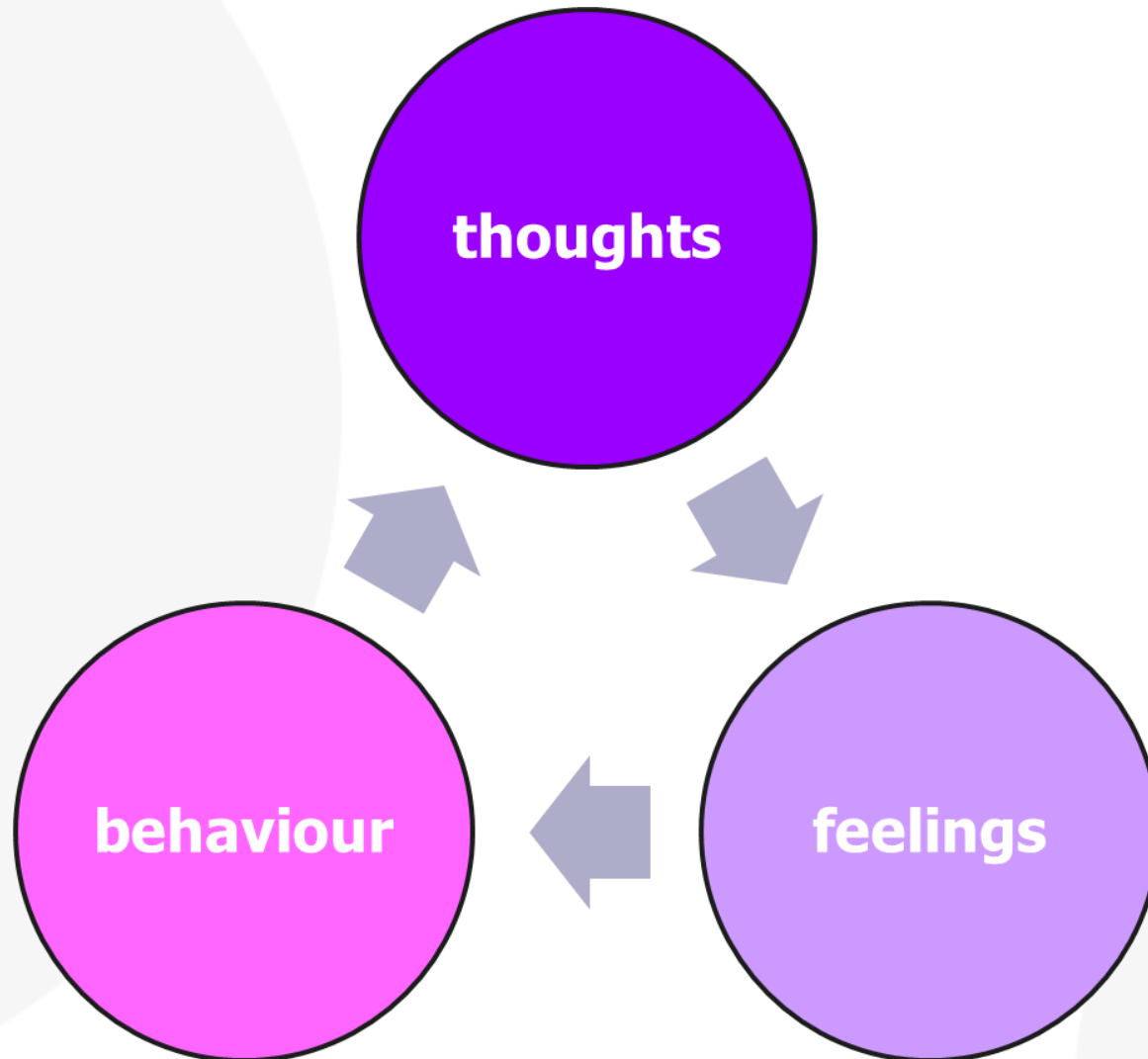
being active

sleep...

scuba diving

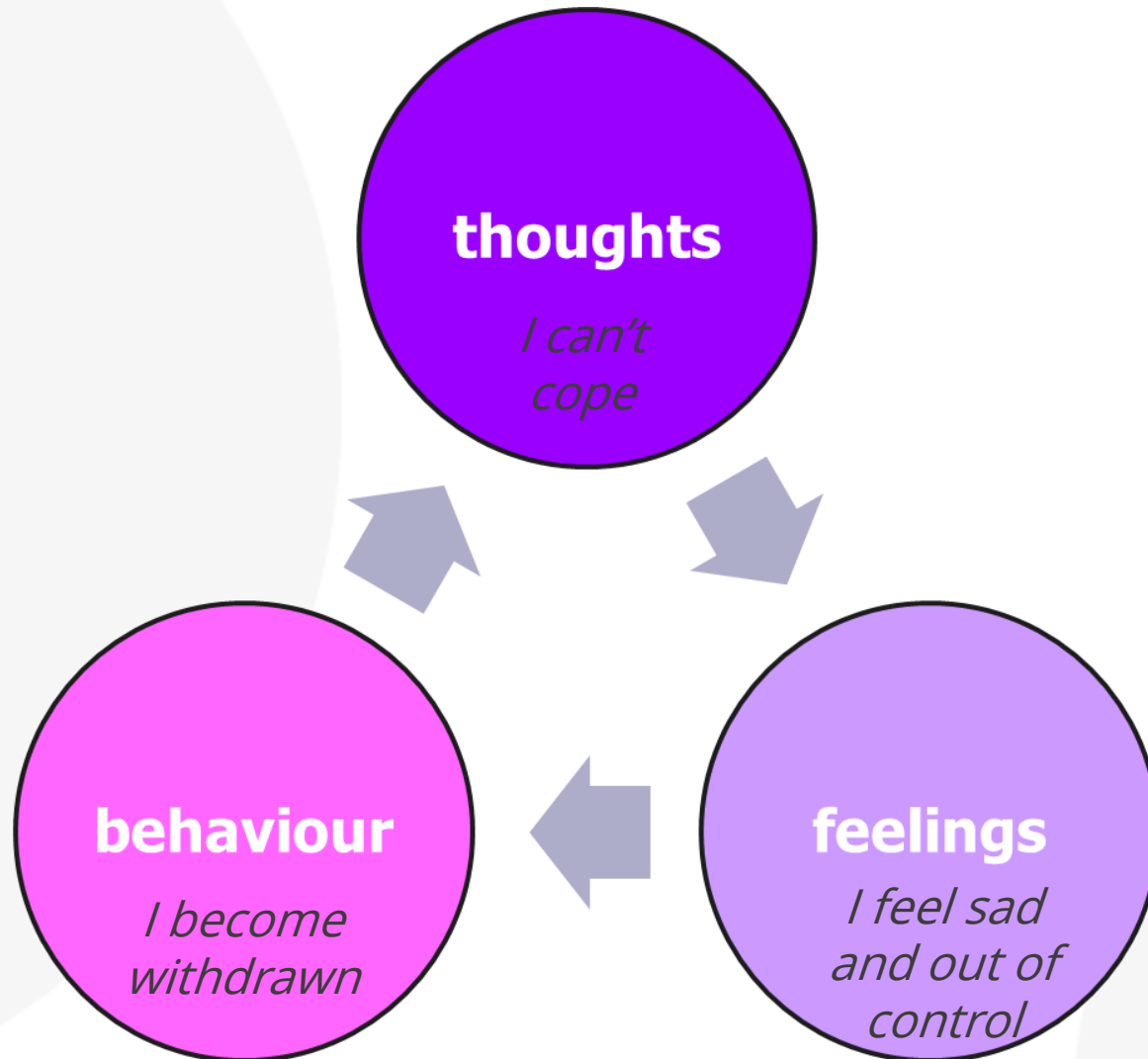
music

CBT Model

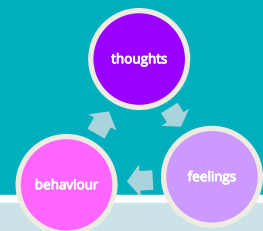


CBT Model

Unhelpful patterns



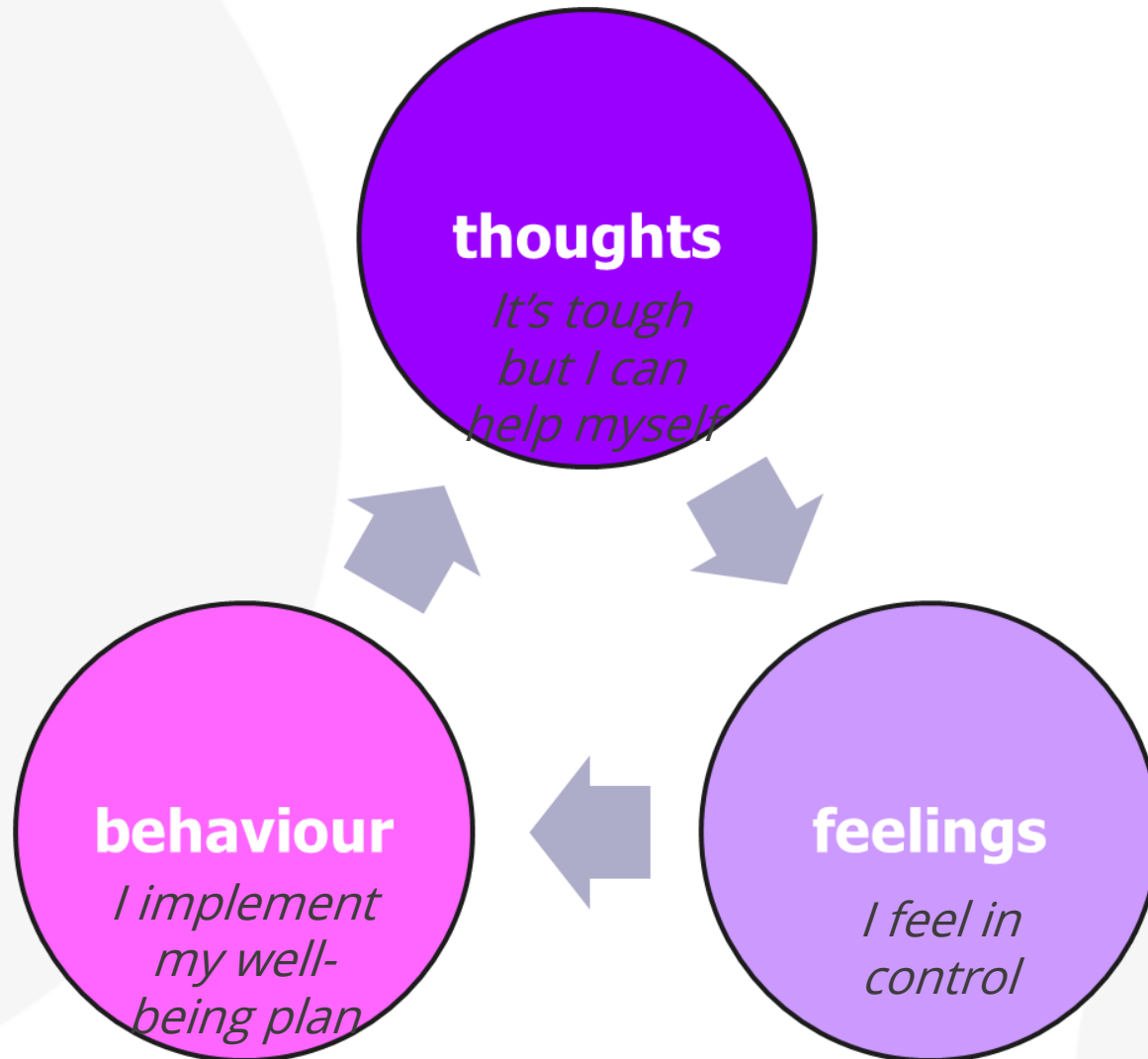
CBT model – Unhelpful patterns



Thoughts	Feelings	Behaviours
<p><i>I'm useless</i></p> <p><i>Everything seems hopeless</i></p> <p><i>There's nothing I can do about it</i></p> <p><i>There's no point in trying</i></p> <p><i>Everything I do is wrong</i></p> <p><i>The future looks hopeless</i></p> <p><i>Nobody needs me</i></p> <p><i>I just can't cope anymore</i></p> <p><i>It's quicker doing it myself</i></p> <p><i>There's nothing anyone can do to help</i></p> <p><i>It's their fault</i></p> <p><i>I've lost control</i></p> <p><i>I'm losing the plot</i></p> <p><i>It's unfair</i></p> <p><i>Why me?</i></p>	<p><i>Tearful, sad, depressed</i></p> <p><i>Overwhelmed, can't cope</i></p> <p><i>Tired exhausted</i></p> <p><i>Aggressiveness, irritability</i></p> <p><i>Sense of loneliness and isolation even when with others</i></p> <p><i>A sense of 'not belonging'</i></p> <p><i>Hopeless and helpless</i></p> <p><i>Low self-esteem</i></p> <p><i>Low self-efficacy</i></p> <p><i>Anxiety and worry</i></p> <p><i>Feeling guilty and shameful</i></p> <p><i>Feeling a burden</i></p> <p><i>Labile emotions</i></p> <p><i>Feeling trapped</i></p> <p><i>Emotionally numb</i></p> <p><i>Vengeful</i></p>	<p><i>Withdrawn, avoiding people</i></p> <p><i>Presenteeism – not working to full capacity</i></p> <p><i>Starting work earlier and finishing later</i></p> <p><i>Argumentative</i></p> <p><i>Changed sleep patterns</i></p> <p><i>Change in appetite</i></p> <p><i>Neglecting personal appearance</i></p> <p><i>Engaging in risky and impulsive behaviours</i></p> <p><i>Loss of libido</i></p> <p><i>Loss in interest in hobbies</i></p> <p><i>Increased use of alcohol, smoking, drugs</i></p> <p><i>Change in routines and changes in behaviour</i></p> <p><i>Secrecy</i></p>

CBT Model

Helpful patterns



Well-being strategies



Notes on completing 'My Wellbeing Toolkit':

Things that calm and soothe me

(and make me feel happier):

What makes you feel calmer, soothed or happier? A picture? A special blanket? Some chocolate? A cuddle with your nan? Use these things whenever you need them

Things I should try to take NOTICE of:

Think about your opportunities to be aware of and wonder at the world to, savour the moment and be grateful. This will help you appreciate what matters to you most.

People to CONNECT with:

Social relationships are critical to our wellbeing. Who are your vital connections and what connections do you want to develop?

Things I can GIVE:



What nice things could you do for someone else? Giving makes you feel good and develops connections with the people around you.

Things I can LEARN:

What new things you want to learn and try? You might want to develop an interest or hobby, learn to play an instrument or how to cook your favourite food. Set a challenge for yourself you will enjoy achieving. Learning new things will make you more confident, plus they are fun!

Things I can do to keep ACTIVE:

What can you do that is active? Go for a walk or run. Step outside, being in nature helps. Cycle, play a game, dance. Even if you do not feel like it, do something! Exercise has been proven to boost your mood.

Things to avoid that make me feel worse:



What things can you make you feel worse? Is it a toxic person to avoid, or a sad song? Remember drugs and alcohol have also been shown to have a negative effect on mood.

In a crisis I need to:

*This is the space to note what to do when things feel really bad. Remember you can always speak to a trusted adult or your GP about how you're feeling. You can also ring ChildLine on **08001111** or Samaritans on **116 123**. In an emergency ring **999**.*