



Feeling worried, anxious or low? Your Healthy Minds Team worker is available to support you.

We will work together with you to find solutions to problems such as exam stress, panic, specific fears, anxiety and low mood.

Confidentiality

Speaking to a member of the Healthy Minds Team is confidential – this means your conversation won't be discussed with anyone else unless you or someone else is at risk.

You can speak to your teacher or parent / carer and they will organise an appointment for you which will take place in school.

Find out more about The Healthy Minds Team
at:www.southtynesidelifecyclementalhealth.nhs.uk/healthy-minds-team/

Or follow us on Twitter at @HealthyMindsST



Your Healthy Minds Team worker is

Rebecca Baister

Helpful Resources



HEALTHY MINDS TEAM



Kooth.com is a free, safe and anonymous online resource for young people to get support for their mental health and wellbeing. Counsellors are available to talk to every day of the year.

CONTACT US

0191 283 2937

The Healthy Minds Team continues to provide a free and confidential NHS service for children, young people and families in South Tyneside. If you are a parent /carer or young person you can speak to your teacher or school staff and they will complete a request for support form. If you want support but do not want to speak to your teachers or school, you or your parents / carers can contact us.

YOUNGmINDS
fighting for young people's mental health

Youngminds/org.uk offers practical advice and helps young people find support for their mental health.

Healthy Minds Team

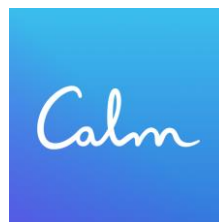
📞 | 0191 283 2937

✉ | stsft.mhadminteam@nhs.net

🔍 | www.healthymindsteam.co.uk



South Tyneside and Sunderland
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Calm is a meditation, sleep and relaxation app which strengthens mental fitness and tackles some of the biggest mental health challenges of today: stress, anxiety, insomnia, and depression.



If you are a child or a young person experiencing issues that you want to talk about with someone in private, you may want to speak to **Childline** – Call: **0800 1111** or visit: www.childline.org.uk

Tips for managing anxiety

Getting regular exercise, eating a healthy/balanced diet and learning to relax all help to reduce anxiety.

- 1 Go for a walk/jog**
- 2 Make sure you get enough sleep**
- 3 Plan healthy meals for the week**
- 4 Download a mindfulness app**
- 5 Go to a yoga class**
- 6 Avoid caffeine/lots of sugar**
- 7 Meditate**
- 8 Do something that makes you happy**
- 9 Take a bath**
- 10 Talk to a friend**

Or, create your own list!

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10 things to help you feel better!



1. Call or text a friend or sibling.
2. Go for a walk.
3. Play with your pet.
4. Go for a run or a bike ride.
5. Try a new activity
6. Watch a film.
7. Read a book.
8. Listen to music (don't sit in silence).
9. Eat some good food (like a smoothie, fruit or porridge).
10. Create something (draw or paint a picture/write a song, poem or rap).



Becoming more active will help you begin to overcome your low mood. This is because, when you do something you enjoy, you feel happier and more positive about life and the world! Doing more meaningful things helps you feel better!



Tips for managing stress

Make sure you reward yourself for carrying out activities that cause stress by doing something that you enjoy and helps you feel more relaxed and happy.



- 1** Go for a walk/jog
- 2** Spend time with a friend
- 3** Go to the cinema
- 4** Play a game
- 5** Go to a yoga class
- 6** Make a healthy snack
- 7** Meditate
- 8** Spend time with family
- 9** Take a bath
- 10** Watch your favourite movie/TV show



Or, create your own list!

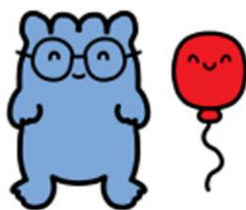
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Breathing Techniques

When we feel anxious, upset or distressed, it can be difficult to know what to do to feel better. By using these breathing techniques, we can reduce our anxiety and lower our blood pressure/heart rate. This helps us feel calmer and more focused and helps us to face our fears.

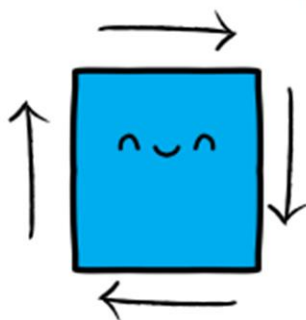
Belly Breathing



- Take a deep breath in and fill your belly like you're inflating a balloon.
- As you do this, count 1, 2, 3, 4 to breath in and fill the balloon in your belly.
- Pause and then let all of the air out of your belly like you're letting a balloon deflate.
- As you do this, count 1, 2, 3, 4 to breath out and let the balloon go down from your belly.

Square Breathing

- Imagine you're drawing a square with your finger in the air.
- Breath in while counting 1, 2, 3, 4 as you draw the top line and then pause.
- Breath out while counting 1, 2, 3, 4 as you draw the line down the side and then pause.
- Breath in while counting 1, 2, 3, 4 as you draw the bottom line and then pause.
- Breath out while counting 1, 2, 3, 4 as you draw the line up the side to make the square.



Finger Breathing



- Use your index finger to trace around the edges of the fingers on your opposite hand.
- Count 1, 2, 3, 4 and breath in as you go up the first finger.
- Count 1, 2, 3, 4 and breath out as you go down the finger.
- Repeat until you have traced up and down all five fingers, breathing 1, 2, 3, 4 in and 1, 2, 3, 4 out each time.

Top Tip! Practise these breathing techniques when you're calm so that you're better prepared to use them when you need to.



Count **slowly** when breathing in and out and **repeat** the technique as many times as you need to until you feel calmer.

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Keeping Calm

Calming or Grounding techniques are a good way to reduce our heart rate/blood pressure when feeling worried or anxious. It helps us refocus our attention and overcome those unpleasant feelings so we can feel better and do more.

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Take notice of your senses by thinking of:

- 5 things you can see
- 4 things you can hear
- 3 things you can feel/touch
- 2 things you can smell
- 1 thing you can taste



Facts

Think about and name facts about what is going on right now. For example, think:

- My age is...
- My name is...
- I am wearing...
- The weather is...
- I am in...

Room Search

Think of a category and search the room for it. For example, look for:

- Everything that is a ... colour
- Everything that is a ... shape
- Things that feel of...
- Things made of ...



The Link



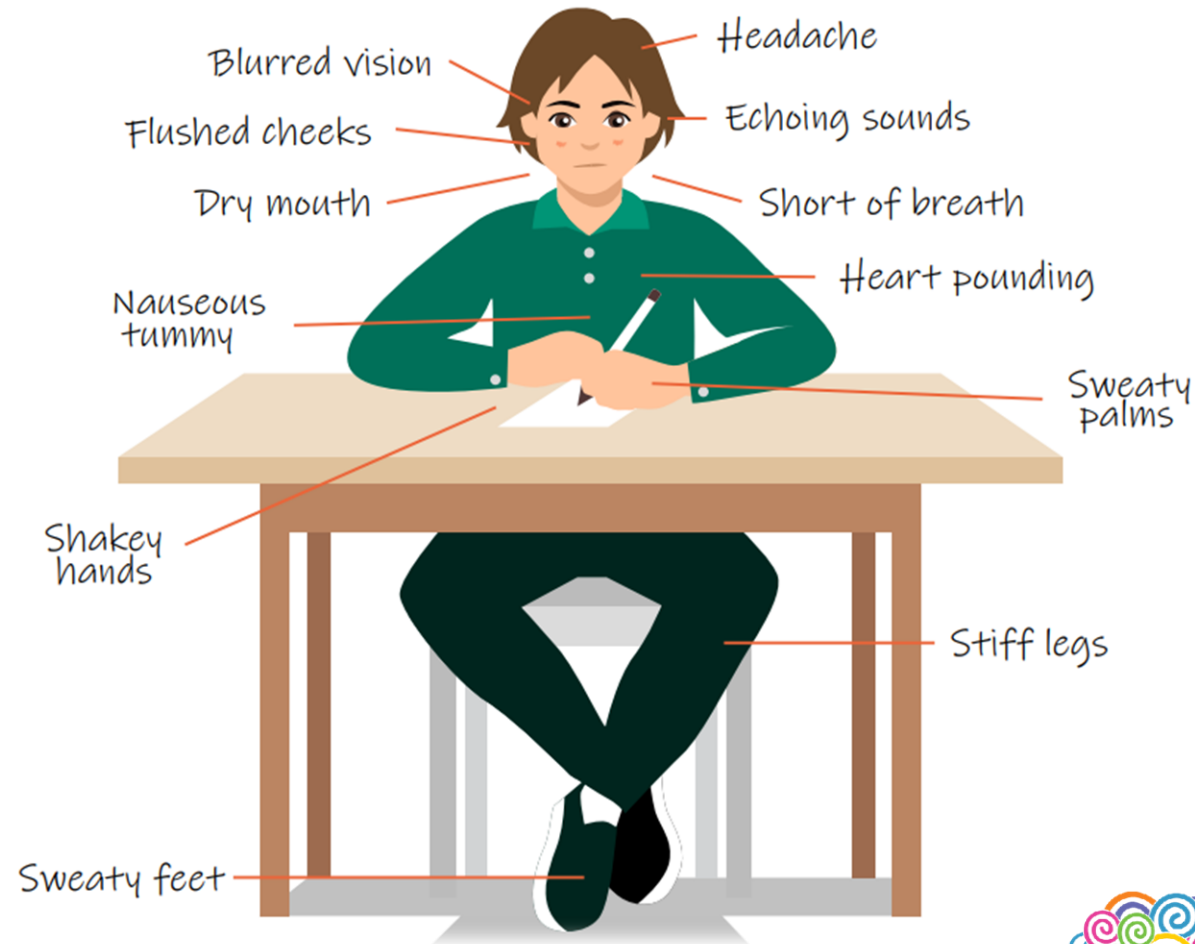
By **thinking** about things to help us calm down we can then **do** the things we want/need to do and **feel** better and happier.

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for references visit: www.weheartcbt.com/references

www.weheartcbt.com

HELP YOUR STUDENTS TO SPOT THE SYMPTOMS OF ANXIETY



ZONES OF REGULATION

BLUE ZONE	GREEN ZONE	AMBER ZONE	RED ZONE
RUNNING SLOW	GOOD TO GO	CAUTION	STOP
<ul style="list-style-type: none">• Sad• Tired• Bored• Moving slowly	<ul style="list-style-type: none">• Happy• Calm• Feeling okay• Focused• Ready to learn	<ul style="list-style-type: none">• Frustrated• Irritated• Anxious• Worried• Restless• Unfocused• Loss of some control	<ul style="list-style-type: none">• Angry• Furious• Out of control• Panicky• Overwhelmed