

Young Devon Well Being Toolkit

Thank you for contacting Young Devon for support around mental health.

Due to the demand for our face to face support service, we are currently offering advice and guidance through our Well Being toolkit.

We hope this will be an effective 4 step guide to help develop strategies for maintaining positive mental health. It is informed by the feedback given from Young People we have supported.

Well Being

"Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community"

There are some key things that everyone can do to support their own positive mental well being. The following are 10 ways that we can all make healthy choices that are beneficial to our mental health.

‘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
- 8 Ask for help
- 9 Be proud of your achievements
- 10 Actively care for others

Grounding is a technique that helps keep someone in the present.
It helps to reorient a person to the here-and-now and moment.
Grounding skills can be helpful in managing overwhelming feelings or intense anxiety.

For lots of young people it is really important to have things that they can do in the moment if their anxiety or worries are really difficult to cope with. Below are a couple of exercises we use in sessions to help young people focus on their breathing or things around them to try to take control of what is happening.

Managing Anxiety

SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions
Mindfulness can be really useful for coping with anxiety. Some people find this more helpful than others.

Different techniques will appeal to different people. It is important is that everyone finds a strategy that works for them.

The following sites give practical ideas of things that you could do:

<p>body</p> <p>lay on the ground, the floor, squeeze playdough</p>	<p>5 senses</p> <p>wear your favorite essential oils, make a cup of tea</p>	<p>diff. soothe</p> <p>take a shower or bath, find a grounding object, light a candle</p>
<p>observe</p> <p>describe an object in detail, color, texture, shadow,</p>	<p>breathe</p> <p>practice 4-7-8 breathing, inhale to 4, hold for 7, exhale for 8</p>	<p>distract</p> <p>find all the square or green objects in the room, count by 7s, say the date</p>

* **Get Self Help** (www.getselfhelp.co.uk) - Self help ideas

* **Headspace** (www.headspace.com) - Meditation and mindfulness

* **Moodjuice** (www.moodjuice.scot.nhs.uk) - Help with emotional problems

THE GROWLERY

1. Stretch your hand like a star
2. Trace your fingers with index
3. Inhale up, exhale down
4. Notice your breath

Take 5 Breathing



If you're feeling anxious or worried, bring your attention back to the current moment with this simple grounding exercise. Notice the following around you:

- 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

Talk to someone you trust

On World Mental Health Day 85% of the young people asked said their advice for a friend

struggling with their mental health was to talk to someone. They were clear this didn't need to be a professional but it needed to be someone they trusted.

- *Talk to a friend or family member
- *Talk to a helpline
- *Talk to a professional you trust - this could be for example your GP, teacher or another adult.



Knowledge is power!

Young people tell us that it is really useful to have more knowledge about mental health as it can help them to recognise their triggers and to understand what is happening for them and why. There is lots of really helpful, easy to access information available, ranging from Inspirational TED Talks about Mental Health (available through YouTube or the TED App) to specific websites dedicated to mental health.

The following websites have information about mental health and wellbeing, as well as a range of magazine articles, message boards and forums. Young people using these sites have told us that sharing similar concerns and experiences with other young people can break some of the stigma and help them to feel less isolated.

- Kooth – www.kooth.com
- ChildLine – www.childline.org.uk
- Mind – www.mind.org.uk
- Young Minds – youngminds.org.uk



Specialist Organisations

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

Bereavement

Balloons - <http://balloonscharity.co.uk/>

Children and Families in grief - <http://www.childrenandfamiliesingrief.co.uk/>

Pete's Dragons - www.petesdragons.org.uk (Specifically working around bereavement through suicide)

Bullying

Bullying UK – www.bullying.co.uk

Crime

Young Victims of Crime service – Young Devon 08082 810155

Divorce / Separation

Relate – www.relate.org.uk – Online and face to face support

LGBTQI

Intercom Trust – www.intercomtrust.org.uk

Proud 2 Be – www.proud2be.co.uk

Substances

Y-Smart – www.y-smart.co.uk

Staying safe online

CEOP – www.thinkuknow

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

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

If you are in Crisis

In an emergency you can contact

- Your GP
- Accident and Emergency
- Ambulance
- Police

Crisis support – these organisations offer online or telephone support

- ChildLine – 0800 1111
- Samaritans – 116 123
- **Young Minds Crisis Messenger – Text YM to 85258**
- The Mix Crisis Messenger – Text TheMix to 85258

Support your mental health

We all have mental health, and there's lots you can do to support your mental health. We've put together a list of six ways that you can boost your mood and manage difficulties linked to depression.



Eat healthily

A balanced diet and following a regular routine can help manage mood swings and ease depression. Students eating a balanced diet, including fresh fruits and vegetables are less likely to experience low mood than students who do not¹. It's ok to indulge once in a while – everything in moderation.



Find alternatives to drugs/alcohol

Substances like alcohol and drugs can interfere with your sleep, memory and can impact on our mental health². Relying on substances for social situations can contribute to increased dependency and anxiety. You don't have to abstain completely, but if you've recognised a connection with low mood, it's good to make realistic goals to cut down.



Relax

Relaxing is a skill you can practice and get better at which can help boost mood. Almost anything you enjoy can help you focus and improve your mental wellbeing³, so it's helpful to know ahead of time what works for you! Many people find meditating and mindfulness can be helpful when experiencing low mood⁴.



Sleep

Sleep is absolutely critical to good mood and uni work. You're about six times more likely to feel depressed if you're getting less than 42hrs sleep a week⁵. Some of the steps required for making new memories occur during sleep. In most students, 7-9 hours is about right⁶.



Maintain your support network

Feeling connected to other people is one of the best ways to improve your mood. Talking to people increases oxytocin release, a hormone that helps you feel connected and happy. Texting and social media doesn't have the same effect⁷. Students often report that staying in touch with family and friends outside of uni can give you perspective on university issues.



Be active

Just 30 minutes of physical activity a day (it doesn't even have to be all at once) can greatly improve your mood⁸. Meeting up for group exercise (yoga class, playing baseball, taking a walk) can be a great way to meet new people and build your support network too.

ripple

Start a ripple. Make a wave.

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*visit website for references

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