



WELLBEING.



# Definition of stress

- The most commonly accepted definition of stress (mainly attributed to Richard S. Lazarus in his book "Psychological Stress and the Coping Process") is that **stress is a condition or feeling experienced when a person perceives that "demands exceed the personal and social resources the individual is able to mobilise."**

# Definition of mental wellbeing - NHS.

- Sarah Stewart-Brown, professor of public health at the University of Warwick and a wellbeing expert, says:

"Feeling happy is a part of mental wellbeing, but it's far from the whole.

**Of course, good mental wellbeing does not mean that you never experience feelings or situations that you find difficult, but it does mean that you feel you have the resilience to cope when times are tougher than usual."**

- It can help to think about "being well" as something you do, rather than something you are: The more you put in, the more you are likely to get out.
- The idea that you can work on your own mental health just as you would your physical health.
- BUT: serious mental health conditions need professional help.

# NHS 5 steps to mental wellbeing.

## Apps and audios too.

- **Connect** – connect with the people around you: your family, friends, colleagues and neighbours. Learn more in [Connect for mental wellbeing](#).
- **Be active** – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life. Learn more in [Get active for mental wellbeing](#).
- **Keep learning** – learning new skills can give you a sense of achievement and a new confidence. Find out more in [Learn for mental wellbeing](#).
- **Give to others** – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks. Learn more in [Give for mental wellbeing](#).
- **Be mindful** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges. Learn more in [Mindfulness for mental wellbeing](#).

# 8 Tips to calm down!

- **1. Schedule your social media time!**
- Can be addictive and impact on sleep.
- One strategy to prevent social media from taking over is to allocate a set period of the day in which to catch up.
- Keep phones/screens downstairs at night?
- Turn to airplane/do not disturb mode



## 2.

- **2 Practice mindfulness**

- Being mindful means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and environment. It can help us to relax, alleviates stress, anxiety and depression, and – as a paper published in 2011 suggests – it can also help us to focus.
- It is not a quick fix: you need to get into a habit.
- **Useful apps:**
- Smiling Mind (Australian.)
- Buddify (One off payment of £4.99)
- Headspace: first 10 meditations are free
- Calm (American app- very well reviewed.)

LESSON ONE

## PLAYING ATTENTION

TRAINING THE MUSCLE OF YOUR MIND



LESSON TWO

## TAMING THE ANIMAL MIND

CULTIVATING CURIOSITY AND KINDNESS



LESSON THREE

## RECOGNISING WORRY

NOTICING HOW YOUR MIND PLAYS TRICKS ON YOU



LESSON FOUR

## BEING HERE NOW

FROM REACTING TO RESPONDING



LESSON FIVE

## MOVING MINDFULLY

KEEPING YOUR HEAD ON YOUR SHOULDERS



LESSON SIX

## STEPPING BACK

WATCHING THE THOUGHT-TRAFFIC OF YOUR MIND



LESSON SEVEN

## BEFRIENDING THE DIFFICULT

MANAGING STRONG EMOTIONS



LESSON EIGHT

## TAKING IN THE GOOD

BEING PRESENT WITH YOUR HEART



LESSON NINE

## PULLING IT ALL TOGETHER





# 3.

- **3. Embrace mother nature**

- A great way to clear the mind of distractions is to venture into the great outdoors. This really does have restorative effects, says Professor Strayer from the University of Utah. It allows us to think more clearly and creatively.
- The benefits of being in nature begin after only 30 minutes.
- **This ties in with mindfulness:** checking in with the senses grounds us and that's easier to do outside.
- Try the 5,4,3,2,1 strategy:
- 5 things you can see; 4 things you can hear; 3 things you can smell; 2 things you can touch; 1 thing you can taste.

# Make a list.



# 5 and 6

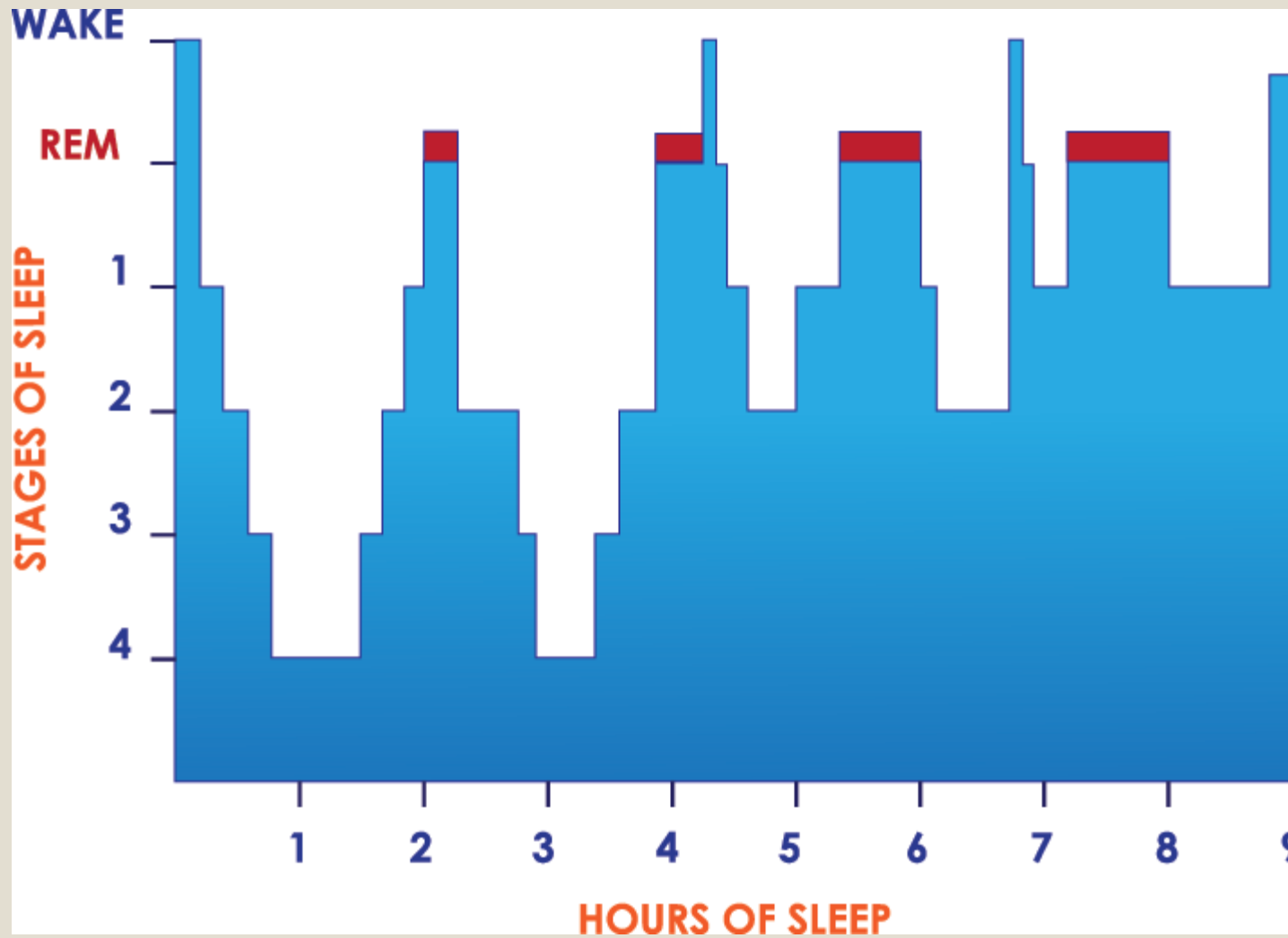
- **Keep a journal**

- In the same way that writing lists can help us feel more in control, writing a journal is a great way to deal with any worries and anxieties that could be distracting.

- **6. Get eight hours sleep**

- We're all familiar with the fatigue and irritation that goes hand in hand with a poor night's sleep. Another common side effect is lack of focus and a reduced ability to handle stress.

- When we don't get enough quality sleep our "executive function" is impaired.



Sleep: Why it matters and how teenagers can get enough

# General Tips for Teenagers' Sleep

Karen Hodes

Get out into natural light

Avoid stimulants after lunchtime

Avoid alcohol within six hours of bedtime

Avoid cigarettes / nicotine

If you nap in the day: 20 mins optimum

Do any stimulating activities  
[eg exercise, TV, computer games]  
earlier in the evening

Warm bath; other relaxation techniques

Try to keep timings of going to bed and getting up the same and avoid lie-in at weekends (!!)

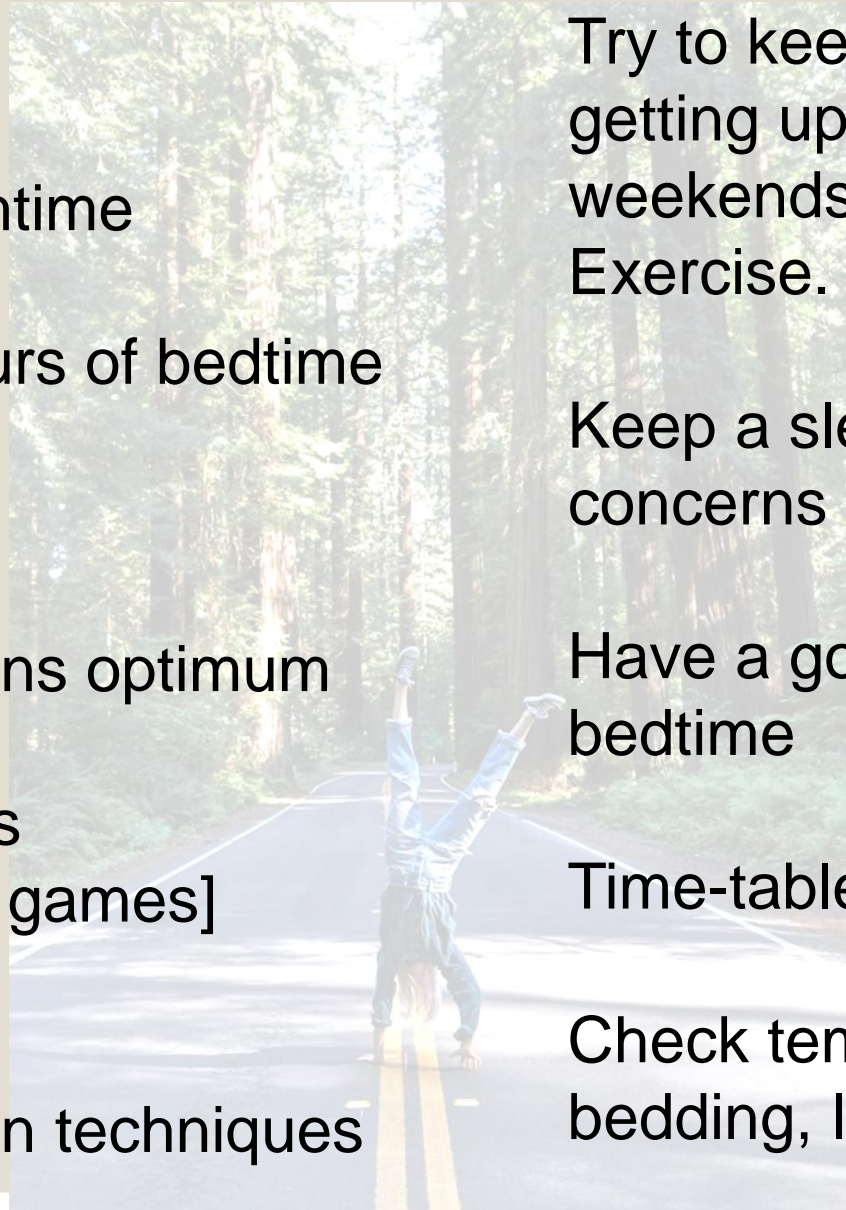
Develop a routine.  
Exercise.

Keep a sleep diary/note book for concerns

Have a good meal, but not close to bedtime

Time-table study, not too near bed-time

Check temperature of room, bedding, lighting; tidiness!





# 7 Breathe deeply.

- Deep breathing is a simple yet extremely effective way to help the body unwind.
- Breathe in for 5 seconds, hold for 5; and exhale for 5 seconds. Do this at least 5 times.
- Mindfulness practice : 7/11
- Breathing deeply and mindfully actually helps stimulate the parasympathetic nervous system, which triggers the secretion of hormones that decrease blood pressure and heart rate, helping your body to relax.

## 8. Create a tech free space.

- Try allocating an area or a room in your home where gadgets are banned.
- We know that blue light from phones and laptops can trick the brain into thinking it's still daytime and prevent the body from releasing melatonin, the sleepy hormone.

# Building resilience to stress

1. Making connections and building your social support network.
2. Avoiding the tendency to view crises as insurmountable challenges.
3. Accepting that change is a natural and unavoidable part of life.
4. Moving towards (realistic) goals.
5. Taking decisive actions that will help you face your challenges.
6. Looking for opportunities for self-discovery.
7. Nurturing a positive view of self and your abilities.
8. Keeping things in perspective and in context.
9. Maintaining a hopeful outlook on life.
10. EASIER SAID THAN DONE!!

# Ted Talks/You tube/useful website

- <https://youtu.be/RcGyVTAoXEU>
- How to make Stress your friend.
- An excellent 14 minute TEd Talk which supports the idea that an optimistic hopeful attitude increases resilience, as well an approach where people care for and connect with others.
- **Sleep tips:**
- How to sleep better.
- Youtube. Approx 4 to 5 minutes.
- [https://www.youtube.com/watch?v=3eLfn7Ewx\\_s](https://www.youtube.com/watch?v=3eLfn7Ewx_s)
- [www.happymaps.co.uk](http://www.happymaps.co.uk)
- An excellent website.

# Other sources of support

- [www.kooth.com](http://www.kooth.com)
- Talking to a trusted person.
- GP for medication and advice
- GP to refer for a talking therapy.
- Private counselling
- Young Devon: self referral on the website
- Plymouth Options: counselling free for those living in Plymouth- self referral form on the website.
- The Icebreak service, part of The Zone, works with young people 16-22 years who are experiencing personality disorder related symptoms which are impacting negatively upon their daily life and mental/emotional well-being. NHS
- Samaritans (you don't have to be suicidal to ring; they will listen non judgementally.)