

TIPS TO SUPPORT YOUR MENTAL HEALTH

We can all feel overwhelmed at times. Stress is not always bad, as long as it's manageable. When we are stressed it can impact on how we **THINK, FEEL** and **BEHAVE**. They then impact on each other. You can change this downward spiral.



We know that 10% of teenagers are dealing with very distressing events in their lives.

If so, please talk to someone to help you to think it through and get support.

Talk to Others

Sometimes it can feel like no one understands, or can help. Talking to people we trust can help us to make sense of our thoughts and feelings.

Do things you enjoy

Having fun can really boost our wellbeing.

Look after yourself

Sleep makes such a difference to how we feel. Make sure you are getting enough.



Exercise is good for your body and mental health.

Good food is good for your mood and it's important not to skip meals.



Check out

<http://www.sssft.nhs.uk/camhs-selfhelp>
You could also try the '**Headspace**' app.

Notice changes in your mood

Just noticing changes in our mood can help us understand which situations cause us to feel rubbish and why that might be. You could try writing a diary.

Ask for help. You can talk to:

- A member of the Wellbeing Hub
- A member of the Sixth Form Team
- Your Head of Year
- Your Form Tutor
- Family
- Friends



Practice relaxation

Count down slowly from 10 to 0. With each number take one complete breath, inhaling and exhaling.

Breathe in deeply and breathe out.

