



Self Help

Looking after you

Self Help

As we gather in our forms, year group or families let us ensure we have the space and time to reflect and pause.

Times remain difficult and challenging for many of us, but we lean on our ever-present St Joseph's community for strength and care.

Please focus on the short verse that your form tutor will read.

Q- Is it selfish to think of ourselves when we know so many other people are experiencing hardship, pain and suffering?

Q- What happens if we do not think of ourselves and always put others first?

*I asked the Lord to bless you
As I prayed for you today
To guide you and protect you
As you go along your way...
His love is always with you
His promises are true,
& when we give him all our cares
You know he'll see us through
So when the road you're traveling
Seems difficult at best
Just remember I'm here praying,
God will do the rest*

Self Help

Before we move on please make a note of where you can access existing information. Advice is sometimes only a few clicks away for you, your family or your friends, and it is easier to find than you think.

- PSHE resources (current and past) on the school website;

<https://www.sjhs.org.uk/page/?title=PSHE&pid=95>

- Health and Wellbeing section on the school website;

<https://www.sjhs.org.uk/page/?title=Health+%26amp%3B+Wellbeing&pid=104>

- @SJHSwellbeing twitter account
- @sjhsnewport school twitter account
- @StJoesRCpe PE dept twitter account



Self Help

In order to get things right we have also sent YOU a survey invitation via your parents'/carers' email accounts. It asks YOU important questions about YOUR views and opinions in connection with Health and Wellbeing. If you have not read it or completed it, please do so. In this way we can keep on listening to you and ensure resources are what you want.

- <https://docs.google.com/forms/d/e/1FAIpQLSeu7tmL5PtgUdDRI0zk1twQBbbR1HzyBbhxODWSXlexC5-YEw/viewform>

**TELL US
WHAT YOU
THINK**



12 Steps To Self Care

1. If it feels wrong, don't do it
2. Say "exactly" what you mean
3. Don't be a people pleaser
4. Trust your instincts
5. Never speak bad about yourself
6. Never give up on your dreams
7. Don't be afraid to say "No"
8. Don't be afraid to say "Yes"
9. Be kind to yourself
10. Let go of what you can't control
11. Stay away from drama & negativity
12. LOVE

Self Help

Making decisions are the first important steps to self-help. The 12 points on the left create a great starting list.

Q- Why do you need to be careful with 2?

Q- Share your thoughts on 5 and 10

Q- Do you think 11 could be caused by too much social media?

Self Help

Feeling good about ourselves is key in being motivated to do something extra for our own health or wellbeing.

Sometimes a *'not bothered'* attitude leads to other negative thoughts and actions.

Simple things that freshen us up, get our day started or breaks the day up are brilliant.

Some of the 22 tips on the right could work for you and put you in a better frame of mind, which in turn will create positivity.



studenting

simple ways to feel better about your appearance

- shower everyday
- wash your face + brush your teeth twice a day
- find a face wash + a face moisturizer that suits your skin
- floss in the morning + at night
- put lotion on daily
- spritz your favorite perfume
- deodorant!!
- shave regularly (if you so choose) w/ a nice razor
- use a body scrub once a week
- scrub/exfoliate your feet + moisturize them
- keep your nails trimmed
- keep your eyebrows under control
- keep your hair clean
- keep your hands + lips moisturized
- wear your retainers if you've been slacking
- drink lots of water
- eat better
- get 8 hours of sleep
- exercise regularly
- buy cute clothes that look flattering
- wear make-up if you like it
- look at yourself in the mirror and tell yourself that you're beautiful until you believe it

#self care #self confidence

39,520 notes



Self Help

KISS- Keeping it simple silly really does work. You do not have to invest lots of money or go to special places.

Creating 'feel good' chemicals in our body is essential to give us the lift we need so our brain starts thinking and acting positively.

Study the diagram-

Q- Can you think of two or three things that fit each of the sections that are personal to you? It could look like this.....

- Nature- birds, clouds, flowers
- Playlists- oldies, dance, calming, rock, indie, rap
- Movies- action, romance, thrillers, sci-fi,
- Clothes- PJs, fluffy dressing gown, scarf, bobble hat
- Hot shower/bath- suds 'n' bubbles, smellies
- Hot chocolate- sprinkles, biscuit, cream



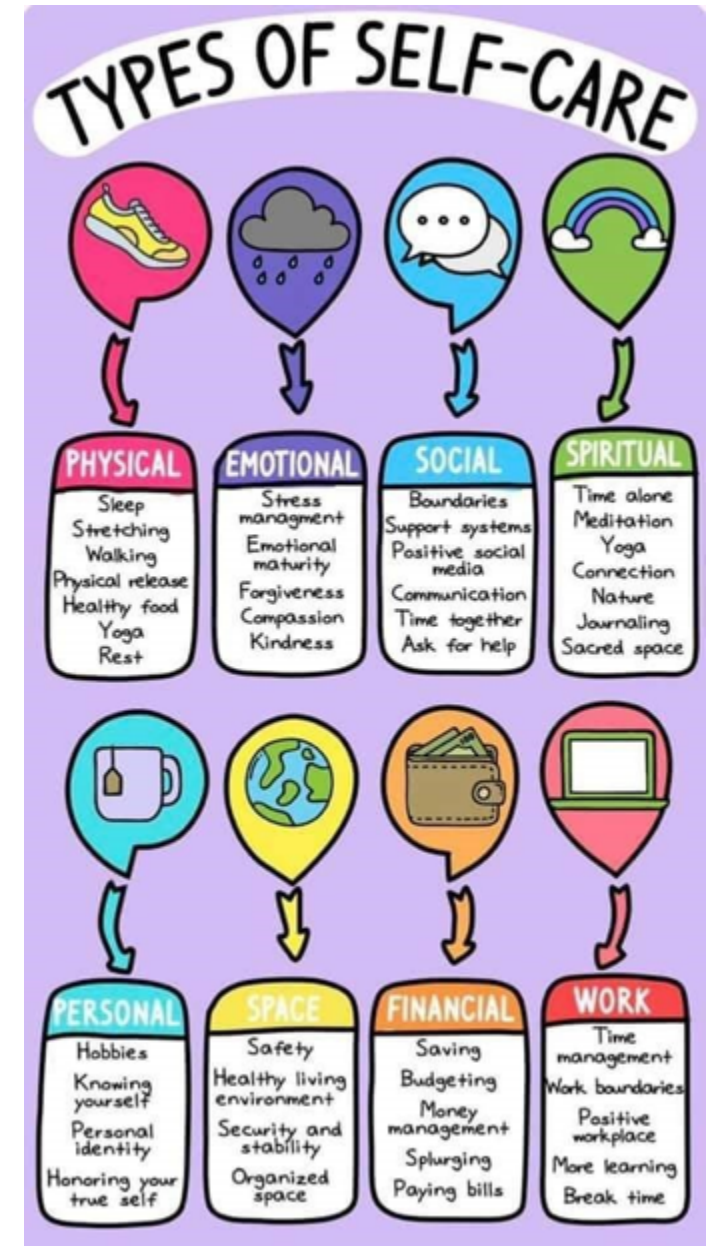
Self Help

Sometimes self-care is not so simple.

There may be lots of things that we are trying to juggle in our lives. We may have been putting up with negativity for so long that it has become '*normalised*'. Stepping away from toxic/damaging habits or changing our life patterns are easier said than done.

However, recognising what we are struggling with and where we might need some advice is a great start.

Q- Look at the 8 categories and examples within them. Do you see anything that is causing you stress/anxiety/worry?



Self Help

Great short video.

We all have Mental Health so learning about it is so important.

<https://youtu.be/DxIDKZHW3-E>

5.40 mins Recognising our own mental health.

Q- Where there parts of the video that you recognised?

Q- If your best friend did not know what to do in terms of self-help, what would you do?

Q- Would you do the same thing for yourself?

Q- If not then why not?

Ten top tips



to boost your mood

- 1. Sleep.** When we sleep chemicals are released in our brain which helps manage our moods and emotions.
- 2. Cut out the caffeine.** Cut out or cut down on caffeine such as coffee and energy drinks - these can make you feel jittery, anxious or stressed.
- 3. Get active.** Exercise boosts chemicals in your brain that help put you in a good mood.
- 4. Do something for someone else.** Helping out in your community can be a great way to give yourself a positive boost.
- 5. Eat well.** When our body is not getting enough minerals it can put us in a bad mood. Try to eat a balanced diet which includes fruit and vegetables.
- 6. Get some sunshine.** 30 minutes - two hours per day of sunlight can help to the brain to release chemicals which improve our mood.
- 7. Stay social.** Avoid spending long periods of time on your own.
- 8. Keep an eye on unhealthy habits.** Avoid drinking, smoking and using drugs which can have a negative impact on our mood and wellbeing.
- 9. Manage stress.** Ignoring it will only make things worse - talk to somebody if you are feeling stressed.
- 10. Have Fun.** Make time to do the things you enjoy the most.

Time To Talk Day

@BDCFT

#BDCTTimeToTalk



Self Help

We know it is difficult sometimes to talk to friends, family or teachers about your feelings, however at St Joseph's we try and model the **CARE** process which involves the following steps.

Being **CURIOUS** about the wellbeing of all our young people.....

- Making sure contact time with you is non-threatening, opens up conversations and we show an interest in and hear your perspective.
- Notice changes in your behaviour, attitude or mood.
- No change is too small.
- We don't need to be mental health experts to listen to you and we won't say we know all the answers.
- If you need to ask questions, we are here for you.





Self Help

Being **Approachable**.....

- Trying to show openness, understanding and honesty.
- Trying to give you time and opportunity to talk/discuss the issues that are concerning you.
- Providing a safe and quiet space for you and others to have conversations.
- Showing love, compassion and kindness.
- Spending quality time with you both in school and during distanced learning.
- Having form tutors and heads of year that are 'go to' people for you, developing trust.

Self Help



Refer to others.....

- We will speak to a relevant staff member if we do not know the answers or if we have any requests.(HOY/Inclusion department, PE dept)
- Getting the right information and advice for you is so important so speaking to other staff, agencies or charities means you get the best possible support.
- We can recommend further research, information links, websites, blogs, apps or techniques to help you.
- There will also be times when there is a need to seek help from others, so we will ask certain wellbeing and mental health professionals for their advice (Mr Humpage, Mrs Morgan, Newport Mind, Young Minds).

Self Help

Showing **Empathy** towards you
by.....

- Having the ability to offer you non-judgemental listening time and to be alongside you on your journey.
- Empathy is not just about being kind or agreeing, it is also about allowing discussion, voicing opinion, working together and sharing different feelings.
- Empathy, therefore, creates opportunities to get things right.



Self Help

Unfortunately, there is not a '*one size fits all*' support package as we are all different and we experience different wellbeing and mental health issues. It is, therefore, important to share trusted skills, techniques, advice or information.

Q- Start a discussion with your form tutor as to what you use to support your own self help. Remember there are no right or wrong answers.





Self Help

On your recommended list might be;

- Exercise
- Mindfulness breathing/relaxation
- Healthy sleep/eating/screen time
- Creating play lists
- Getting creative
- Doing something nice for other people

The following slides are intended for use as personal research so that you can see what is available for external support. Please remember we are here for you and talking to people who know you best is always a good first move.

Self Help

Thinkninja which is specific for young people and covers a variety of topics- free to your phone too.

- https://youtu.be/2pY36_kxIB0

Headspace activities and meditation;

- <https://www.headspace.com/meditation/kids>

5 Ways to wellbeing;

- https://youtu.be/_gJ5V525SCk 5 mins

Being with your emotions;

- <https://youtu.be/jaNAwy3Xsfl> 3 mins

Vareity of youth mental health animations

- <https://www.youtube.com/watch?v=Ty93GRPplJo&list=PLjJtOP3StluXFJ3jjjR3THLhHNMrFFJkM>



Self Help

Briliant resources for pupils and parents;

- <https://www.likemind.nhs.uk/resources/resources>

Website signposting free apps for advice and support;

- <https://www.livewellcampaign.co.uk/livewell-articles/free-mental-health-apps-for-young-people/>

Extra videos when you have time;

5.27 mins Pupils discussing self-help for your mental health.

- <https://youtu.be/nCrjev3-Js>

5.20 mins How not accessing self-help can lead to depression, but it's ok not to be ok.

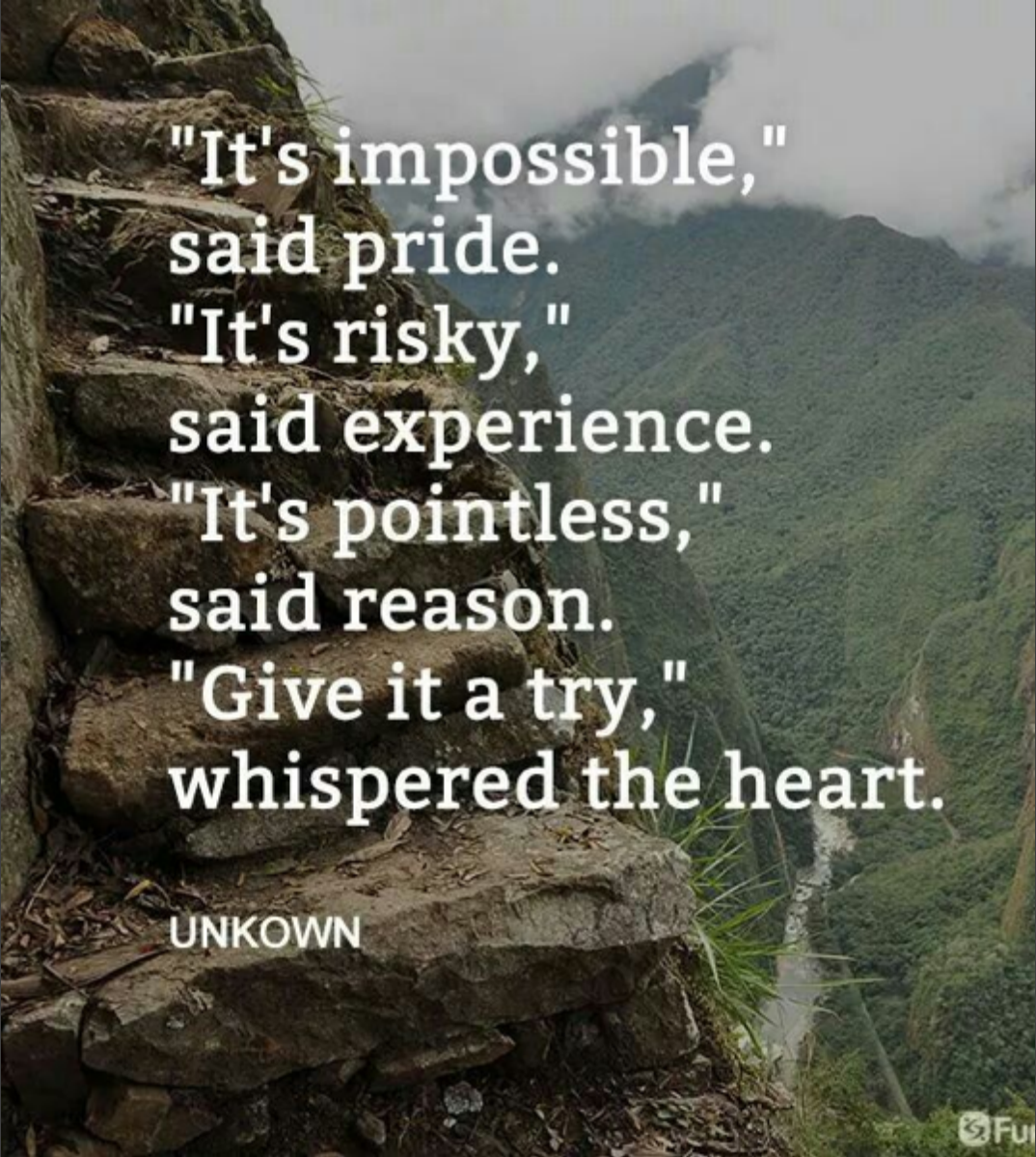
- <https://youtu.be/LdmRPKUhNEY>

Directory for variuos support charities;

- <https://thequestacademy.org.uk/parents/mental-health-and-wellbeing-2/>

IT'S
OKAY

- * TO MAKE MISTAKES
- * TO HAVE BAD DAYS
- * TO BE LESS THAN PERFECT
- * TO DO WHAT'S BEST FOR YOU
- * TO BE YOURSELF.



"It's impossible,"
said pride.
"It's risky,"
said experience.
"It's pointless,"
said reason.
"Give it a try,"
whispered the heart.

UNKOWN

Self Help

Please remember you are loved very much.

Talking to trusted people is always the best first step to finding something that works and helps you.

Sometimes you don't know that thing is there until you start being honest with someone.