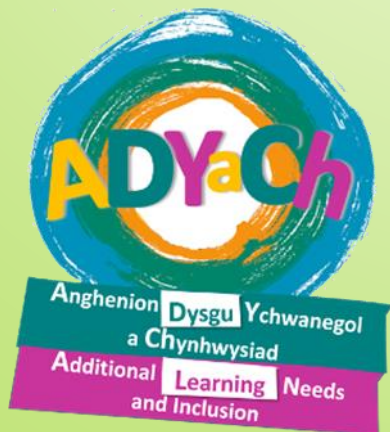


Wellbeing Resource Pack

Gwynedd & Môn
Educational Psychology
Service



Introduction

It has become clear that many young people as well as adults have been facing many challenges to their wellbeing because of the current coronavirus (Covid-19) pandemic.

This resource pack has been designed to offer helpful advice and activities as well as directing to other resources that could be helpful.

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PART 1: Coping with Stress and Emotion

1.0 Radical Acceptance

One of the most challenging things about some situations is the lack of control we have and the uncertainty we're all experiencing. Stress and anxiety will likely be even more prevalent if we resist accepting a situation for what it is.

Radical acceptance means accepting life for what it is and not resisting what you cannot or choose not to change. Radical acceptance is about seeing life factually and accepting the degree of your control. Remember that you can accept a situation that you disagree with – you're not approving a situation though acceptance, but you are saving a lot of mental energy by not resisting it! *A useful video on Radical Acceptance can be found [here](#).*

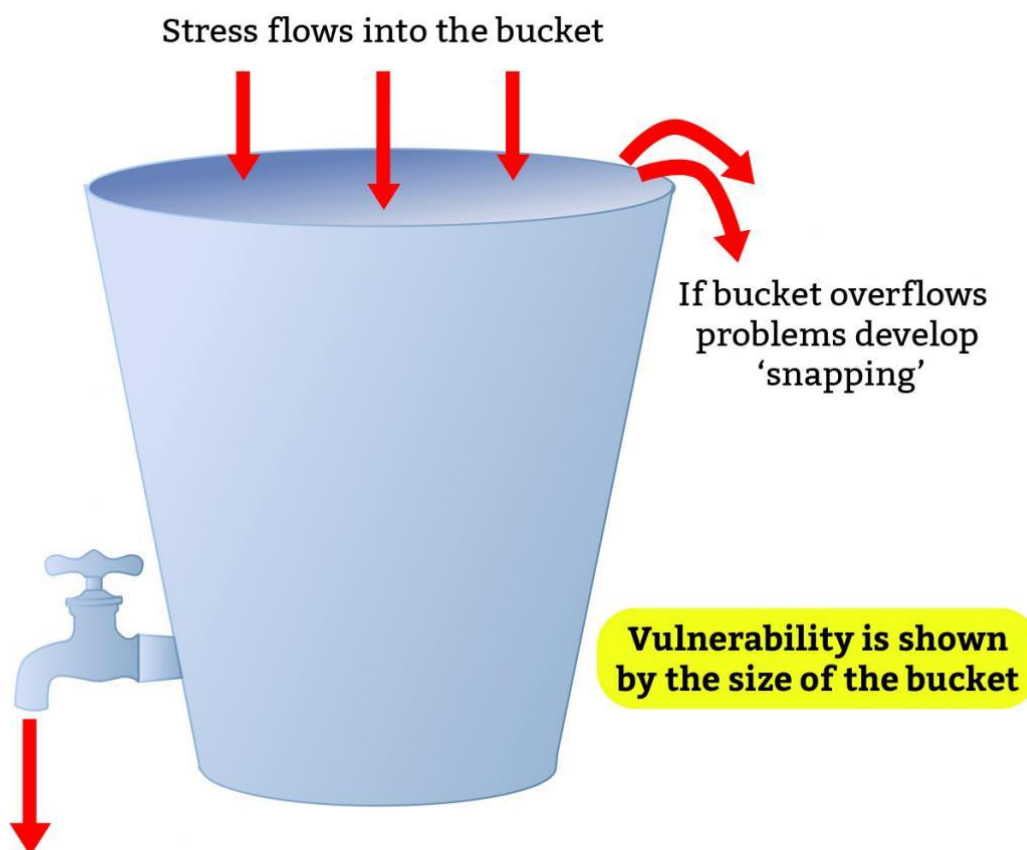
1.1 The Stress Bucket

At a time of increased stress, the need to be aware of our emotions and thoughts has never been greater.

Imagine that you're an empty bucket and that all of the day's stressful events is water pouring into that bucket. We need to find a way to help empty the bucket before it overflows. Just like the bucket, people have a limit to how much stress they can take before things overspill.

Good coping methods are a way to let some water out, while bad ones might let more water in!

People are different in how much stress they can take before things overspill, but even the biggest bucket in the world would overflow eventually.



Good coping = tap working let the stress out
Bad coping = tap not working so water fills the bucket

1.2 Stressors and Coping

Take a moment to note what causes you stress and how you can best cope with it (include the ways you currently cope and think of other ways you could try in the future).

Stressor	Coping Method
e.g. worrying about coronavirus	e.g. Useful distractions like activities I enjoy and reducing stress triggers like the news

How will you recognise if you're getting too stressed?

I will be thinking...	
My body will feel...	
My emotions will be...	
My behaviours will be...	

1.3 Coping with emotions

Stressors aren't the only the thing that challenges our ability to cope. Quite often, the normal emotions we experience in response to events can be very difficult to deal with and can challenge how we make decisions.

Just like how we use coping methods to deal with stress, there are different methods we can use to help manage difficult emotions.

1.4 TIP

We can change the chemistry in our body to help change our mood when we sense an emotion is too intense.

Temperature

To calm down quickly, you can top the temperature of your face with cold water or exposing yourself to cold another way. You can do this by walking outside (if the weather is cold) or by using a sink with cold water or a wet flannel.

Intense Exercise

Exercise can be used as a distraction from stress or intense emotion as it's hard to focus on other things while we're exercising. Exercise also changes the chemistry of our body and brain and helps mood and wellbeing.

Paced Breathing

Like the exercises shown earlier in the workbook, we can use controlled breaths to help our mood and emotions. Many emotions increase our heartrate and rate of breath, controlled breathing decreases our heartrate and breathing, which in turn helps our mood.

1.5 Opposite Action

Just how we cool down temperature to calm down or control our breathing and relax our muscles to reverse how emotions or stress affects our body, we can also act in the opposite way we are feeling to help manage emotions. For example:

Feeling Sad	Do something that makes you smile or laugh like...
Feeling angry	Do something that relaxes you like...
Feeling anxious	Fight the urge to avoid what is causing you anxiety

PART 2: Lifestyle Changes

2.0 5 Ways to wellbeing

The 5 ways to well-being are a list of ways we can improve and maintain our mental health.

1. Connect with Others

Connecting with others is about strengthening relationships and feeling valued by others. What activities could you do with other people to connect?

Ideas	What I'll try
<ul style="list-style-type: none"> • Watch TV • Play games • Talk • Share videos or memes 	

2. Be Physically Active

Being physically active improves mental wellbeing and decreases symptoms of depression and anxiety. A healthy diet and enough sleep help too.

Ideas	What I'll try
<ul style="list-style-type: none">• Go running• Play sports• Walk the dog	

3. Keep Learning

Learning new things and improving on what we already know keeps our minds stimulated and gives us a sense of purpose and achievement.

Ideas	What I'll try
<ul style="list-style-type: none">• Improve on a skill I already know• Learn how to play an instrument• Read books, listen to podcasts or watch documentaries	

4. Play and give

Doing things we love and giving to others make us feel good about ourselves.

Ideas	What I'll try
<ul style="list-style-type: none"> • Do activities I enjoy • Help others where you can 	

5. Be Present and Mindful

Taking notice and being present in the moment is good for wellbeing it helps us not to think over the past or worry about the future.

Ideas	What I'll try
<ul style="list-style-type: none"> • Spend time in nature • Focus on sensations like sights, smell, sound and taste 	

2.1 Healthy Habits and Self-care

Unsurprisingly, how well we look after our self physically has a massive impact how well we are emotionally or mentally. The three most important factors to consider here are 1) *are we getting enough sleep?* 2) *Are we eating enough or are our meals balanced and nutritional?* And *are we getting enough forms of physical activity?*

Habit	Changes I can make
Sleep	
Diet	
Exercise	

PART 3: ACTIVITIES

3.1 Good and bad coping strategies

Find strategies that you use and decide if they're helpful or unhelpful.

Withdraw	Worry	Listen to Music	Do Nothing
Start a fight with someone	Exercise	Tell everyone how bad your life is	Make something
Run Away	Play a sport	Write about it	Walk the dog
Tell yourself positive things	Talk to Friends	Put off looking for a solution	Blame someone else
Watch TV	Go to bed early	Call a helpline	Find a distraction

3.3 Situation Cards

Pick a card and think about how you would deal with this situation in a helpful way. Come up with some of your own situations if you can.

Death of a Pet	Argument with a friend	Haven't finished coursework on time	Got a bad mark on a test
Sick Relative	You are moving house	Your football team is playing badly	One of your parents lost their job
You lost a prized possession	You were pushed on the school bus	Your friends went somewhere without you	Someone is posting negative comments on your social media posts

3.4 Thought diaries

Thought diaries can be very useful in keeping track of difficult thoughts that may be anxious, depressive or just intrusive.

Thought	What I was doing	How it made me feel	What I did to cope

3.5 Gratitude journal

Journaling of all kinds can be very helpful to our wellbeing. One example that can help us think more positively. Pick a time of day to journal 5 things you are grateful for – they can be big or small!

Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

3.6 Ups and downs timeline

Draw a timeline of the day and rate how you might feel during that point. This can help identify difficult or good parts of the day. Plot events over the day and draw a line to show if they were ups or downs.

The form consists of a large rectangular box with a thin border. Inside the box, there are 12 horizontal lines spaced evenly down the page. At the bottom of the box, there are four labels: "Morning", "Afternoon", "Evening", and "Night", positioned below the 12th line. The labels are centered under their respective time periods.

PART 4: Useful Resources

Currently people are being asked not go to their GP or to A&E. If medical attention is required. Then phone your GP surgery, or the North Wales Out of Hours GP Service on 0300 123 55 66.

Follow government advice regarding how to manage symptoms and when to seek medical advice.

Samaritans

Offers free 24 hours, 365 days per year support to all.

Tel: 0845 790 9090 / 116 123

Website: www.samaritans.org

Papyrus

Papyrus HOPElineUK provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person:

Tel: 0800 068 41 41

Website: www.papyrus.org.uk

Rethink Mental Illness

This websites offers advice and information –They have useful factsheets that can be downloaded. They offer general advice with regards to mental health.

Tel: 0300 5000 927

Website: www.rethink.org

Mind

Mind has many available resources, help and advice detailed on the website for young people, parents and professionals.

They have a helpline, text services and online chat with advisors.

Helpline: 0845 766 0163

Text: 86463

Website: www.mind.org.uk

NSPCC

The national society for the prevention of cruelty to children. The website provides information on the services that they run and which are currently run in your local area. They also have a helpline

Tel: 0808 800 5000

The Mix

Support service for young people and any difficulties or worries they may be experiencing.

Helpline: 0808 808 4994

Crisis Messenger: 85258

Website: www.themix.org.uk

Young Minds

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to start the text.

Text: 85258

C.A.L.L Community Advice and Listening Line

Offers emotional support and information/literature on Mental Health and related matters to people of Wales. Anyone concerned about their own mental health or that of a relative

or friend can access the service. C.A.L.L. Helpline offers a confidential listening and support service

Tel: 0800 132 737

Text: 60062

Website: www.callhelpline.org.uk

SAM

This is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.

Catch it

Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

MindShift

This app will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle: making sleep count, riding out intense emotions, test anxiety, perfectionism, social anxiety, performance anxiety, worry, panic, conflict.

Useful Websites

www.mind.org.uk has information regarding mental health.

Specific information relating to mental wellbeing and COVID-19 can be found at www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/. This page also

contains information about looking after yourself and family members.

www.youngminds.org.uk - This site contains information on mental health and tips for young people and their carers.

www.getselfhelp.co.uk – A website with lots of ideas on how to cope in distress

www.bullying.co.uk – Information and support about bullying

www.papyrus-uk.org – UK charity for the prevention of young suicide (support for young people and parents/carers).

www.nshn.co.uk – National Self Harm Network – resources, advice, support forum