A GUIDE FOR YOUNG PEOPLE

A creative self help guide to staying healthy and happy.



NHS Ayrshire & Arran

cld Community Learning and Development

South Ayrshire Council Comhairle Siorrachd Àir a Deas

North Ayrshire Council Comhairle Siorrachd Àir a Tuath

East Ayrshire Council Comhairle Siorrachd Àir an Ear

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Mental health and wellbeing is about how we think and feel and how we cope with day-to-day life.

Good mental health and wellbeing helps us enjoy life and cope well with life's challenges.

In the same way we all have physical health, we all have mental health and we need to look after it.

Here are 5 everyday steps to make day to day tasks a little more manageable...

GET ORGANISED



Try and be prepared which will help you feel like you're in control of your day.

ROUTINE CHECK



Try to work out and plan a daily routine and keep some structure to your days.

LIMIT YOURSELF



Limit the time you watch TV or use your phone and Social Media.

BUFFER-TIME



Jumping from one task to the next may seem like a good use of your time, but it has the opposite effect. We need time to clear our minds and recharge.

SEEK HELP



If your worry or anxiety becomes unmanageable use online or telephone sources of support on page 17.

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10 WAYS TO IMPROVE YOUR MENTAL HEALTH AND WELLBEING

1. Eat well and drink sensibly
2. Keep physically active
3. Ensure you get enough sleep
4. Take time to do things you enjoy
5. Keep in touch with others
6. Take a break
7. Talk about your feelings
8. Accept and value who you are
9. Care for others
10. Don’t be afraid to ask for help

For more information on these please visit:
www.nhsaaa.net/better-health/

CHECK IN REGULARLY

POST A LETTER OR A CARD

STAY CONNECTED

www.youngminds.org.uk

BE THERE FOR EACH OTHER

MAKE A PHONE CALL, OR SEND A TEXT

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POSITIVE SELF TALK

Saying things to yourself in your head is very powerful.
Your body believes this ‘self talk’. Saying positive statements over and over can help you develop a new attitude to yourself and to situations.
This can help cope with challenges or when you feel worried or nervous.

Think of some positive phrases that you could say to yourself...

You could write your positive self talk phrases down or type them in to your phone and look at them if you feel worried or nervous.







Relaxation

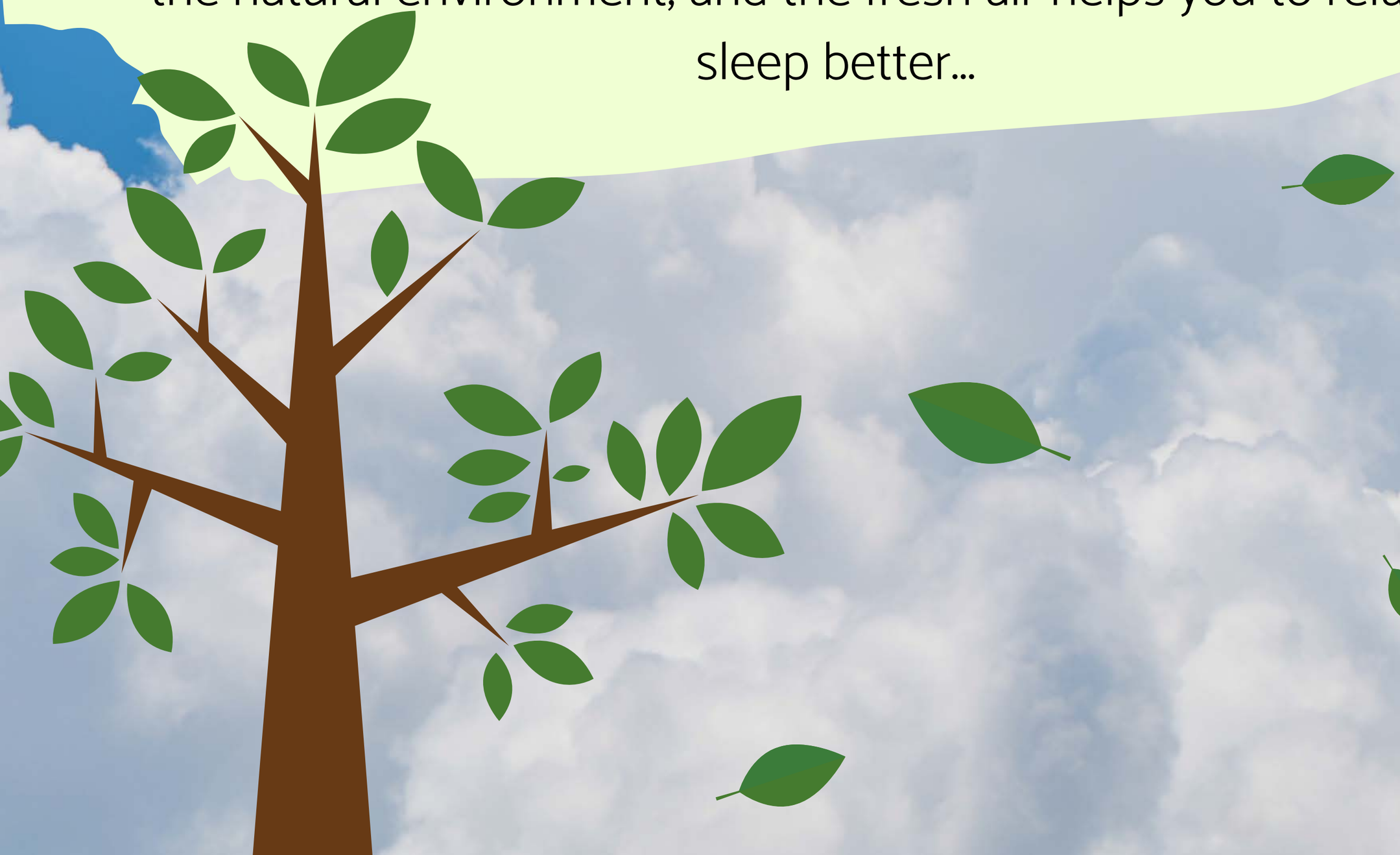
Relaxation doesn't have to take up lots of time. Simply taking a few minutes for yourself to do something you enjoy can give you enough space to feel calmer. Try to make a plan for your day or your week...and remember to build in some form of relaxation!

Pause...

Throughout the day stop what you are doing for a minute, let your shoulders drop, breathe in for a count of 7 and out for a count of 11, and let your mind calm down...

Go for a short walk...

Brisk walking releases 'feel good' endorphins, allows you to take in the natural environment, and the fresh air helps you to relax and sleep better...



FOCUSSING ON YOUR BREATH...

Simply breathing and paying attention to the moment for a few minutes every day can help build healthy coping skills and calm anxiety. Try to take a little time to breathe, focus on the present moment and be thoughtful about the small details of where you are and how you are feeling.

- Box Breathing involves exhaling to a count of four, holding your lungs empty for a count of four, inhaling for four, holding for four, exhaling and beginning the pattern again. Look at any square shape to make this easier.

- Body Scan Meditation involves paying attention to your body. It is a good way of releasing tension you might not even realise you are experiencing.

- Belly Breathing is when we put one hand on our stomach and one on our chest. Slowly breathe in and feel your stomach expand like a balloon. Slowly breathe out and deflate the balloon.

- Mindful Cup of Tea or Coffee (Decaff of course!) simply sit and just be in the moment. Take five minutes before the day begins...this is even more important when we are going through a busy or more challenging time.

THINGS I CAN CONTROL

When we are facing a challenge or a stressful event it is easy to get lost in worrying about all sorts of things that are out of your control. This is a natural reaction but it is not that helpful. Instead why don't you try this simple activity to help focus on what is in your control:

1. Acknowledge how you are feeling about the situation
2. Draw round your hand on a piece of paper
3. Outside the hand write 'Out of my control'
4. Inside the hand write 'In my control'
5. Write outside of the hand things that are out of your control
6. Inside the hand write things that are in your control for this particular challenge or stressful situation




Things I CAN'T Control
Other People's Feelings
My Friend's Behaviour
The Way I Behave
My Self Talk
My Breathing
Asking For Help
Things I CAN Control
Taking Care of Myself
The Past
What Others Think of Me
What Other People Say

DAILY WELLBEING TOOLS

To get you through the day

- Exercise
- Baking or cooking
- Walking
- Create a daily ‘to do’ list
- Learn a new skill
- Gardening
- Colouring or craft
- Yoga
- Have a ‘clear out’
- Look through old photos
- Start a journal
- Spend time outdoors
- Read a book or magazine
- Mindfulness
- Phone or visit friends or family
- Make a ‘feel good’ playlist

Why not check out Feels Fm online!

In the same way we look after our physical health every day, We should look after our mental health & wellbeing every day. Think of some activities that you enjoy. This can be anything at all whether it is a hobby, an activity or a task. You could take some time to try some new Daily Wellbeing Tools, and remember to review these regularly. You can use the table below if that helps...

ACTIVITY- MY '5 A DAY' FOR MY MH & WELLBEING

-
-
-
-
-

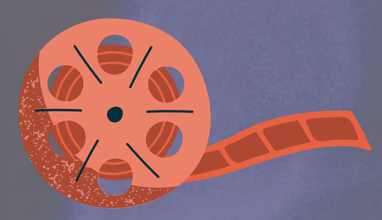
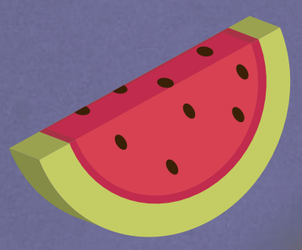
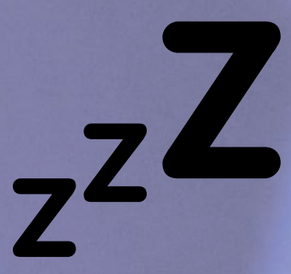
NOTES

REMINDERS

WELLBEING BINGO

Wellbeing Bingo is a great way to reflect and get you talking and thinking about what you've done in the last week to look after yourself. It can be anything at all however small like catching up with a friend, going for a walk or listening to good music. You can create your own or use the suggestions in the example below. You can play yourself or ask friends or family to play it with you. It can be printed and played like a game of bingo, or simply used to think back on things you have done for yourself.

IN THE PAST WEEK I HAVE...

Played with a pet 	Offered support to others 	Danced 	Watched a great movie/TV show 
Listened to good music 	Spent time with my family 	Was kind to others 	Stayed hydrated 
Read a good book 	Done some exercise 	Had some 'me' time 	Eaten something delicious 
Treated myself 	Had a good sleep 	Spent time with my friends 	Visited somewhere new 

MY SELF STUDY

Good Moments

Three Good Things

1.

2.

3.

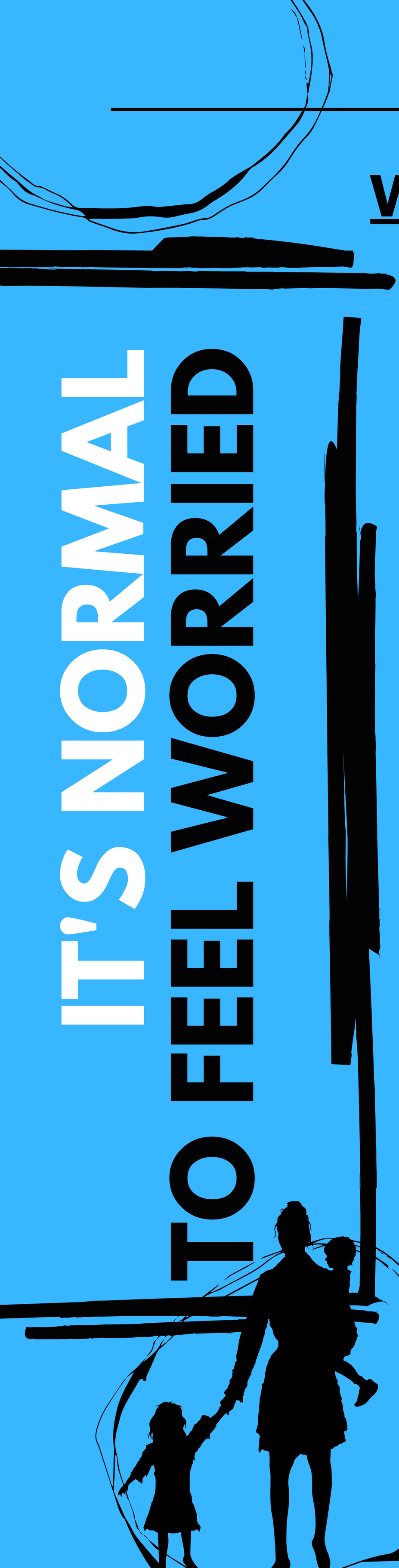
How did this make you feel?

Research has shown that thinking about three things that went well or made us smile can improve our mood, help us feel more positive and able to cope.

This is particularly useful when things are tough. **Small things are best.** It can be anything from a smell, sound or touch.

It can be something you have done or something someone has done for you.

WHAT CAN THE PEOPLE AROUND YOU DO TO SUPPORT YOU?



Let the people around you know that there are some simple things they can do to help you cope...

Acknowledge that it is ok to be concerned.

Don't dismiss my questions or concerns, instead just listen and try to reassure me.

Taking part in another activity while talking can make it easier.

Try to stay positive and offer me safety.

Check in with me regularly.

Together we are well

#MENTALHEALTHMATTERS

ARE YOU WORRIED OR NEED SOMEONE TO TALK TO?

YOUNG PEOPLE SUPPORT

NHS 24
Free Call - 111
https://www.nhs24.scot

PAPYRUS
Free Call - 0800 068 41 41
https://papyrus-uk.org/

BREATHING SPACE
Free Call - 0800 83 85 87
https://breathingspace.scot

SAMARITANS
Free Call – 116 123
www.samaritans.org

CHILDLINE
Free Call - 0800 11 11
https://www.childline.org.uk/

BEAT - EATING DISORDERS
Free Call - 0808 801 0711
https://www.beateatingdisorders.org.uk/

YOUNG MINDS CRISIS LINE
Text: YP to 85258
https://youngminds.org.uk/

CRUSE BEREAVEMENT SCOT
Free Call - 0845 600 2227
http://www.crusescotland.org.uk





#MENTALHEALTHMATTERS

ARE YOU WORRIED OR NEED SOMEONE TO TALK TO?

PARENTS & CARERS SUPPORT

BREATHING SPACE
Free Call - 0800 83 85 87
https://breathingspace.scot

SAMARITANS
Free Call – 116 123
www.samaritans.org

NHS 24
Free Call - 111
https://www.nhs24.scot

PARENTLINE SCOTLAND
Free Call - 08000 28 22 33
https://www.children1st.org.uk/help-for-families/parentline-scotland/

LIVING LIFE (NHS)
Free Call - 0800 328 9655
https://www.nhs24.scot

ANXIETY UK
Free Call - 0344 775 774
https://www.anxietyuk.org.uk/





It is normal to feel worried and anxious at times. Some things might make you feel stressed, or your mood may be low. It is really important to look after your mental health and wellbeing every day...and during challenging times.

This guide will help build your resilience and make it easier to cope with life's challenges.

FIND US ON SOCIAL MEDIA

@NHSAAA

@SouthAyrshire

@PublicHealthAAA

@EastAyrshire

@CLDSouthAyr

@NAYouthservices

@YoungScot

@LGBTYS

@SAYouthForum

@YoungMindsUK