



Wellbeing Checks

The wellbeing check

Below are some statements about feelings and thoughts.

Please circle the answer that best describes your experience of each over the last 2 weeks

STATEMENTS	NONE OF THE TIME	RARELY	SOME OF THE TIME	OFTEN	ALL OF THE TIME
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5

Why are we doing these?

A set of questions which can be used to measure wellbeing and resilience in children and young people

Include a balance of positively and negatively worded questions

Provide a snapshot of the strengths and challenges students are facing, which can be used to target support

Gives tutors an idea of how everyone in their tutor group is doing and to help them notice changes

You may have done these before or this may be your first one.

- If your feelings are positive how might you help others?*
- If your responses are not as positive where can you find support?*

Watch this video to help you start talking about mental health



Self-care

Self-care is about the things we can do to look after our own mental health

When people are struggling they are usually told to see a professional. They don't often get much advice about how they could help themselves

So the Anna Freud Centre spoke to professionals and looked at academic research. They drew up a list of strategies young people use (you can see the process in this [self-care infographic](#)).

Many of the self-care ideas on the Anna Freud website have videos to explain them as well

Some self-care ideas

Spending time with animals/pets

'Talking to my dog really helps especially because he can't talk back to me and he has no idea what i'm talking about. It's also really nice to just sit on the sofa and hug or stroke him.'

Goal Setting

It can sometimes be useful to try the 'three list technique'. This is where you write three lists of goals, one list to use if you're having a bad day, one for if you're having a normal day, and one for if you manage a good day. That way, even if you had a bad day, you're still able to reward yourself for doing some smaller tasks, such as brushing your teeth or having a shower.

<https://www.annafreud.org/on-my-mind/self-care/>

Noticing your triggers

'Noticing what triggers you off gives you the opportunity to repel a negative consequence in your mind. by avoiding the trigger or thinking against the negative consequence.'

Drama

'Gave me the confidence to be who I am and to stand back up after being knocked down by life.'

Baking and Cooking

It was helpful to get up and do something with my hands and be able to move around. It also took a lot of my focus and so I wasn't worrying consistently as I was distracted by the baking. It helps you maintain a sense of purpose and productivity while doing something nice for yourself.'

<https://www.annafreud.org/on-my-mind/self-care>

Talking

Who might you talk to?

Friends

School staff

Family

Mental Health professionals

Adults you may talk to will always do their best to understand. The paragraph is some advice for adults on how to talk to young people.

There is one very simple but powerful question that makes children and young people feel heard and listened to, which also offers the opportunity for adults and professionals to further understand the child or young person as an individual. This question is simply “**what matters to you?**”. This question can allow for the child or young person to be straight to the point what matters to them in their life and whether they are facing any struggles or difficulties. It can also allow for the adult or professional to understand the pressures that the child or young person might be currently facing, understand how they are feeling and even build trust between the adult or professional and the child or young person.



Some advice
for parents

<https://www.annafreud.org/media/7223/secondary-parents-leaflet-final-proofed.pdf>

Advice

If you just want to read or watch advice here are some useful links:

<https://www.kooth.com/>

<https://youngminds.org.uk/>

<https://www.childline.org.uk/>

Some of you may find the information useful if you are supporting a friend.

Remote support

Kooth online chat or request for 1:1

Childline

NEED TO TALK?




Get support

We're here for you on the phone or online. Or try getting support from other young people on our message boards.



Contacting Childline

Call us free on 0800 1111 or find out how to get in touch online. Whatever your worry, we're here for you.




Message boards

Share your experiences, have fun and get support from other young people in similar situations.




About Childline

Find out who we are, what we do - and how we can help you.

Magazine articles 


Learn, understand or share
Helpful and creative articles written by the Kooth team and community

[Go to magazine](#)

Discussion boards 


Connect with others
Ask something for yourself, or help others by giving support or advice

[Go to discussions](#)

Support 

The team is here for you
To talk or get support, send us a message or request a live chat

[View support options](#)

Your goals 

Your goals
Keep track of something you would like to work towards by adding a goal

[Go to your goals](#)

College Counselling

Ask your tutor or year team

*They will refer you to one of our school counsellors
or someone from Young Devon who are now based here at the College.
You can contact Young Devon at the College through wellbeingexmouthcc@youngdevon.org*

*The counsellor will arrange an appointment with you, you may receive an email,
a message from your tutor or they may come to find you*

*Counselling is in a quiet place in College and is confidential.
You can self refer and your parents will not be told.*

Mental Health Professionals

Some people will see mental health professionals during their lives.

Here is some information about what to expect as a young person:

<https://www.annafreud.org/on-my-mind/understanding-referrals/>

<https://childrenandfamilyhealthdevon.nhs.uk/camhs/professional/>

Help in a Crisis

There are crisis support contacts which you can access for yourself or for someone else
In Devon CAMHS during the day 0330 0245 321, at other times 0300 555 5000



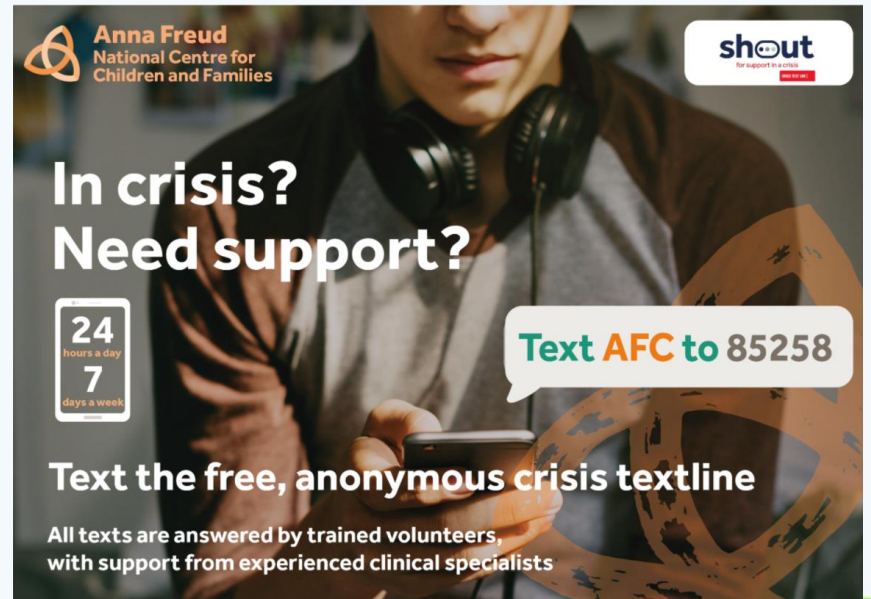
shout
85258

Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.



SAMARITANS

Talk to us any time you like, in your own way, and off the record – about whatever's getting to you.



Anna Freud
National Centre for
Children and Families

shout
Text support & advice

In crisis?
Need support?

24
hours a day
7
days a week

Text AFC to 85258

Text the free, anonymous crisis textline



All texts are answered by trained volunteers,
with support from experienced clinical specialists

Something we can all do



‘To understand that mental health is like physical health, you can have up and down days and you need time to recover from bad mental health days just as much as you would from days where you aren’t physically feeling your best.’

Happier January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe
7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice
14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge
21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside
28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future			



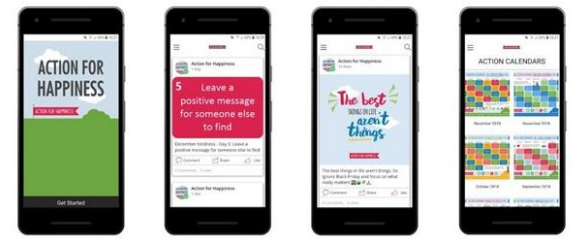
ACTION FOR HAPPINESS

Happier · Kinder · Together

Action for happiness publish a new calendar each month giving ideas

ACTION FOR HAPPINESS APP

Download the Action for Happiness app for iOS and Android:



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You can download their app

Gives you friendly 'nudges' with an action idea each day

Sends you inspiring messages to give you a boost