



# 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

# Reflecting once you have done the check

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

Watch these films to help you start talking about mental health

[Talking Mental Health \(subtitled\) - YouTube](#)

[We All Have Mental Health \(Subtitled\) - YouTube](#)

# 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

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



Some advice  
for parents

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.

# 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 a College counsellor we have three*

*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*

# 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



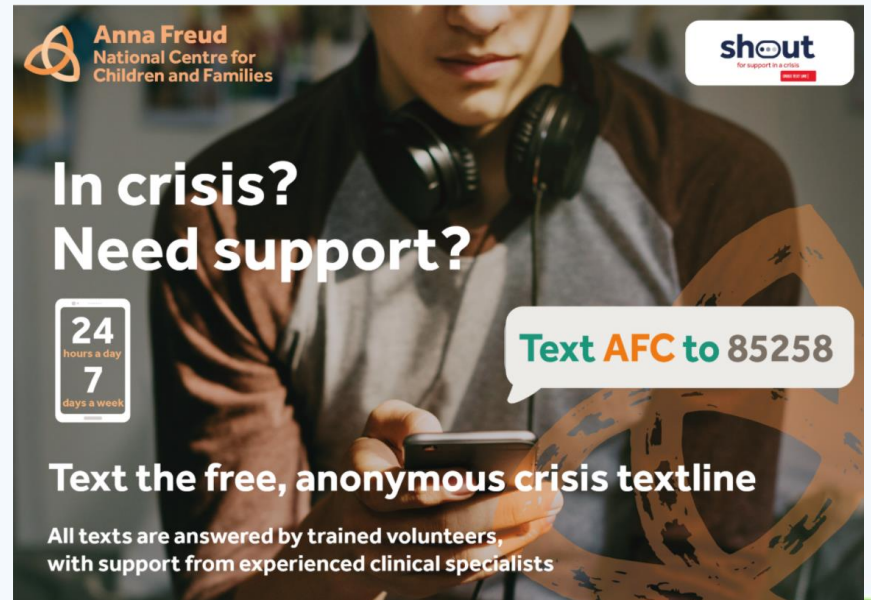
shout  
85258

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  
for support in a crisis

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.’



# ACTION CALENDAR: NEW WAYS NOVEMBER 2020



| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|---|--|--|---|--|--|---|
| <b>1</b> Make a list of new things you want to do this month              | <b>2</b> Respond to a difficult situation in a different way                 | <b>3</b> Get outside and observe the changes in nature around you  | <b>4</b> Sign up to join a new course, activity or online community | <b>5</b> Change your normal routine today and notice how you feel            | <b>6</b> Give yourself a boost. Try a new way of being physically active   | <b>7</b> Be creative. Cook, draw, write, paint, make or inspire           |
| <b>8</b> Find out something new about someone you care about              | <b>9</b> Plan a new activity or idea you want to try out this week           | <b>10</b> When you feel you can't do something, add the word "yet"   | <b>11</b> Be curious. Learn about a new topic or an inspiring idea  | <b>12</b> Overcome a frustration by trying out a new approach                | <b>13</b> Choose a different route and see what you notice on the way      | <b>14</b> Find a new way to help or support a cause you care about        |
| <b>15</b> Go outside and do something playful - walk, run, explore, relax | <b>16</b> Look at life through someone else's eyes and see their perspective | <b>17</b> Try a new way to practice self-care and be kind to yourself  | <b>18</b> Connect with someone from a different generation          | <b>19</b> Broaden your perspective: read a different paper, magazine or site | <b>20</b> Make a meal using a recipe or ingredient you've not tried before | <b>21</b> Learn a new skill from a friend or share one of yours with them |
| <b>22</b> Find a new way to tell someone you appreciate them              | <b>23</b> Set aside a regular time to pursue an activity you love            | <b>24</b> Share with a friend something helpful you learned recently   | <b>25</b> Use one of your strengths in a new or creative way        | <b>26</b> Tune in to a different radio station or TV channel                 | <b>27</b> Enjoy new music today. Play, sing, dance or listen               | <b>28</b> Join a friend doing their hobby and find out why they love it   |
| <b>29</b> Discover your artistic side. Design your own greeting cards     | <b>30</b> Look for reasons to be hopeful, even in difficult times            | <p><b>"You never know what you can do until you try" ~ C. S. Lewis</b></p>  |   |  |  |   |

## ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

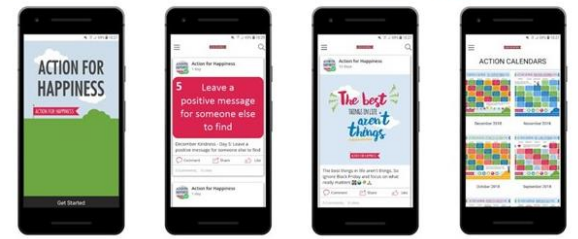
Learn more about this month's theme at [www.actionforhappiness.org/new-ways-november](http://www.actionforhappiness.org/new-ways-november)

Keep Calm · Stay Wise · Be Kind

*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:



*You can download their app*

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

*Sends you inspiring messages to give you a boost*