



Student Mental Health Awareness



Co-op Academy
Swinton

Introduction

At Co-op Academy Swinton, we aim to promote positive mental health and wellbeing for our whole school community (children, staff, parents and carers), and recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health.

School staff are often the key professionals when it comes to identifying and supporting children and young people's mental wellbeing and are ideally placed to respond to the early signs of mental health difficulties in children and young people.

What to do if you need help

There are many sources of help available to help you take care of your emotional health and wellbeing.

In school you can speak to:

- Your Year Manager or Pupil Progress Coordinator
- Any teacher or member of staff

Other avenues for your support:

- Take a look at our school website for more support information:
<https://swinton.coopacademies.co.uk/students/safeguarding-for-students/>
- Speak to your parent/carer or another trusted member of your family

Useful websites you can seek help from:

- Young Minds: <https://youngminds.org.uk/>
- Mind: <https://www.mind.org.uk/information-support/for-children-and-young-people/>
- NHS: <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>
- Childline: <https://www.childline.org.uk/> or call 0800 11 11
- Kidscape: <https://www.kidscape.org.uk/> or call 020 7730 3300


50 STRATEGIES TO MANAGE YOUR ANXIETY

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ENGAGE IN SOMETHING PLEASURABLE


ENGAGE IN SOME EXERCISE


LIMIT THE AMOUNT OF ALCOHOL YOU DRINK


CHALLENGE YOUR THOUGHTS


JOURNAL YOUR WORRIES


WORK ON YOUR PROBLEM SOLVING SKILLS

TAKE A DEEP BREATHE AND COUNT BACKWARDS


PRACTICE SOME DEEP BREATHING


UNDERSTAND WHEN YOU START CATASTROPHIZING

PRACTICE SOME SELF CARE

TAKE A BREAK FROM TECHNOLOGY 

ACCEPT THAT YOU HAVE ANXIETY 

TALK TO SOMEONE ABOUT YOUR ANXIETY


FOCUS ON THE PRESENT MOMENT


LIMIT THE AMOUNT OF CAFFEINE YOU HAVE


HAVE A BATH


DOWNLOAD AN APP

WHY NOT TRY DOING SOME YOGA 


JOIN AN EXERCISE GROUP


BUY A MINDFULNESS COLOURING BOOK

LEARN WHAT YOUR TRIGGERS ARE


LEARN MORE ABOUT HOW YOUR ANXIETY AFFECTS YOU



COUNT TO TEN SLOWLY

COME UP WITH AN ALTERNATIVE THOUGHT


BUILD A MENTAL HEALTH SUPPORT NETWORK

TRY TO KEEP THINGS IN PERSPECTIVE


FOCUS ON THINGS YOU CAN CONTROL


TAKE A BREAK

EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES


MAKE SURE YOU ARE EATING A BALANCED DIET



TRY SINGING


LEARN SOME PROGRESSIVE MUSCLE RELAXATION


SET ASIDE SOME TIME TO WORRY


PRACTICE SOME MINDFULNESS


TRY ENGAGING IN RATIO BREATHING


LISTEN TO RELAXING MUSIC


MAKE SURE YOU ARE GETTING PLENTY OF SLEEP


PRACTICE IMAGERY TO REDUCE AROUSAL


DON'T BE AFRAID TO ASK FOR HELP


LOOK AFTER YOURSELF


DISTRACT YOURSELF


SLOW DOWN WHAT YOU ARE DOING

TEST OUT THE VALIDITY OF YOUR THOUGHTS


LEARN SOME PROGRESSIVE MUSCLE RELAXATION



VISUALISE A SAFE PLACE


RECOGNISE THE SIGNS OF YOUR ANXIETY


CALL A FRIEND

IDENTIFY THINKING ERRORS


ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN


REDUCE YOUR STRESS LEVELS

MANAGE YOUR TIME EFFECTIVELY



WHY CHILDREN SHOULD TAKE A BREAK FROM SOCIAL MEDIA

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Switching off from social media could be good for your mental health. It could reduce feelings of anxiety, loneliness or jealousy



Switching off from social media could help you to get more things done



You will find yourself with more time to see friends, exercise or engage in hobbies

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So that they can have more time to rest and recharge



Because it can negatively impact your self esteem



You will be more present with what you are doing



You will develop better relationships with friends and family



Switching off from social media could help to improve your sleep



Because by connecting with people in person is really important for our wellbeing



Why sport and exercise is **IMPORTANT FOR MENTAL HEALTH**

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It helps to
reduce stress
levels



It can boost
your mood



You get the
chance to
interact with
others



It can boost
your self
esteem



Teaches you
important life
lessons



Gives you a
creativity
boost



Improves
cognitive
functioning



Develops
resilience



Promotes
teamwork



Helps to
develop
relationships



Helps to
improve your
sleep



Helps you to
feel calmer



Reduces
tension in your
body



Gives you a
sense of
achievement



It's enjoyable
and fun



WHY IT'S OKAY TO TALK ABOUT YOUR MENTAL HEALTH

 @BELIEVEPHQ



Because it can help you feel better by talking about it



Because it is okay to talk about emotions and feelings



Because it is the first step to breaking the stigma



Because 1 in 4 of us experience a mental health problem



Because it is okay to feel anxious or low

Because it's okay to show weakness



Because it's okay to show you are struggling

Because it is okay to not feel okay



Because by being open can help you to get support



Because it can help reduce feelings of shame



10 WAYS TO BOOST YOUR MENTAL HEALTH



CHALLENGE THOUGHTS

Challenge negative thoughts that come into your mind. Learn how to problem solve effectively



SHARE THINGS

Don't be afraid to share things with your family or friends.



WORK ON YOURSELF

Make sure that you take some time to work on your own well being



SET GOALS

Set goals that you want to achieve. Be proud of yourself when you achieve your goals



HEALTHY BODY

Look after your body as well as your mind. Nutrition plays a large role within this



EXERCISE

Exercise is great for helping to boost mood, increase well being and reduce stress and anxiety



MANAGE STRESS

Take time to learn some coping strategies that can help you to deal with stress



RELAX

Find time to relax. Make sure that you dedicate some time each week for yourself. Meditate, try yoga or practice deep breathing



TALK TO SOMEONE

Don't be afraid to talk to someone about any issues that you might be experiencing. Make sure that you seek the right advice



SLEEP

Make sure that you are getting a good amount of sleep. Get into a regular pattern

10 WAYS WE CAN REDUCE THE STIGMA ATTACHED TO

MENTAL HEALTH



Get the facts right



Show care, love and compassion for people experiencing mental health problems



Don't be rude or use negative terms when talking about people and mental health



Embrace therapy. Don't be ashamed to seek support or help



See the person, not the illness. Don't label or stereotype



Treat people equally



14 REASONS WHY "IT'S OKAY TO NOT FEEL OKAY"



EMOTIONS

Because you can use your emotions to assess how you feel



STIGMA

Because it is important we fight against the stigma attached to mental health



LEARNING

Because by talking openly about your emotions you can learn from your experiences



AVOIDING

Because avoiding your emotions could start to negatively impact your performance



HELPING YOURSELF

Because by experiencing and sharing your emotions you are helping yourself



HUMAN

Because not feeling okay confirms you are human



SADNESS

Because it is okay to be sad at times



WEAKNESS

Because not feeling okay is not a sign of weakness



PERFECTION

Because it is not always possible to be the best possible versions of ourselves



STRENGTH

Because feeling emotions can make us stronger



AFRAID

Because we should not be afraid to admit we are struggling



FRIENDS/FAMILY

Because you will help others to realise that it is okay to be open and honest about how they feel



IMPROVEMENT

Because not feeling okay is one step closer to feeling better



EMBARRASSMENT

Because no one should ever be embarrassed or ashamed to talk about their feelings

20 REASONS WHY IT IS IMPORTANT TO LOOK AFTER YOUR MENTAL HEALTH EVERY DAY

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REDUCES ANXIETY

IMPROVES MOOD



REDUCES PRESSURE



IMPROVES COPING SKILLS

YOU WILL START TO BUILD RESILIENCE



CAN IMPROVE ENGAGEMENT



REDUCES STRESS

BOOSTS SELF ESTEEM



HELPS TO IMPROVE SLEEP



HELP YOU BE MORE PRODUCTIVE



ALLOWS YOU TO RELAX



IMPROVES CONFIDENCE



BOOST WELLBEING



INCREASES YOUR AWARENESS



IMPROVES SELF FOCUS



INCREASES YOUR AWARENESS



GIVES YOU TIME TO RELAX



REDUCES BURNOUT



IMPROVE QUALITY OF LIFE



GIVES YOU TIME FOR YOURSELF



20 TIPS TO BUILD YOUR RESILIENCE



LOOK AFTER YOURSELF



LEARN FROM MISTAKES



BUILD POSITIVE RELATIONSHIPS



KEEP CHALLENGING YOURSELF



FORGIVE YOURSELF



LEARN TO PROBLEM SOLVE EFFECTIVELY

DEVELOP A STRONG SOCIAL NETWORK



NEVER GIVE UP



CHALLENGE THOSE NEGATIVE THOUGHTS



PUT THINGS INTO PERSPECTIVE



LEARN FROM DIFFICULT SITUATIONS

DON'T BE AFRAID TO FAIL



DON'T BE AFRAID TO TAKE RISKS



WORK ON YOUR STRENGTHS



PAY ATTENTION TO YOUR OWN NEEDS



BE OPTIMISTIC



SET GOALS YOU CAN ACHIEVE



BE CONFIDENT IN YOURSELF

SPEND TIME REFLECTING



PAY ATTENTION TO YOUR FEELINGS

**INSTEAD OF
THINKING...**

VS

**TRY
THINKING...**



I am not good enough



I am good enough



I can't do it



I can do it



Why does this always happen to me?



This is just one bad day



Everything is always my fault



I can't blame myself for everything



I always fail



I will learn from this failure



This is impossible



This will take time and hard work



I want to give up



Keep going when things get tough



I always make mistakes



Mistakes help me to learn



I will never get any better



There is always room for improvement



I will never be as good as him/her



I will never give up

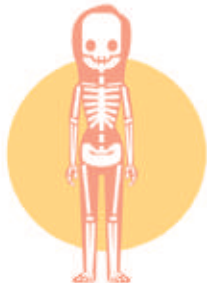


I am never good at trying new things



I will learn to embrace challenge

10 THINGS STUDENTS CAN DO TO BOOST THEIR MENTAL HEALTH



Mind and Body

Look after your body as well as your mind. Eat a well balanced diet, keep hydrated and get into a regular sleep pattern



Exercise

Engage in regular exercise. Find a sport or activity that you enjoy. Exercise is a great tool for improving mood and reducing stress and anxiety



Organisation

Manage your time effectively. Stay organised and on top of things. This will help to reduce pressure



Self Care

Practice self care. Make sure to look after yourself. Relax, smile, have a bath, go for a walk and do something you enjoy

Talk to someone

Don't be afraid to talk to someone about how you are feeling. Talk to your friends, family or teachers.



Breathing

Learn how to breathe effectively. Practice a number of techniques and find what works for you: ratio breathing, deep breathing, progressive muscle relaxation



Write down

Write down how you feeling or what you are thinking. This can be a really simple way to understand what is going on within your mind and body



Challenge

Try to challenge your thinking. If you experience an unhelpful thought try and turn it into a helpful thought



Check in

Regularly check in with yourself. Monitor your emotions and mood

Problem solve

Learn how to problem solve effectively. When you experience a problem try and write down a number of solutions.



Guidance for
parents/carers
to help support
your child

10 TIPS TO HELP YOU MANAGE YOUR CHILD'S ANXIETY



Support your child to face their fears



Talk to your child about their worries



Teach your child some coping skills like relaxation



Help your child to problem solve



Role model helpful coping behaviours



Create a worry time each day for your child to deal with worries



Listen to what your child has to say



Be calm and patient when helping your child



Make sure they are eating healthy and getting enough sleep



Don't be afraid to seek out specialist help

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HELPFUL VS. UNHELPFUL THINGS TO SAY TO SOMEONE EXPERIENCING A MENTAL HEALTH PROBLEM



 @BELIEVEPHQ
www.BelievePerform.com



HELPFUL

VS

UNHELPFUL



HOW CAN I HELP YOU?

I WILL HELP YOU GET THROUGH THIS 

TAKE AS LONG AS YOU NEED 



I AM HERE FOR YOU

WOULD YOU LIKE TO MEET UP? 

DO YOU NEED SOME TIME AND SPACE?



I AM HERE TO LISTEN TO YOU

WE CAN WORK THROUGH THIS 



EVERYTHING IS GOING TO BE OKAY

THIS FEELING WON'T LAST FOREVER

YOU AREN'T A BURDEN 

YOU NEED TO GET OUT MORE 

 JUST SNAP OUT OF THIS

THERE IS NOTHING WRONG WITH YOU



YOU ARE ALWAYS SO NEGATIVE

THINGS COULD BE SO MUCH WORSE 



IT'S ALL IN YOUR MIND

STOP ALWAYS COMPLAINING 

IT'S YOUR OWN FAULT 



THINGS AREN'T THAT BAD

STOP FEELING SORRY FOR YOURSELF 

I ALWAYS KNEW YOU HAD A PROBLEM

HOW STRESS AFFECTS YOUR MIND AND BODY

HOW DOES STRESS AFFECT THE MIND

IRRITABILITY
AGITATION
MEMORY PROBLEMS
INABILITY TO CONCENTRATE
INCREASED ANXIETY
LONLINESS



STRATEGIES TO REDUCE STRESS



TALK TO SOMEONE



BUILD STRONG RELATIONSHIPS



FIND OUT WHAT IS CAUSING YOUR STRESS



GET ENOUGH SLEEP



EXERCISE REGULARLY



LEARN RELAXATION TECHNIQUES



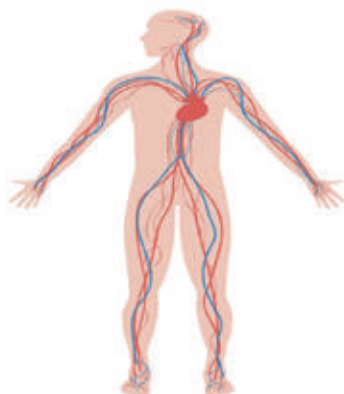
SET ASIDE TIME FOR HOBBIES



BE AWARE OF WHAT YOU EAT



FIND OUT WHAT IS CAUSING YOUR STRESS



HOW DOES STRESS AFFECT THE BODY

ACHES AND PAINS
NAUSEA
RASH
INSOMNIA
HEADACHES
HYPERTENSION

HOW TO RESPOND WHEN SOMEONE TALKS TO YOU ABOUT THEIR MENTAL HEALTH

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- 
- ✓ I am proud of you
 - ✓ Thank you for sharing that with me
 - ✓ Is there anything I can do for you?
 - ✓ Everything will be okay
 - ✓ We can overcome this together
 - ✓ Can I help you in anyway?
 - ✓ I will help you to get through this
 - ✓ I am always here for you
 - ✓ Take as long as you need
 - ✓ I am here when you need me
 - ✓ This feeling won't last forever
 - ✓ Would you like any extra support?
 - ✓ What can I do to help?
 - ✓ Do you need some time and space?
 - ✓ How can I help you?
 - ✓ I know that must have been hard for you
 - ✓ You have been really brave talking about that
 - ✓ Would you like me to check in on you regularly?



Co-op Academy
Swinton

Headteacher: Mr M. Harrison, BSc (Hons) PGCE

Address: Sefton Road, Pendlebury, Manchester M27 6JU

Tel: 0161 794 6215 **Email:** info@swinton.coop **Web:** www.swinton.coop

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