

The First Aid Kit

‘Taking care of yourself’

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Inclusion Manager

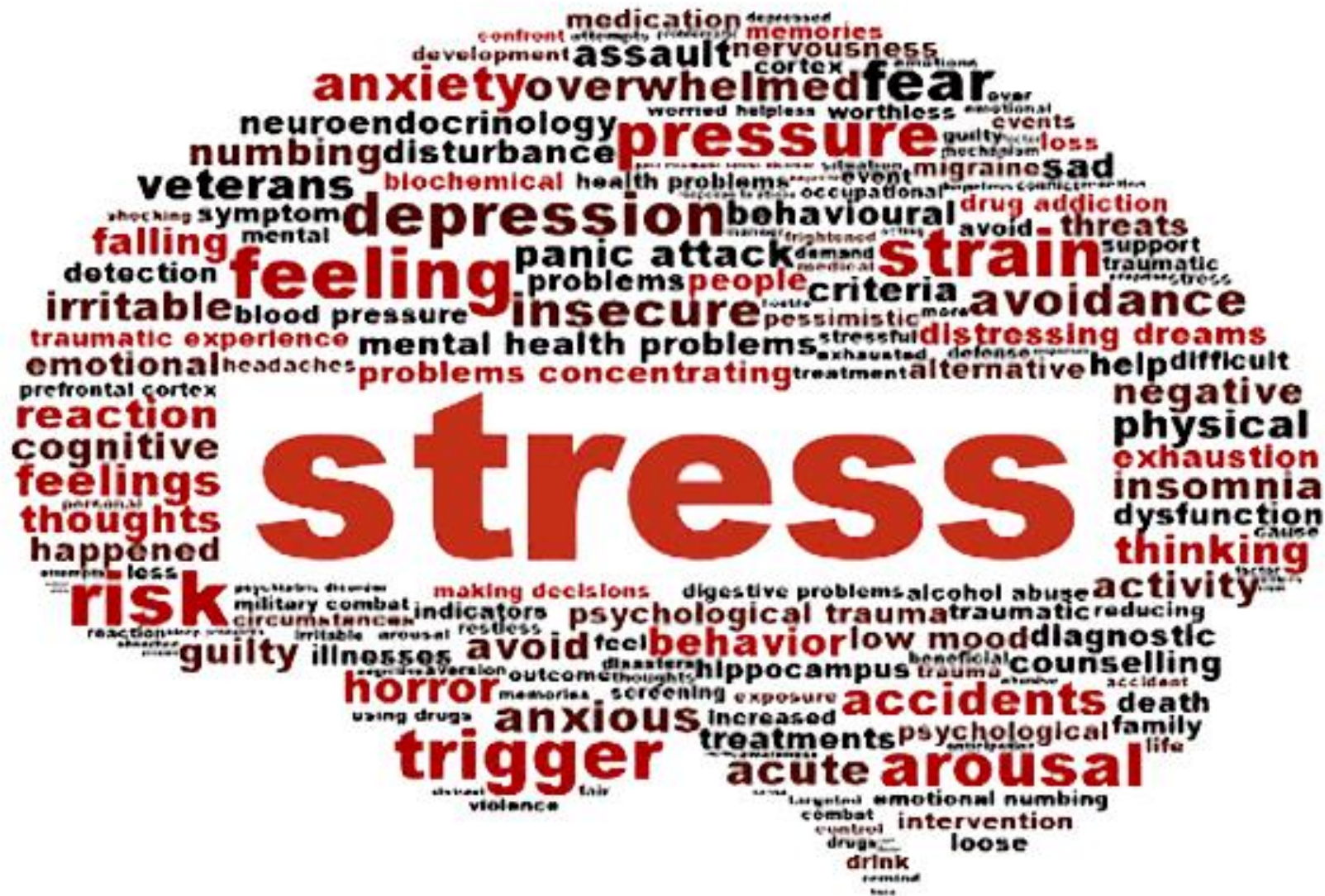
Let the battle begin!!!

This is the time that you need to look after yourself.

Sleep is important, good food is important and space to reflect and become mindful will work wonders too!

If you are feeling the pressure of year 11 and exams, lets try simple steps within our mental health first aid kit to get you back on track and feeling more relaxed.





Stress Symptoms

Look out for prolonged or extreme cases of the following if you feel the work's piling up:

Difficulty getting to sleep or difficulty waking up in the morning

Constant tiredness

Forgetfulness

Unexplained aches and pains

Poor appetite

Loss of interest in activities

Increased anxiety and irritability

Increased heart rate

Migraines/headaches

Blurred vision

Dizziness

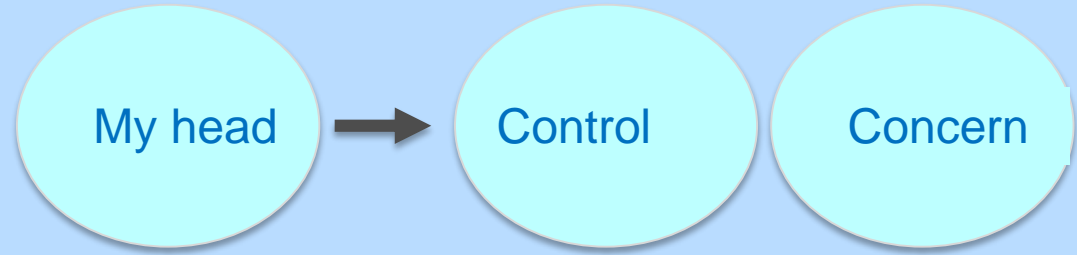
Dissolving Stress Activities...

What is Mindfulness?

https://www.youtube.com/watch?v=ny0d20TBc7s&list=PLSok1zwZyGcjw7g_8PFS07T2Gsvl2fsFY&index=1



Overthinking?



Concern vs Control

- Adapted from Stephen Covey's '7 habits of highly effective people'. This exercise takes a small amount of time – 5 mins approximately and asks you to create a list of the things that are taking up your mental space and energy.
1. Listen to your anxieties and worries (your mental chatter)
 2. Write them all down e.g. 'worried I will not pass Maths' in the circle 'My Head' so that they look as though they are all jostling around in your head.
 3. Now look at the My Head circle, all crowded with thoughts and issues and one at a time for each item, ask yourself 'what control do I have over this?'
 4. If there's something you can do to control the outcome of the worry, put it into the circle 'control'.
 5. If there's nothing you can do to control the outcome of the thought or worry, it leaves your head and goes into the circle 'Concern'.
 6. Finish the activity by deciding on one simple thing you could do to improve each of the items in your circle of control.

Stress Dissolving Activities...

Decision making!



Life is full of decisions. Each day we make thousands.

- We all experience something called ‘decision fatigue’ – a decrease in the quality of our decisions, over a long period of decision making.
- It’s believed this happens partly because we often spend a lot of our decision making energy on small material decisions e.g. what to have for lunch, where to sit for lunch, who to sit with, how much will lunch cost and so on.
- These *material decisions* take up a lot of our mental energy, leaving our *behavioural decisions* as unplanned reactions.
- For example: when a teacher challenges the quality of your homework... it feels unexpected and you become angry even though you know you shouldn’t.

Therefore, use the decision making energy you have to plan and 'pre-make decisions' to future events.

Ask yourself...

- What type of person do you want to be?
- What qualities do you have?
- What's important to you?
- What do you want other people to say about you?

Some 'easy' mental & physical decisions we can anticipate & pre make.

Green = positive decisions

Red = negative decisions



Dissolving Stress Activities...

Breathing activity:

<https://www.youtube.com/watch?v=Eqyj6Rp2Q1w>

Finally...
The night before
an exam!

7 Things to Think About the Night Before an Exam

by @Inner_Drive
www.innerdrive.co.uk

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- 1 POSITIVE IMAGERY**
Spend some time visualising a positive exam experience. This will increase your confidence, help with nerves and enhance your mood.
 - 2 YOUR BEST PERFORMANCE**
Think about a previous good performance. What helped you do well that time and how will you apply that tomorrow?
 - 3 YOUR PREPARATION**
Boost your confidence by reminding yourself of how well you have prepared and how much revision you have done.
 - 4 FOCUS ON YOU**
Focus on yourself and don't compare yourself to others as this will make you feel stressed. Instead, focus on what you can control.
 - 5 THE CHALLENGE**
If you see the exam as a threat, it will make you stressed. View the exam as an opportunity or as a challenge. This will make you feel better.
 - 6 OVERCOMING SETBACKS**
Remind yourself how you overcame previous setbacks. This will help you deal with future challenges and build mental resilience.
 - 7 A GOOD NIGHT'S SLEEP**
A good night's sleep helps improve creativity, problem solving, concentration and memory. This is more important than last minute cramming.

Thank you for listening.

Any questions?