

Looking after our emotional health and wellbeing

(And looking out for other people's too)

Presented by Ms. Bryden

What do we mean by emotional health and wellbeing?

Mental wellbeing doesn't have one set meaning.

We might use it to talk about how we **feel**, how well we're **coping** with daily life or what **feels manageable** or **difficult** now.

There is a lot of research that we can draw on to find ways to look after our own emotional wellbeing.



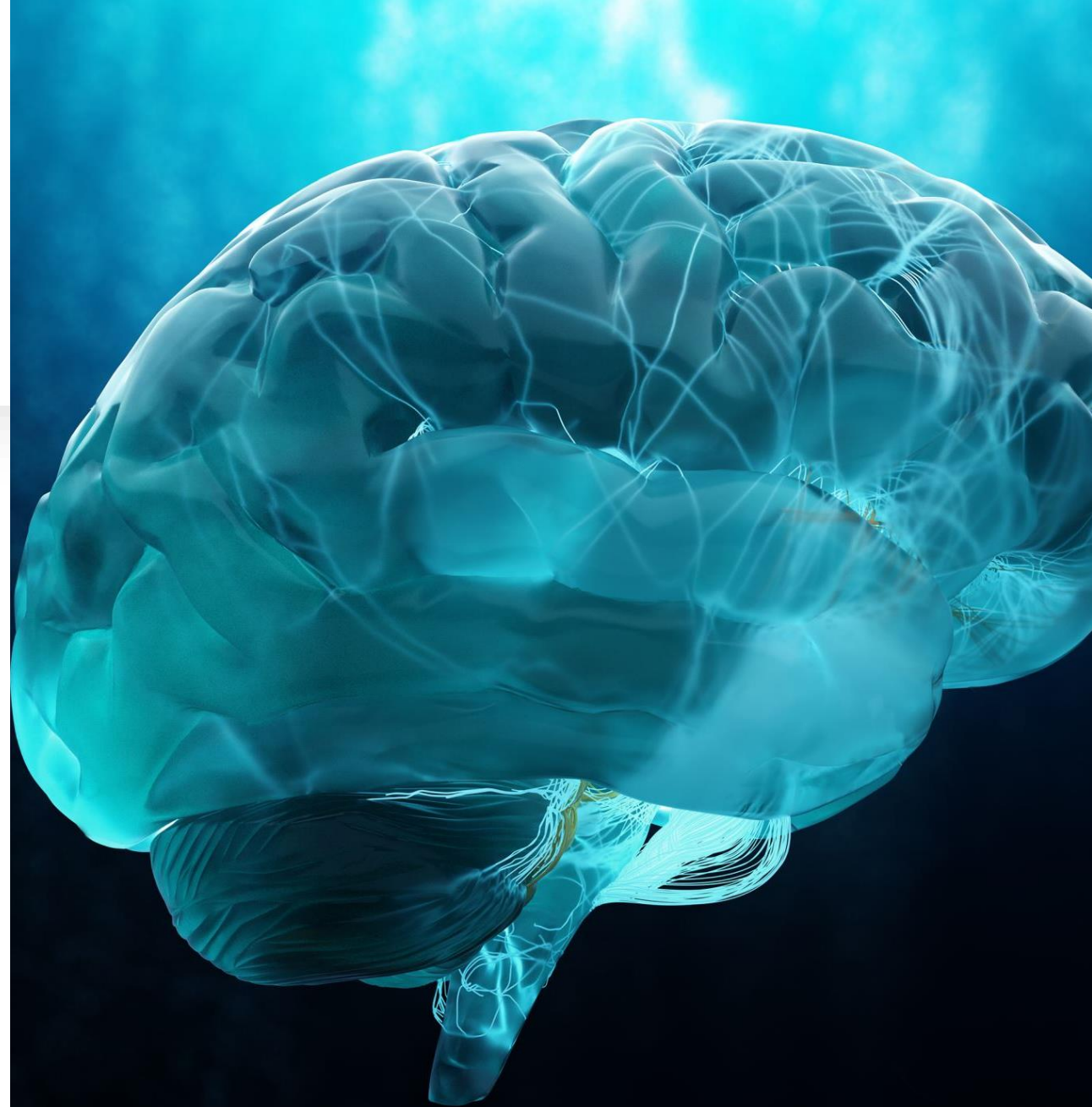
Have you ever wondered why some people seem to have more resilience?

- There are habits and routines that we can get into that **increase mental wellbeing**.
- It does take a bit of effort and a bit of discipline, but it does work.
- Talk to anyone who has been through a period of poor mental wellbeing and they didn't just feel better- they had to work on looking after themselves and allow others to help them too.



Can we just take a moment to appreciate the teenage brain?

- [The teenage brain - BBC Bitesize](#)



3 areas that can really help the teenage brain run a little more efficiently during this time are:

Nutrition

Exercise

Sleep

Nutrition

- NHS Eatwell for guides on eating for health. [The Eatwell Guide - NHS \(www.nhs.uk\)](https://www.nhs.uk/eatwellguide/)
- Plenty of fruit and veggies of different colours.
- **Ensure breakfast happens in some form**
- **We have an excellent breakfast club**



Exercise

- Grown ups:
- Ideally 30 minutes a day.
- Practically: 10 active minutes everyday.

- Teens: Ideally 60 minutes per day.
- Practically 30 active minutes a day.

We have so many different clubs and activities for our children to get involved in.

TAKE STEPS TO MOVE MORE

Walking briskly gets your blood pumping faster and clears your head, as well as reducing your risk of heart disease and some cancers. So, take the first step and **download the free Active 10 app today.**



BECAUSE THERE'S ONLY
ONE YOU

How much sleep do we need?

- Adults
- 7-9 hours

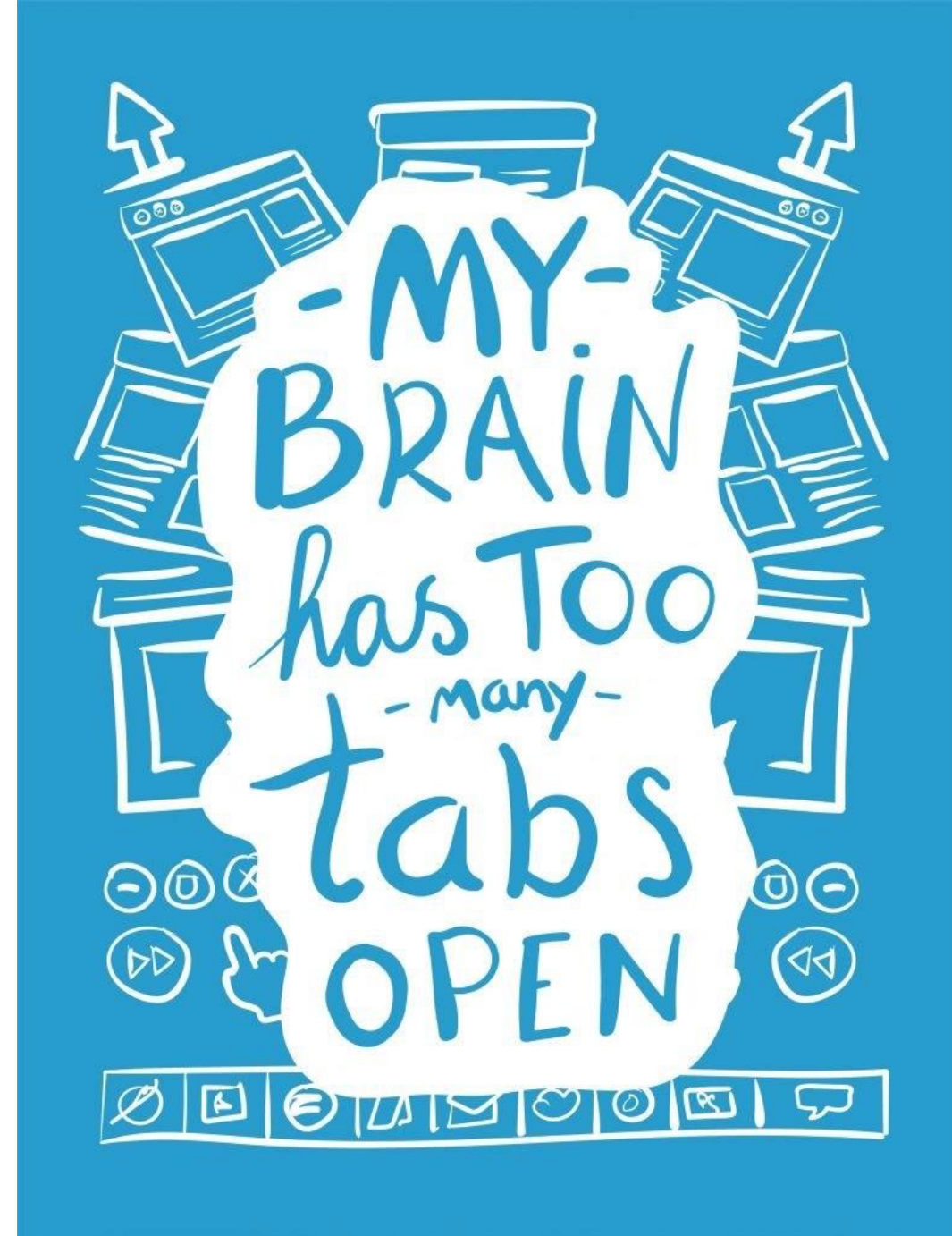
- Teenagers
- 8-12 hours depending on the person.
- Most 12 year olds function best with 9-11 hours.
- Most of our year 8 are not getting that.

Let's consider three reasons sleep is so important to our young people.

How sleep improves learning

- More efficient and better focus in lesson.
- Stores the information in the long term memory
- Improves your ability to organise and prioritise

University research can show a correlation between sleep and test scores. **Students who got more sleep did much better at least 20% better.**



How sleep protects mental health

- More stable mood
- Less irritable
- More optimistic
- Lower stress levels
- Boosted serotonin





How does sleep improve our physical health?

- More efficient muscle growth
- Healthier heart
- Boosted immune system
- Quicker recovery from injury

What barriers
are there to
getting good
sleep?



Distractions



Temperature



Not feeling tired



Over stimulated



Noise



Wanting to game as peers are online

Sleep hygiene

Can we remove those barriers?

- Consistent sleep wake cycle
- Don't use your bed to work/game in
- Put your phone to bed an hour before your bedtime
- Avoid sugar and caffeine in the evening
- Consider the temperature
- Read before sleep

SLEEP HYGIENE
HEALTHY SLEEPING HABITS 🧠 #PHDSTRONGERTOGETHER

 STAY ON A CONSISTENT SLEEP-WAKE SCHEDULE

 AVOID EATING OR WORKING IN YOUR BED

 SLEEP IN A QUIET AND DARK ENVIRONMENT

 AVOID ELECTRONIC DEVICES BEFORE BED TIME

 ENGAGE IN RELAXING ACTIVITIES BEFORE BEDTIME

 BE MINDFUL OF CAFFEINE INTAKE

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Self care routines work when they become routine.

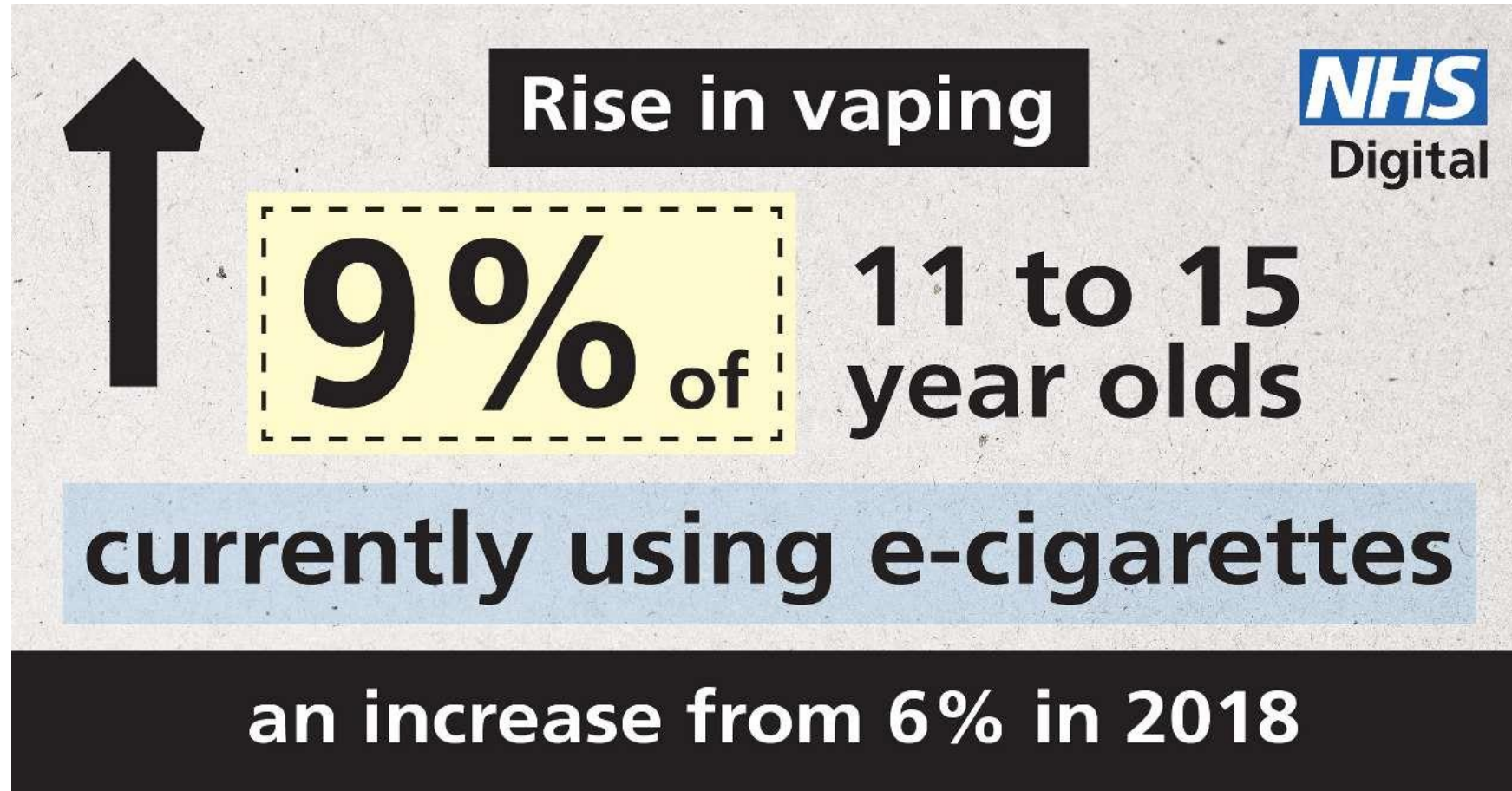
Trust me on this one.

If we can be disciplined enough to put some of these routines in place we will become more resilient, less likely to feel overwhelmed and have more energy and focus.



Add one good habit to your daily routine.
Or remove one bad one.
For example- start walking to school.
Or limit screen time.
Do it for 3 months and it will become a habit.

One other area that is having a significant effect on wellbeing of others



Vaping- where's harm?

- Issue for the child vaping- addiction.

Nicotine withdrawal physical and mood-related symptoms, such as strong cravings, anxiety, irritability, restlessness, difficulty concentrating, depressed mood, frustration, anger, insomnia, constipation or diarrhea.

- Issue for other students- children are vaping in the toilets so others can't use them- that's not fair.
- Issue of lost learning.
- Issue that we do not know the long term implications of children vaping.

Feeling overwhelmed

- Time to reach out- talk to us.

Or there are tried and tested resources we recommend:

- 'Chat health' 07507 332473

This service has helped lots of our students who need a medical professional to step in.

Child line- really useful resources, videos and info. Why not look at the site together while things are OK so you know where to go if things are not?

Anna Freud Centre