

# PERSONAL ACTION PLAN

Everyone has a different way of coping (art, talking, exercise etc), it's about finding out what works for you. Sometimes to find a solution it helps to break an issue down into smaller parts. Think about what the issue is, where you would like to get to and the steps you could take to get there...

WHAT DO YOU WANT TO CHANGE?

HOW COULD YOU TRY TO CHANGE IT?

HOW WILL YOU KNOW WHEN THINGS HAVE CHANGED?



## Exams & School Stress

OPEN THE DOOR TO BETTER SELF-CARE

OPEN

POCKET GUIDE!

# Introduction

MENTAL HEALTH IS IMPORTANT,  
IT'S JUST AS IMPORTANT AS  
PHYSICAL HEALTH.

This leaflet is focussed on exams and school stress.

- New GCSEs have increased stress and anxiety say 90% of school leavers
- Out of 460 students, 86% report increased/induced panic attacks due to new GCSE's [www.ascl.org.uk/news](http://www.ascl.org.uk/news)

EVERYONE HAS MENTAL HEALTH BUT IT CAN  
FLUCTUATE FROM GOOD MENTAL HEALTH,  
TO POOR MENTAL HEALTH OR EVEN A  
DIAGNOSABLE MENTAL HEALTH ILLNESS.

# Tops Tips

- Find the best revision methods that work for you
- Organise your work into manageable chunks – don't try and do too much at once
  - Be realistic in what you can achieve
  - Don't work where you relax
- Take time for self-care; look after yourself
- Taking regular breaks helps the brain process information when you are revising
- Find a balance between revision/school work and interacting with others
- Talk about your nerves; nerves are normal and natural during exams/tests but put them to positive use, acknowledge them and the work that needs doing

# Coping strategies

Coping strategies suggested below are examples from South Tyneside young people – it's about finding what works for you, this might take time and might change depending on what's going on.

"Music helps me express my emotions. Music helps me stay calm and relax. I listen to music a lot to keep myself occupied and not anxious"

"Write down how you are feeling, sometimes it helps me to get it out of my head" female 15

"Stress time – if you find yourself stressing through the day, give yourself a time everyday where you stress for 10 minutes. I have tried it and it helps...this is your stress time, don't stress at any other time in the day." Female 16

"When I was doing my GCSEs I had to take 5-10 minutes every day to do a meditation, I was able to concentrate much more and relieve exam stress" female 16

"YOUNG PEOPLE ARE GROWING UP IN A WORLD WHERE THEY FEEL UNDER ENORMOUS PRESSURE. IT'S IMPORTANT THAT THEY RECOGNISE IT IS ACCEPTABLE TO MAKE MISTAKES"  
(MELANIE SOUTER - MATRIX)

# Apps / websites

Apps and websites can be useful but think about which ones you use. Self-care is important but there may be a point when you need more support.

- Headspace
- Childline (advice, support and information)
- Kooth (online access to trained counsellors, peer to peer support, information and articles)
- For more support visit: [www.southtynesidelifecyclementalhealth.nhs.uk](http://www.southtynesidelifecyclementalhealth.nhs.uk)
- Calm Harm
- South Tyneside Lifecycle Primary Care Mental Health Service (Local NHS mental health services and support)



# PERSONAL ACTION PLAN

Everyone has a different way of coping (art, talking, exercise etc), it's about finding out what works for you. Sometimes to find a solution it helps to break an issue down into smaller parts. Think about what the issue is, where you would like to get to and the steps you could take to get there...

WHAT DO YOU WANT TO CHANGE?

HOW COULD YOU TRY TO CHANGE IT?

HOW WILL YOU KNOW WHEN THINGS HAVE CHANGED?



## Family and Friends

OPEN THE DOOR TO BETTER SELF-CARE

POCKET GUIDE!

OPEN



# Introduction

MENTAL HEALTH IS IMPORTANT,  
IT'S JUST AS IMPORTANT AS  
PHYSICAL HEALTH.

This leaflet is focused on the impact family and friends can have on mental health:

The biggest worry of children whose parents have divorced is their parents stop loving them since they stopped loving each other

- Peer pressure can impact on mental health – of 555 people asked 86% said they have experienced peers pressure

EVERYONE HAS MENTAL HEALTH BUT IT CAN  
FLUCTUATE FROM GOOD MENTAL HEALTH,  
TO POOR MENTAL HEALTH OR EVEN A  
DIAGNOSABLE MENTAL HEALTH ILLNESS.

# Tops Tips

- Be honest with yourself about how you feel with a person – are you your best self with them? Friendships change and sometimes end.
- Don't compare your friendship/family situation to others – sometimes you only see their best bits.
- Don't do things just to make other people happy, focus on what works for you
- Don't let other people's worries or anxieties directly impact on you, if you need space that's ok.
- If family problems are becoming too much, speak to someone you trust.
- If you've experienced bereavement, speaking to someone who isn't emotionally involved can help you.
- Don't let rumours affect your friendships; make sure you speak to that person directly before you make a decision.
- Separation happens for many reasons, it doesn't mean your parents love you any less, never assume it's your fault.

# Coping strategies

Coping strategies suggested below are examples from South Tyneside young people – it's about finding what works for you, this might take time and might change depending on what's going on.

"I like to listen and sing along to music – I find that it helps me stay calm and helps me relax"  
Female age 15

"I sing, play music and play the ukulele. I also like to draw, paint and sketch. I started doing this when I was depressed and it helps me focus on something positive." Female age 16

"Writing things down sometimes helps me get them out of my head and think more clearly about how I am feeling and why"

# Apps / websites

Apps and websites can be useful but think about which ones you use. Self-care is important but there may be a point when you need more support.

- Headspace
- Childline (advice, support and information)
- Kooth (online access to trained counsellors, peer to peer support, information and articles)
- For more support visit: [www.southtynesidelifecyclementalhealth.nhs.uk](http://www.southtynesidelifecyclementalhealth.nhs.uk)
- Calm Harm
- South Tyneside Lifecycle Primary Care Mental Health Service (Local NHS mental health services and support)

"NOT ALL RELATIONSHIPS ARE GOOD FOR US. THINK TO YOURSELF DO MY RELATIONSHIPS SUPPORT ME AND MAKE ME FEEL GOOD? IT IS IMPORTANT TO REMEMBER THAT IT IS OKAY TO TAKE A BREAK FROM PEOPLE OR MOVE AWAY FROM THEM IF THEY DON'T SUPPORT OUR WELLBEING." CHRISTINA HARDY (PUBLIC HEALTH PRACTITIONER – CHILDREN & YOUNG PEOPLE)

# PERSONAL ACTION PLAN

Everyone has a different way of coping (art, talking, exercise etc), it's about finding out what works for you. Sometimes to find a solution it helps to break an issue down into smaller parts. Think about what the issue is, where you would like to get to and the steps you could take to get there...

WHAT DO YOU WANT TO CHANGE?

HOW COULD YOU TRY TO CHANGE IT?

HOW WILL YOU KNOW WHEN THINGS HAVE CHANGED?



## Male Mental Health

OPEN THE DOOR TO BETTER SELF-CARE



POCKET GUIDE!

# Introduction

MENTAL HEALTH IS IMPORTANT,  
IT'S JUST AS IMPORTANT AS  
PHYSICAL HEALTH.

This leaflet is focused on  
Male Mental Health;

- Males tend to be less likely to access psychological therapies than females.
- There is still a stereotypical view of men which means young males often find it difficult to seek help, or may leave it later to ask for help.

EVERYONE HAS MENTAL HEALTH BUT IT CAN  
FLUCTUATE FROM GOOD MENTAL HEALTH,  
TO POOR MENTAL HEALTH OR EVEN AS  
DIAGNOSABLE MENTAL HEALTH ILLNESS.

# Tops Tips

- Mental health affects everyone, regardless of gender
- Find time to look after yourself, find something positive you like to do and do it.
- Don't bottle up your emotions – try to move away from the idea that 'real men' sort out their own problems
- Try to find positive and supportive friendships/relationships but don't forget to ask for professional help if you need to.
- Stigma is the most common reason for not seeking help – Speak about your mental health and help stop the stigma.
- Masculinity should not get in the way of your well-being
- Accept that you may feel low sometimes and it's ok to have time to yourself to improve your mood but don't isolate yourself from others.
- Don't be afraid to show your emotions

# Coping strategies

Coping strategies suggested below are examples from South Tyneside young people – it's about finding what works for you, this might take time and might change depending on what's going on.

"I keep my mind healthy by going to the gym or going bouldering. The gym makes my body produce endorphins (happy hormones), it makes me feel better. I've climbed since I was 6 and the movements are second nature now, it forces me to live in the moment."  
Male age 15

"I was introduced to this technique when I was upset and it distracts me from my worries. Count 5 things you can see, 4 things you can feel, three things you hear, two things you smell and one thing you taste."

"I play computer games; it's good for hand eye co-ordination and helps me relieve stress" Male 15

# Apps / websites

Apps and websites can be useful but think about which ones you use. Self-care is important but there may be a point when you need more support.

- Headspace
- Childline (advice, support and information)
- Kooth (online access to trained counsellors, peer to peer support, information and articles)
- For more support visit: [www.southtynesidelifecyclementalhealth.nhs.uk](http://www.southtynesidelifecyclementalhealth.nhs.uk)
- Calm Harm
- South Tyneside Lifecycle Primary Care Mental Health Service (Local NHS mental health services and support)

"AS GPs WE WOULD ENCOURAGE YOUNG PEOPLE TO SEEK SUPPORT IF THEY ARE STRUGGLING, WHATEVER THE REASON. SEEKING SUPPORT EARLY FROM TEACHERS, FAMILY, FRIENDS OR OUR GP IS REALLY IMPORTANT. YOU ARE NOT ALONE." DR S PARKS

# PERSONAL ACTION PLAN

Everyone has a different way of coping (art, talking, exercise etc), it's about finding out what works for you. Sometimes to find a solution it helps to break an issue down into smaller parts. Think about what the issue is, where you would like to get to and the steps you could take to get there...

WHAT DO YOU WANT TO CHANGE?

HOW COULD YOU TRY TO CHANGE IT?

HOW WILL YOU KNOW WHEN THINGS HAVE CHANGED?



## Social Media

OPEN THE DOOR TO BETTER SELF-CARE



POCKET GUIDE!

# Introduction

**MENTAL HEALTH IS IMPORTANT, IT'S JUST AS IMPORTANT AS PHYSICAL HEALTH.**

It's ok to ask for help from your family, friends, a teacher or other professional.

This leaflet focusses on Social Media and Mental Health

- In the UK 9 out of 10 teenagers use social media
- Researchers have found that teenage girls who used social media more than three times a day are more likely to suffer from anxiety (University College London research)



**EVERYONE HAS MENTAL HEALTH BUT IT CAN FLUCTUATE FROM GOOD MENTAL HEALTH, TO POOR MENTAL HEALTH OR EVEN A DIAGNOSABLE MENTAL HEALTH ILLNESS.**

# Tops Tips

- Think about the impact of what you post/share online and comments you make – make a positive impact
- Think about when you use social media – if you use it before school and see negatives how will it impact on your day?
- Develop strategies to cope with negativity you see online (block people, limit use, unfollow, look for something positive)
- Social media has lots of positives BUT don't let it become your only contact with people.
- Remember it's easy to alter images so what you see might not be reality.
- Don't stress about how many likes you get, as long as you feel confident and happy in what you post
- If you're going to seek online support make sure you use recommended sites and apps; such as Kooth.



# Coping strategies

Coping strategies suggested below are examples from South Tyneside young people – it's about finding what works for you, this might take time and might change depending on what's going on.

"When I've been online too much, I take some time out with my pets and animals. It helps me relax"  
Male aged 16

"When I'm spending too much time on social media or feeling overwhelmed, I pick up my guitar and sing. Separating myself from negative media and influences."  
Female aged 16

"Turn off time – an hour before I go to sleep, or anytime during the day I either logout of social media or turn the Wi-Fi off. This means I can have time to myself without worrying about likes. It means I can fall asleep a lot easier without the worry and stress of the online world."  
Female age 17

"When other people's posts on social media start to make me feel worse about myself, I come off my phone, play some music and do something that makes me happy such as ; have a bath a or make my favourite food" female 17



# Apps / websites

Apps and websites can be useful but think about which ones you use. Self-care is important but there may be a point when you need more support.

- Headspace
- Childline (advice, support and information)
- Kooth (online access to trained counsellors, peer to peer support, information and articles)
- For more support visit: [www.southtynesidelifecyclementalhealth.nhs.uk](http://www.southtynesidelifecyclementalhealth.nhs.uk)
- Calm Harm
- South Tyneside Lifecycle Primary Care Mental Health Service (Local NHS mental health services and support)



**TIPS FROM THE ICT IN SCHOOLS TEAM: FIND A BALANCE BETWEEN SCREEN TIME AND FACE TO FACE INTERACTIONS. SET AND LIMIT SCREEN TIME, TRY STOP AN HOUR BEFORE BED. SET MEDIA FREE TIMES – MAYBE DURING MEAL TIMES. MAKE SURE YOU KNOW HOW TO STAY SAFE ONLINE – REPORT INAPPROPRIATE CONTENT, BLOCK PEOPLE, KEEP YOUR DETAILS PRIVATE.**