

Managing Triggers and Challenges:

Triggers are things that happen to you or situations you may face that make it harder for you to cope and stay well.

It is important to recognise what those triggers are and learn how best to deal with them.

Things to Avoid:

Being hard on yourself
Focusing on negatives
Taking things to heart
Smoking, drinking, drugs
Staying in bed all day
Being antisocial
Worrying too much
Hurting yourself
Comparing yourself
Keeping things in

What's Next:

If you spot any of the warning signs, here are some suggestions:

- Talk to an adult you trust such as a parent, teacher or doctor
- Call a helpline or find a helpful website if you're not ready to talk.
- Write down what's wrong. It may help you see things clearly.

Possible Challenges:

Friendship issues	Mental illness
Moving house or school	Being bullied
Relationship breakups	Failure
Comparing yourself to others	Rejection
Difficulties at home	Falling short of expectations
	Change

Early Warning Signs:

It is useful to recognise the negative signs in your thoughts, feelings, appearance or behaviour and reach out for help when you need it.

It will also help you recognise when a friend is in need too.

Unusual behaviour	Mental illness
Changes in body language	Being bullied
Loss of interest	Failure
Forgetting things	Rejection
Not listening	Falling short of expectations
Not caring	Comparing yourself to others
Mood swings	Ignoring messages
Feeling stressed	Self-harming
Tiredness	Feeling overwhelmed
Loneliness	
Being late	



Healing School
A Science Academy

Emotional Health and Wellbeing

A Self-help Guide for Pupils



Help in School:

If you are experiencing difficulty with friendship groups or are worried about something in school, visit **Healing Helpers** who are available to listen every lunch time in **Music Room 2**.



Alternatively, you can email them at: healinghelpers@healing-school.email

You may also go and talk to the pastoral team:
Mrs Barnard, Mrs Mitchell and Mrs Hanley

Useful Links:

Kooth: kooth.com

School Nurse Texting Service:

Tel: 07507 331620

YMM (Young Minds Matter):

Tel: 626111

MIND: www.mind.org.uk

CEOP: nationalcrimeagency.gov.uk

ceop.police.uk:

twitter.com/CEOPUK

Click CEOP for Facebook

Thinkuknow: thinkuknow.co.uk

NSPCC: nspcc.or.uk

Childline: childline.org.uk

Tel: 08001111

Barnardos: barnardos.org.uk

Children's Society:

www.childrenssociety.org.uk

Tel 0300 303 7000

FRANK: www.talktofrank.com

LGBTQ+ Youth

Tel: 01706 817235

Local LGBTQ:

www.beayourself.co.uk

Marie Collins Foundation:

charity enabling children who suffer sexual abuse and sexual exploitation via the internet

www.mariecollinsfoundation.org.uk

Kirma Nirvana:

charity supporting victims of honour based abuse and forced marriage

www.karmanirvana.org.uk

Self- Harm:

self-harm.co.uk

Foundations Substance Misuse:

Tel: 01472 571200

Young Carers: Tel: 01472 326294

CRUSE: cruse.org.uk Tel: 01472 814455

Not in our community:

notinourcommunity.org

Knife Crime: www.knifefree.co.uk

www.nomoreknives.com

The Wellness Toolbox:

Think about the different things that help you to keep well. It can be a mish-mash of things. These become your 'Wellness Toolbox.'

Nothing is too silly to put in your wellness toolbox. If it makes you smile, it should go in!

A Plan

For Every Day:

Think about the things you should either try to do, or avoid doing each day in order to feel as good as possible about yourself.

Focus on Positives

Keep Smiling

Believe in Yourself

Find a Reason to get out of Bed

Try New Things

Exercise

Make Time for Yourself

Contact Friends and Socialise

Get Enough Sleep

Eat Regular Meals

Keep Yourself Clean

Use Social Media in a Positive Way

Get Active:

Being active gets the blood pumping and helps to take your mind off things.

Get Outside:

Find a relaxing outside space. Go for a mindful walk or take the dog for a walk.

Connecting:

Spend time with family, friends and pets. Take part in team sports or group activities.

Reaching Out:

If you don't feel like hanging out with friends, you can still have a laugh with them online.

Positivity Journal:

Keep a journal and record one positive thing to be grateful for each day.

Playlist:

Different songs represent different things. Create an upbeat playlist to cheer you up.

Quiet Time:

Enjoy your own space. Take a long bath, listen to music or watch your favourite film.

Healing Tea:

Everything feels better with a cuppa! Sitting down with a hot drink helps you to calm down and focus.