

Emotional Well Being for Teens

Welcome

Overview of the evening

- There is no map
- Things we've learnt
- Standing in the gap
- Time to Talk

Where's the
map?



Where's the
map?

Does anybody have a map?

Anybody maybe happen to know how the hell to do
this?

I don't know if you can tell

But this is me just pretending to know

So where's the map?

I need a clue

'Cause the scary truth is

I'm flying blind

And I'm making this up as I go

Sharing the load



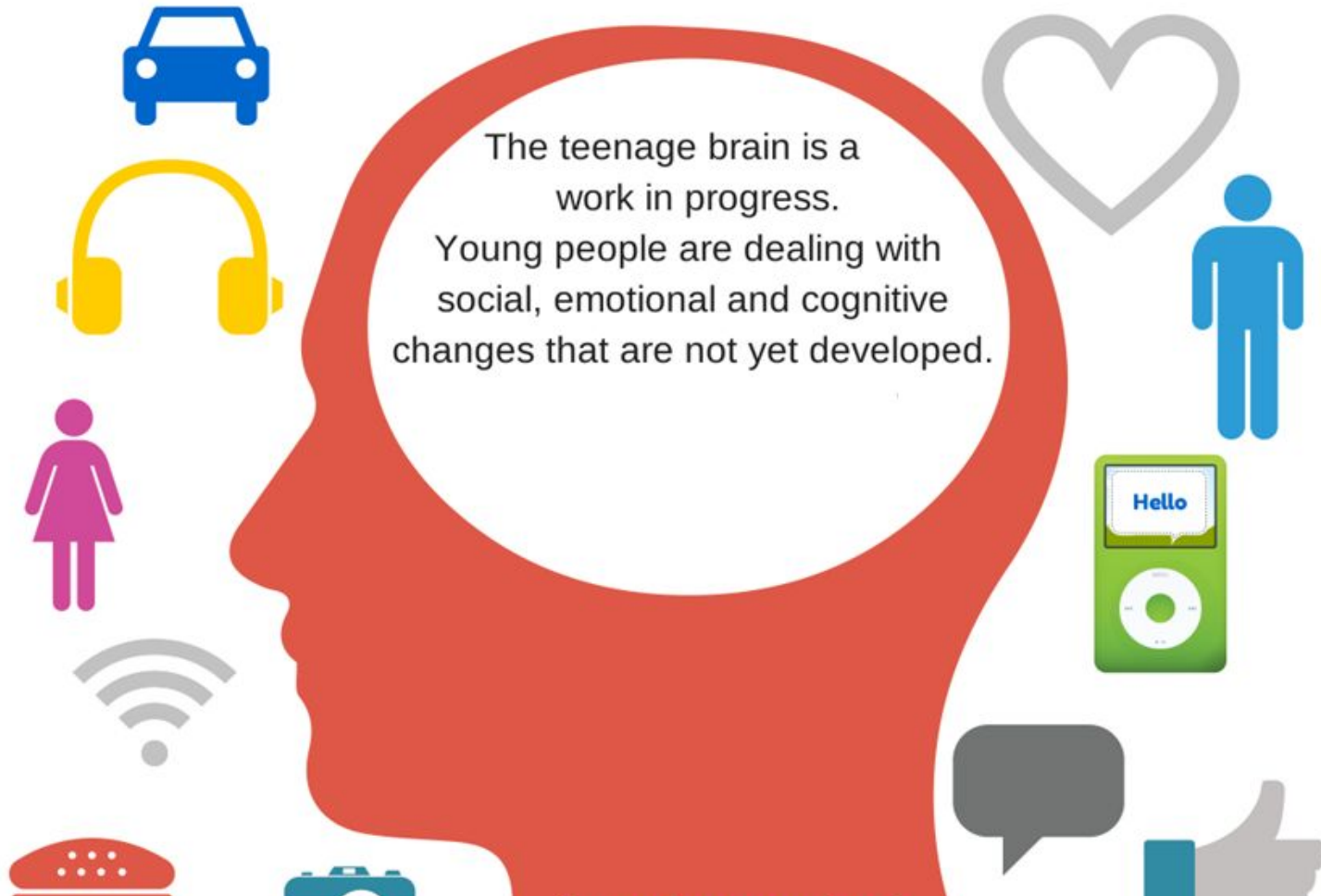
Sharing the load



Something's
up



Things I have learnt..... Teenage brains



Things I have learnt... Teenage brains

Adult Brain VS Teenage Brain

Our Frontal Lobe

- Judgement
- Decision making
- Reasoning
- Problem solving
- Impulse control
- Emotions and emotion control

Teenage Frontal Lobe

- Underdeveloped as the brain matures back to front
- Last the part of the brain to mature (at about 24 years of age; males and females differ)
- This occurs during a time they are trying to form their own identity



Things I have
learnt

Control



Things I have
learnt

the future is scary

Things I have
learnt

Let them Rant



Things I have
learnt

Model it

Five Ways to Well Being



Connect
Be Active
Take Notice
Keep Learning
Give

Things I have
learnt

Model it



This is us

Standing in
the Gap



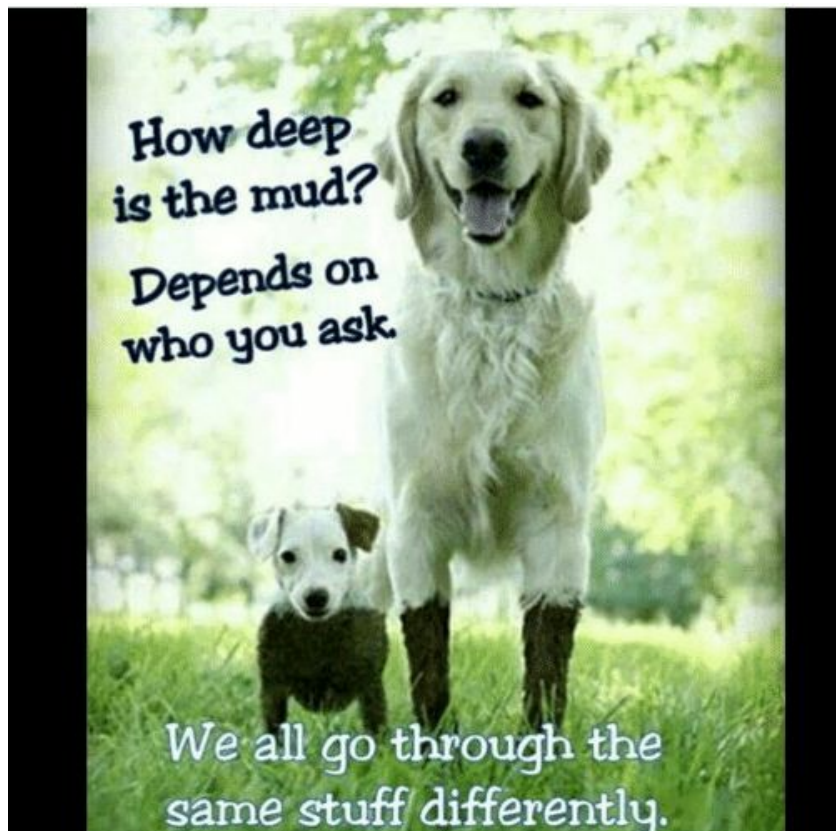
What does emotional well being mean?

- How we feel, think and cope
- How we process and deal with things
- Resilience
- How we feel about ourselves and our lives
- How stress affects us
- How we cope with the ups and downs of everyday life

How deep
is the mud?

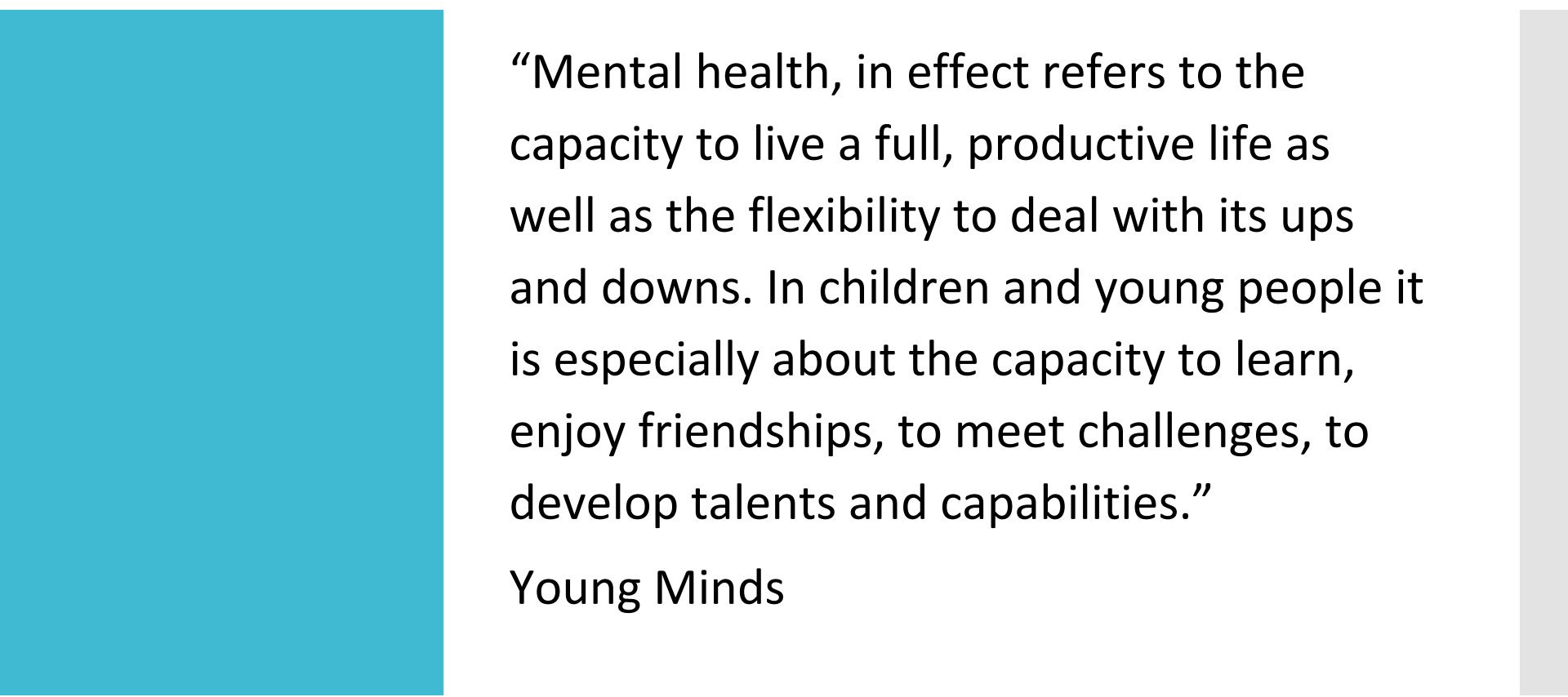
Depends on
who you ask.

We all go through the
same stuff differently.



What is
mental
health?

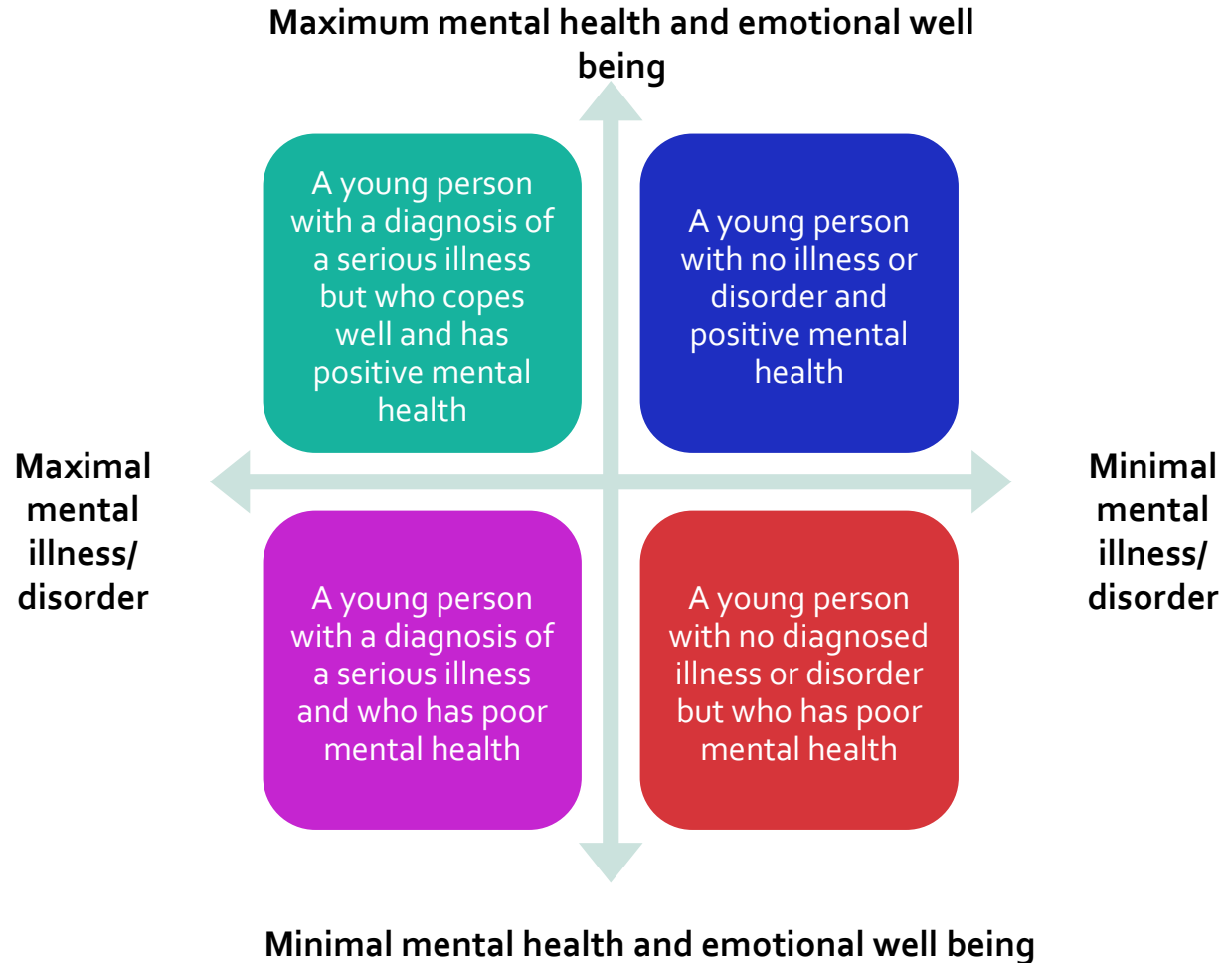
**What phrases spring to
mind when you think
about mental health?**



“Mental health, in effect refers to the capacity to live a full, productive life as well as the flexibility to deal with its ups and downs. In children and young people it is especially about the capacity to learn, enjoy friendships, to meet challenges, to develop talents and capabilities.”

Young Minds

The Mental Health Continuum



Adolescence

Family

Scientific/Biological
factors

Social disadvantage

Life events

Emotional, mental
and physical
problems

Alcohol and drug
use

Discrimination

**What makes
young people
vulnerable?**

5 Ways to Well Being

Don't underestimate the value of...

- Sleep • Food • Belonging
- Love, relationships, family, friends
- Exercise, being outside, feeling connected to the environment
- Nurturing, pets, plants, gardening
- Goals and personal achievement
- Rewards, having fun and relaxation
- Helping others, feeling good about yourself, giving

Connect...

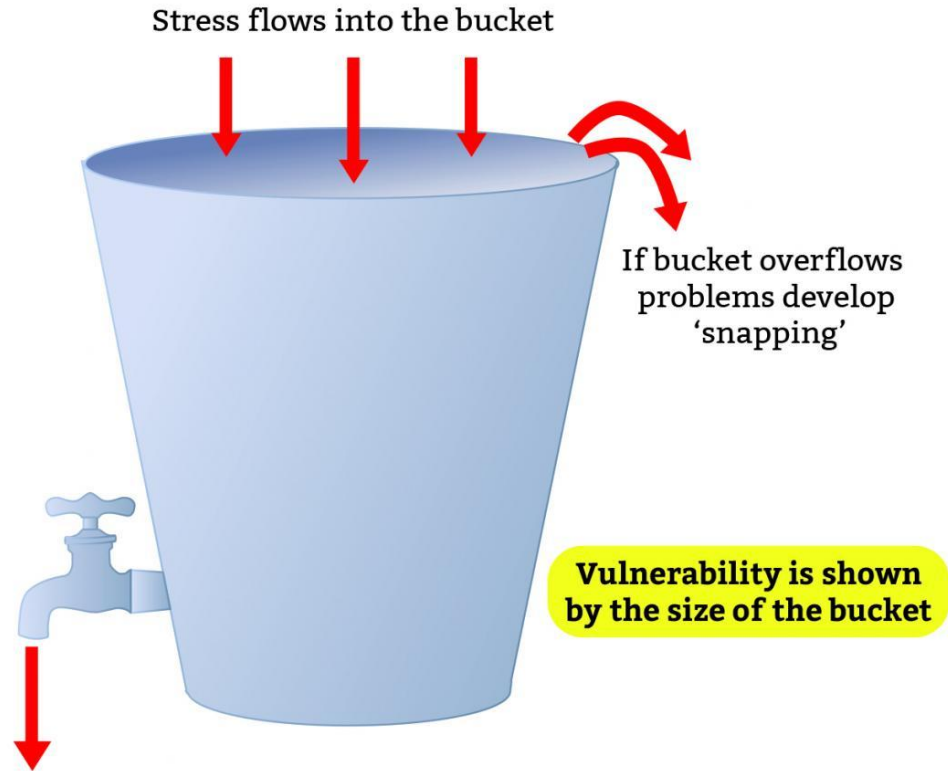
**Be
active...**

**Take
notice...**

**Keep
learning...**

Give...

Stress bucket!!

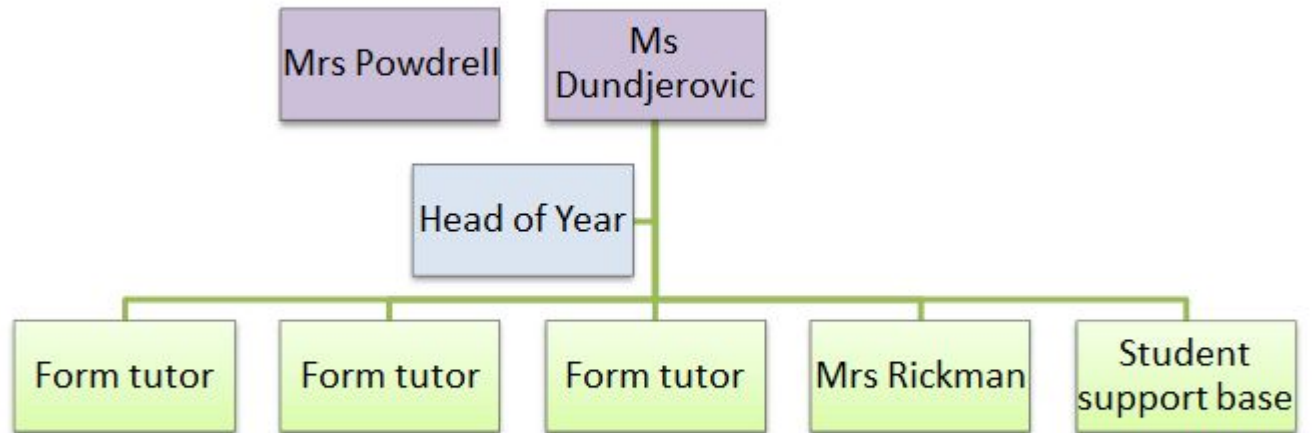


Good coping = tap working let the stress out
Bad coping = tap not working so water fills the bucket



<https://www.youtube.com/watch?v=1KYC5SsJx8>

In school



Anything
else?

School counsellor

Male mentor

School mentor

Behaviour support

Family Support Worker



Beaumont School

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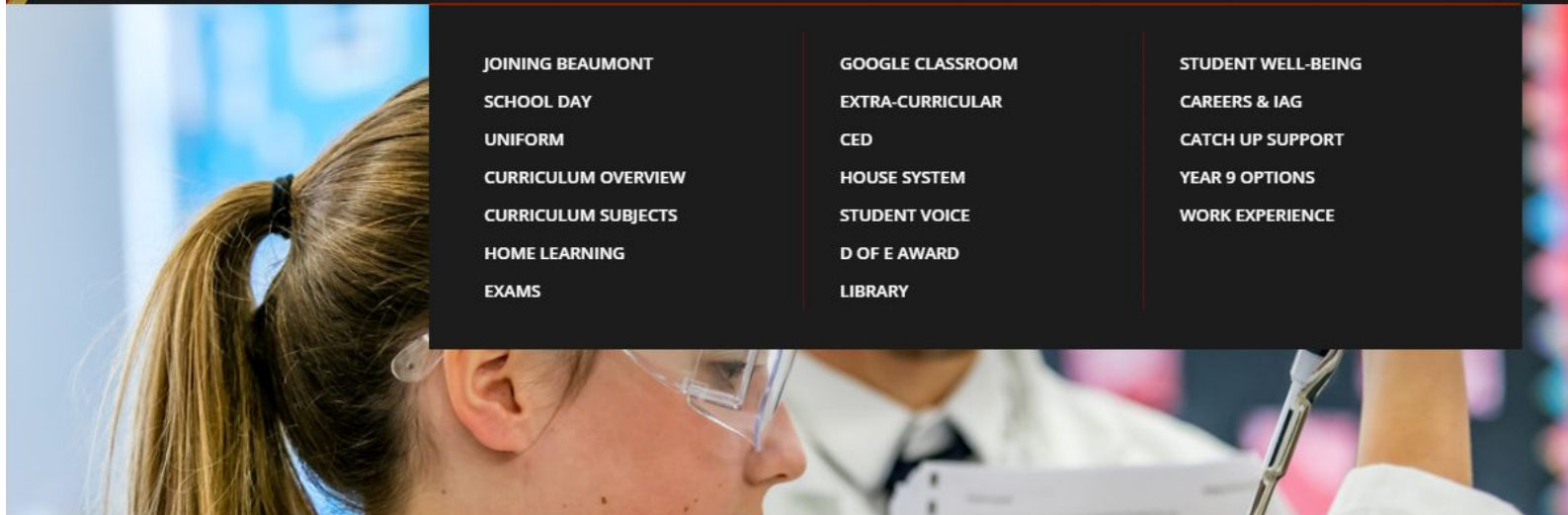
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**let's end mental health
discrimination**

1 in 10 young people will experience a mental health problem this year. If your mate's acting differently, step in.

time to change

#inyourcorner

TALK & LISTEN,
BE THERE,
FEEL CONNECTED

**BE
ACTIVE**

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR HOOD

TAKE NOTICE

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

**KEEP
LEARNING**

EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF.

Give

**Your time,
your words,
your presence**

**R
E
D
AY**

RUN ROLL RIDE

80
YEARS OF U.S. DEPARTMENT OF EDUCATION
U.S. DEPARTMENT OF EDUCATION

BEAUMONT
SCHOOL

HOUSES

#GETINVOLVED

Your Support Network

In the spaces in the cartoon hand, identify the people you can turn to for support and who you will go to if you are worried about something or need support and guidance in a specific issue.

It could be someone at home, like a parent, carer or sibling. Alternatively, it could be a member of staff at school like a teacher or TA.

If you are ever in need of support, write back to this page for ideas on who to go to.

External Support

In addition to the people you go to for support at home and at school, there are a number of external organisations that could be of help. Here are the details of a selection of organisations that could help you at your online support network.

Health Talk	01272 660401 www.healthtalk.org
Childline	0800 1111 www.childline.org.uk
Carers Trust	010 122 www.carerstrust.org.uk
Mind	0800 123 2030 www.mind.org.uk
VC Health	01903 600000 www.vchc.org.uk
Kooth	020 7611 2222 www.kooth.com
NHS	07 000 000000 (Text)
Beaumont Hospital	020 832 12000 www.bhft.nhs.uk

Tips for Revision

Plan ahead	Use technology wisely	Use post-its	Test each other	Draw mind maps
Draw pictures and diagrams	Use colours and highlighters	Make posters	Focus on keywords	Create index cards

Tips for Revision

Skills for Success



FAMILY SUPPORT SERVICES

Partnership Development Manager/Director of Vista St Albans CIC – Jo Maher

Beaumont School Family Worker – Rachel Robin

Tel: 07557354620 Office: 01727 855134

Email: vistastalbans@gmail.com

www.vistastalbans.org.uk

Supporting your teenager

- Starts with you!
- Listen
- Communicate
- Create quality time / be connected
- Provide a healthy diet & opportunities to exercise
- Ensure an excellent sleep routine
- Have “no technology” times
- Clearly defined boundaries
- Promote relaxation (Breathing, Mindfulness, Yoga)
- Be aware of your own wellbeing and how you respond to stress

Support Services

- School
- GP
- School Nurse
- Counselling / Mentoring
- Youth Talk
- The Wellbeing Team
- Step 2
- CAMHS
- A & E

Resources

- www.headspace.co.uk
- Sam-app.org.uk
- Calmharm.co.uk
- Mindshift
- Smiling Mind
- Recharge – Move Well, Sleep Well, Be Well
- Books
- Relaxation / Meditation CD's
- Breathing exercises
- Yoga
- Mindfulness
- Young Minds – parent line 0800 802 5544

Useful links

- www.kooth.com
- www.nhs.uk/conditions/self-harm/getting-help
- www.nhs.uk/conditions/anxiety-disorders-in-children
- www.familylives.org.uk/
- www.papyrus-uk.org/
- www.childbereavementuk.org/
- www.annafreud.org/what-we-do/our-help-for-children-and-families/looking-for-help-parents-and-carers/
- www.hpft.nhs.uk/wellbeing-service
- www.itsgoodtotalk.org.uk
- www.healthforteens.co.uk
- www.anxietyuk.org.uk
- www.healthyyoungmindsinherts.org.uk
- www.youthtalk.org.uk
- www.themix.org.uk
- www.nspcc.org.uk
- www.beateatingdisorders.org.uk
- www.theolliefoundation.org
- www.minded.org.uk
- www.childline.org.uk
- www.thecalmzone.net
- www.talktofrank.com
- www.youngminds.org.uk
- www.youngprideinherts.org.uk