

WELL BEING WITH STUDENT SERVICES



NAME.....

FORM.....

Resilience is the process of bouncing back from adversity.



You can't stop the waves but you can learn to surf.

(Jon Kazbat-Zinn)

Picture from National Geographic

LOOKING AFTER YOURSELF

Speak to someone in your family or a friend about what this means to you.

Eating well. What food gives you energy and keep you healthy. Are there any foods that you eat when you feel stressed?

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Family and friends. Who do you like to talk to when you feel anxious or have a problem?

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Routines. How do routines make us feel safe? Are there any routines you have that you miss? Any routines you enjoy?

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Staying Active. How does being active help you feel better? Are there any activities you enjoy?

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Sleep. How does sleep affect your mood? Do you struggle to get to sleep or stay asleep? What do you think might help?

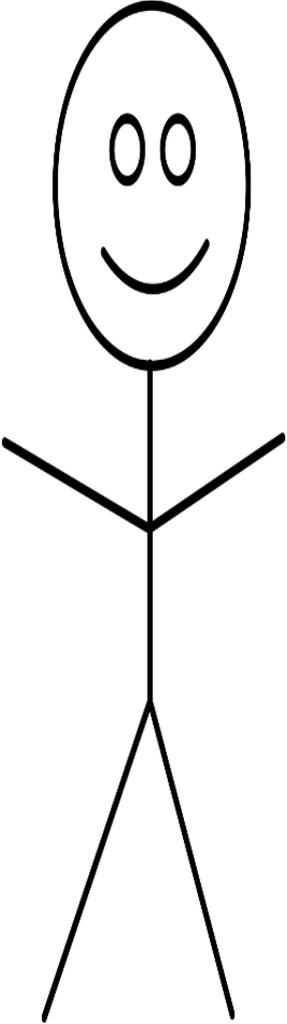
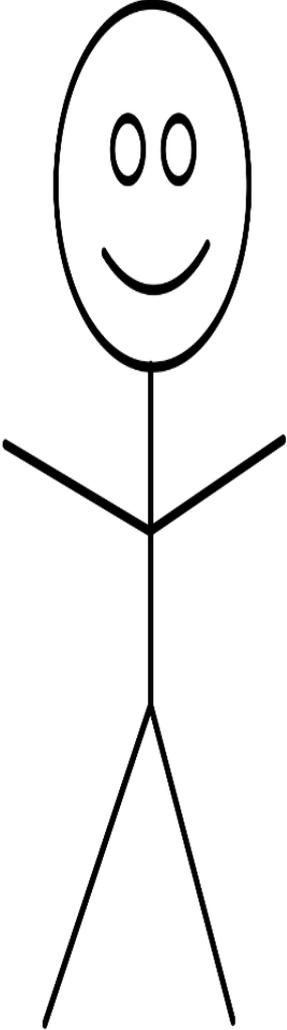
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Just as you would on an aircraft, make sure you put the oxygen mask on yourself, before trying to support others.

If you are not emotionally well and resilient, you cannot look after yourself or others. Making sure you are ok is the first step to helping others feel ok.



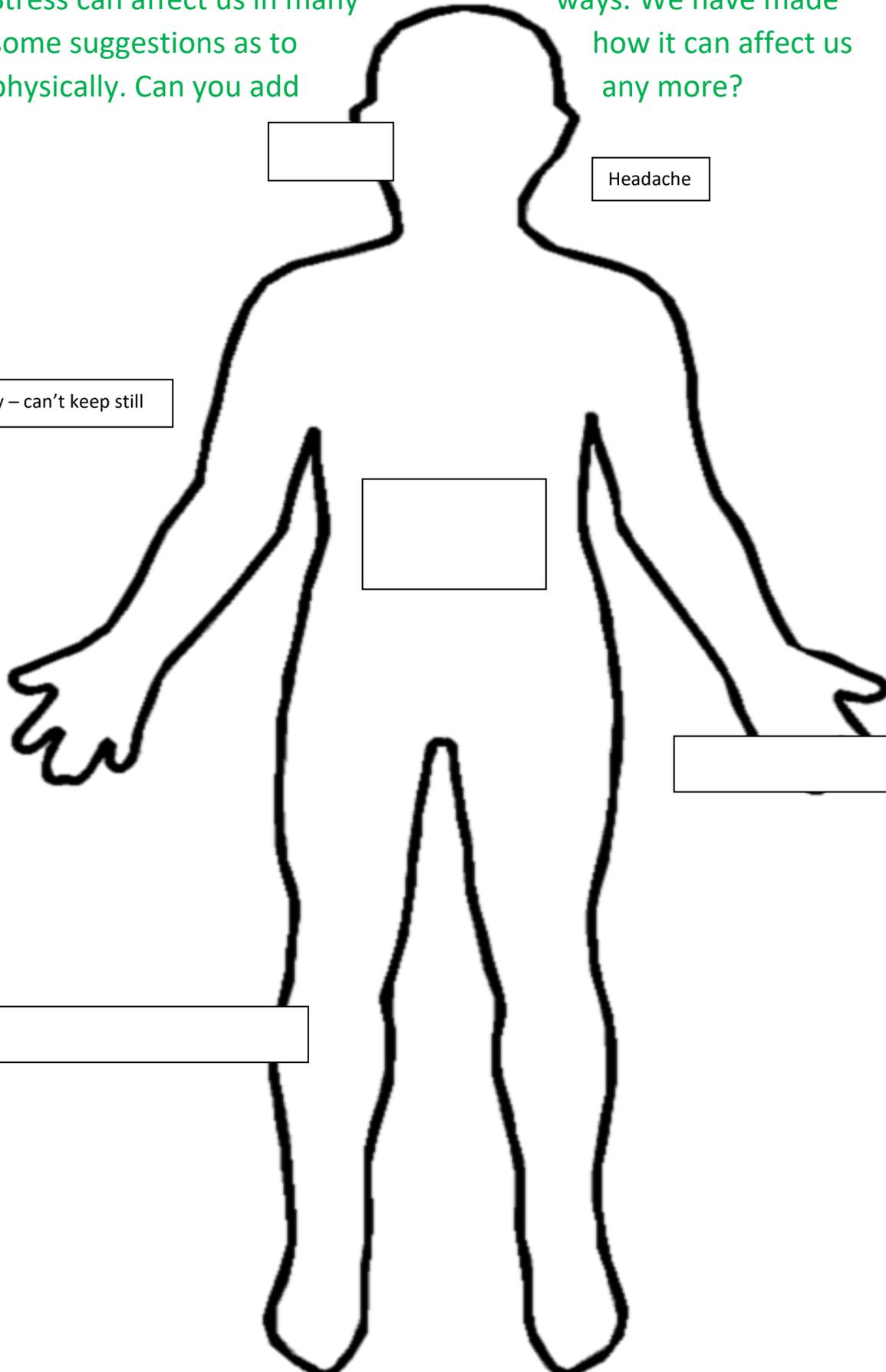
Talk to a family member or friend about some of the activities you enjoyed doing before lockdown. Then think about what you can do during lockdown. Have your activities changed? Have you found new hobbies or interests? Has your physical appearance changed?

Before Lockdown	During Lockdown
	

Recognising Stress

Stress can affect us in many ways. We have made some suggestions as to how it can affect us physically. Can you add any more?

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Headache

Fidgety – can't keep still

[Empty box for labeling]

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Managing Feelings – building a toolbox of strategies

Exercise

Help someone

Breathe

Watch fish swim

Listen to music



It's important to have a range of strategies or things we like to do, that can help us to feel less stressed. We have made some suggestions – add some of your own to make your personal toolbox of stress busters.



Once you understand that there are some things out of your control, there is an art of letting go of those things we cannot change and focus on all the things we can do to help ourselves. Think about the things you have control over and what you can focus on. Can you give any examples?

Adapting



It is important to realise that we can adapt our routines so that we can carry on doing the things that make us feel healthy, such as exercise and meeting friends and family (even if it is virtual for now).

Can you think of any of your routines that can be adapted ?

Such as family film night to virtual film night?

Going to Nando's or a restaurant to making your own at home.

Write your suggestions in the jar above – how creative can you get?

**We are not all in
the same boat.**



**We are all in the
same storm.**

Some Useful Links

<https://mymind.org>

Wirral CAMHS

<https://www.bloombuilding.co.uk>

<https://www.opendoorcharity.com>

<https://www.kooth.com>

<https://www.childline.org.uk>

Your GP

Comments and Questions