

HOW TO MAINTAIN GOOD MENTAL WELLBEING DURING ISOLATION

WELLBEING IS ABOUT BEING ABLE TO EXPERIENCE GOOD HEALTH, HAPPINESS AND HIGH LIFE SATISFACTION, INCLUDING MANAGING YOUR STRESS. IT'S NOT ALWAYS EASY TO FIND THE RIGHT STRATEGIES TO ESTABLISH AND MAINTAIN YOUR WELLBEING. OFTEN THE MOST SUCCESSFUL METHODS ARE UNIQUE TO YOU AND ONES THAT CAN BE CONSISTENTLY APPLIED LIKE FOR INSTANCE, EVERY WEEK.

TOP TIPS FOR ALL

MINDSET & THOUGHTS

SOMETIMES, WE CAN ONLY SEE THE PROBLEMS AND CHALLENGES. TRY TO TAKE A FEW MOMENTS EVERY DAY TO REFLECT, PERHAPS THROUGH WRITING IN A JOURNAL OR SPENDING FIVE MINUTES IN THE MORNING TO NOTICE SOMETHING WE CAN BE THANKFUL FOR AND FEEL POSITIVE ABOUT.



KEEP PHYSICALLY ACTIVE

STUDIES SHOW THAT THERE IS APPROXIMATELY A 20-30% LOWER RISK OF DEPRESSION FOR ADULTS PARTICIPATING IN DAILY PHYSICAL ACTIVITY. TRY TO GO FOR A WALK DURING THE WEEK OR JOIN A CLASS OR LOCAL COMMUNITY GROUP. MANY PEOPLE FIND THAT JUST THE CONNECTION WITH THE OUTDOORS HELPS TO 'RESET' THEIR MIND AND WELLBEING FOR THE DAY.



POSITIVE THOUGHTS

WHEN YOUR THOUGHTS ARE OVERWHELMINGLY NEGATIVE, WE CAN FIND IT HARD TO FIND HEADSPACE TO THINK POSITIVELY. TRY THIS... IMAGINE YOU ARE SAT ON TOP OF A HILL AND YOU ARE LOOKING DOWN AT A TRAIN TRACK BELOW WHERE TRAINS ARE COMING AND GOING. NOW IMAGINE THE TRAINS ARE YOUR THOUGHTS. WATCH THEM COME AND GO, BUT DON'T GET ON THE TRAIN. JUST WATCH THE THOUGHTS COME AND GO IN YOUR MIND WITHOUT ACTUALLY FOLLOWING THE NEGATIVE ONES DOWN AN UNHELPFUL/NEGATIVE TRACK JUST WATCH IT PASS!



GOOD QUALITY SLEEP ZZZZZ

IF YOUR MIND FEELS FULL UP OR YOUR EMOTIONS ARE OVERWHELMING, YOU WILL FIND IT HARD TO ENJOY A GOOD NIGHT'S SLEEP. THERE ARE LOTS OF FREE MEDITATION AND SOOTHING SOUND VIDEOS ON YOUTUBE (WAVES, RAIN, CALMING MUSIC), OR FIND A PODCAST WHICH IS FUNNY OR HUMOROUS. WRITE YOUR THOUGHTS DOWN ON A PAD OR CREATE A 'TO DO' LIST. THEN PUT THE PAD OUT OF SIGHT UNTIL THE MORNING. DEEP BREATHING FOR AT LEAST 3 MINUTES CAN ALSO HELP. IN SLOWLY THROUGH YOUR NOSE AND OUT SLOWLY THROUGH YOUR MOUTH.

EAT WELL



A 2014 STUDY FOUND HIGH LEVELS OF WELLBEING WERE REPORTED BY INDIVIDUALS WHO ATE MORE FRUIT AND VEGETABLES. THE KEY TO BALANCING EATING WELL WITH BUSY FAMILY LIFE IS TO PLAN AHEAD. IF YOU CAN PLAN WEEKDAY MEALS AND BUY THE INGREDIENTS AHEAD OF TIME THIS REDUCES THE NUMBER OF 'LAST MINUTE' UNHEALTHY MEALS.

ACCEPTING HELP

WE MUST BE ABLE TO LEAN ON OTHERS WHEN NECESSARY. IT IS UNREASONABLE FOR US TO ASSUME WE WILL NEVER NEED HELP THROUGHOUT OUR LIFE. THIS MEANS ACCEPTING HELP WHICH MAY BE VOLUNTEERED OR ASKING WHEN THE NEED ARISES. THE HELP COULD BE THROUGH A FRIEND, RELATIVE OR SERVICE YOU TRUST, INCLUDING NATIONAL HELPLINES.



DOING GOOD DOES YOU GOOD

THERE IS A STRONG RELATIONSHIP BETWEEN WELLBEING AND COMPASSION. DOING GOOD CAN HELP LOWER STRESS LEVELS AND IMPROVE YOUR WELLBEING AND MENTAL HEALTH. HOWEVER, THIS CAN ALSO WORK THE OTHER WAY AND YOU SHOULD ALWAYS ENSURE THAT YOU ARE NOT HELPING OTHERS AT THE COST OF YOUR OWN WELLBEING.



STAYING CONNECTED

HIGHER RATES OF MENTAL HEALTH PROBLEMS, SUCH AS DEPRESSION AND ANXIETY, ARE ASSOCIATED WITH LONELINESS AND SOCIAL ISOLATION. OFTEN SOCIALISING WITH OTHERS CAN FEEL LIKE A LOT OF EFFORT IN THE EVENING WHEN WE'RE TIRED. HOWEVER, HEALTHY RELATIONSHIPS AND CONNECTIONS TO OTHERS HAVE A SIGNIFICANT IMPACT ON MAINTAINING GOOD WELLBEING. USING VIDEO CALLS, LIVE STREAMING OR 'FACETIME' IS A GREAT WAY TO KEEP IN TOUCH WITH FRIENDS AND FAMILY IF YOU'RE FEELING ISOLATED. IF YOU PREFER CALLING, PICK UP THE PHONE FOR A CHAT. MAINTAINING GOOD RELATIONSHIPS HELPS TO SET A GOOD EXAMPLE FOR CHILDREN, AS THEY NOTICE AND IMITATE THE BEHAVIOUR AND EMOTIONS OF THOSE AROUND THEM.



The National College

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



FOR FURTHER INFO, CHECK OUT THESE ONLINE RESOURCES:

<https://www.nhs.uk>

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

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

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

Web: www.thenationalcollege.co.uk | Email: enquiries@thenationalcollege.co.uk | Facebook: [@thenationalcollege](https://www.facebook.com/thenationalcollege) | Twitter: [@thenatcollege](https://twitter.com/thenatcollege)

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Covid-19 specific resources:

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

<https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>



Daylio is a free private journal app, without the need to type! Choose from emojis to represent your mood and activities you have been doing. Over time you can notice patterns and understand your habits better.



HEADSPACE

Headspace is a free app offering guided meditations, mindfulness, sleep advice, animations, articles and videos. Some of the content is only available to paid subscribers.

Calm Harm is a free app designed to help people resist or manage the urge to self-harm. It has the option of being private and password protected. Using the app you can track your progress and notice change.



Calm is a free app for meditation and sleep, including guided meditations, mindfulness, sleep stories, breathing programs, masterclasses and relaxing music. Some content is only available through an optional paid subscription.

MindShift is a free, scientifically based anxiety tool based on cognitive behavioural therapy to help you learn to relax and be mindful, develop more effective ways of thinking and use active steps to take change of anxiety.



CLEAR FEAR

Clear Fear is a free app providing ways to manage worry and anxiety. It uses a cognitive behavioural framework to help you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses. It also has helpful resources and a grit box to boost resilience. It is recommended for the ages of 11-19 years.



Wellbeing Services



BUZZ US is a confidential text messaging service for help, information and advice about mental health and wellbeing for children aged 11-18 in North Yorkshire. To use the service text 07520 631168 or visit <https://www.compass-uk.org/buzz-us/> to find out more.

FRANK is a website that provides information about drugs and alcohol, their effects and the law. There is also a support phone line, text service, email service and live chat service for friendly, confidential advice.



kooth Kooth is an online mental health service for children, young people and adults. In North Yorkshire, Kooth offers free online counselling and emotional well-being support for children and young people, accessible through mobile, tablet and desktop.

Child Line is a free, confidential service for anyone under 19 in the UK, where you can talk about anything. Whatever your worry, whenever you need help, you can talk to childline online or on the phone, any time.



Beat is a website that provides information about eating disorders, recovery and support services. Beat also provide helplines for adults and young people offering support and information.

The Mix is a support service for young people aged 13-25, there to help you with any challenges, e.g. mental health, money issues, homelessness, break-ups or drugs. The website provides information, articles and video content. You can also talk to them online or through a free, confidential helpline.



Papyrus is the national charity dedicated to the prevention of young suicide. They provide confidential support and advice to young people and anyone worried about a young person, through their website and helpline.

Young Minds are there to ensure young people get the best possible mental health support. They have an informative website and a parent helpline plus a YoungMinds Crisis Messenger service for young people experiencing a mental health crisis.



NHS 111 is a service that you can use if you have an urgent medical problem and you're not sure what to do. They have a website and a helpline. You can ask for a translator if you need one.

Samaritans is a charity dedicated to reducing feelings of isolation. They operate a helpline and email service for anyone who needs someone to talk to. They listen, don't judge, and don't tell you what to do.



MESMAC is a sexual health project that offers a range of services for different community groups, including young LGB&T people.

Stonewall campaigns for the equality of lesbian, gay, bi and trans people. Their website offers help and advice and they also have a telephone information service.



Some other well-being resources:

The Go To Website <https://www.thegoto.org.uk/>

North Yorkshire specific website that provides information to help signpost young people, families and professionals to the right information and services available for mental health and wellbeing across North Yorkshire. The website has been developed in conjunction with young people, professionals and parents and carers.

Recovery College Online <https://www.recoverycollegeonline.co.uk/>

Providing a range of online information to people who might be struggling with mental health issues (there is a section for under 12 and overs) and parents and carers

North Yorkshire services and support <https://www.northyorks.gov.uk/support-childrenyoung-people-and-their-families#emot>

Information on the universal, targeted and specialist services and support available in the different districts of North Yorkshire and access to the North Yorkshire Pathway of support for children and young people with self harming behaviour and/or suicidal ideation

NHS suggested apps to support mental health <https://www.nhs.uk/appslibrary/category/mental-health/>

Childline Calm zone <https://www.childline.org.uk/toolbox/calm-zone/>

Provides a toolbox of ideas to support emotions and express your ways

<https://www.annafreud.org/on-my-mind/self-care/>

Some ideas for mood management and well-being