

'It's Good to Talk'



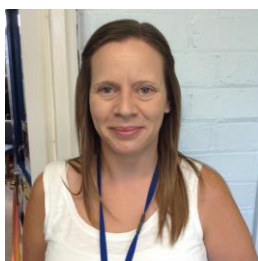
All Balliol staff are available if you need someone to talk to.

Your Class Teacher and Teaching Assistants are all happy to listen.

Other designated adults you may like to talk to:



Mrs Anderson –
Family Support
Worker



Mrs Smedley –
Assistant
Head/SENDCo



Mrs Bicknell –
Assistant
Head/Well-Being



Miss O'Connor –
Assistant Head

Useful Information



www.kooth.com

Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people.

www.childline.org.uk

Childline is there to help with any issue they're going through. You can talk about anything. Whether it's something big or small, their trained counsellors are here to support you.



YOUNGmINDS

www.youngminds.ork.uk

A website full of information about mental health with resources for young people, parents and schools.

0808 802 5544 (parents helpline)



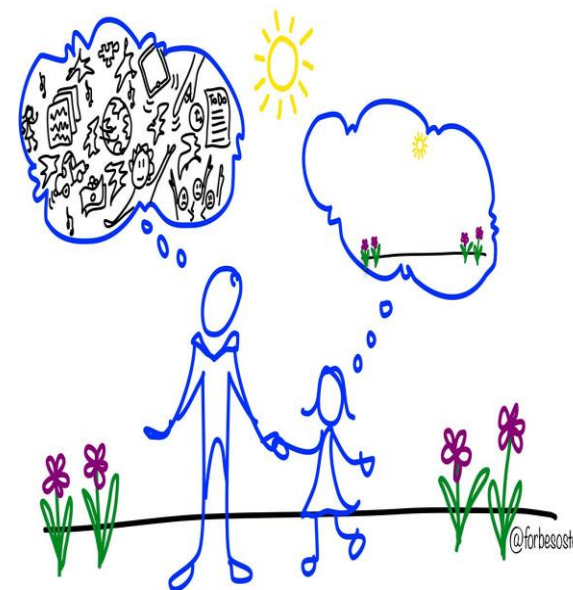
www.eikon.org

Useful website full of information, resources and support in promoting positive well-being and mental health.

Positive Well-Being



Mind Full, or Mindful?



Helping to support you to
look after yourself

Mindfulness

Mindfulness is simply... *noticing what is happening right now.*

Mindfulness is taking notice of how your body feels and what you see, smell and taste. Maybe you even feel emotions in your body, perhaps through a tightness somewhere, or a good sensation.

Mindfulness is also noticing what your mind is doing.



What happens when you start noticing these experiences?

When you notice what is happening around you, you focus more deeply, and that attention to your own senses will help you improve in diverse areas of your life.

But there's more...

When you notice what is happening around you, it can help you to calm down when you're sad, angry or frustrated. Mindfulness helps you deal with tough emotions, and mindfulness can make you happy and feel good.

Looking After Yourself



There are five simple things you can do as part of your daily life – at school and at home – to build resilience, boost your wellbeing and keep positive.

These are known as the 'Five Ways to Wellbeing'.



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

'Five Ways to Wellbeing'

Why the Five ways work:

Connect: Strengthening relationships with others and feeling close to and valued by others, including at school, is critical to boosting wellbeing.

Keep Learning: Being curious and seeking out new experiences at school and in life stimulates the brain and promotes positivity.

Be Active: Being physically active, including at school improves physical health and can improve mood and wellbeing.

Give: Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing.

Take Notice: Paying more attention to the present moment, to thoughts and feelings around you, boosts our wellbeing. Take the time to create daily 'mindfulness' moments.

