Wellbeing Toolkit

Strategies, activities, ideas and contacts / apps that might help to make your day a little easier.

It’s important to make time for yourself!
what do you do, for you?

TIPS FOR HELPING A FRIEND.
How to know when a friend needs support with their mental health, what to say and the signs to look out for.

From the Student Support Team at Yeovil College
You can find us in The Spot or D10

2020/21
## Contents

4 .............................................. Activity page (colouring in)
5 .............................................. 5 steps to wellbeing
6 .............................................. Tips for helping a friend and when to help
7 .............................................. 8 tips for talking about mental-health with a friend
8 .............................................. What do you do, for you?
9 - 12 ........................................ Mindfulness cards
13 ............................................. Tips for coping with your own low mood or anxiety
14 - 16 ..................................... Activity pages (origami)
17 ............................................. Reflecting back and looking forward
18 - 19 ..................................... Contacts and apps
Back page (20) .......................... College processes and contacts

If you’re still unsure what page to refer to, use the flowchart on the next page.

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### Who are you seeking help for?

#### Myself
- I have low mood / anxiety or another mental health issue.
- Do you want to talk to someone about it?
  - Yes: Pages 18 - 19 Refer to the contacts and apps - get in touch with them for more advice.
  - No: Page 5 Read about the 5 steps to wellbeing and what you can do for yourself.

#### A friend / someone I know
- Something has happened, such as an assault, or bullying, etc.
- Speak to your tutor. Depending on the nature of the assault you may want to report it to the police.
- Do you want to talk to someone about it?
  - Yes: Pages 18 - 19 Refer to the contacts and apps - get in touch with them for more advice.
  - No: Page 5 Read about the 5 steps to wellbeing and what you can do for yourself.

#### Other options:
- Ask them if they are ok.
  - It’s likely they’ll say something like “I’m fine” so ask twice. The second time they may be more open. Remember to ask them in a safe place, preferably away from groups of people.
- Pages 6 - 7 Read the tips about how and when to help a friend.
- Pages 9 - 12 Give them a mindfulness card to show them you’re thinking of them.
- Pages 14 - 16 Use the origami fortune teller to start a conversation with them.
- Pages 18 - 19 Refer to the contacts and apps - get in touch with them for more advice.

If none of the above works, they don’t engage with you and you’re still concerned, speak to your tutor.

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**IF YOUR CONCERN IS URGENT, CALL THE COLLEGE SAFEGUARDING MOBILE**

(See back page for number)
5 steps to wellbeing

1. Connect.
   Good relationships are important for your mental wellbeing. They help build your sense of belonging and self-worth, allow you to share positive experiences, support others and let others support you.
   Try to:
   Spend time with your loved ones every day, even if it's just to eat dinner. Switch off the TV and play a game with people around you, or just talk! Visit a friend or neighbour who needs support or company. Volunteer at a school, hospital, community group, etc.

2. Keep active.
   Being physically active is great for health and fitness but it can also significantly improve your mental wellbeing.

3. Take notice.
   Be mindful of your surroundings. Pay attention to the present moment - think about the world around you, your thoughts, feelings and body.

4. Give to others.
   Small acts of kindness benefit both people involved. Research suggests acts of kindness create positive feelings and a sense of reward, gives you purpose and helps you to connect with others.
   You could try:
   Taking on a new responsibility at work or college - perhaps apply to become a student ambassador. You could sign up for a night school course at college or try a new hobby, such as blogging, taking up a sport or learning to paint.

5. Learn something new.
   Learning a new skill can boost your confidence, help you to connect with others and build a sense of purpose. Often people feel like they don't have enough time, or may not need to learn anything new but even small skills, like learning a new recipe, can really benefit your mental wellbeing.
   You could try:
   Taking on a new responsibility at work or college - perhaps apply to become a student ambassador. You could sign up for a night school course at college or try a new hobby, such as blogging, taking up a sport or learning to paint.

(NHS, 2019).

Colour me in
Colouring is proven to relieve stress and boost creativity
8 tips for talking about mental health with a friend

1. Make time to talk about mental health in a place with no distractions.
   If someone wants to talk about their mental health, it’s important to find a safe, open, non-judgemental space.

2. Let them share as much (or as little) as they want to. Don’t put pressure on them to tell you anything they aren’t ready to talk about.
   Let them lead the discussion at their own pace.

3. Don’t try to diagnose their feelings.
   You aren’t a doctor or trained counsellor, try not to jump to conclusions or a diagnosis. Just listen and at the end of the conversation make a decision, together, about what to do next.

4. Keep questions open ended.
   Give the person time to answer and keep your language neutral - ask things like, “what makes you feel like that”? or “can you tell me more about...?”

5. Talk about their wellbeing, hobbies and interests.
   Check they’re looking after themselves, eating healthily, doing regular exercise and making time for themselves.

   You might want to repeat things back to them, to check you understood correctly and to let them know you’re listening.

7. Suggest where to go from here.
   Suggest they speak to their tutor, student support team, GP, etc. They might not want to speak to anyone other than you occasionally, so decide and discuss if you’re happy to do that.

8. Know your limits.
   Look after your own wellbeing too, if you don’t feel comfortable talking about the things they want to discuss, tell them that. Remember if you need advice, come and speak to student support.

It’s often a really big deal for people to open up about their mental health, you may be the first person they’re talking to about it, so be respectful, listen and if you don’t know what to do with the information they’ve told you, speak to your tutor or the student support team.

(Mental Health Foundation, 2020).

It’s important to remember that we all go through tough times, your friend might need you now and you might need them in 3 months, a year from now or maybe even next week. We have to support each other, people want to be loved and belong - it’s a basic human need.

What your friend needs, no matter what’s going on with their mental health, is to know they’re supported, loved, safe and not alone. People with depression might not want to talk, those with anxiety might not want to meet you for a coffee and someone who’s Bipolar might cancel on you, regularly. This isn’t a sign they’re ‘fine’, they might really need your help but everything just feels completely overwhelming to them at the moment. Give them time and space but just remind them you’re there, maybe send them a message along the lines of:

Hi, I hope your day is going ok.
I just wanted you to know I’m here if you need me.
You don’t need to reply to this text if you don’t want to or can’t at the moment, I understand.

It sounds obvious but have you asked if they’re ok? They might genuinely be fine but something happened this morning to upset them and you’re over-analysing the situation. If they still don’t seem themselves but they say “I’m fine”, ask again but phrase it differently - “are you sure you’re ok?” - they might be more open knowing you have a hunch they’re not ok.

If you have a gut feeling something isn’t right, try to look out for the signs someone is struggling with their mental health. They might lose interest in daily activities they would usually enjoy or their eating habits might have significantly changed. They may be tearful, nervous, irritable, more tired than usual, lack concentration / motivation, be easily startled or avoid certain situations. As a friend you should be able to guage what is normal for them and what behaviour is unusual - if they’re acting differently, it’s likely something is bothering them and you don’t necessarily need to know exactly what is on their mind, just reassure them that you’re there.
What do you do, for you?

It’s important to make time for yourself.

Whether you like to read, play football, bake, draw or travel, it’s important to have that outlet to express yourself, take time out from everyday stresses and do the things that make you happy.

On the lines below, write 3 interests that you have:

1. ............................................................

2. ............................................................

3. ............................................................

Can’t think of anything?

Do you participate or have any interest in the following?

- Sport
- Cooking / Baking
- Art / Illustration
- Gaming
- Travelling
- Photography
- Walking
- Socialising
- Reading / Writing
- Gardening
- Getting involved with Duke of Edinburgh or Ten Tors
- Volunteering
- Army cadets
- Meditation / Yoga
- etc.
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Activities
Complete the activities and share (or keep!) the mindfulness cards that you like!

Find ...
5 things you can see
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste
And focus your attention on these things.

Bee Kind, for everyone you meet is fighting a battle you know nothing about.
- Wendy Mass

Walk through a room of your choice.
What can you see?
How do those items make you feel?
Who put them there?
If you can touch them, what do they feel like?
Are they making any sounds?
Focus on what you can see, hear, touch, smell and possibly taste.

Just to let you know, I’m here if you need to talk.
From ....................................
To .....................................

Close your eyes and think about your favourite memory.
Where are you?
Is it a warm day?
Who is there?
Are there any familiar smells?
What is within reaching distance?
Try to recall it in as much detail as possible.

To ....................................
Just to let you know, I’m here if you need to talk.
From .....................................

Close your eyes and think about your one colour.
What objects can you think of that are that colour?
Are any animals that colour?
Do you associate that colour with a smell?
Does the colour remind you of a texture?
Now open your eyes and see what things around you are that colour.

Mindfulness cards...

Bee Kind, for everyone you meet is fighting a battle you know nothing about.
- Wendy Mass

The darkest nights make the brightest stars
- Witt Lowry

The shape below is a mandala. The meaning of the word mandala in Sanskrit is circle. The mandala is a spiritual symbol that represents the universe. The circular design symbolizes the idea that life is never ending and everything is connected.
Tips for coping with your own low mood or anxiety

1. Talk to someone. That might be a friend, parent, counsellor or your tutor. Talking it through with someone else can shed new light on the issue and help towards finding a solution. If feeling low or having anxiety is new to you and you’ve been experiencing it for longer than 2 weeks (and it’s not being triggered by something like exam-stress) speak to your GP.

2. Focus on your breathing. Take a deep breath in, hold it for 2 or 3 seconds and take a long breath out (ideally for longer than the time taken to breathe in).

3. Get some space from social media. It’s not always a positive environment so maybe limit your daily use or take a few days away from it. You could remove some of the people you’re following that don’t bring you any positivity.

4. Distract yourself temporarily from the thing concerning you. You could distract your senses by playing music, having a snack or looking at a magazine - when you return to your concern you may be able to see a logical solution.

5. Practice mindfulness. Try to be entirely in the moment, look at the things around you, focus on little details and allow yourself to be curious.

6. Accept that you can’t control situations but you can control your reactions.

7. Focus on what you want and how you’re going to achieve it. You could break this down into a list of smaller goals but ensure you set realistic goals.

8. Ensure you get enough sleep. Many medical experts recommend not looking at screens (TV, phone, PC) for at least an hour before bed. Do something else, like read or draw.

9. Be kind to yourself! Don’t beat yourself up if you can’t achieve as much today as you did yesterday - every day is different.

Also refer to the 5 steps to wellbeing on page 5.
Origami Instructions
for a mini origami ‘fortune teller’ (conversation-starter)

1. Cut out the fortune teller on the next page.
2. Fold the square in half diagonally. Unfold it.
   Fold the other diagonal sides together. Unfold it.
   You should now have crease marks that show an X on your paper square.
3. Fold the square in half vertically. Unfold it.
   Fold the other vertical sides together. Unfold it.
   You should now have crease marks that show an X and a + on your paper square.
4. Take each of the four corners of paper and fold them into the centre.
   You should now have a smaller square, with numbers and colours on one side and questions on the reverse side.
5. The question-side should be facing up for the next fold.
   Now take each of the four corners of paper and fold them into the centre (the same as step 4).
   You should now have a smaller square, with numbers on one side and colours on the other.
6. Flip the square over so the colour-side is facing you.
   Gently fold out the colours so that you can put a finger under each colour.

How to use the fortune teller (conversation-starter)

1. Begin by asking someone to choose one of the four colours.
   For example, if they choose “green”, open the fortune five times for each of the letters for the word “green”. Alternate between opening the fortune teller from up and down to left and right.
2. Now 4 numbers will be revealed inside - ask the other person to pick one of the numbers.
   Repeat the same process as last time, if they choose 4, do 4 alternative movements.
3. When you are done, the same set of 4 or a new set of 4 numbers will be revealed. Ask the other person to pick a number. This time, lift that number flap to show the message hidden under the selected number. Read the “fortune” (question) out loud.
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Reflecting back & looking forward

Write down 1 thing you're proud of achieving in the last year.
Examples: Completing a Level 2 NVQ, your DofE bronze award, learning a new recipe, selling an artwork, raising money for charity, volunteering at a shop, passing your driving test, etc.

1. ..............................................................................................................

Write down 1 thing you've achieved today?
Examples: Completed a piece of coursework, walked the dogs, made yourself breakfast, etc.

1. ..............................................................................................................

Write down 2 things you're thankful for.
Examples: Kind family, supportive friends, having a job / car, your health, etc.

1. ..............................................................................................................

2. ..............................................................................................................

Write down 2 things you're looking forward to.
Examples: your birthday, seeing someone at the weekend, a football match, a gig, a film being released soon, skyping someone you haven’t seen for a while, etc.

1. ..............................................................................................................

2. ..............................................................................................................
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ge.org.

Email: Jo@Samaritans.org
Samaritans.org

4. Samaritans
Text: Shout to 85258
Giveusashout.org

3. Shout
(Tues, Wed & Thurs 7pm - 9.30pm)
Call: 0808 800 8088
SelfInjurySupport.org.uk

2. Self Injury support
Call: 0808 801 0711
Email: FY@BeatEatingDisorders.org.uk

18 AND OLDER
Call: 0808 801 0677
Email: Help@BeatEatingDisorders.org.uk

1. Young Minds
Younminds.org.uk

THOUGHTS
SELF HARM / SUICIDAL

Mental Health (MH)
1. MIND
mind.org.uk
Call: 0300 123 3393
(9am - 6pm Mon - Fri)
Email: Info@mind.org.uk

2. Kooth
Kooth.com
Free, safe and anonymous, online support.

3. Young Minds
Younminds.org.uk
Text: YM to 85258
Youngminds.org.uk

More MH Websites
4. Time-to-change.org.uk
5. Themix.org.uk
6. Sane.org.uk

Eating Disorders
1. SWEDA
SwedaUK.org
Call: 01749 34 33 44
Email: Support@sweda.org.uk

2. BEAT EATING DISORDERS
BEATingsDiseOrs.org.uk
UNDER 18
Call: 0808 801 0711
Email: FY@BeatEatingDisorders.org.uk
18 AND OLDER
Call: 0808 801 0677
Email: Help@BeatEatingDisorders.org.uk

Drug / Alcohol Addiction
1. SDAS (Somerset Drug and Alcohol Service)
Turning-point.co.uk/SDAS
Call: 0300 303 8788
Visit: 3rd Floor, Maltravers House, Petters Way, Yeovil, BA20 1SH

Rape / Sexual Assault
1. THE BRIDGE
TheBridgeCanHelp.org.uk
Call: 0117 342 6999
Email: ubh-tr.thebridgecanhelp@nhs.net

Bullying
1. Shout
Giveusashout.org
Text: Shout to 85258
Or speak to your tutor.

Recommened Apps
1. Headspace
Guided meditation and mindfulness

2. Calm
Better sleep, lower stress and less anxiety

3. Happiful
Positive mental health app

4. Kooth
Online free counselling

5. SWISH Services
Sexual health guidance

References:
(2019). 5 steps to mental wellbeing [online]. NHS. Available from: NHS.uk

If you need to speak to the emergency services, call 999 (emergencies) or 111 (non-emergencies).
WE CAN PROVIDE SUPPORT AT YEOVIL COLLEGE.
Please be aware of these important services we offer -

FIRST AID
We have a team of first aiders, call them if you need support. If it’s urgent, always call 999.
07977453610

FREE CONDOMS AND C-CARDS
Can both be collected from The Spot / D10.

SWISH
(Somerset Wide Integrated Sexual Health)
A SWISH nurse is available on Mondays from 11am - 1pm for booked appointments.

To book an appointment, you need to email swishtoteam@somersetft.nhs.uk the following details:
- Your name
- DOB
- mobile number
- college you attend
- A brief reason for the appt.
SWISH will contact you on the mobile number you provide and give you an appointment time (your appt. will be between 11am - 1pm on the next available Monday).

FREE SANITARY PRODUCTS
Can be collected from The Spot / D10 or ask your tutor.

YEOVIL COLLEGE
SAFEGUARDING MOBILE:
07973898849
AVAILABLE:
Monday - Thursday, 9am - 5pm
Friday, 9am - 4.30pm
(Including holidays, except bank holidays and the Christmas break.)

If you need to speak to someone about any of the topics mentioned in this toolkit, please ask your tutor or the student support team in The Spot / D10 for help or guidance.

www.Yeovil.ac.uk