

Emotional Wellbeing

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Aims

What is health?

What helps us to keep physically healthy?

Sleep –why is it so important?

What to do if you are struggling to get to sleep

What is mental health?

How can you help yourself to stay mentally healthy?

Helpful strategies to manage stress and anxiety.

Where to get help and useful resources.



Health:

... we have **2** aspects of health-

1. physical health and.....



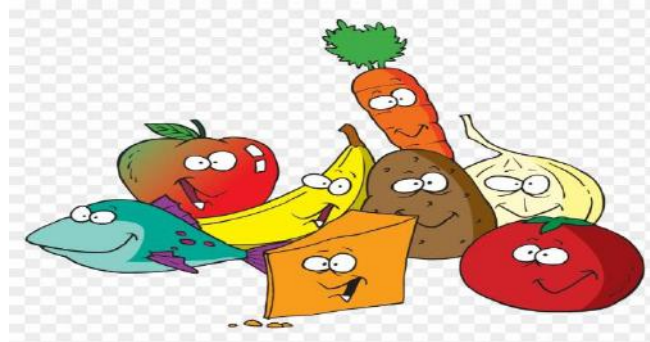
2. mental health.....



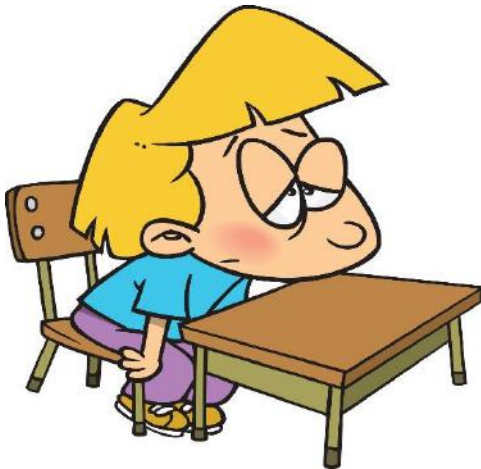
...NOW most people know that to support our physical health we need to....

1. Eat a balanced diet –

we need to provide our body with nutrient fuel,



And did you know that our body likes it if we eat regularly ? as fluctuating blood sugar levels can make us feel sleepy and it can also really affect our moods....



We also need to...

2. Take exercise/be active: exercise and such like activities release endorphins...
....Which make us feel good and allows us to de stress



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3. Take time for relaxation.....

we need to allow ourselves time to relax...and this can be anything that makes you feel good....such as catching up with friends,



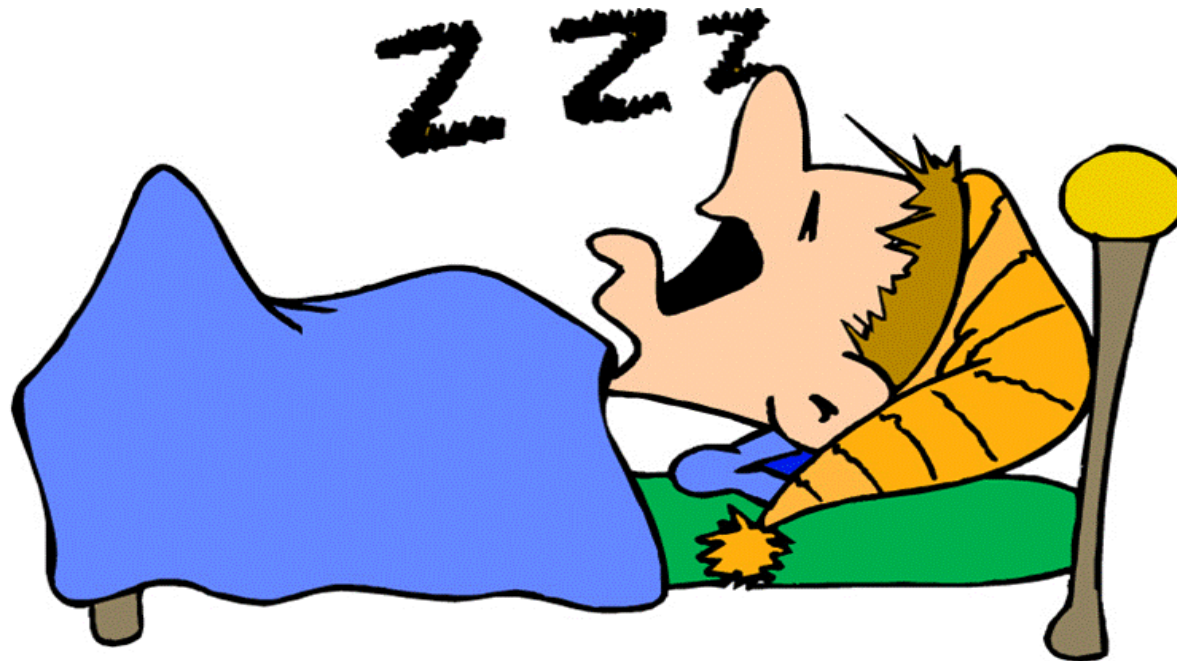
on-line games, hobbies, sports, watching some TV or even some mindfulness...



Whatever makes you feel good...everyone is different.



4. Sleep!!!!



FACT: Did you know it is recommended for someone aged 6-12 years old to get 9-12 hours sleep per night and teenagers to get 8-10 hours sleep per night!!!...now that's a lot of sleep



SLEEP

.....is **so** important to both our physical and mental health (which we will come to very shortly)...that we need to spend a few minutes on it



Sleep is so important...it helps the brain...helping you to concentrate in school...making you think sharper and without sleep you can feel drowsy and unable to concentrate and keep attention.....this can then affect your ability to complete your work.



But sleep doesn't just help the brain...Sleep assists also in the general running and maintenance of virtually every system of the body including such as the immune system...it helps to regulate hormones, and even enables muscle and tissue recovery.



Lack of sleep can also affect your emotions!...



Lack of sleep can affect your mood and can cause you to be more irritable and have exaggerated emotional reactions.

FACT: mental health disorders like anxiety, and depression have regularly been linked to poor sleep



But what do I do if I am struggling to sleep ?

**Need.
More.
Sleep.**



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1. Turn off your Tech:

1 hour before your bedtime –turn off your tech...the blue light can effect the release of melatonin that we need to sleep....



...if you feel you can't turn it off then place your phone on mute and leave it in another room to resist looking at it

2. Make sure your room is not too hot.



A cooler room helps sleep-16-18 Celsius is ideal



3. No sugary snacks or caffeine before bed:



Try something like low sugar cereal, bananas or milk instead



4. Exercise in the day can help sleep.

...it can release tension and help tire the body promoting a better nights sleep



...but do not exercise in the 2 to 3 hours prior to bedtime as this will release adrenaline and keep you awake

5. Try some relaxation before bed.



Listen to some relaxing music, do some relaxation exercises, read a book with a torch or have story played through such as an Alexa but set a timer asking 'turn off in 30 minutes'

...this all helps settle your body ready for sleep.



okay so that's physical health.. we have covered the basics.. seen how lack of sleep can also affect our mental health...and what to do if you are struggling to sleep.....

.....but that still hasn't explained what mental health is and how do we look after it?



Mental health is also known as **emotional wellbeing** and is all about ...

Your feelings-.....Your emotions -.....And your moods

And sometimes through life these can feel a bit like a rollercoaster as we face things that are difficult, be it exams, friendship issues, hormones, home and at times we can feel we struggle to cope with these ups and downs (especially if we are not sleeping well...)



These ups and downs can change from day to day...and that is **totally normal** ...but it is how we are able to bounce back and manage these ups and downs that keep us emotional healthy and allows us to build up resilience to cope with the next difficult event....so how do we do that?



How can I stay mentally healthy????

....**Be kind**, smile-being kind to others makes us feel good.

...**Have friends that make you feel good** and that you can have fun with.

...**Do things and activities** that are safe and make you feel good

..**Spend time** with your family and friends...



And....Talk....talking is always important....if you have worries or concerns talk to someone you trust.



Talking through our worries allows us to:

1. Learn how to challenge negative thoughts.
2. Learn how to solve problems and...



- 3...most importantly.... know when to ask for help....

All of this helps us build resilience so we can bounce back quicker from our next emotional rollercoaster.





But who can help?

Self-help
Peer support

Youth workers
School Nurse, chat health
Community Mental Health
Nurses

GP or CAMHS

School Staff
Counsellor



Parents
Family
members
Friends
family

Community Leaders
Online Groups (caution:
remember online
safety)



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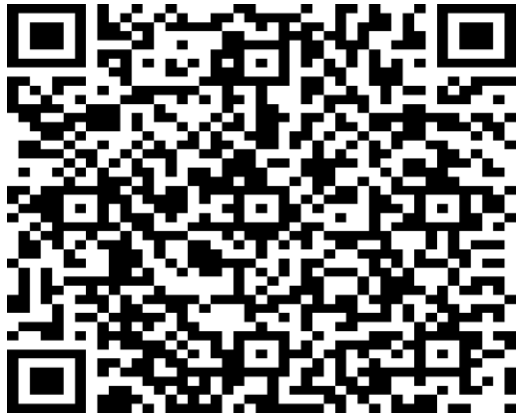
BUT ...REMEMBER:

- If you are struggling, ask for help.

Useful Websites

- Youngminds - <http://www.youngminds.org.uk>
- Kooth - <https://www.kooth.com>
- Child line - <https://childline.org.uk>
- Chat health – School nurse text service :**07507 329 951**
- The Teen Sleep Hub - www.teensleephub.org.uk
- Anxiety UK - www.anxietyuk.org.uk
- Mind - www.mind.org.uk
- Headspace - www.headspace.com
- Calm - www.calm.com
- Safe Space Health - <https://safespacehealth.uk>





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