

Student Handout

Self-care for the summer

The Hurlingham Academy

What is Mental Wellbeing?

Mental wellbeing describes your mental state – how you are feeling and how well you can cope with day-to-day life.

Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year.

However, mental wellbeing involves several different things including:

How we feel about ourselves, our bodies, and our lives –

this does not mean we have to like these things all of the time. If you have good mental wellbeing you may feel relatively confident in yourself and your abilities and may feel that you have positive self-esteem.

Mental wellbeing also involves our ability to deal with the ups and downs that life throws at us – knowing that it's ok to not feel happy all of the time. When we have good mental wellbeing we're able to adapt and manage in times of change and uncertainty – and we know that just because things aren't quite working out right now it doesn't mean that it's always going to be that way.

Understanding how to be a good friend to ourselves

and others - when we have good mental wellbeing we're able to build and maintain good relationships with others and feel engaged with the world around us.

It can also involve knowing when we need to get some extra help and support. Further information and support given at the end of the handout.

Signs and Symptoms

We all have mental health, it is important to know about the signs and symptoms so you are knowledgeable about yourself and can spot if you notice changes in your physical feelings, mood or behaviour that may indicate declining mental health.

We can split signs of mental health difficulties into physical changes, mood changes and observable behaviours...

- **Physical:**

- significant changes in weight
- changes in appetite
- low energy and sleep problems (too much or not enough)
- feeling sick, sweaty, or dizzy more often.

- **Mood:**

- feeling sad more often
- feeling worried, angry, hopeless, or anxious
- being more irritable or having mood swings

- **Behaviour:**

- withdrawing from activities, friends, and school
- being more snappy, tearful, or numb
- self-harming or fighting.

What can you do to look after your mental health during the summer?

Things like eating well, sleeping and staying active are forms of basic self-care that keep our minds and bodies healthy. Over the summer, our routines for these things can get a bit messed up! Here are some ways to look after yourself and enjoy the summer.

The Five Ways to Wellbeing



Connect with the people around you. With family, friends, and neighbours. Building these connections will support and enrich you every day.

Be Active: Go for a walk or run. Step outside. Cycle. Play a game. Garden. Discover a physical activity that you enjoy; one that suits your level of mobility and fitness.

Take Notice: Be curious. Catch sight of the beautiful. Notice the changing seasons. Savour the moment. Reflecting on your experiences will help you appreciate what matters to you.

Keep Learning: Try something new. Rediscover an old interest. Learning new things will make you more confident, as well as being fun to do.

Give: Thank someone. Smile. Volunteer your time. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding.

Sleep Hygiene

Many of our normal patterns and routines have been thrown up in the air in the holidays. As the factors in our lives are changing, our sleep can become disrupted.

This might even mean we are going to bed and getting out of bed at really different times during the week.

Sleep helps to fuel your brain and your body. Young people/Teens need more sleep because their bodies and minds are growing still.

Scientific research shows that many teens do not get enough sleep/the right quality of sleep. To be at your best, you need between 8 and 10 hours of sleep every day.

Impact of disrupted routines on sleep

Sleep is maintained by biological, social, and environmental factors.

They include things like:

- the light we are exposed to.
- amount of exercise we get.
- interaction with others.
- time-of-the-day we eat our meals.

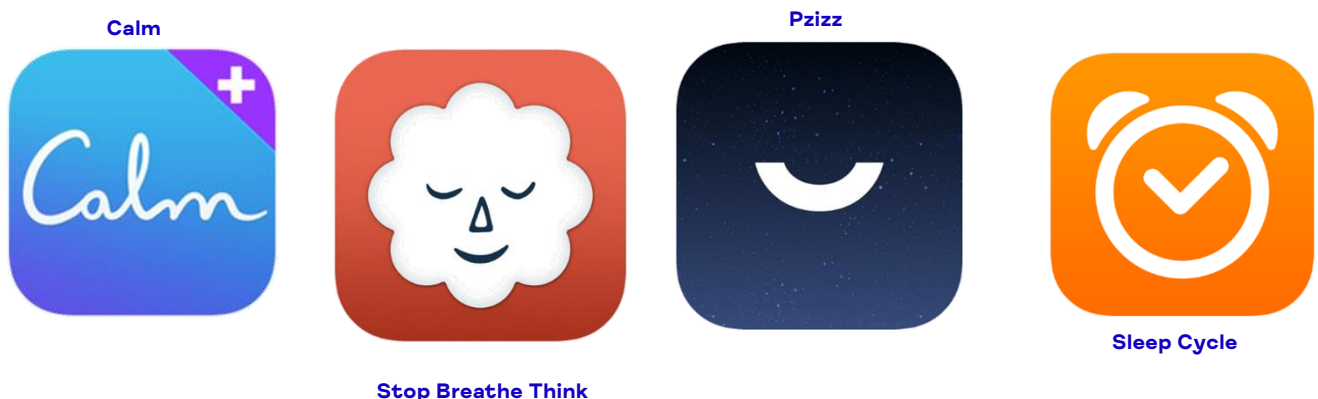
Tips to help your sleep during the summer

- Maintain a regular sleep routine: try to go to bed at the same time. Wake up at the same time. Ideally, your schedule will remain the same (+/- 20 minutes) every night of the week.
- If you find your mind racing, or worrying about not being able to sleep during the middle of the night, get out of bed, do something else like writing, drawing, reading or meditating.
- Avoid screens before bed. The blue light from the screen can actually adversely affect your circadian rhythm (sleep cycle). Using a "night mode" on your phone can help as well.
- Exercise promotes continuous sleep. Exercise circulates endorphins into the body which boosts mood and doing exercise during the day aids night-time sleep.
- Have a comfortable pre-bedtime/winding down routine.

This may include:

- A warm bath, shower, skincare
- Meditation, or quiet time writing/drawing/reading
- Relaxation sounds or guided sleep meditations.

Apps Designed to Help You Relax And Sleep



Signposting and further support:

If you feel like you need some more support, please speak to a trusted adult and contact the services suggested below.

MyMindTV

Want to watch videos related to some of the topics covered today? Hammersmith, Fulham, Ealing and Hounslow Mind have developed a video site where you can find useful content on mental health and emotional wellbeing topics. Visit us at mymind.tv

Helplines and services for young people:

- HFEH Mind: <https://www.hfehmind.org.uk/>
- National Mind: <https://www.mind.org.uk/>
- Kooth: <https://kooth.com/>
- The Mix Helpline or 121 Chat: www.themix.org.uk / 08088084994
- Dot B Youtube Channel and apps such as Headspace
- Young Minds www.youngminds.org.uk
- NSPCC Helpline: 08001111
- Samaritans Helpline: 116 123
- Mind Website: www.mind.org.uk
- 85 self-care strategies identified by young people: <https://www.annafreud.org/on-my-mind/self-care/>

Mental Health Support Team (MHST) Support In Secondary Schools

What support can we provide?

- Support for children and young people who are feeling anxious or low in mood (speak to staff member about making a referral)
- Drop-in service for parents/carers and students (speak to a staff member about contacting us)
- Targeted group work for students
- Psychoeducation workshops for parents/carers and students