



THE PRIORY ACADEMY

LSST

Difficult Conversations and General Wellbeing

Difficult Conversations

- Being a Year 10 student is tough!
- Being a Year 10 parent is tougher!

Active Listening

Acceptance - respecting a person's feelings, experiences and values, even though they may be different from your own.

Genuineness – showing the person that you accept them and their values by being open

Empathy – is a state where you can truly hear and understand another person's feelings and have motivations to improve the situation, as well as being able to demonstrate it.



Helpful and unhelpful listening skills

	Helpful	Unhelpful
Verbal	<ul style="list-style-type: none"> • Asking appropriate questions • Checking your understanding. • Using minimal prompts – I see, please go on. 	<ul style="list-style-type: none"> • Talking to someone else • Not responding • Asking irrelevant questions • Talking about your experiences.
Non-verbal	<ul style="list-style-type: none"> • Noticing their tone of language and body language. • Listening without interrupting • Allowing silence • Nodding • Keeping eye contact – natural • Keeping an open body position • Giving physical space 	<ul style="list-style-type: none"> • Crossing arms • Avoiding eye contact or forced eye contact • Playing with your phone. • Standing up or walking around the room. • Yawning/checking the time.

Difficult Conversations

- The car.
- Walking the dog.
- Somewhere where you are not having to make eye contact.
- Encourage they seek professional help.
- Validation is vital.
- Meet them at their level.
- Listen and don't judge.

"I'm glad we are talking"

"Your worries seem to be affecting you"

"Thank you for telling me"

Things not to say!

- It's not that bad!
- Other people have it worse
- You're just over reacting
- There is no such thing as mental health
- You'll get over it!
- It's just a phase
- Stop attention seeking
- It's all in your head
- Try and be positive

General Wellbeing

- Things that impact mental health and wellbeing
- Stigma & self stigma
- Things to look out for

Stress

- Stress is the “adverse reaction people have to excessive pressure or other types of demand placed on them”
- Emotions / Physical / Behavioural
- Long term effects – mental health conditions
- It is important to validate everyone’s different stresses

Anxiety and Depression

- What is anxiety?
- Symptoms
- What is depression?
- Symptoms



Self harm & suicidal ideation

- What is self harm?
- Things to look out for
- 1 in 4 children and young people self harm
- What is suicidal ideation?
- Is it the end of their life or the end of a situation they want to end
- Suicide is the leading cause of death in young people, accounting for 14% of deaths in 10–19-year-old

Coping strategies

- Talk
- Self care box
- Exercise & healthy diet
- Self care!
- Stress balls/fidget toys
- Elastic bands
- Ice cubes
- Drawing
- Spend time with family & friends
- Breathing techniques
- Grounding exercises
- Sleep
- Journaling
- Go outside
- Self help apps
- Websites/charitys
- Go to the doctors!

USEFUL CONTACTS

- SHOUT – TEXT SHOUT TO 85258
- YOUNG MINDS – WWW.YOUNGMINDS.ORG.UK
- K00TH – WWW.K00TH.COM
- SAMARITANS – 116123
- NHS 111 THEN PRESS 2 OR 999
- PAPYRUS – 0800 068 41 41
- HERE4YOU – 0800 234 6342
- HOW ARE YOU – HAYLINCOLNSHIRE.CO.UK
- BEAT – WWW.BEATEATINGDISORDERS.ORG.UK

RECOMMENDED APPS

- I AM SOBER – TRACK YOUR PROGRESS
- ACTION FOR HAPPINESS
- CALM HARM

Feedback for Year 10 event in supporting your child with their Learning and Wellbeing

