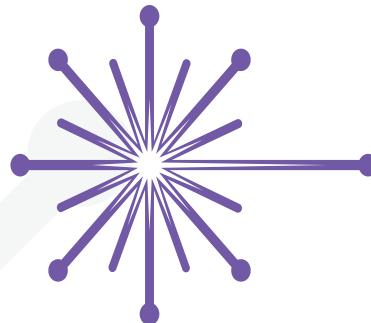


Inspiration Resilience Aspiration Respect Innovation



Difficult Conversations and General Wellbeing

COURAGE & COURTESY

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.

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COURAGE & COURTESY

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
- **Kooth** - WWW.KOOTH.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 sup-
porting your child with their
Learning and Wellbeing**

