



Mental Wellbeing Support Pack



COVID: THE EFFECT ON YOUTH

2021

Index

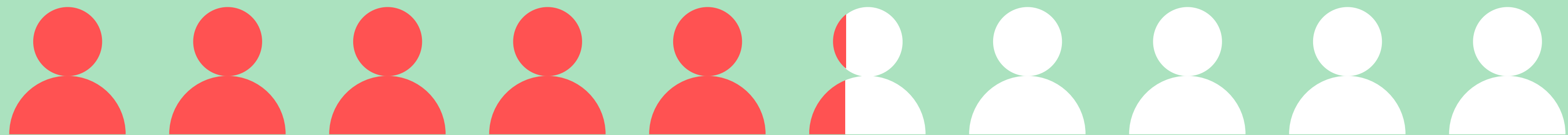
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About This Pack

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A recent study found that over half of young people in Medway were more stressed during lockdown **(53%)**.



In light of this, the Medway Youth Council has created this pack to support young people with their mental wellbeing, along with the support and guidance of other local organisations.

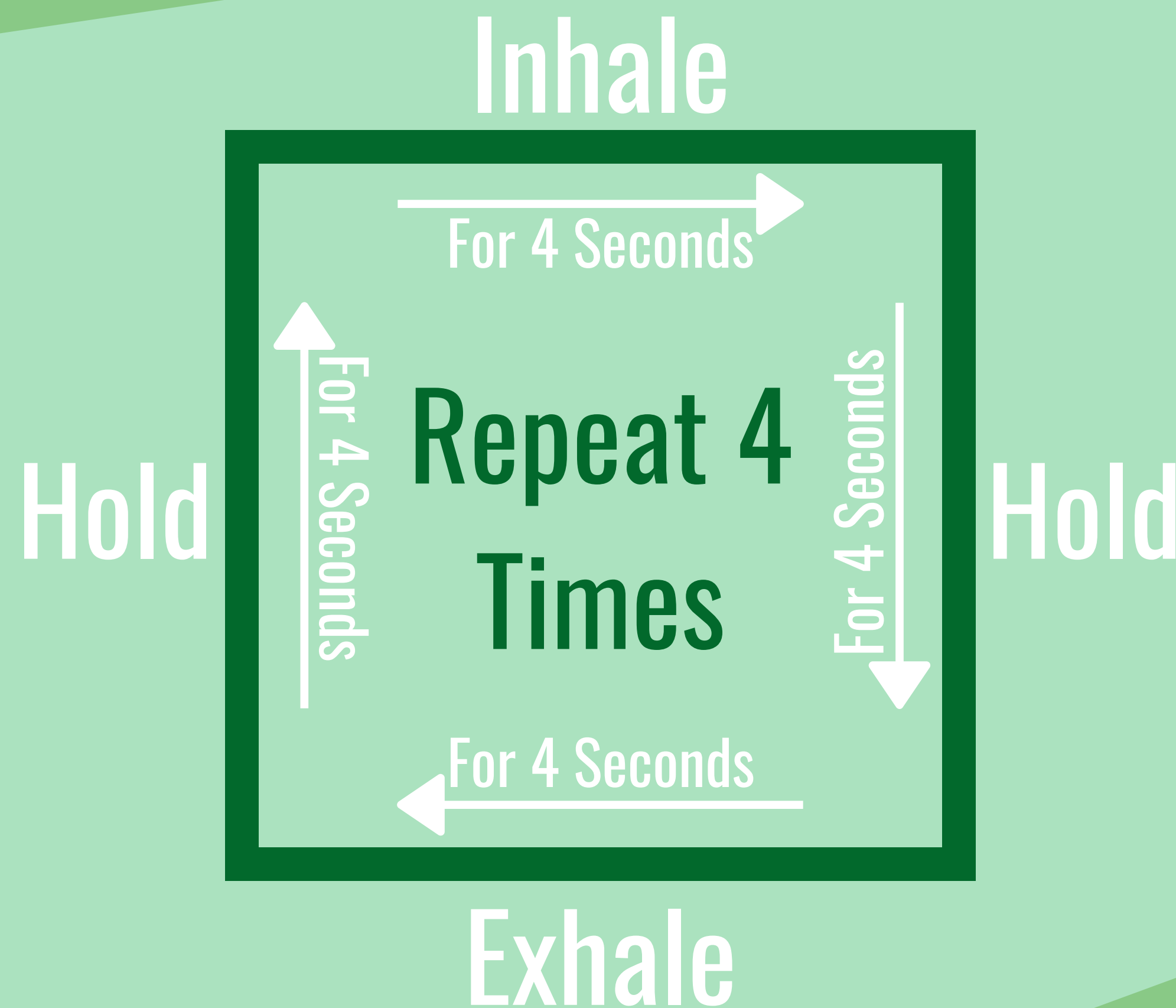
Box Breathing

03

Box breathing is great for stress relief and even for improving concentration.

Before you start, make sure you are sitting upright, comfortably on a chair. Keep your palms facing up and relaxed on your lap. When you are ready you can start inhaling.

The next time you feel stressed out or worried about something, try box breathing.



GROW Model

04

The GROW Model is very useful in breaking down a situation to help you clearly understand how to achieve your goal and how to deal with any obstacles.

Goal - What do you want?

Reality - What is the current situation? Any barriers?

Options - What action needs to be taken to reach the goal?

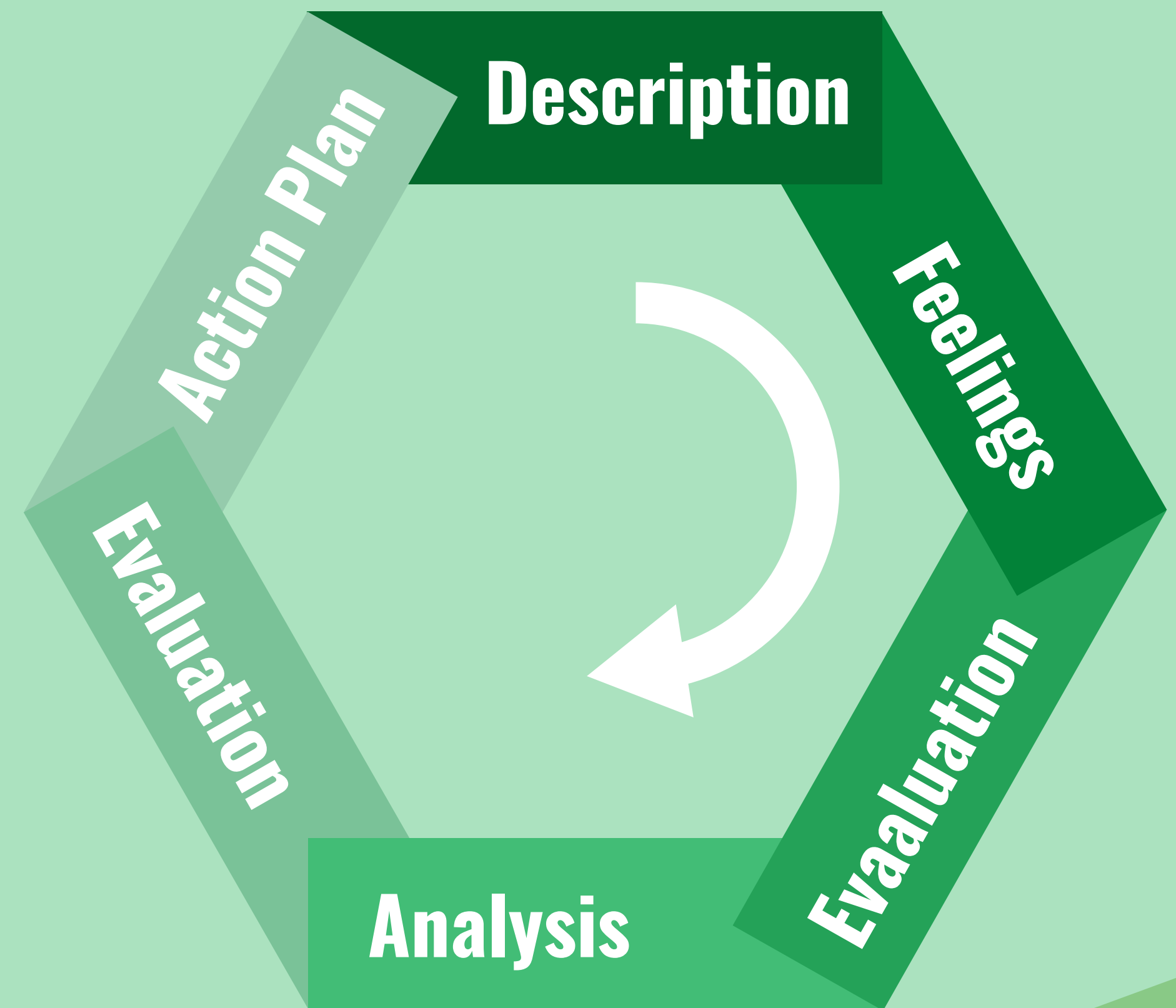
Will - How much motivation is there to get there? How can this be increased, what should be overcome?

Gibbs Reflection Cycle

05

The Gibbs Reflection Cycle is a great way to look back at experiences and situations so we can reflect on what happened and why.

By doing this we can learn about what goes well and what goes wrong. This is important because then we can look back and see what we need to change in order to stop the same things from going wrong again.

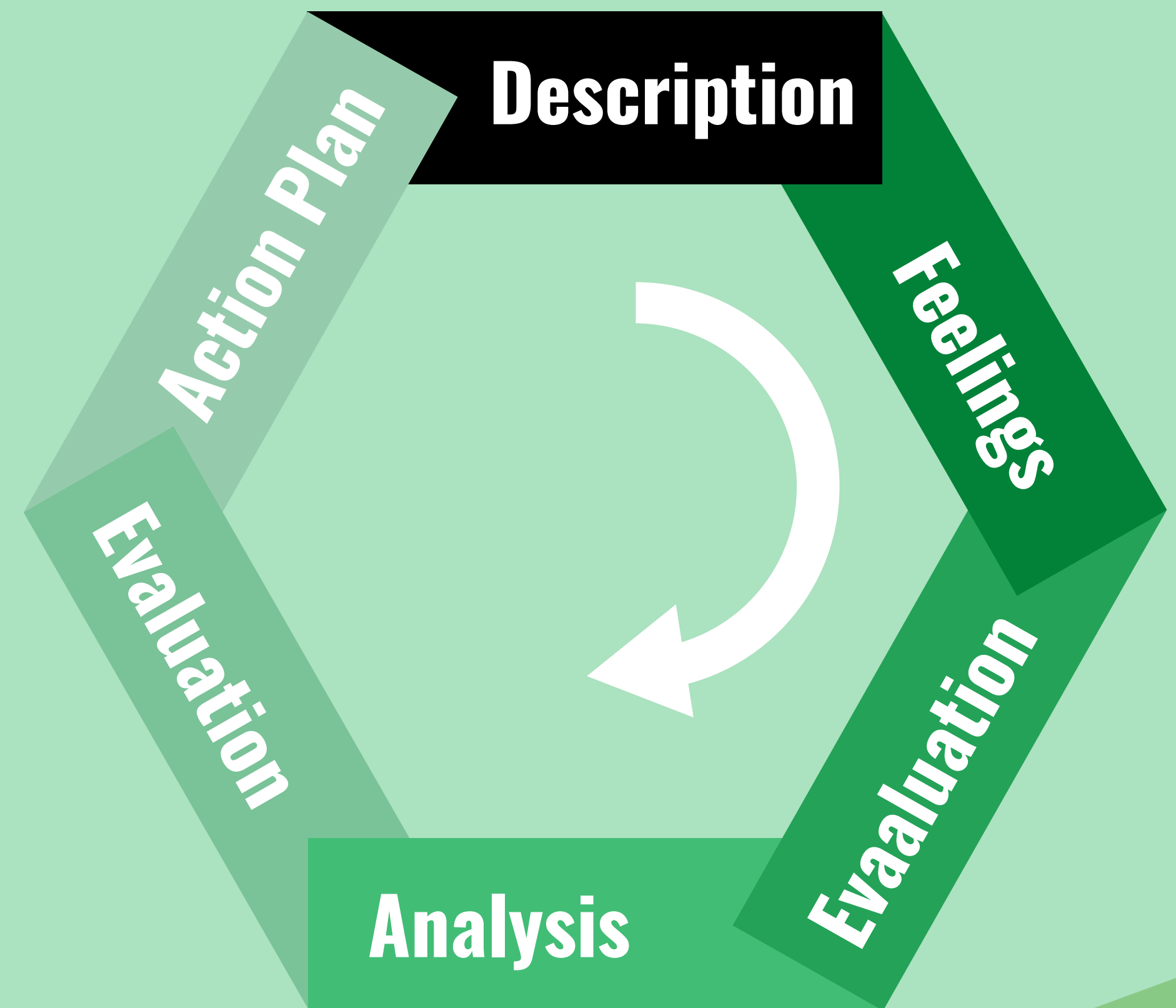


Step 1: Description

06

The first step is where we need to describe the situation we are looking at in detail, think about:

- What happened?
- When did it happen?
- Where did it happen?
- Who was there?
- What did you do?
- What did everyone else do?
- What was the outcome?
- Why were you there?
- What would you have wanted to happen?

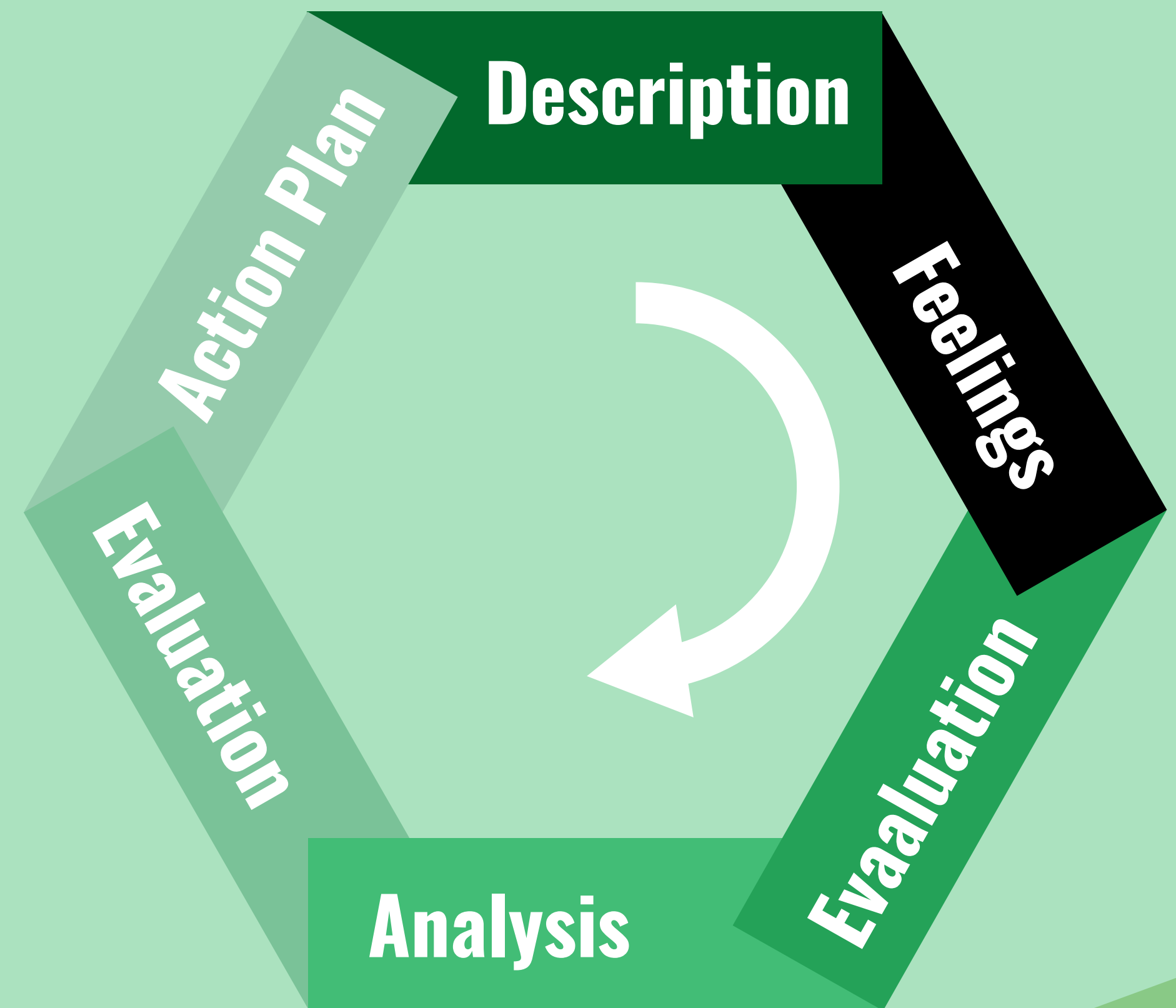


Step 2: Feelings

07

The second step is where we think about our thoughts and feelings of the event, think about:

- How you felt before the event?
- How you felt during the event?
- How you felt after the event?
- How everyone else may have felt at the time?
- How everyone else feels now?
- What were you thinking at the time?
- What do you think about the situation now?

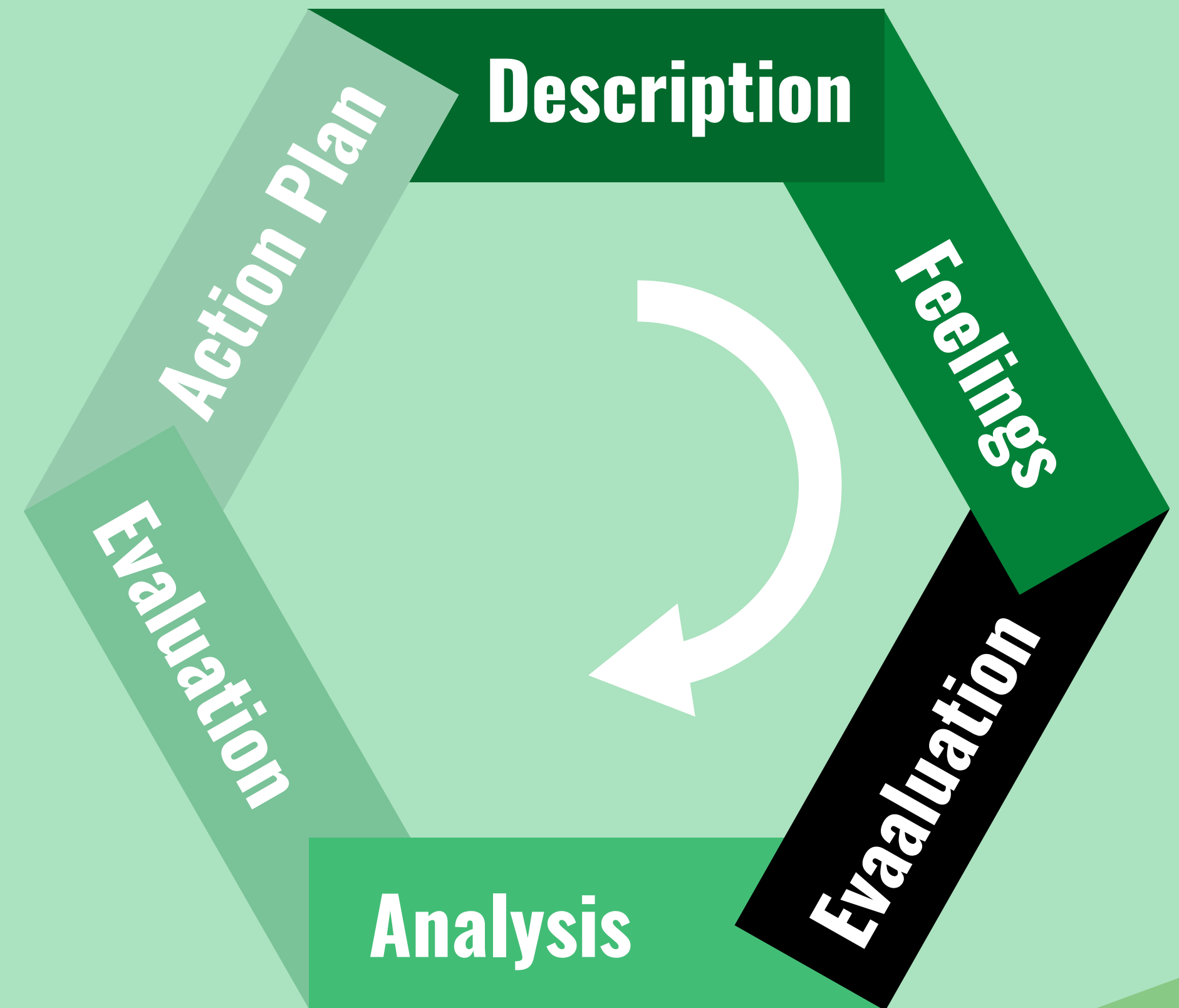


Step 3: Evaluation

08

The third step is where we evaluate what worked and what didn't work, think about:

- What went well?
- What went poorly?
- How did you contribute to the situation? (positively or negatively)
- What was good about the experience?
- What was bad about the experience?

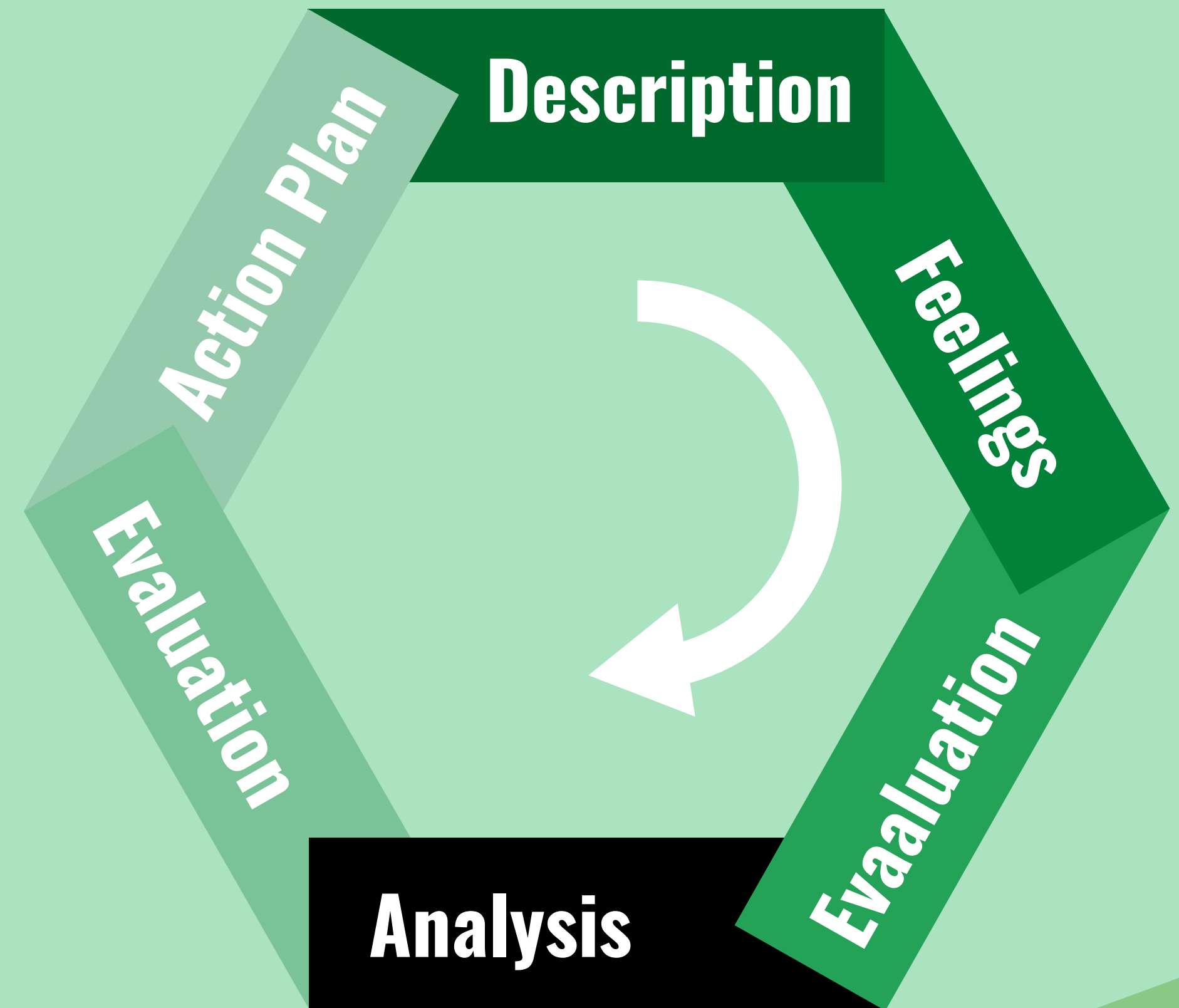


Step 4: Analysis

09

The fourth step is where we process what has happened, this is our chance to make sense of what happened and extract meaning from a situation, ask yourself:

- Why things went well?
- Why things went poorly?

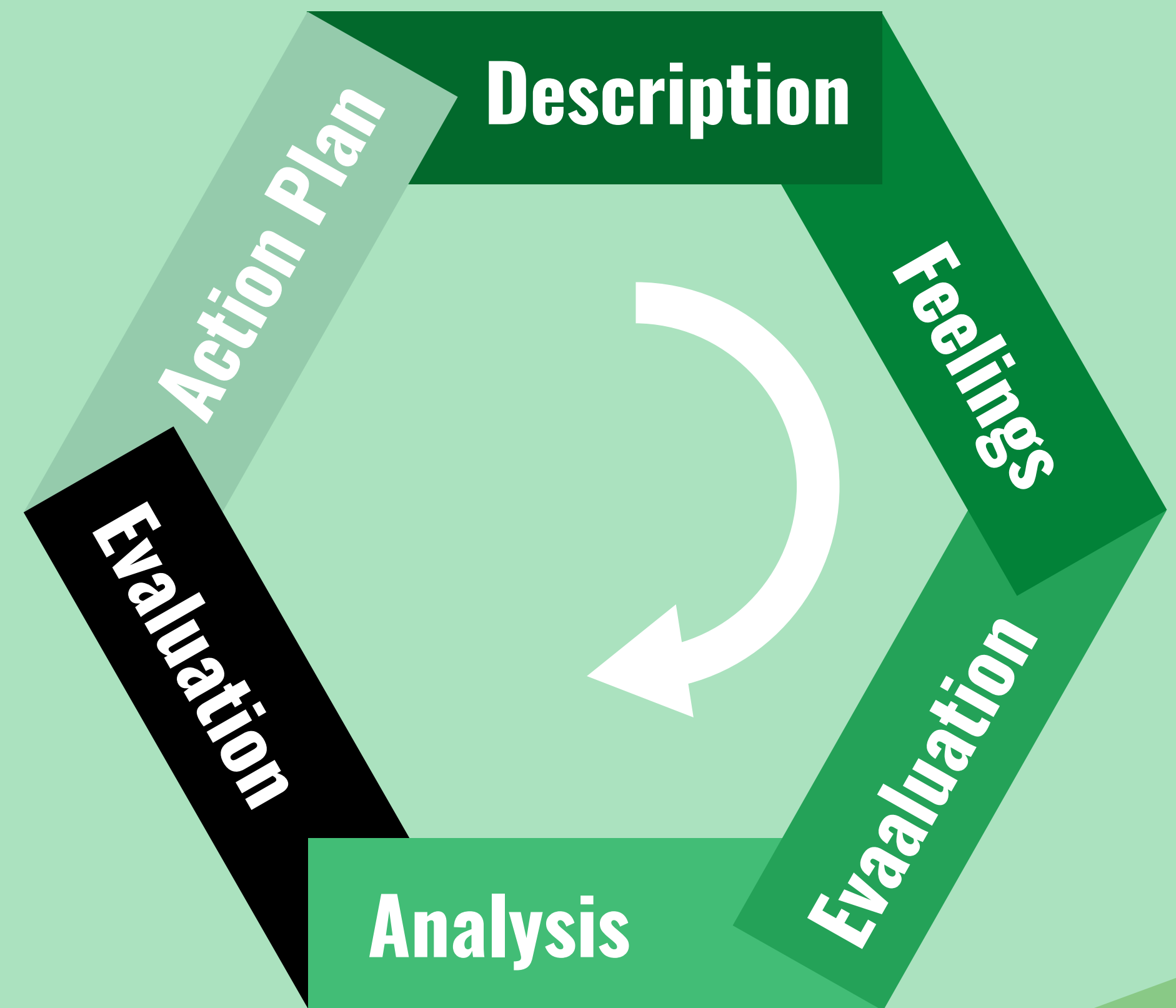


Step 5: Conclusions

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The fifth step is where we make conclusions about what happened and decide what changes to our actions could improve the outcome next time, think about:

- What have you learned?
- How could a more positive outcome have been achieved for everyone involved?
- What skills do you need to develop to ensure you can handle a situation like this better in the future?
- What else could you have done?

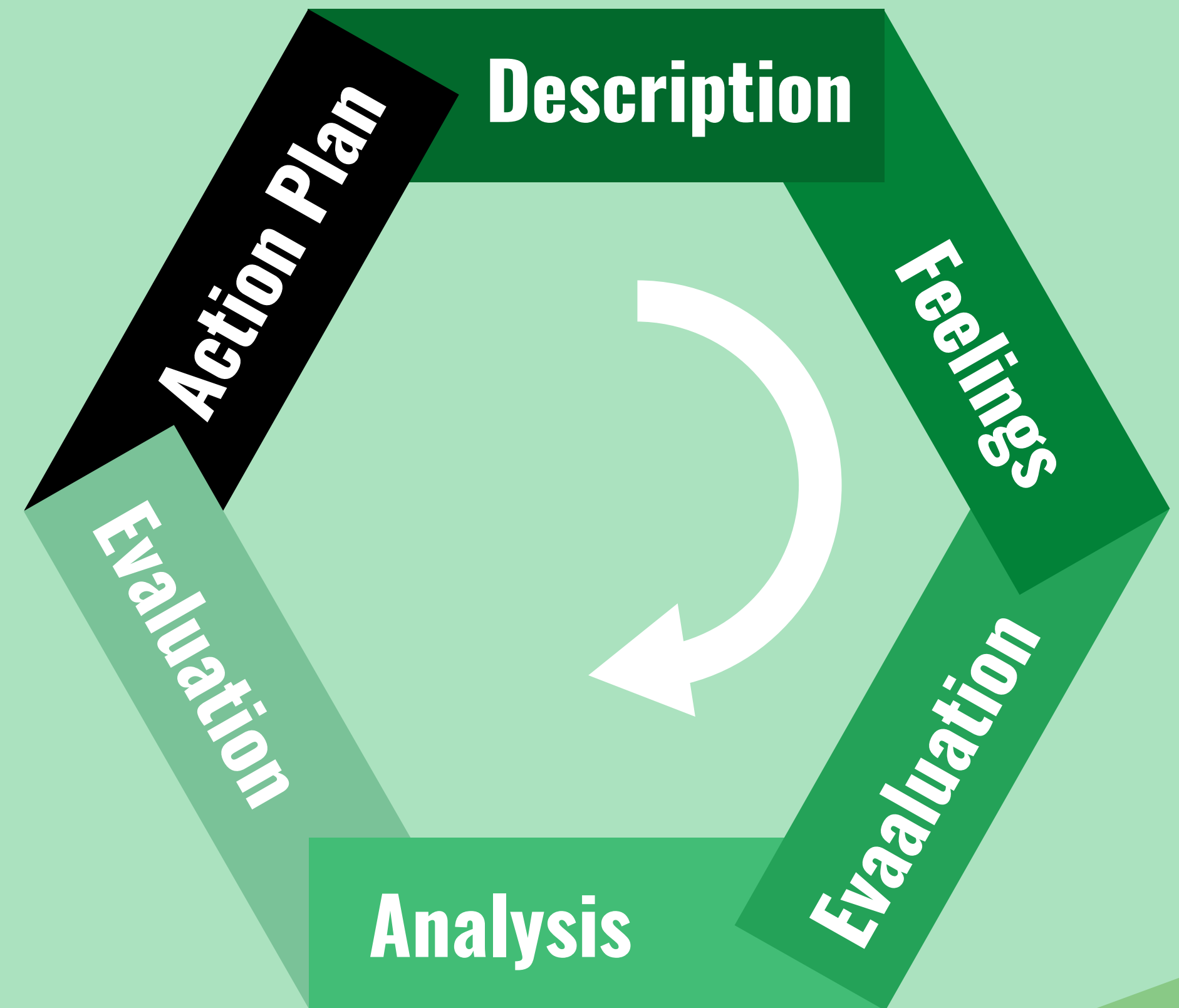


Step 6: Action Plan

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The final step is where we plan what should have been done differently in the situation and how you need to change your actions if a similar situation occurs in the future, think about:

- If you could do it again, what would you change?
- How can you make sure you act differently next time?
- How will you develop the skills you need to not make the same mistake?



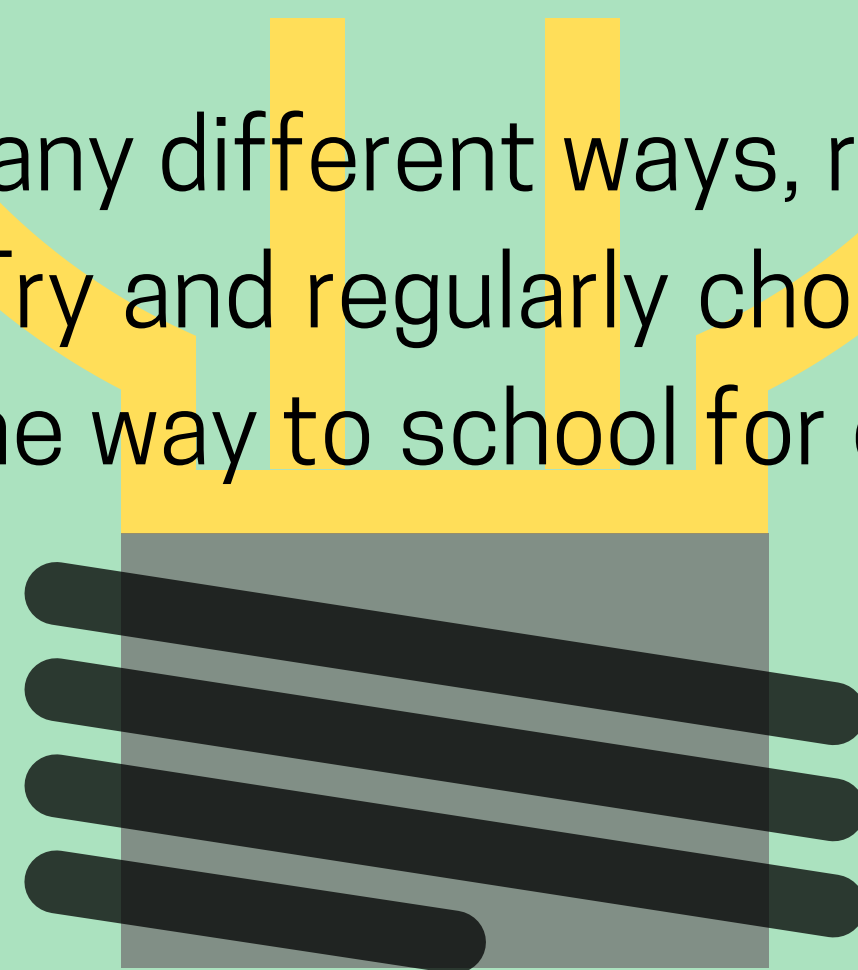
Mindfulness

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Mindfulness means knowing directly what is going on inside and outside ourselves every moment. An important part of mindfulness is awareness of our thoughts and feelings as they happen, allowing us to see clearly the present moment.

Awareness of this kind allows us to enjoy the world around us more and also to notice signs of stress and anxiety earlier, meaning we can deal with them better and sooner.

Mindfulness can be practised in many different ways, recording thoughts, feelings and the world around us is the first step. Try and regularly chose a time to be extra aware of your surroundings, at breakfast or on the way to school for example. More formal practice such as meditation can also be useful.



Mindset

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In order to achieve your full potential, having a Growth Mindset is important as you will have a desire to learn and therefore develop intelligence and gain knowledge.

Those with a Fixed Mindset believe that someone's intelligence does not change and because of this, they may not grow and reach their full potential.



Fixed Mindset

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People with a Fixed Mindset:



- Believe intelligence is static
- Avoid challenges
- Give up easily
- See effort as pointless
- Ignore useful negative feedback
- Feel threatened by the success of others

They might not reach their full potential because of this.

Growth Mindset

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People with a Growth Mindset:

- Believe intelligence can be developed
- Embrace challenges
- Persevere through any barriers
- See effort as the path to new skills
- Learn from criticism
- Find inspiration from the success of others

Those with a growth mindset will gain higher achievement and are more able to reach their full potential.

Kooth is an online mental wellbeing community that provides free, safe and anonymous support for young people aged 11-25 throughout Medway.

Kooth provides things such as:

- Discussion Boards
- Daily Journals
- Text-based counselling
- Kooth Magazines
- Help Articles

**To sign up to Kooth please go to
www.kooth.com**

kooth
Lost your routine? We'll be here when you need us

- Discussion Boards
- Kooth Magazine & Help Articles
- Free Counselling
- Journal & Self-Help Tools

Sign up for free at **Kooth.com**

FREE, SAFE AND ANONYMOUS SUPPORT FOR YOUR MENTAL WELLBEING.

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Helpful Organisations

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themix.org.uk

A charity providing free, confidential support for young people under 25.

Helpline: 0808 808 4994



ONLINE, ON THE PHONE, ANYTIME

childline.org.uk

A charity that helps anyone under 19 in the UK with any issue.

Helpline: 0800 11 11



Championing advice and counselling

youthaccess.org.uk

Counselling, advice and information services for young people.



<https://youngminds.org.uk/resources/>

A charity dedicated to children and young people's mental health.



papyrus-uk.org

A charity dedicated to the prevention of young suicide.

HOPELINE UK - 0800 068 4141



supporting teenage mental health

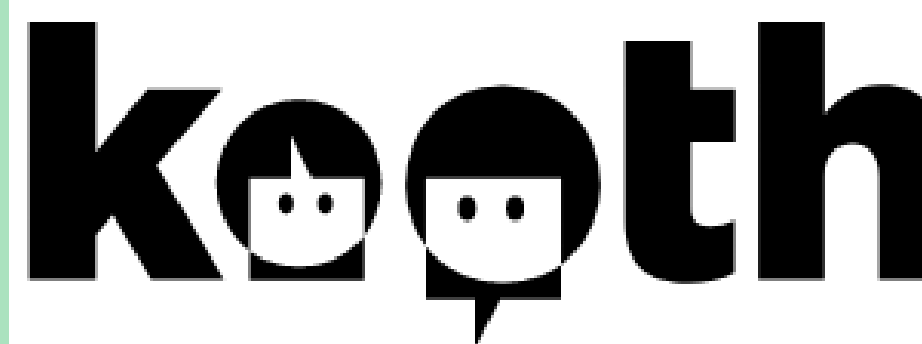
<https://stem4.org.uk/>

Stem4 is a charity that promotes positive mental health in teenagers and those who support them.



<https://www.mind.org.uk/information-support/for-children-and-young-people/>

A charity that helps anyone experiencing mental health problems.



<https://www.kooth.com/>

A charity that offers personalised digital mental health care, available to all.



https://www.medway.gov.uk/info/200231/mental_wellbeing/569/healthy_mind/4



<https://www.nhs.uk/conditions/stress-anxiety-depression/>

Contact Us

www.medwayyouthcouncil.co.uk

The Medway Youth Council is looking for new members, if you would like to join, visit our website!



For more information on Mental Health and Wellbeing, visit our website for more useful links!

@medwayyouthcouncil



@MYC_MEDWAY

