The Wellbeing in Mind Team

Tees, Esk and Wear Valleys
NHS Foundation Trust

Who we are

We are a Mental Health Support Team of NHS staff working in your child's school or college. We offer support to students experiencing difficulties with their emotional and mental wellbeing, including low mood and anxiety.

The Team

The Wellbeing in Mind Team is made up of NHS professionals including Management, Clinical Leads, Senior Clinicians, Education Mental Health Practitioner's (EMHPs), Trainee EMHP's, Whole School Approach Practitioners, Occupational Therapists, Social Workers and The Centralised Business Support Team.

Getting help

If you are concerned about your child's mental wellbeing we would encourage you to speak to your child's school/college who will be able to arrange any necessary referral with us.

Three areas of WIMT

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Whole School/College Approach

We work collaboratively with your setting to develop their whole school/college approach to mental wellbeing. There is no 'one size fits all' and WiMT will be responsive to your setting needs.

Direct work

We provide an early intervention low intensity service, delivering brief evidence-based interventions to support people with mental health difficulties such as low mood and anxiety. These could take place through 1:1, small group or parent led support sessions.

Advice and Consultation

We provide timely advice and support to school staff, and liaise with external services, to help pupils, staff and families to get the right support for their wellbeing.

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The Five Ways to Wellbeing

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What is good mental health

Looking after our mental health is not something we should just do if we are struggling, feeling low, anxious or stressed. It's actually something we should think about all the time, just like with our physical health.

What are The Five Ways to Wellbeing

Evidence suggests there are 5 ways in which we can improve your mental health and wellbeing. Trying these things could help us feel more positive. It is important that we take the time to look after ourselves and there are lots of ways that we can do this.



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The Five Ways to Wellbeing

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There are lots of things we can do to look after our mental health and wellbeing every day

Connect

Connect
Connecting with others can help to gain a sense of belonging, feel valued and have emotional support around us.

Be Active

Be Active
Being active can help raising self-esteem and improve mood. It can also reduce stress, worries and help improve sleep.

Learn

Learn
Learning new skill and trying something new can boost self-confidence and gain sense of achievement.

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The Five Ways to Wellbeing

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There are lots of things we can do to look after our mental health and wellbeing every day

Give

Give

Giving to other can help create feeling of purpose, self-worth and a sense of reward. It can also encourage us to connect with other people. Giving to others does not always have to include money. We can give our time, our words and our support.

Take Notice

Take Notice

Taking notice of our feeling, emotions and what is going on around us. Being present in the moment can change the way we feel about life and how we approach challenges.

WELLBEING IN MIND TEAM

Self-Care

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What is self-care?

Self-care is simply making time to look after yourself properly. It is about recognising what you need and allowing yourself to do it in order to feel good and maintain positive wellbeing and mental health. It will look different for everyone and is a very individual process.

Why does this help?

Self-care may sound simple, but it can have a really big impact. When prioritised, it can help you to feel less stressed and more able to cope with challenging situations, it can boost your mood and improve the way you are able to go about your daily life.

Self-care can take many forms but can often be categorised as:

- Physical
- Mental
- Emotional
- Social
- Environmental
- Spiritual

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Self-Care

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There are several things you can do to to contribute towards self care including the following:



Do something relaxing

This will be different for everyone, but some ideas include reading, journaling, crafting, listening to music or a podcast, guided meditation or simply sitting quietly.



Be more active

Encourage your child to engage in a sport that they enjoy or try something new. You could try things like football, netball, athletics, hockey, yoga, badminton, tennis dancing or cycling.



Spend time in nature

Encourage your child to spend time outdoors in any way that they enjoy. This could be by doing something active like walking, sitting outside in your garden or having a picnic in the park.

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Self-Care

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There are several things you can do to to contribute towards self care including the following:



Tick off that to do list
Spend some time with your child ticking off jobs that need doing or having a declutter or spring clean.



Make time to pamper yourself
You could help your child to do this by suggesting activities such as nice bubble bath or choosing an outfit that makes them feel good.



Fuel yourself properly
Help your child to get enough sleep, eat enough nutritious food and drink plenty of water

WELLBEING IN MIND TEAM

Sleep

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Why is sleep Important?

When we are asleep our bodies and brains are really busy growing and repairing. It helps to develop our memory, attention skills and our analytical thought. It makes thinking sharper, recognising the most important information to consolidate learning.

Why we might struggle to sleep

There are lots of reasons we might struggle to get a good night's sleep. These can include feeling anxious or stressed, feeling low, unhelpful sleep habits, sleep environment and physical health problems.

Examples of sleep difficulties

- Sleep quality
- Getting to sleep
- Staying asleep
- Sleeping too much
- Waking too early

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Sleep

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There are several things you can do to improve sleep including the following strategies:



Keep regular sleep hours

Going to bed when you feel tired and getting up at roughly the same time helps teach your body to sleep better. Try to facilitate this for your child as much as possible.



Create a restful environment

Dark, quiet and cool environments generally make it easier to fall asleep and stay asleep.



Move more, sleep better

Being active can help your child sleep better but remember to avoid vigorous activity near bedtime if it affects sleep.

***Please note for younger children you may wish to consult a health visitor as these strategies may not apply**

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Sleep

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There are several things you can do to improve sleep including the following strategies:



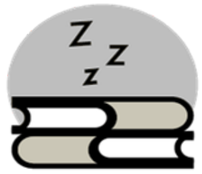
Write down worries

If your child has worries when going to sleep, encourage them to set aside time before bed to write them down or share them with you. Offer your support and reassurance where possible.



Put down the pick-me-ups (applies to older children)

Caffeine and energy drinks can stop you falling asleep and prevent deep sleep. Try to encourage your child to cut out caffeine close to bedtime.



Create a calm routine

Set aside the hour before you want your child to go to bed to support them to complete calming, ideally screen free, activities such as reading, journaling or listening to relaxing music.

***Please note for younger children you may wish to consult a health visitor as these strategies may not apply**

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Managing Emotions

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What is managing emotions?

Managing emotions is the ability to understand and manage your child's feelings in a healthy way. It helps your child stay calm, handle stress effectively, and respond to challenges without becoming overwhelmed. Teaching and supporting your child with regulation skills is important, as it can lead to improved focus, better relationships, and overall well-being both at school and in daily life.

What can cause emotion dysregulation?

Stress, feeling overwhelmed, changes in routines, or difficult situations can all affect how your child can feel. Sometimes, tiredness or feeling anxious can also make it harder for them to stay calm. Recognising what triggers these feelings can help your child learn to how manage their emotions better.

What can makes it worse?

Stress, lack of sleep, or feeling overwhelmed can make it harder for your child to calm down. Sometimes, avoiding the problem or not using coping strategies can also make emotions stay intense for longer. Learning how to handle these triggers can help them feel more in control of their emotions.

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Managing Emotions

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There are several things you can do to help your child manage their emotions including the following strategies:



Healthy Distractions

Encourage your child to engage in activities like hobbies such as listening to music, exercising, or spending time with loved ones, this can help them to divert their focus from distressing emotions.



Self-Compassion

Encourage them to be kind to themselves and acknowledge that everyone experiences difficult emotions and that it's okay for them to seek help and talk to people about how they are feeling.



Grounding Techniques

Grounding techniques are powerful strategies that can help your child regain a sense of control when experiencing intense emotions. These methods work by redirecting their attention away from distressing thoughts or feelings and bringing their focus back to the here and now. By doing so, they reduce feelings of being overwhelmed and help them feel more centered and stable.

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Managing Emotions

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There are several things you can do to help your child manage their emotions including the following strategies:



Breathing exercises

Encourage your child to notice if their heart rate is high, if so doing a breathing exercises can ease their symptoms. Try this:

- Breathe in as slowly, deeply and gently as you can, through your nose.
- Breathe out slowly, deeply and gently through your mouth.
- Some people find it helpful to count steadily from one to five on each in-breath and each out-breath.
- Close your eyes and focus on your breathing.
- They should start to feel better in a few minutes.

WELLBEING IN MIND TEAM

Stress

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What is stress?

Stress is how we usually describe our bodies response to pressure. When we feel stressed, our bodies release hormones that can make us behave in way we wouldn't normally. Stress can be short lived or can go on for a long time which can be tricky to know how to manage.

Why we might we feel stressed?

Stress is normal and there are lots of reasons we might find ourselves feeling stressed. We all feel stressed about different things and handle stress in different ways. Some common stressors may include exams or schoolwork and friendships and relationships.

You may feel more stressed if you are experiencing any of the following:

- Poor sleep
- Other difficult life events
- Disruption to routines
- Difficulties with mental health and wellbeing

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Stress

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There are several things you can do to help your child manage stress including the following strategies:



Split up big tasks

If a task seems overwhelming and difficult to start, try helping your child to breaking it down into easier chunks, and give them credit for completing them.



Allow yourself some positivity

Encourage your chid to take take time to think about the good things in your life. Each day, help them consider what went well and try to list 3 things they are thankful for.



Challenge your thoughts

The way we think affects the way we feel. Try and follow these steps to help think more positively
Catch it - Encourage your child to notice when they are experiencing unhelpful thoughts.
Check it – Support them to question the thought. Asking: What is the evidence for this? Is there another explanation? What would a friend say?
Change it- Support them in reframing the thought. For example, change "I can't do it" to "I can try".

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Stress

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There are several things you can do to help your child manage stress including the following strategies:



Talk to someone

Talking about how you feel can really help when we feel stressed. Facilitate opportunities for your child to talk about how they are feeling with you or someone they trust and try to reach a solution together or offer reassurance.



Be more active

Being active can help to burn off nervous energy. It will not make your child's stress disappear, but it can make it less intense.



Plan ahead

Planning out any upcoming stressful days or events – a to-do list, the journey you need to do, things you need to take – can really help. Do this together with your child.

WELLBEING IN MIND TEAM

Low Mood

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What is low mood?

Everyone feels low or down from time to time. It does not always mean something is wrong. Feeling low is common after distressing events or major life changes, but sometimes periods of low mood happen for no obvious reason.

Feeling low in mood?

If you feel your child is experiencing low mood, feeling hopeless, not getting any enjoyment out of life not being able to concentrate on everyday things, having suicidal thoughts or thoughts about harming themself please seek professional support.

What might low mood feel like?

You may feel tired, lacking confidence, frustrated, angry and worried. But a low mood will often pass after a couple of days or weeks – and there are some things you can try and small changes you can make that can help improve your mood.

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Low Mood

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There are several things you can do to help your child improve their mood including the following strategies:



Challenge your thoughts

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Change it- Support them in reframing the thought. For example, change "I can't do it" to "I can try".



Increase helpful activity

Low mood can prevent us from engaging in enjoyable activities. Make a list and do some each day, starting with easier ones. As you progress this may help to improve your mood.



Get better sleep

Low moods can cause tiredness, which impacts mood. A calming bedtime routine can help - avoid screens, caffeine, and sugar; opt for reading or relaxing music with a warm milky drink.

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Low Mood

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There are several things you can do to help your child improve their mood including the following strategies:



Talk to someone

Reach out to someone you trust - that may be friends, family, school staff, a coach or a helpline. Connecting with others can make a big difference when you're going through a tough time.



Boost your mood with music

Music can be a powerful tool to change our feelings. Create a playlist to lift your mood: start with slow, calming songs and gradually add faster, uplifting tracks to improve your feelings.



A little activity every day

Small daily actions can help you boost your mood, like taking the stairs or stretching during long sits or taking a walk in the fresh air.

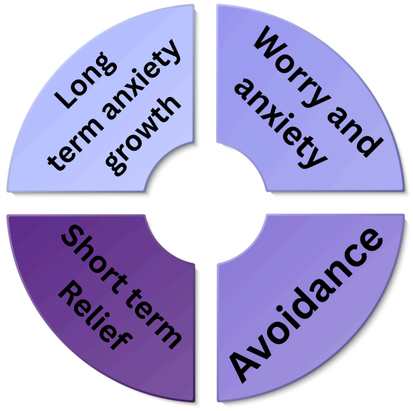
WELLBEING IN MIND TEAM

Anxiety.

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What is anxiety?

Anxiety is something everyone experiences at times, and feeling anxious is a perfectly natural reaction to some situations. Feeling anxious can cause many different symptoms. It might affect how you feel physically, mentally and how you behave.



Circle of avoidance

The circle of avoidance describes how avoiding situations that trigger anxiety can increase the anxious feelings over time. Avoidance can becomes a learnt behaviour that, while providing temporary relief can increase the long term anxiety.

Feeling anxious?

Sometimes feelings of anxiety can be overwhelming or out of proportion to the situation and this can affect daily life.

The good news is there are plenty of things we can try to help cope with anxiety.

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Anxiety.

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There are several things you can do to help support your child manage anxious feelings, including the following strategies:



Shifting focus

Relaxation, mindfulness or breathing exercises can be helpful. They reduce tension and focus awareness on the present moment. Helping your child find activities that they engage with during this time is important.



Understand their anxieties

Encourage your child to keep a diary of what they are doing and how they feel at different times to help identify what's affecting them and what they need to take action on.



Make time for worries

Setting specific "worry time" with your child to write down or talk over their concerns each day can help. This allow them to focus on other things throughout the day as they know there is set time to “worry”.

There are several things you can do to help support your child manage anxious feelings, including the following strategies:



Challenge your thoughts

The way we think affects the way we feel. Try and follow these steps to help think more positively

Catch it - Encourage your child to notice when they are experiencing unhelpful thoughts.

Check it – Support them to question the thought. Asking: What is the evidence for this? Is there another explanation? What would a friend say?

Change it- Support them in reframing the thought. For example, change "I can't do it" to "I can try".



Face the things they want to avoid

It's easy to avoid situations, or rely on habits that make us feel safer, but these can keep anxiety going. By slowly building up the time your child spends in the worrying situations, anxious feelings will gradually reduce and your child will see these situations are OK.



Look at the bigger picture

If your child feels anxious about a situation, they might get stuck on the details and stop seeing things rationally. Getting them to thinking about the problem or situation from someone else's view can make it easier to come up with a plan. ‘What advice would you give to a friend or family member?’

WELLBEING IN MIND TEAM

Self Esteem

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What is self-esteem?

Self-esteem is the opinion we have of ourselves. When we have healthy self-esteem, we tend to feel positive about ourselves and about life in general. It makes us better able to deal with life's ups and downs. When our self-esteem is low, we tend to see ourselves and our life in a more negative and critical light. We also feel less able to take on the challenges that life throws at us.

What causes low self-esteem?

Low self-esteem can often begin in childhood. Our teachers, friends, siblings, parents, and even the media send us positive and negative messages about ourselves. Unfortunately, the message that you are not good enough is the one that often stays with you.

What can affect self esteem?

Stress and difficult life events, such as serious illness or a bereavement, can have a negative effect on self-esteem. Personality can also play a part. Some people are just more prone to negative thinking, while others set impossibly high standards for themselves.

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Self Esteem

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There are several things you can do to help support your child manage their self esteem, including the following strategies:



Build positive relationships

Try to encourage your child to build relationships with people who are positive and who appreciate them.



Be kind to yourself

Being kind to yourself especially at times when you feel like being self-critical. Try to facilitate opportunities for your child to do this.



Give yourself a challenge

We all feel nervous or afraid to do things at times. People with healthy self-esteem do not let these feelings stop them trying new things or taking on challenges. Help your child to set and achieve a goal, such as joining an exercise class or going to a social occasion. Achieving their goals will help to increase their self-esteem.

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Self Esteem

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There are several things you can do to help support your child manage their self esteem, including the following strategies:



Recognise what you're good at

We tend to enjoy doing the things we’re good at and doing them can help boost our mood.



Start saying "no“

People with low self-esteem often feel they have to say yes to other people, even when they do not really want to. Help your child to set boundaries with other where appropriate.



Learn to be assertive

One trick is to look at other people who act assertively and copy what they do. It's not about pretending you're someone you're not. It's picking up hints and tips from people you admire and letting the real you come out. Encourage your child to do this and try to model it to them through your behaviour and choices.

WELLBEING IN MIND TEAM

Exam Stress

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What is stress?

Stress is our bodies response to pressure. Many different situations or life events can cause stress. We all deal with stress differently. Stress can be triggered when we experience something: new or unexpected, something that threatens our sense of self, or when we feel we have little control over a situation.

Fight, Flight or Freeze Response

When feeling stressed it can trigger our body's physiological reaction of Fight, Flight or Freeze. While these responses are designed to protect us, they can sometimes be triggered inappropriately or excessively. When the response has been triggered, we can become unable to recall memories and think rationally.

What can contribute to stress.

Many factors can contribute to stress such as exam stress, lack of preparation, disruption to routines, external life stressors, poor sleep. Stress can cause many different symptoms. It might affect how we feel physically, mentally and also how we behave.

WELLBEING IN MIND TEAM

Exam Stress

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There are several things you can encourage your child to do to manage their exam stress including the following strategies:



Get organised

Help your child to try break it down into easier chunks and encourage them to give themself credit for completing them. It is also helpful to think about when and where work the best when revising.



Praise

Encourage your child as they are revising and write their exams, to tell themself that they can do this, they have revised and that they are doing well so far.



Keep things in perspective

Remind them exams aren't everything. Whatever happens in the exams, they can still be successful in life afterwards. So if they don't do as well as they had hoped, try to keep things in perspective.

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Exam Stress

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There are several things you can encourage your child to do to manage their exam stress including the following strategies:



Avoid bad habits

Remind them not to set themself over-ambitious goals. Nobody can revise 10 topics in one day so try to avoid setting up the day to be disappointed.



Get into some good habits

Encourage frequent breaks – we can only concentrate properly for about 30-45 minutes at a time. Encourage them to take a break, move away from the desk, maybe walk around the house or even just make a drink.



Maintain a balance

Do not cut out all the enjoyment from their life as it is counterproductive to try and focus all the time without resting. Making sure they set time for self-care, spending time with people around them and doing hobbies they enjoy.

WELLBEING IN MIND TEAM

Panic

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What is panic?

Panic is a sudden, intense surge of overwhelming emotion of fear and anxiety. You get a rush of intense mental and physical symptoms. It can come on very quickly and for no apparent reason.

How may we feel?

Panic can be very frightening and distressing and can involve a racing heartbeat, dizziness, chest pain, feeling disconnected from your body, trembling, and shortness of breath.

Please note:

Although it might feel scary when this happens, your body is safe and it won't cause you any physical harm.

WELLBEING IN MIND TEAM

Panic

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There are several things you can do to help support your child manage feeling of panic, including the following strategies:



Understand your panic

The symptoms are not a sign of anything harmful happening. Remind your child that the physical symptoms you are experiencing are caused by anxiety and will pass.



Confront your fear

If your child faces what they are scared of, they have a chance to discover that nothing bad is going to happen. Try to help them through this process where possible and offer support.



Look at the bigger picture

Sit with your child and help them ride out the feeling. Try to keep them from doing things. If possible, it's important to try to remain in the situation until their panic has reduced so they learn over time that they can cope in that situation.

Panic

There are several things you can do to help support your child manage feeling of panic, including the following strategies:



Breathing exercises

Encourage your child to notice if they are breathing quickly, if so doing a breathing exercise can ease their symptoms. Get them to try this:

- Breathe in as slowly, deeply and gently as they can, through your nose
- Breathe out slowly, deeply and gently through their mouth
- Some people find it helpful to count steadily from one to five on each in-breath and each out-breath
- Close your eyes and focus on their breathing
- They should start to feel better in a few minutes. They may feel tired afterwards.

Signposting

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Call 999 or go to A&E now if:

Someone's life is at risk – for example, they have seriously injured themselves or taken an overdose

You do not feel you can keep yourself or someone else safe

A mental health emergency should be taken as seriously as a physical one.

NHS

Get advice from 111 or ask for an urgent GP appointment if:

You need urgent help for yours or your child's mental health. Get help from 111 online or call 111 and select the mental health option.

Wellbeing in Mind Instagram

@wellbeinginmind.mhst

Take a look at our Instagram page. Including posts about the team and what we are up to, support and advice and upcoming events.

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Signposting

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North Yorkshire Council Signposting directory: Children and Families

www.northyorks.gov.uk/children-and-families

NORTH YORKSHIRE COUNCIL

The website link is the signposting page which offers the link to a whole range of services including: health, charity and local authority. This can be a good starting point when searching for appropriate services.

City of York: Children and Families

www.york.gov.uk/ChildrenAndFamilies

CITY OF YORK COUNCIL

The website link is the signposting page which offers the link to a whole range of services including: health, charity and local authority. This can be a good starting point when searching for appropriate services.

Samaritans

www.samaritans.org/

Phone : 116 123

A safe place for you to talk any time you like, in your own way – about whatever's getting to you.

SAMARITANS

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Signposting

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Lets Make Sense Together

www.hnyhealthiertogether.nhs.uk/young-person/sensory-processing

LET'S MAKE SENSE together.

Provides information and support to children and young people with sensory processing differences.

The Go - To

The Go-To
For healthy minds in North Yorkshire

thegoto.org.uk/

Welcome to the home of wellbeing and mental health for young people in North Yorkshire. Helping you find the right help and support for you, to help you stay well, whatever is going on in your life.

Yormind

yormind.org.uk

Yormind is here to honestly guide you about where you can get info and support for your mental health in York.

yormind

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Signposting

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Young Minds

www.youngminds.org.uk

YOUNGMiNDS
fighting for young people's mental health

Mental health advice for professionals, young people and parents. Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help.

ChildLine 0800 1111

Childline

www.childline.org.uk

Childline is free, confidential and available any time, day or night. You can talk to us by calling, by email or through 1-2-1 counsellor chat. Whatever feels best for you.

Mind

www.mind.org.uk/

The mental health charity.

‘We're here to make sure no one has to face a mental health problem alone.’

mind