



wellbeing action plan

a simple plan to support your
education



The
Birkenhead Park
School

Introduction from our Designated Mental Health team



Your mental and emotional wellbeing matter here at The Birkenhead Park School.

Sometimes, life can give us difficult things to process that make us feel sad, lonely, upset, angry or anxious this is a normal part of the human experience and these emotions are the way our body and brain cope with things that are happening to us.

Our School Values on the back page of this booklet give us a set of actions that can directly improve and build up our emotional and mental wellbeing. In addition, the Five Ways to Wellbeing on the next page are proven steps, promoted by the NHS, that you can use to make improvements to your own mental health. It is important to remember that you are in control and taking steps to learn to manage and regulate your feelings and emotions will support you when you transition from school into College or the Workplace.

This booklet is designed to help you Embrace your Future by considering the ways in which you can manage your mental and emotional health and develop healthy strategies for dealing with the challenges you face in your life. Building strong foundations for good mental health and increasing resilience are preventative approaches that have been shown to reduce long-term mental health issues. Being resilient is a set of skills that you can develop during your time at BPS through engaging with the outstanding teaching and support and taking up the opportunities for growth on offer here.

Ultimately, working on your emotional and mental health will help you to achieve your best, become a confident and fulfilled individual and make a successful transition into adulthood, that is what we want for all our students.

If you have any questions or would like to discuss the content of this booklet I would be happy to hear from you, contact me by email on wek@birkenheadparkschool.com or pop into my office to arrange an appointment.

Ms Weekes
Assistant Headteacher

5 ways to wellbeing

connect

Connect with other people

Good relationships are important for your mental wellbeing, they can:

- help you to build a sense of belonging/self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

be active

Do some physical activity

Regular physical activity is associated with lower rates of depression & anxiety across all age groups, but it doesn't need to be particularly intense for you to feel good - slower paced activities, such as walking, can have the benefit of encouraging social interactions as well as providing some level of exercise.

keep learning

Learn something new

Research shows that learning new skills can improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others

give

Give to others

You can give small acts of kindness, or larger ones like volunteering. Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you to connect with others

take notice

What's going on around you?

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

my wellness toolkit



Think about things that keep you well or help you feel better when you're feeling low.

These things make up your 'wellness toolkit'. Nothing is too trivial or silly to go into your toolkit - if it lifts your mood or makes you smile, it should go in. Here are some suggestions to get you started...

Get Active

A great way to work out anger, frustration and worry is to get active and get your blood pumping! It really helps to take your mind off things.



Go Outside

Being outside is good for our mental health. Take a mindful walk and notice nature, clouds and sunsets, or go on a swing or a fairground ride.



Worry Balloon

Write any worries you have on a balloon... then blow it up and pop it.



Playlist

Find songs to represent all the different things you are feeling and sing along. Try to allow yourself to feel a range of different things and end with something upbeat.





Reach Out

Sometimes, if you can't really face being with people, you can still have a laugh with your mates online and it may help you feel better.



Connect

Spend time with friends, family or a pet. Take part in a team sport or group activity. Chat to others online, or to a counsellor.



Downtime

Clear your mind using relaxation techniques such as mindfulness, meditation, yoga. There are lots of apps to guide you, or videos on YouTube.



Enjoy your own space

Immerse yourself in things that make you happy like video games, listening to music, reading books, riding your bike, skateboarding, leisurely baths, watching tv and cooking.



Positivity Journal

Write down one thing you feel grateful for each day. Somedays it's hard to think of something, but you'll probably feel better when you do!



Things to support my wellbeing...

Things to consider

What makes you feel happy?
What stops you feeling bad?
What helps you relax or feel calm?
What gives my life meaning?

What makes you
feel energised?

What can act as
a distraction?

What has worked
well before?



New things I could try...

Things to consider

What new things would you like to try?

What haven't you got around to yet?

What have other people suggested?

What could you do more of?

A plan for every day

Next, think about things you could try to do, or try to avoid doing each day to keep yourself positive and well.

Things to do...



- Focus on positives
- Smile
- Believe in yourself
- Find a reason to get out of bed
- Try new things
- Exercise
- Contact friends & important people
- Socialise
- Make time for yourself
- Shower
- Say "Hello" to a neighbour
- Chill out
- Listen to music
- Talk to people in a positive way
- Get enough sleep
- Give yourself space
- Eat regular meals
- Positive use of phones & social media
- Wear something that makes you feel happy
- Do a good thing for someone.

Things to avoid...

- Being hard on yourself
 - Focusing on the negatives
 - Feeling guilty about spending time alone or about going out
 - Taking things to heart
 - Staying in bed all day
 - Being alone all day
 - Negative use of social media
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- Comparing yourself to other people
 - Worrying too much
 - Keeping things to yourself
 - Taking anger out on others
 - Hurting yourself
 - Smoking, drinking and/or drugs
 - Missing College
 - Missing lessons



Daily maintenance plan

Things I can do for myself every day to keep myself feeling as well as possible...



Things I need to do, less often than every day, to keep my overall wellness and sense of wellbeing...



Things that I know would make me feel well,
but that I don't currently do or could do a lot
more...



Things I should actively avoid because they
make me feel bad or worse...



Managing triggers and challenges...

Triggers are things that happen to us, or situations we face, that make it harder for us to stay well. Here we think about likely triggers and how we can manage them.



Things that challenge me...

Things to consider

Exams.
Relationship break-up.
Friendship issues.
Being bullied.
Family problems.
Moving house.

Moving to a new college or different course.
Physical or mental illness.
Not living up to expectations.
College holidays.
Any kind of change or failure.

The most important thing is to say something to someone. As soon as you open up it's like a weight has been lifted from your shoulders.

Things that I can do to try and manage my challenges...



What might help?

Talk

Let friends or family support you.
Confide in someone at College or work.

Ring a helpline.
Make a plan.

Take time to look after yourself.
Use art or music to express how you feel or to help you relax.

Admit there is a problem.

Early warning signs


It's useful to recognise changes in our thoughts, feelings, appearance or behaviour which might indicate we are feeling less able to cope. Thinking about what these signs are might also help us recognise when a friend or family member might need support too.

Things to look out for...

- Unusual behaviour
 - acting different from normal.
- Changes in body language or eye contact.
- Losing interest in things
- Saying 'Yes' to things but really meaning 'No'.
- Avoiding friends or social situations.
- Mood swings.
- Feeling low, angry or stressed.
- Crying more than usual.



- Feeling unusually tired.
- Missing days at College or being late.
- Changes in social media habits.
- Uploading worrying content.
- Not responding to calls or texts.
- Neglecting appearance.
- Self harm.
- Feeling unable to cope.



We are often good at spotting warning signs in other people, but it can be harder to spot them in ourselves. Looking out for each other's wellbeing is a helpful thing for friends to do.



Warning signs that things are going less well for me or for someone I care about are...

What next?

If you spot warning signs that things are going less well for you, or for a friend, what could you do next? Here are three suggestions:

Write it down...

If you're not ready to talk to someone, write down what's right and what's wrong and commit to a next step towards seeking help, then do it!



Call a helpline...

or use a website for support such as:

kooth.com

mymind.org.uk

Talk to someone you trust...

Maybe a friend or family member, a person at College, or your doctor. In College you can talk to your tutor about anything that is worrying you.

What advice would you give to a friend you were concerned about?



What would you do if you spotted the warning signs in yourself?



My notes...



Acknowledgements

This booklet is based on the Wellness Recovery Action Plan model by Dr Mary Ellen Copeland.

Signposting

If you or a friend is in need of help, you can always speak to someone, below are some people/places you can go to for help and/or support.

In School Support:

Ms Weekes, Assistant Headteacher/
SENCO:
wek@birkenheadparkschool.com

Mrs Canham, Assistant SENCO:
mcm@birkenheadparkschool.com

Miss Tisdale, Attendance Year 7:
kti@birkenheadparkschool.com

Mrs Moreton, Attendance Year 8:
mom@birkenheadparkschool.com

Mrs Lloyd, Attendance Year 9:
gly@birkenheadparkschool.com

Mrs Robinson, Safeguarding Officer:
pro@birkenheadparkschool.com

Mrs Davies, Safeguarding Officer:
dda@birkenheadparkschool.com

Mrs Chong, Y7 Year Leader:
lch@birkenheadparkschool.com

Miss Burns, Y8 Year Leader:
bur@birkenheadparkschool.com

Mrs Galer, Y9 Year Leader:
aga@birkenheadparkschool.com

Mr Huyton, y10 Year Leader:
dhu@birkenheadparkschool.com

Mr Lodge, Y11 Year Leader:
gld@birkenheadparkschool.com

National helplines & websites:

Samaritans: call: **116 123** or visit: **samaritans.org**

Hub of Hope: Enter your postcode to see mental health services in your area. Visit: **hubofhope.co.uk**

Kooth.com: Advice & guidance for young people on a range of mental health issues, with an option to access online counselling.

Shout: Free confidential text service; available 24/7. **Text 85258**

Papyrus: Hopeline, support for anyone under 35 experiencing thoughts of suicide call: **0800 068 4141** or visit: **papyrus-uk.org**

Local Organisations and support:

The Open Door Centre: Face to face services in a creative environment, visit: www.opendoorcharity.com

CAFE CREATE: A place for young people to relax, be supported, get informed and get involved, visit: www.zillowirral.co.uk/cafecreate

hatch: The leading emotional wellbeing service for young people on Wirral, visit: www.hatchmerseyside.co.uk

Mind Wirral: Offering a CBT programme for individuals 16+ with mild to moderate depression & anxiety. **Call: 0151 512 2200** or **email: beatingtheblues@wirralmind.org.uk**

CAMHS Mental Health Advice & Crisis Line 24/7: 0800 145 6485

positivity

we are positive about what we do and what others can do

ambition

we work to release the innate human drive for success

resilience

we will not give up when faced with difficulties

thoughtfulness

treat everyone with respect and consideration