



This newsletter is looking at supporting change . This may be change at home or in school life, it may even be something in your personal life. Change is normal and something we live with daily. It's ok for change to feel hard and it is important to learn techniques and strategies to help make change more manageable.

<https://actionforhappiness.org/all-calendars>



We experience lots of changes during our lifetime. For example, changing classes, moving house or changes to our friendships. You may be experiencing change right now! Change can be positive or negative, but no matter how large or small a change is, it's important to look after our wellbeing. In this newsletter we will look at different ways to support our wellbeing before, during and after a particularly difficult task or challenge.

It can be challenging to support your wellbeing when you're dealing with stressful situations. It is important to find techniques and strategies that will help guide you along the way and make the situation feel a bit less stressful and hopefully easier to cope with.

<https://www.youtube.com/watch?v=99RSsbtHyPo&t=2s>

Transformation

Transition

New

Adaptable

Shift

Embrace



The 90-Second Rule-

Do you feel panic rising?

If so, then use these 90 seconds to slow things down. Take some deep breaths in and out to slow your heart rate and calm your body. Write down any worries you have and choose a place to keep them, like a jar or folder. This can help you imagine you're leaving your actual worries behind with your notes.

Speak more slowly and reduce the volume of your voice. Take ten deep, slow breaths. If you can, take a short walk for a minute or two to get away from the situation and give yourself time to think. If you can't step away from the situation, try counting backwards from 100 in fives. Taking this time can help you think more clearly.

Challenge Negative thoughts.

You may feel more worried if you imagine the worst thing that could happen. Try to challenge those thoughts by asking yourself these questions

- What if that didn't happen?
- What else might happen instead?

Repeat a Motto for Encouragement-

Mottos are often used by athletes before a race and can be a good way to change how you think about something. You can repeat a motto out loud or write it down. Here are some examples you might like to try: 'I am doing the best that I can do.' 'I have done this before; I can do it again.' 'I can make it through this - it won't last for ever.'



Get a Good Night's Sleep

Sleep has a really important role in helping you recover from anything you've found difficult. Not getting enough sleep can affect your mood, concentration and energy levels. Make sure that you are going to bed at a reasonable time and that you have a chance to unwind without technology before bedtime.



Put Worries on Paper

Writing down any worries or concerns you have can be a powerful way of clearing your mind. Keep a notepad by your bed and set aside five minutes at the end of the day to jot down your thoughts.



Find What Works for You

Everyone is different and so different activities will suit different people. Try a range of activities, such as going for a walk, calling a friend or reading a book, and see which ones make you feel refreshed and recharged. You could make a list of the activities that help you recharge and feel more like yourself.

Re focus If you sense difficult, uncomfortable feelings, switch your attention to something else. Focus on a simple task, for example doing some tidying up or mindful colouring Switching your attention in this way - or taking a 'break state' - can help you to refocus





Communicate clearly

Big changes can seem even more intimidating when heard second-hand or not explained fully. While you don't have to discuss every decision you are making with your children, it's important that they feel part of the conversation when a change may affect them in a significant way



Take notice

Take a moment to notice what's going on in your daily life. You may be aware of some big or small changes coming up and that's ok. Take the time to sit and acknowledge what you're thinking and feeling.



Give yourself space

It can take a little while for things to fully sink in. Try to give yourself space if you are having trouble expressing yourself. When you're ready find someone who will listen to your concerns, talk through them. Give yourself the space to think and digest what change is happening.



Stay calm and consistent

This can be easier said than done, especially if you are worried about big changes. If you can remain calm and consistent despite any changes, it can reinforce the idea that it is natural to feel like this from time to time.



Have a sense of control

As a young person you may not be able to have control over big changes or decisions like starting school or moving house, but by giving yourself control of the little things, it can help you to feel less overwhelmed. Remind yourself that you have control over your emotions, choices, and behaviours



Try using visual tools

Some young people can find unexpected changes to their routines hard to cope with. Using visual tools may be a helpful way to notice what changes are happening whilst helping yourself to get a better picture of how the changes will impact your routine.



Some support information of agencies that you can access for help.



We want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.



XenZone is a provider of online mental health services for children, young people and adults.

Kooth, from XenZone, is an online counselling and emotional well-being platform, accessible through mobile, tablet and desktop and free at the point of use.

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

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

Here are some useful apps to try to help support anxiety and cope with change.



Insight Timer

