

Counselling, Health & Wellbeing

5 WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



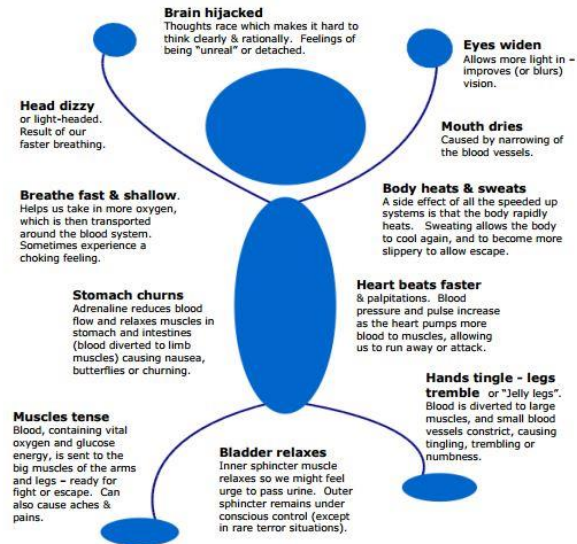
Your time,
your words,
your presence

Anxiety - Fight or Flight response

ALARMING ADRENALINE !

The body's alarm system

When the brain perceives a threat, it activates the body's "fight or flight" alarm system, and adrenaline is released into the blood from the adrenal glands. We experience uncomfortable feelings because the adrenaline makes the body systems speed up, diverting blood towards the big muscles, preparing us to attack (anger) or escape (anxiety).



After the adrenaline has died down, we can feel exhausted, shaky and weak.

Top tips to reduce stress

- Talk about how you feel to friends or write it down in a journal. As a balance, look at what you're grateful for.
- Recognise your own anxious feelings in your body so you can apply relaxation techniques.
- Breathe deeply and slowly, in through the nose for three counts and out through your mouth for three counts.
- Tell yourself that it will be ok, and that the anxiety will pass. The more we avoid the bigger the anxiety can become.
- Worry once, worry well - designate a specific 'Worry time' for around 10 or 20 minutes and write down possible solutions and pick one to action. Come back to it the next day if need be.
- Encourage good sleeping habits – calm routines, and not too much screen or computer time in the evening. Blue light affects levels of the sleep-inducing hormone melatonin
- Mindfulness - Download Headspace App - Anxiety currently affects about one in fourteen people worldwide. That's 7.3% of the total world population. A review of in-person meditation training found that 69% of the studies analyzed showed meditation practice alleviated symptoms of anxiety.

#FakeNews about Counselling

You have to be “Mad / crazy” to need counselling – Most people have counselling when they just need a space to work through a problem or something they are struggling with.

Counselling doesn't work – No guarantees but it can often help to express things we are worried about or struggling to hold onto by ourselves.

Counselling takes a long time – even one session can help you feel better about things. How many sessions you feel like you need is up to you.

You have to talk about really private things – You only bring to counselling what you feel comfortable bringing. In fact you don't have to say anything at all. Sometimes just being in a safe space with time to think about things with someone who cares can help.





#FakeNews continued...

Counsellors will want to talk about my past – your counsellor will talk to you about anything you want to. You don't have to discuss anything if you don't want to.

My counsellor might tell someone about what I have been talking about – Almost everything that is discussed in counselling is kept private. There are some safeguarding procedures that must be followed to protect you or someone else but these will be discussed with you at the time.

Not being in control of my emotions makes me weak – very common myth. Emotions make us human. Its important not to push emotions and feelings away too much. They can build up and overwhelm us.

Signing up

- If you'd like to explore any problems or struggles with a counsellor you can speak to any teacher, HOY or the counselling team member in the drop-in and they can sign you up.
- You will be added to a waiting list
- When there is room to see you your head of year will give you time and date to go and see one of the counsellors in the pastoral care room.
- Your counsellor will then have a casual chat with you about what's troubling you.
- The counsellor will then book you in for another session the week after if you would like to come back.



Counselling Drop-in

No appointment needed – Just knock

Confidential & private

Can put you onto waiting list for counselling

Individual advice and guidance

Every Monday lunch time (12:30pm-1:10pm) – Room 28



The Advisory Centre for Education

www.ace-ed.org.uk

0300 0115 142

For advice on a range of issues;

- Bullying
- Exclusion
- Special Educational Needs

Open Monday-
Wednesday
10am-1pm
during term time.



YOUNG MINDS

The voice for young people's mental health and wellbeing

www.youngminds.org.uk

0808 802 5544

Advice and support for
parents and carers worried
about their child's
**behaviour, emotional
problems** and mental
health.





www.bullybusters.org.uk

0800 169 6928

For help and advice on;

- Bullying
- Spotting the signs of bullying



Liverpool
Early Help Directory



Early Years

**Education, Health and
Care Plans**

Health

**Activities, Advice and
Support**

Post-16

Schools

Social Care

Specialist Services

Transport

Early Years Consortia

**Personalisation and
Personal Budgets**

Participation



ADHD

FOUNDATION

<http://www.adhdfoundation.org.uk/parents.html>

An excellent website for information and advice on a number of parent concerns including

- Funding for SEN support
- Preparing for meetings
- Questions to ask school SENCO
- Bullying and ADHD



ADDvanced Solutions
Community Network
Supporting you to find the answers

Liverpool - **0151 486 1788**
St Helens - **01744 582172**

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Welcome to ADDvanced Solutions Community Network

Community based learning, coaching and mentoring programmes and health, wellbeing and enrichment activities for families living with Neurodevelopmental conditions.

We aim to equip and empower parents, carers, children and young people with the skills, tools, knowledge and confidence to better recognise, understand and meet the needs of their family.

Welcome to oung ersons dvisory ervice

Leading Liverpool charity:

**Delivering mental health services for
children, young people and families!**





Phone: 0151 707 1025
Fax: 0151 707 1252
E-mail: support@ypas.org.uk

Opening Times:
Monday - Tuesday 9:30 - 20:00
Friday 9:30 - 16:00

Address:

YPAS Central Hub
Hub
36 Bolton street
Liverpool
L3 5LX

YPAS Plus - South Community
Lyndene Road
Liverpool
L25 1NG

YOUNG MINDS

The voice for young people's mental health and wellbeing

eNewsletter signup |



BLOG



PARENTS HELPLINE - 0808 802 5544

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Parenting isn't always easy. Although it's often amazing and rewarding to watch your children grow, and to help them learn to be independent, it can also be really hard work.

**In Christ alone my hope is found
He is my light, my strength, my
song**

**This Cornerstone, this solid
ground**

**Firm through the fiercest drought
and storm**

**What heights of love, what
depths of peace**

**When fears are stilled, when
strivings cease**

My Comforter, my All in All

Here in the love of Christ I stand

