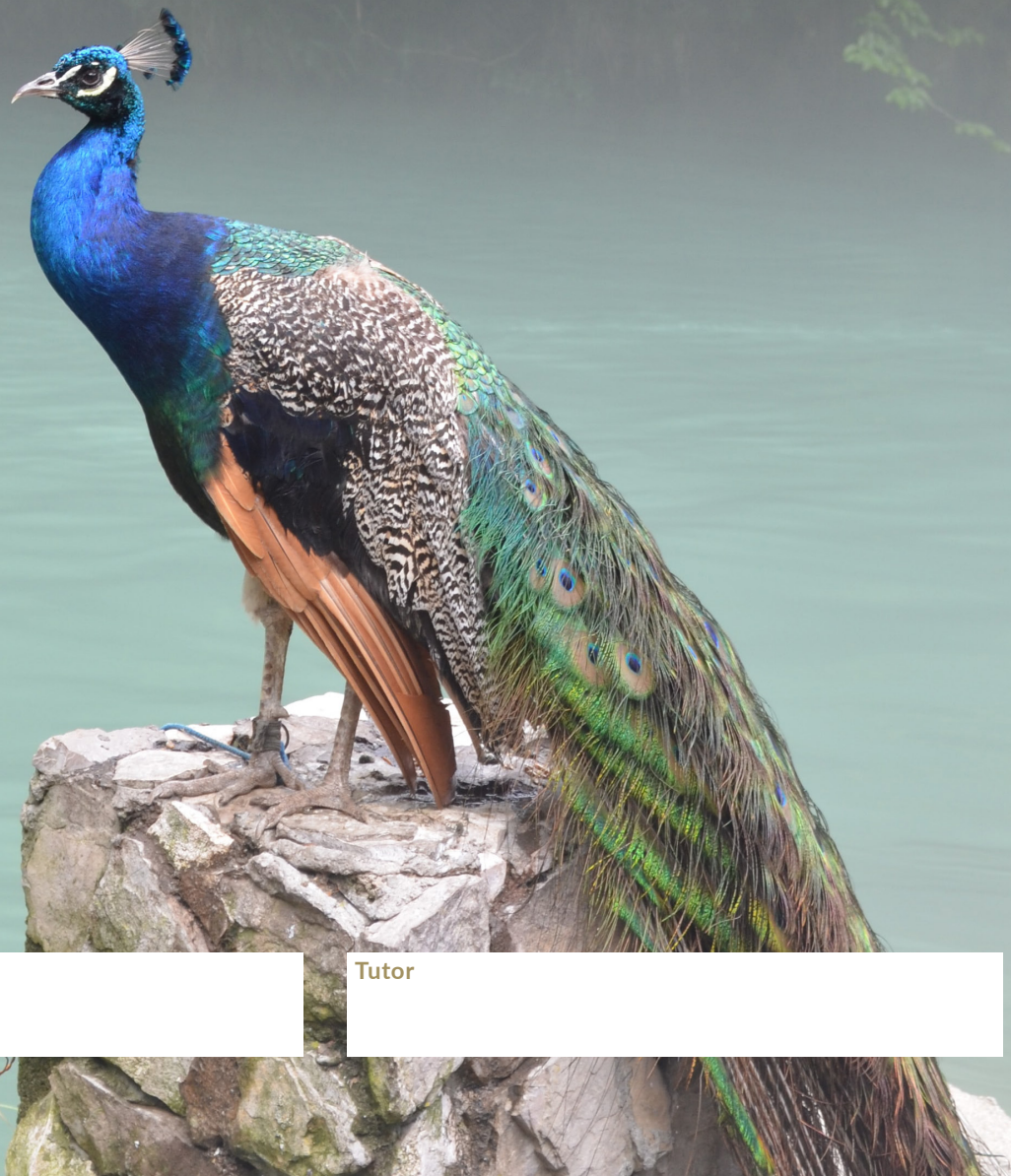


WHITGIFT

WELLBEING BOOKLET



Name

Tutor

FOREWORD

My name is Mr Jordan Lewis and I am Head of PSHEE and Deputy Head of Third Form at Whitgift. It was starting at university that really ignited my passion for mental health and wellbeing. I've seen how poor mental health can affect my own life, the lives of my friends and family and now, more commonly, those of my pupils. Believe it or not, when I left Whitgift as a pupil in 2012, it felt like people were only just starting to understand how crucial looking after your mental health and wellbeing was. Since then, I am pleased to say that we have made great strides in reducing stigma and breaking down barriers, but we all still have work to do. I am staunch believer in the value of investing in your own mental health, not just doing things that help you to feel better in the moment, but actively training your body and brain to develop the resilience and skills needed to grapple successfully with life's struggles.

Grappling with life's struggles seems more relevant now than ever. When we were sent home from school in March 2020, I, like many of you I am sure, felt that it was little more than a temporary but necessary step. As we approach the year anniversary of our first school closure, the pandemic and its consequences have illustrated to me more than ever just how important it is to be looking after our mental health. After all, we are told 'hands, face and space' to protect the body against the virus, but what about safeguarding our minds?

Which brings me on to the reason this workbook came about. In November 2020, I was contacted by Track and Trace and told that I would need to self-isolate for 10 days. On reflection, 10 days seems a measly period of time, but back then, it hit me hard. Confined at home, I began to feel many of the feelings

that I am sure you will all recognise. Feelings that I had hoped I had left in the past after our first lockdown. Isolation, boredom, missing my friends on the staff body, just to name a few. So, I set myself a challenge: I began to create a wellbeing activity booklet. I wanted to create something that would benefit not only myself, but my friends and my pupils. This booklet is not only a result of that isolation period, but also my own experiences regarding mental health, whether that is from my own journaling routine or activities and tips I have learnt from others, over the years.

This booklet is for you to work through at your own pace. I personally find that with my own journaling, I benefit from routine, writing at roughly the same time each day; first thing in the morning with a hot drink! This may work for you; it may not. You may choose to work through it chronologically or pick a random activity each time. There are no rules, other than to complete each session with no distractions and to attempt to be mindful of only the present moment as you attempt an activity.

We are incredibly lucky at Whitgift to have such a supportive community. Whatever help you need, there is always someone on hand to give it. Make sure you aren't too proud to reach out and ask for this help if you do require it. After all, we all require it sometimes. If you would like to find out more about mental health and wellbeing, want to chat about your own experiences, or just want to let me know how you're finding this booklet, then I would always love to hear from you.

Happy journaling!

JRL

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TOP TIPS FOR MAINTAINING WELLBEING



Maintain a routine – It is widely agreed that routines are important for maintaining wellbeing. Human beings tend to be creatures of habit, and while we like and need moments of spontaneity and surprise, we feel comfortable when we know what to expect and can plan for it.

Exercise regularly - Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercising releases endorphins, chemicals produced by the body to relieve stress and pain! More on this later...



Make sure you're getting enough sleep – Getting enough sleep is vital to maintain good mental wellbeing and perhaps the easiest to get wrong! Spending hours on devices instead of sleeping will be having an extremely negative impact on your wellbeing. Sleeping helps us to recover from mental as well as physical exertion. Teenagers should sleep between 8-10 hours a night.



Maintain a balanced diet – Having a balanced diet can have a real effect on your Mental Health. Our bodies and our brain need to be correctly fuelled to function properly. This doesn't mean you need to cut treats out... It's all about balance!



Spend time with friends and loved ones – We can't do it all by ourselves! Spending time with friends and family can increase your sense of belonging and purpose, boost your happiness and reduce your stress, improve your self-confidence and self-worth and generally offer you some much-needed support!

There are many other things you can do to maintain good Mental Health and Wellbeing. What else do YOU do that helps you maintain your wellbeing?



THE IMPORTANCE OF SLEEP

Which of the below do you think are benefits of getting good quality sleep? Circle your answers.

Boost your immune system (helping to fight off illness)

Improve memory and knowledge retention

Improved concentration

Allows the body to physically repair itself

Keeps your heart healthy

Reduce stress levels

Improve emotional wellbeing

Improve metabolism

Sleep Hygiene – Having good sleep hygiene is the practice of having both a bedroom environment and daily routines that promote consistent, uninterrupted sleep. This can include:

- > Having a relaxing pre-bed routine.
- > Trying to go to bed at the same time each night.
- > Staying off devices an hour before going to bed.
- > Testing different methods of relaxation before bed (reading is great).
- > Ensuring the temperature of your room is not too warm (we sleep better cold!)
- > Ensuring that your room is dark enough.

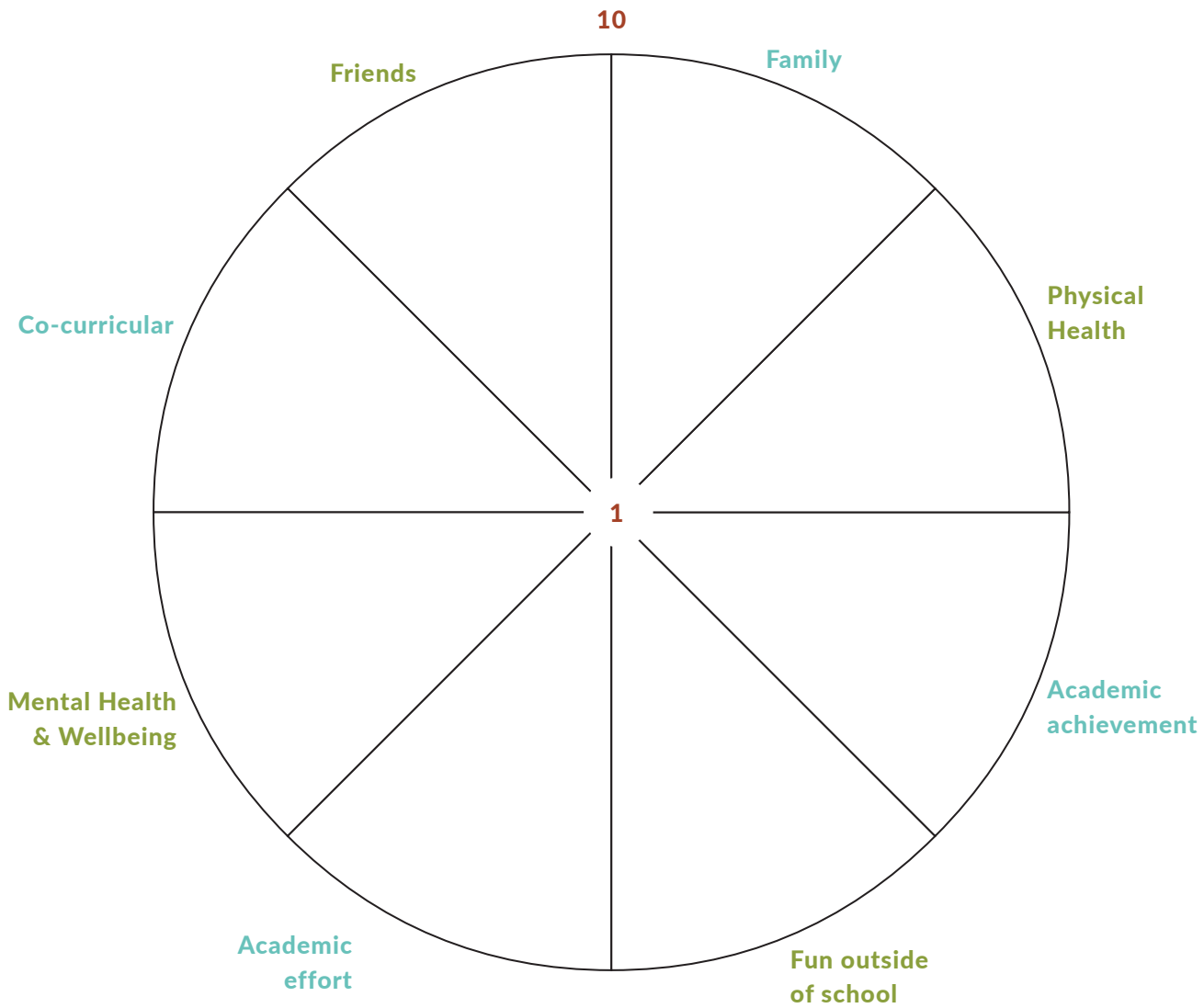
Do you think that you have good sleep hygiene? If not, what changes could you make?



THE WHEEL OF LIFE

The wheel of life is a great exercise for giving us a snapshot of how things are going. In our hectic lives we rarely get a chance to stop and reflect so this short exercise is a great way of doing that.

How it works – You will see the wheel below has been split into 8 different categories. For each category you need to decide how well things are going, 10 being the best and all the way to the edge, 1 being the worst and being close to the middle. *Colour the pie in up to the level you think it's at for you personally.*



Want to learn more? Search for the **Gift of Wellbeing Podcast** on Firefly and find the episode on sleep. You might hear a familiar voice!



WHEEL OF LIFE REFLECTION

What areas of your life are going particularly well at the moment? Why do you think this is? Which section would you like to see improve the most next time you do this exercise? How are you going to make this a reality?

What areas could do with some improvement? Why do you think this is? Which section would you like to see improve the most next time you do this exercise? How are you going to make this a reality?

How do you plan on improving this? Which section would you like to see improve the most next time you do this exercise? How are you going to make this a reality?

Which section would you like to see improve the most next time you do this exercise? How are you going to make this a reality?

SELF-EXPLORATION SESSION

In life, we rarely get time to sit down and reflect deeply on what really matters to us. What are our values? What do we want to get out of our lives? What really drives us to be our best? The following questions will allow you to do this. Think deeply and enjoy...

Imagine you're attending an event thrown in your honour in 10 years' time. Someone is giving a speech about you. What you would want them to say?

If time and money were no object, what would you do with your life?

What is your greatest desire in life?

What really motivates you?

What is your biggest dream?

What are your current goals?

What are you like at your best? Take time to consider your version of your best

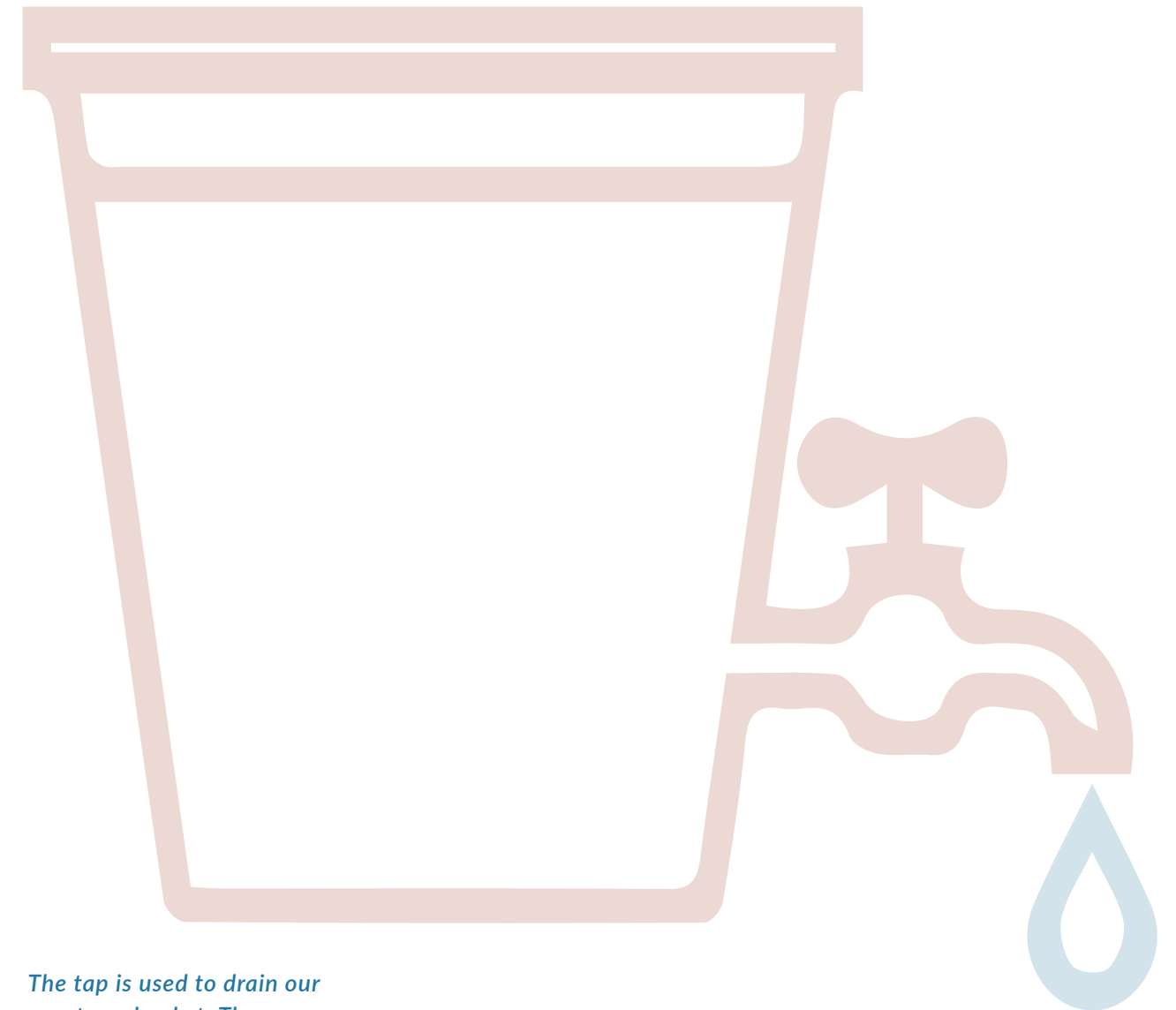
Someone gives you one billion pounds to set up a company or a charity. What do you do with it? What challenge would you try to solve? What makes you passionate about this?

THE STRESS-BUCKET

We all experience stress; it's a part of life. What's important is being able to manage our stress. Resilience is a key component of our character that allows us to manage stress without allowing it to overwhelm us. But how can we build resilience and keep on top of our stress? The stress-bucket is a great activity for this.



Use the space in the bucket to write down absolutely anything and everything that stresses you out. Don't be afraid – let it all out. Getting it down on paper can be very therapeutic. Now, when our bucket is full we need to empty it so we don't carry around the weight of all our stresses with us. This is where the tap comes in...



The tap is used to drain our stress bucket. These are called coping mechanisms. Write down your coping mechanisms below the tap. It might be exercising or maybe chatting to a friend? Whatever they are, write them down!

PRACTISING GRATITUDE

gratitude

/ˈgratɪtjuːd/

noun

- 1 the quality of being thankful; readiness to show appreciation for and to return kindness.
"she expressed her gratitude to the committee for their support"

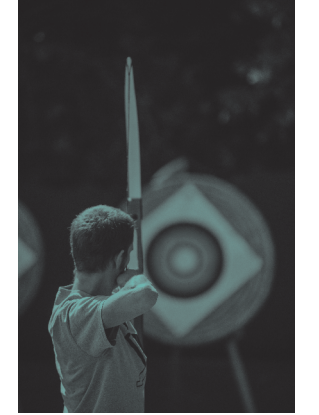
It's very easy to go through life without stopping to appreciate things. These could be small things (the sunshine in the morning) or bigger things (the care your parents give you). Whatever these may be, it has been proven that people who regularly practise gratitude are more likely to maintain good mental wellbeing. *So, take the rest of this page to write down everything that you are grateful for right now, no matter how big or small, because not everything is rubbish, and you know it!*



Challenge: Take your gratitude one step further and make someone else's day by telling them how much you appreciate them or what they do for you.

SETTING GOALS

If you want to succeed, you need to set goals. Without goals, you lack focus and direction. Goal setting not only allows you to take control of your life's direction; it also allows you to see whether you are actually succeeding. But what makes a good goal?



A good goal must be SMART.

- > **Specific** – Your goal must be clear and well defined.
- > **Measurable** - how will you know when you have been successful?
- > **Attainable** – There's no point setting an impossible goal. Can it be achieved?
- > **Relevant** – Is this goal going to help you improve?
- > **Time bound** – Your goal must have a deadline. By when will you complete it?

List 2 goals that you'd like to achieve. Make sure they're SMART!

1) What's my goal?

2) What's my goal?

How will I measure it?

How will I measure it?

Is this attainable? Why?

Is this attainable? Why?

Relevant? How will achieving this goal better me?

Relevant? How will achieving this goal better me?

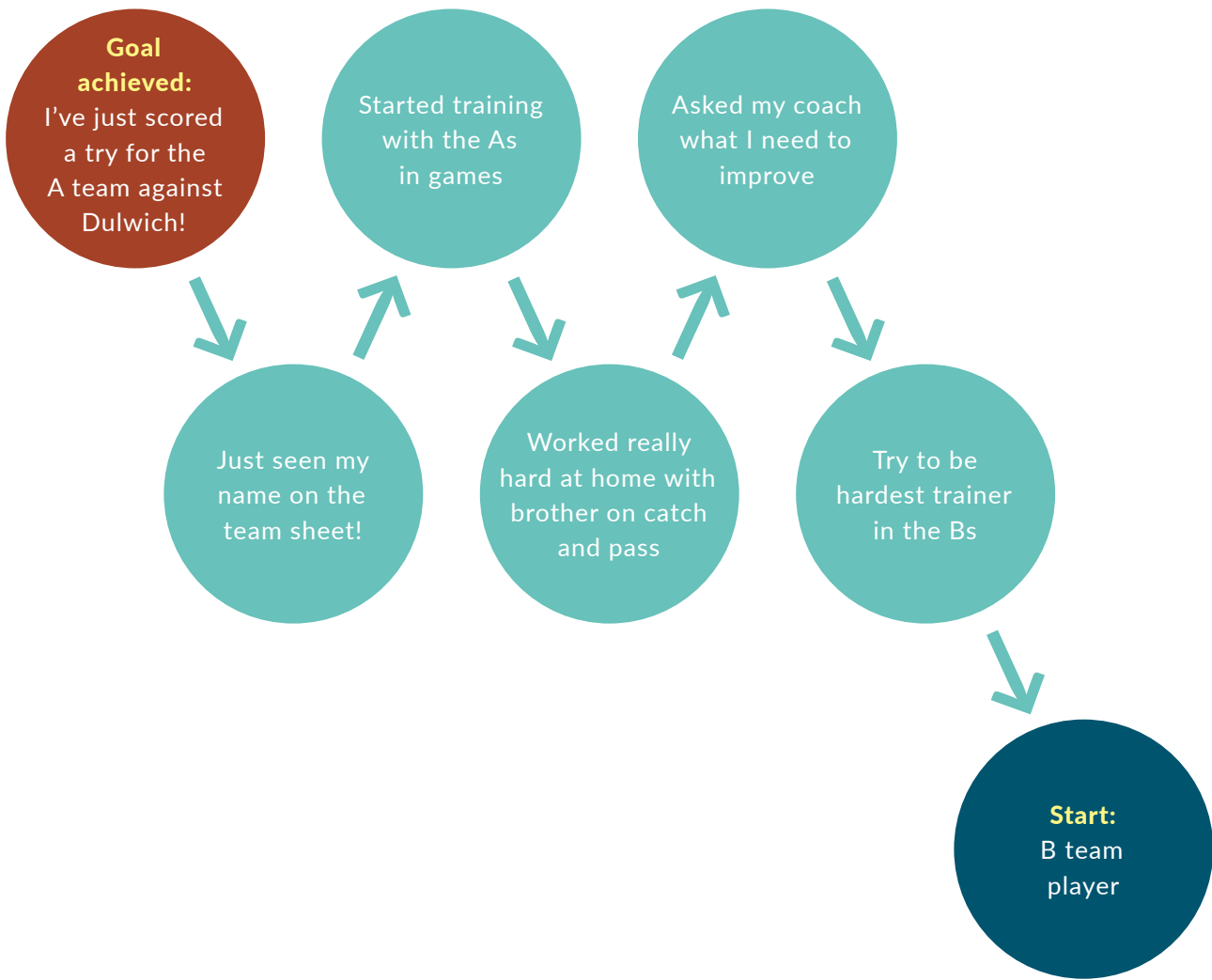
Time bound? What's my deadline?

Time bound? What's my deadline?

ACHIEVING GOALS: B TO A

A goal without a plan is pointless! We need to have a clear idea of what we need to do to achieve our goal. Sometimes this can be daunting, listing all the steps we need to complete to achieve our goal. Another method we can use to plan is the B to A method! Instead of beginning where you are now and listing everything you need to do to get to your goal, you are going to start at the end, where you've already achieved your goal! How good does that feel?! Now you're imagining you've already achieved it, work backwards. What was the final thing you did before achieving your goal? What about before that? Work backwards all the way until you reach your start point and try to be as detailed as possible.

The idea is to make your goal feel much more achievable as you're starting at a point where it's already been done! When you work back through your steps, there's a sense of inevitability as you move towards a goal that you've already achieved visually in your head. *Look at the example and give it a try on the next page...*



GOAL THAT I'VE ACHIEVED



MY BUCKET LIST

Many of you will have heard of the concept of a bucket list before. A bucket list is a list of everything that you want to do or achieve. Have you ever stopped to consider everything you want to do in your life? Now's your chance! ***Take the rest of this page to write down everything you want to do with your life, whether that's now or in the future.*** These can be as small or as ambitious as you want, as current or in the future as you please! How many can you think of?

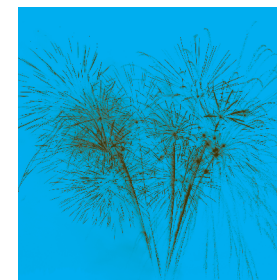
Eg. Travel to Brazil

My bucket list:



HAPPINESS CHEMICALS AND HOW TO HACK THEM!

Hormones are chemicals produced by your body that are involved in many essential processes in your body. In this section we are going to focus on 4 main hormones. Serotonin, dopamine, oxytocin, and endorphins are known as ‘happy hormones’ that promote positive feelings like pleasure, happiness, and even love. Wouldn’t it be great if we knew how to stimulate the release of these hormones? Luckily for you, we do! Here’s how to unlock these happiness inducing hormones!



Dopamine – The reward chemical

- > Completing a task or goal
- > Practising self-care
- > Eating good food
- > Celebrating your own achievements, no matter how small!



Oxytocin – The love hormone

- > Playing with an animal
- > Playing with a small child or baby
- > Holding someone's hand
- > Hugging someone
- > Giving someone a compliment



Serotonin – The mood stabiliser

- > Meditating or practising mindfulness
- > Running, swimming or cycling
- > Exposure to the sun
- > Being in nature



Endorphin – The pain killer/mood lifter

- > Laughing
- > Exercising
- > Taking a bath
- > Watching a comedy
- > Exercising

WHAT'S ON YOUR MIND?

Sometimes we have so much on our mind that we find it really difficult to organise our thoughts. Writing it down on paper can help. This page is a great space to do that. **Take some time to just write down how you're feeling and what's on your mind.** No one else will read it, this is all for you...

[illegible]

RELATIONSHIP MAP

Our relationships are some of the most important things in our lives. They sustain and support us, make us laugh, make us cry, help us and hinder us. We have all sorts of different relationships, with friends, siblings, parents, teachers, coaches, etc. On the diagram below, take some time to consider these relationships. Think about the most important people in your life and plot them on the diagram. **Put the most important in the middle and work your way out.** Where are you on the map?

MY RELATIONSHIPS

Challenge – Choose someone that you plotted on your map. **Write them a letter** that they will never read in which you tell them how much they mean to you, why they mean so much to you and why you're grateful to have them in your life.

GET CREATIVE!

Creativity can help to reduce anxiety, depression, and stress. A creative act such as drawing can help focus the mind and has even been compared to meditation due to its calming effects on the brain and body. Studies have found that writing can help people manage their negative emotions in a productive way, and painting or drawing helps people express emotions or experiences that they find too difficult to put into words. ***Either way, take this page to do something creative – Song, rap, poem, drawing, doodle, etc.***



ROLE MODELS

A **role model** is a person who serves as an example by influencing others. This could be a celebrity but could also be someone closer to home, maybe a parent, a friend or even a teacher. *Time to consider who you admire.*

Who is your role model?

What made you choose that person?

What qualities do they display that make them a role model?

How could you emulate this person to become a role model for your peers and others?

GET TO KNOW YOURSELF

People who tend to have good mental health are said to 'know themselves' well. This means that they identify their strengths in order to continue to use them and focus in on their weaknesses in order to improve them. *Use the space below to consider your biggest strengths and weaknesses. What are some of your weaknesses that you could turn into strengths? How could you do this?*

Remember: Weaknesses aren't negatives! A weakness is only a strength that you haven't discovered yet...

BE YOUR OWN TEACHER

We've all had a teacher that has challenged us to do more or better and has managed to bring out the best in us. Wouldn't it be great if you could do this for yourself? Now that you've identified your strengths and weaknesses, ***write down what that person would say to you to motivate you to get you to achieve a goal or target.***

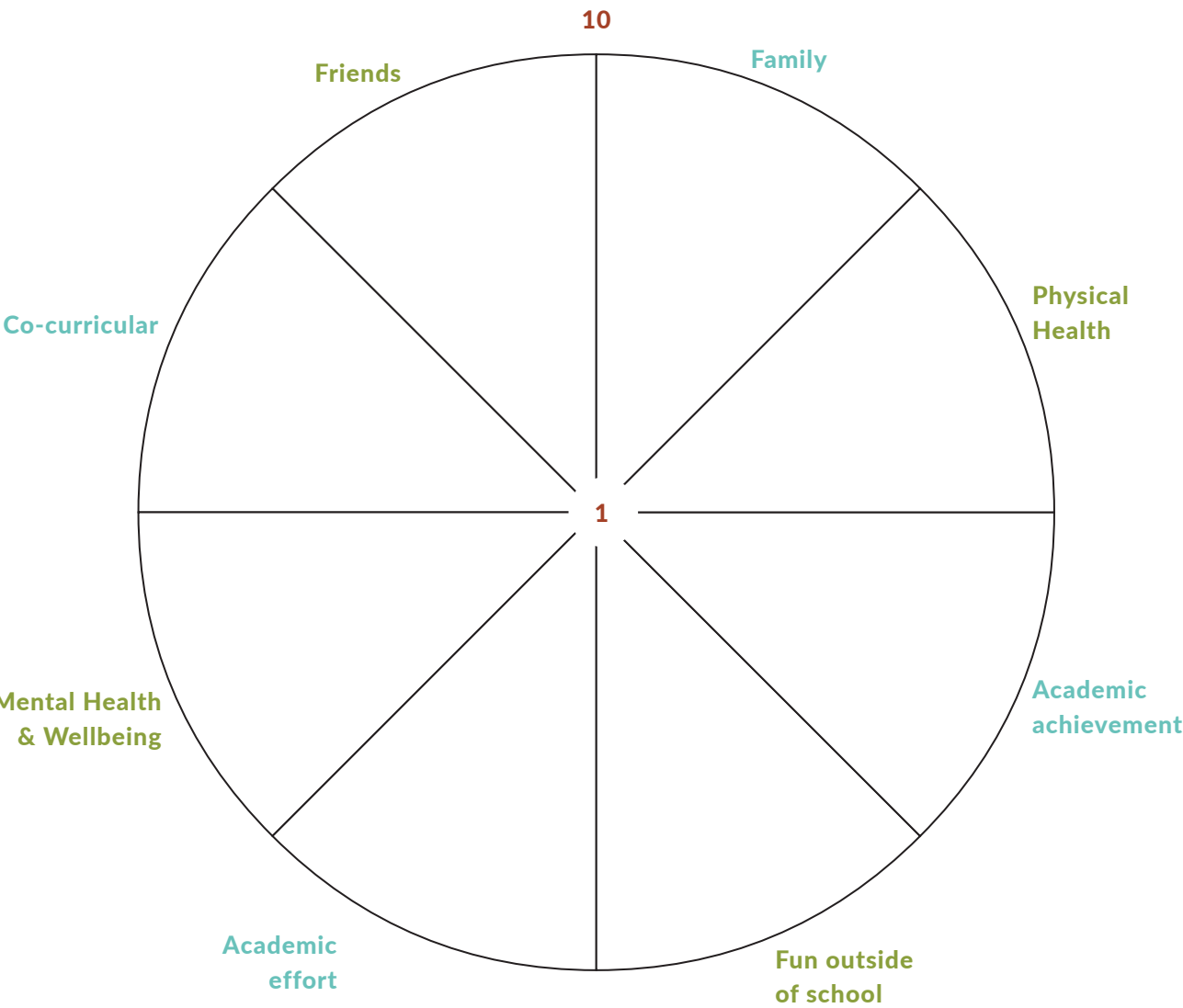
A photograph of a stack of three books. The top book is white with a black cover. A red apple is balanced on top of the stack. To the right of the books, several pencils are lying on a dark surface. The background is a plain, light-colored wall.

WHAT'S ON YOUR MIND 2.0?

Remember, sometimes writing down how we feel allows us to unpack our feelings and emotions, make sense of them, or just express things we cannot say aloud. **Take some time to do that here.**

THE WHEEL OF LIFE 2.0

Remember the wheel of life? Now you've spent some time working on yourself, it's time for a quick reflection. **Fill in the wheel of life.** Consider, has anything changed? Why? Why not? Is there a section that still requires work?



GET CREATIVE 2.0!

Did you find that doing something creative helped your wellbeing last time? Great! **Do it again below.** It's always a good time to be creative. Remember, studies suggest that small acts of **creativity** in everyday life increase our overall sense of **well-being and positive emotions**.



MY LIFE IN A YEAR

Imagine it is one year ahead from now, and you are looking back on a really fulfilling and successful year. **Write a short letter, talking about and what you're up to, what you did, how you got to where you are and how you feel.** Write it as though your accomplishments were in the past, using 'I did' and 'I felt' and 'now I am', etc.

A black and white photograph showing a person's hands signing a document. The person is holding a pen in their right hand and is in the process of writing on a piece of paper. Their left hand is resting on the paper. The background is blurred, focusing attention on the signing action.

QUALITIES AND GIFTS

It's not always easy to recognise the positives in ourselves. Perhaps we're modest, or maybe even doubt ourselves, but we all have things that we're good at and things to be proud of. ***In this exercise, you are going to write down what's great about you!*** If you are really struggling, why not get a loved one to help?

What comes naturally to you?

What are you really good at?

What do other people admire about you?

What do you admire about yourself?

What would you say are some of your inherent gifts?

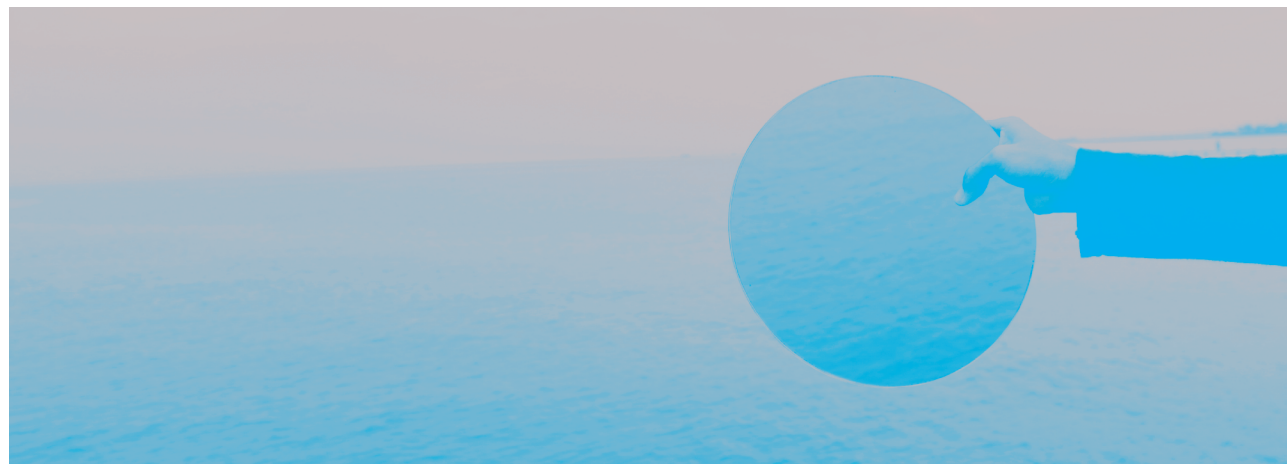
What do you love about yourself?

FINAL REFLECTIONS

Congratulations! You've reached the end of your wellbeing booklet! I hope that this booklet has taken you on something of a journey of self-discovery, allowing you to better understand your feelings, emotions and motivations, all coming together to nourish better Mental Health and Wellbeing. What you've been filling in is similar to a journal. In fact, you've been journaling without even knowing it. Now you know you can do it, why not buy a blank notepad and keep your own journal? You can repeat the activities in this booklet over and over again, checking in with yourself to see how you're getting on. Remember, when things get hard (and they will!) take some time for yourself. Speak to someone, write down how you're feeling and work through it all. This booklet has hopefully started to give you the skills to do that. I leave you with a final space to reflect.

Consider what you have discovered about yourself. What did you find most useful? Did anything surprise you? Have you been motivated to do something? This is free space to write about anything you want.

Enjoy and look after each other...





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