

Promoting Positive Mental Wellbeing

Kenny Bell

Overview

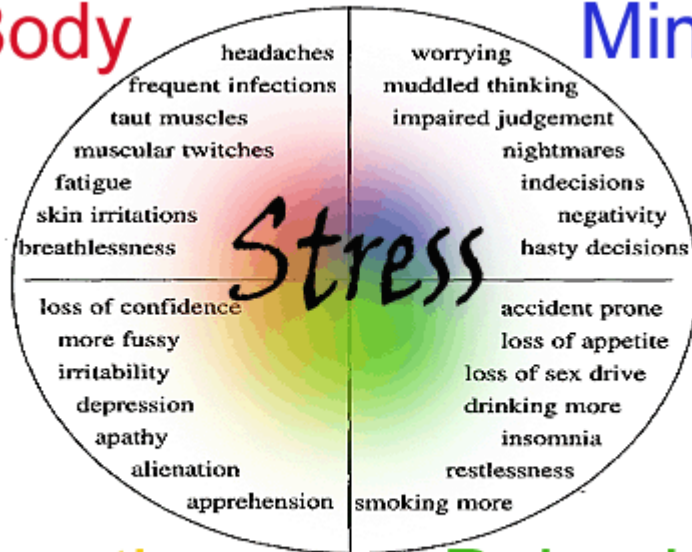
- ▶ Stress awareness
- ▶ Mentally Healthy environment
- ▶ Steps for stress
- ▶ Top five tips
- ▶ Mindfulness

How do I feel?



Body

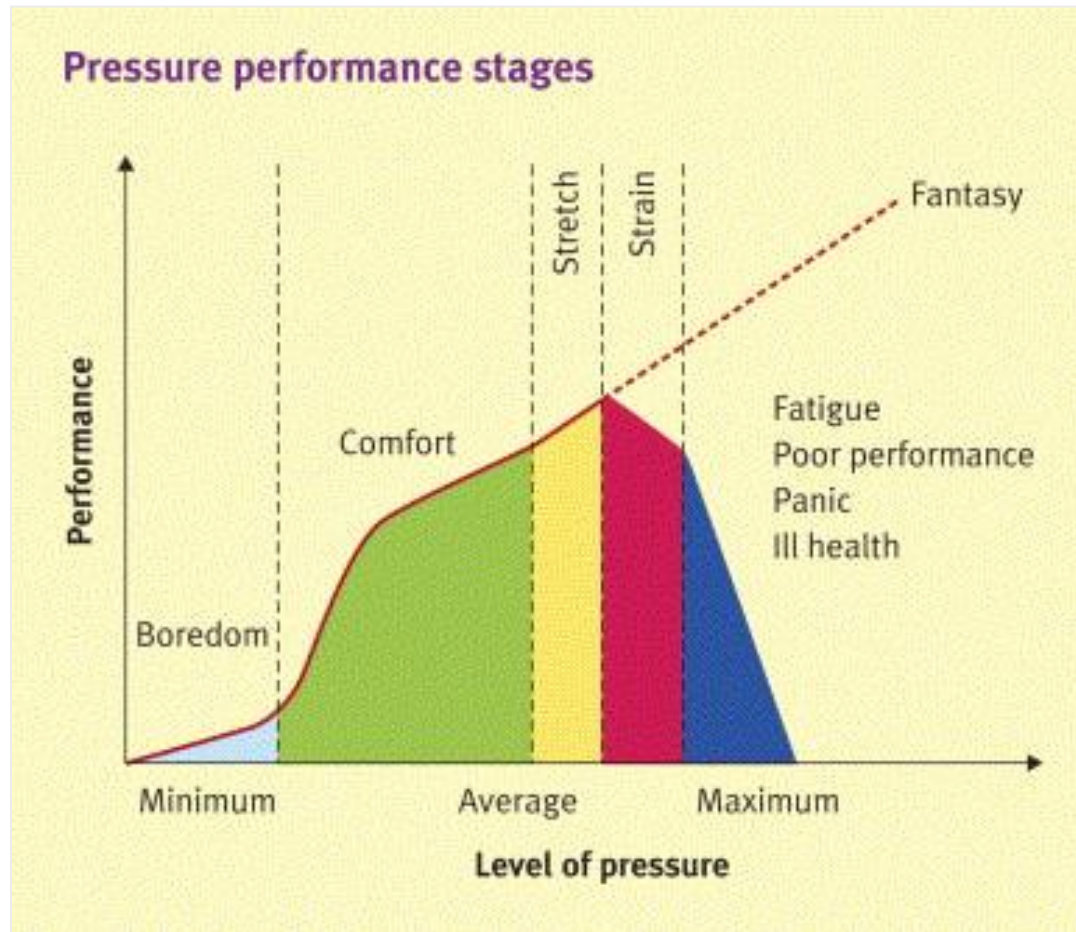
Mind



Emotions

Behavior

Stress Awareness



Shaky Person

Use the shaky person diagram to consider the effects of stress. Symptoms can fall under the following categories;

Physical

Emotional

Behavioural



A mentally healthy environment



Learning points

Stress affects health in many ways and symptoms can vary from mild to severe

Stress can aggravate existing medical conditions

Stress is not a mental illness but if not addressed can contribute to long term health problems

Three Good Things

Steps for stress



Research shows that writing about three things that went well and thinking about why each good thing happened can increase our mood and help us to feel more optimistic. Try doing this once a week before you go to bed and see if it makes you feel better.

Think back over the past week and fill in your three good things.



Top Five Tips



- ▶ Have a manageable **INDIVIDUAL** study timetable including relaxation/social time
- ▶ No social media/screen time an hour before bed/exam
- ▶ Look out your **resources** night before
- ▶ Have breakfast/lunch before your exam
- ▶ Arrive in plenty time - 10 mins before you need to be there

Mindfulness

Mindfulness
Starts Here



- ▶ Mindfulness is and letting go of the past and the future and being aware of what you are doing right now.
- ▶ The key to being mindful is to focus on your breathing to control your thoughts. If your mind starts to wander during your breathing exercises you should be aware of this and bring it back to your breath for a maximum of 10 breaths. You will then be more focussed during your study session.
- ▶ Apps: *'Headspace'* & *'Stop, Breath and Think.'*
- ▶ YouTube videos: Search *'bodyscan'* for relaxation, the videos can be 5 mins to 1 hour long.

Mindfulness Study Tips

- ▶ Have a tidy defined study area - with your back to your bed, if in your bedroom.
- ▶ Switch all social media off to prevent distractions
- ▶ Have a clear statement of intent for each study session: *“I will study chapters 3&4 of Biology”*
- ▶ Clear and prepare your study area with everything you need for this session.
- ▶ **If your mind drifts, stop.**
- ▶ **Focus on your breath for five deep breaths and repeat your statement of intent.**
- ▶ Take regular short breaks.
- ▶ This can also be used in exams if you start worrying about the next question

