

MENTAL HEALTH RESOURCES

Action for Happiness – Provides a section for Schools and an app that provides daily and monthly wellbeing tasks for children. This month there is a 'coping calendar'.

<https://www.actionforhappiness.org/calendars>

ACTIVE COPING CALENDAR: APRIL 2020

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system
5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help	8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you
12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger	15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity
19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with	22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths
26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time		

ACTION FOR HAPPINESS www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together. Keep Calm · Stay Wise · Be Kind

Mentally Healthy Schools bank of resources

https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf?utm_source=newsletter&utm_medium=email&utm_campaign=coronavirus&utm_content=toolkit

Apps

Positive Penguins

For 8-12 year olds

Positive Penguins: an app to teach you how to catch your thinking and challenge it to be more optimistic, resilient and mindful?

<https://positivepenguins.com/>

Mindshift

Mindshift is designed to help teens and young people cope with anxiety by teaching them how to relax, develop more helpful ways of thinking and identify active steps to help take charge of anxiety

<https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/mindshift/>

SAM

This is a self-help app for anxiety which includes a personal toolbox, negative thought buster, colouring exercise and information.

<http://sam-app.org.uk/>

Books for children and Young People

The Huge Bag of Worries

Jenny begins to worry about lots of different things and these worries build up and get out of control. She just can't get rid of them, until she meets the old lady next door who helps her feel better. A lovely story with fun illustrations encourages children to talk about their worries.

Starving the Anxiety Gremlin

For Children aged 5-9 or for Young People

A cognitive behavioural therapy workbook on anxiety management

There are also resources here for staff to help look after their wellbeing, and we will be developing our own resources to help with this. Look out for details to come.

<https://www.nhs.uk/apps-library/my-possible-self/>

<https://www.nhs.uk/apps-library/feeling-good-positive-mindset/>

<https://www.nhs.uk/apps-library/chill-panda/>

<https://web.nrw.nhs.uk/selfhelp/#anxiety>

https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=Brand&gclid=EAlaIqobChMlxKyE-u236AIVWeDtCh1ZfgUxEAAAYASAAEgliXvD_BwE