

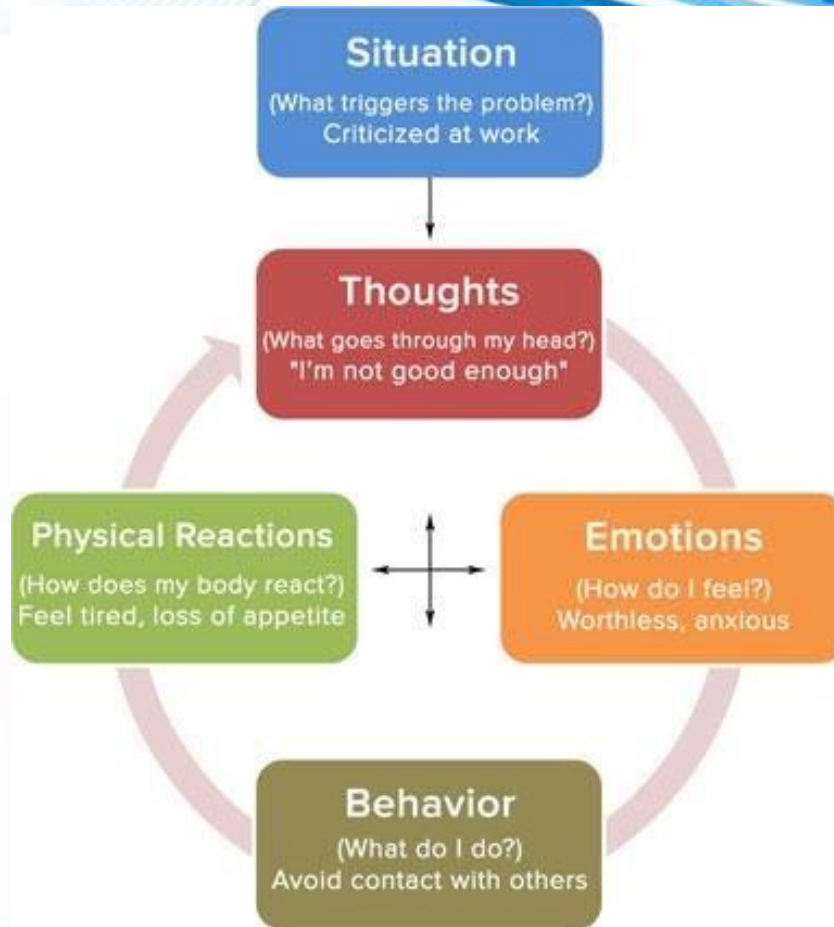
MENTAL
HEALTH
SUPPORT TEAM

10
A DAY

10 ways to
help balance
your physical and
mental health

WELCOME Shiphay Learning Academy To Our Workshop: Children & Low Mood Workshop





Low Intensity Cognitive Behaviour Therapy (LICBT)

Low Mood

Behavioural Activation

Cognitive
Restructuring

Pesky gNATs

Behavioural
difficulties

Behaviour
Management
Intervention

Anxiety

Behavioural Experiments

Cognitive Restructuring

Worry Management

Exposure and Habituation

Parent Led CBT

Pesky gNATS

OCD

Exposure and Response Prevention



Participation

Parent
Workshops

Mental Health
Strategy

Staff
Training

Mental Health
Ambassador
Programme

Consultation
and
Supervision

MENTAL TEAM
HEALTH 
SUPPORT

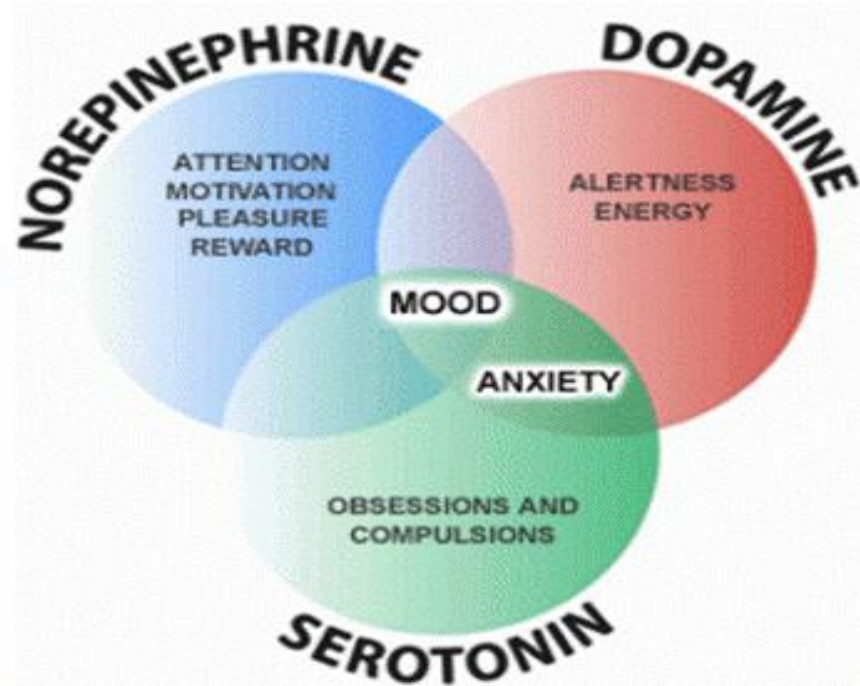
Discussion: Experience & understanding of low mood?





Causes of depression

- Genetic factors
- Biochemical factors
- Physical illness
- Stress
- Personality



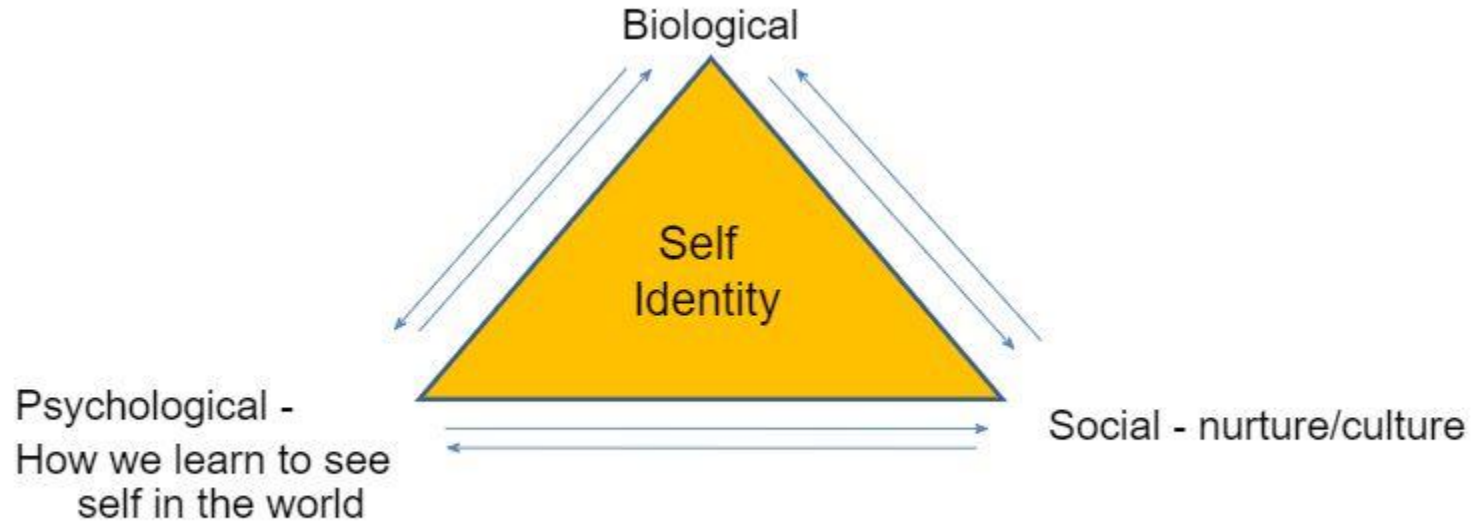
What is the difference between low mood and depression?

- **A general low mood can include:**

Sadness, An anxious feeling, Worry, Tiredness, Low self-esteem, Frustration, Anger

- **Symptoms of depression:**

Not wanting to do things that you previously enjoyed, not meeting with friends, sleeping more, eating more/less, feeling lonely, upset, miserable, irritable, Being self-critical, Feeling hopeless, Maybe wanting to self-harm, Feeling tired and not having any energy, unmotivated.



A Bio-Psycho-Social model



Physical Symptoms

Sick and run down Muscle pains
Difficulty sleeping Weight loss
Poor appetite Tired

Behaviours

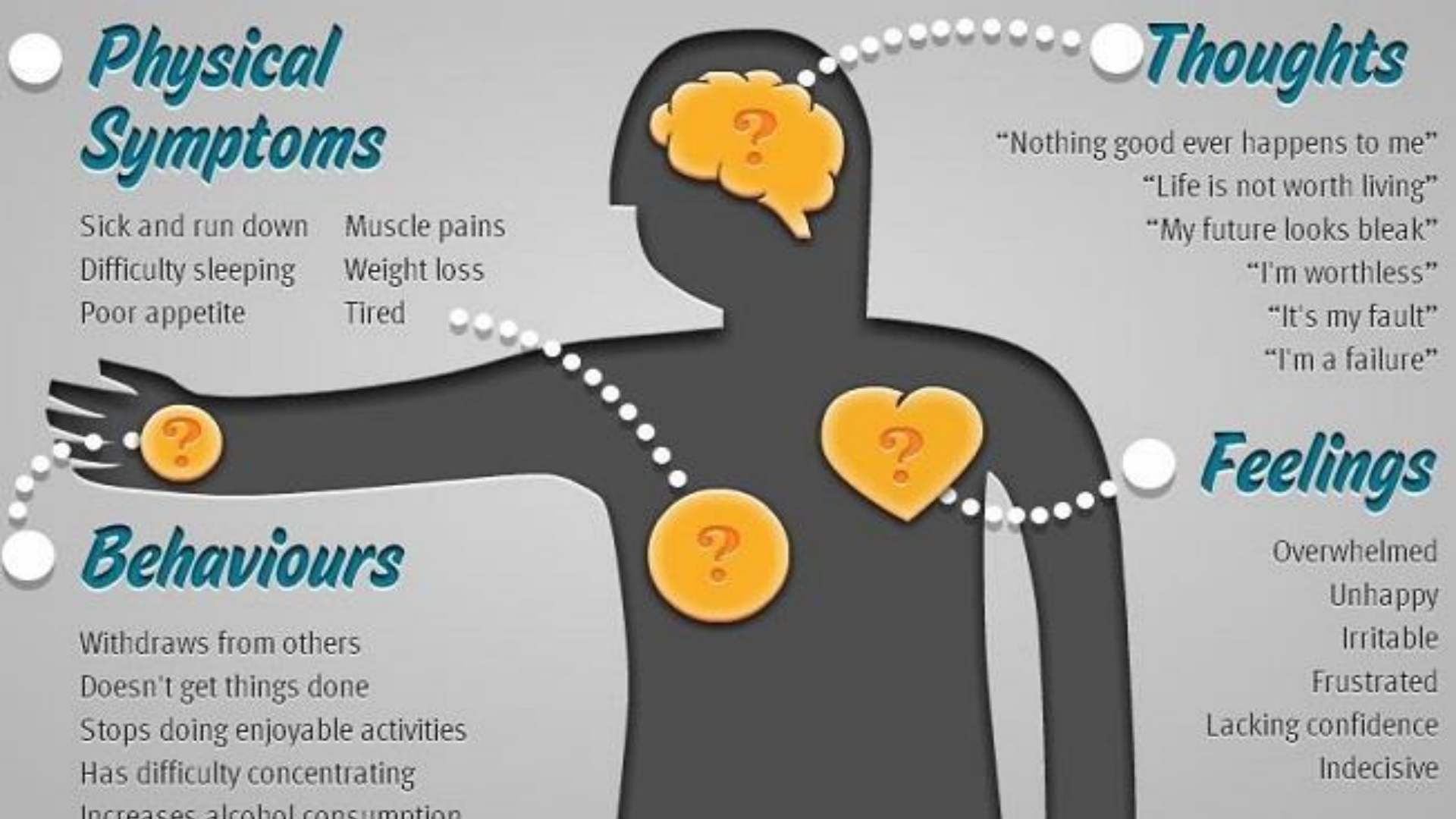
Withdraws from others
Doesn't get things done
Stops doing enjoyable activities
Has difficulty concentrating
Increases alcohol consumption

Thoughts

"Nothing good ever happens to me"
"Life is not worth living"
"My future looks bleak"
"I'm worthless"
"It's my fault"
"I'm a failure"

Feelings

Overwhelmed
Unhappy
Irritable
Frustrated
Lacking confidence
Indecisive



Too much
to do

Friends hate
me

Fail
Best friend
ignored

Broke up

Vicious Cycle

Bad days
work/school

Being
bullied

I'm all
alone
Got criticized

Got kicked
off the team

Too much
to do

Friends hate
me

Fa

Best friend
ignored

Broke up

Altered
thinking

Altered
feelings

Bad days
work/school

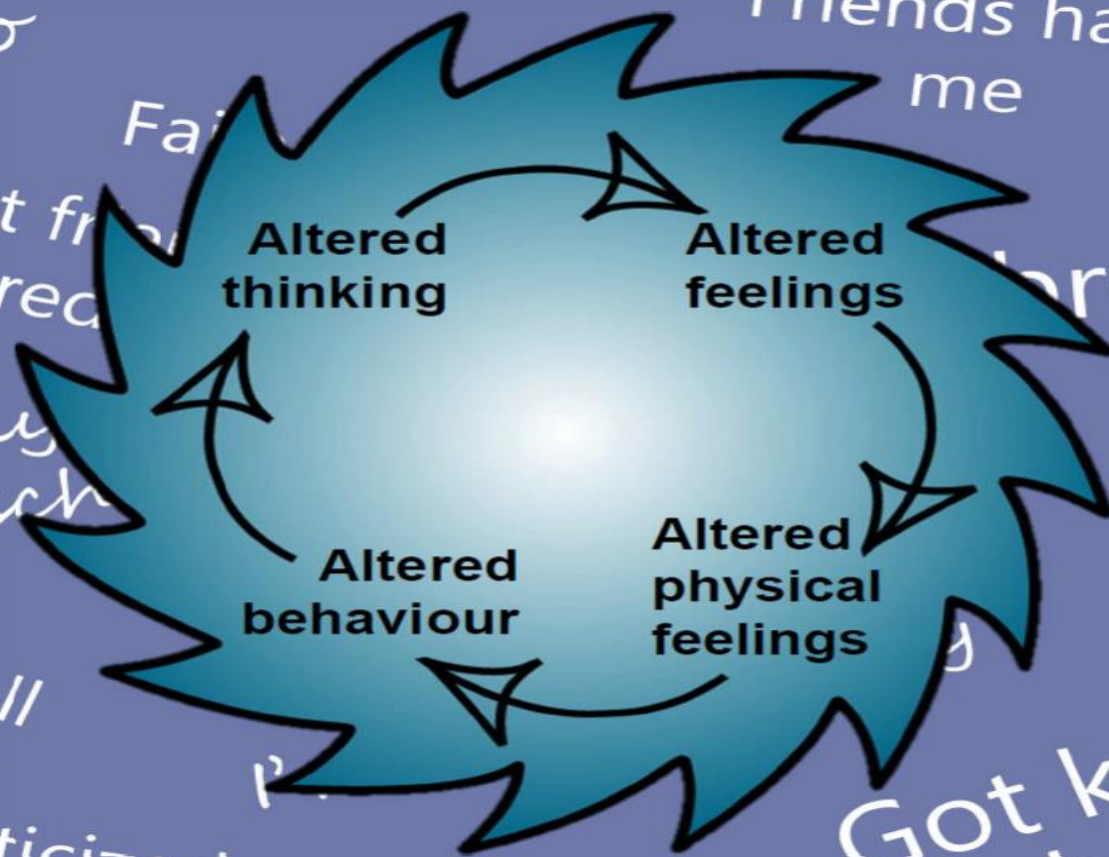
Altered
behaviour

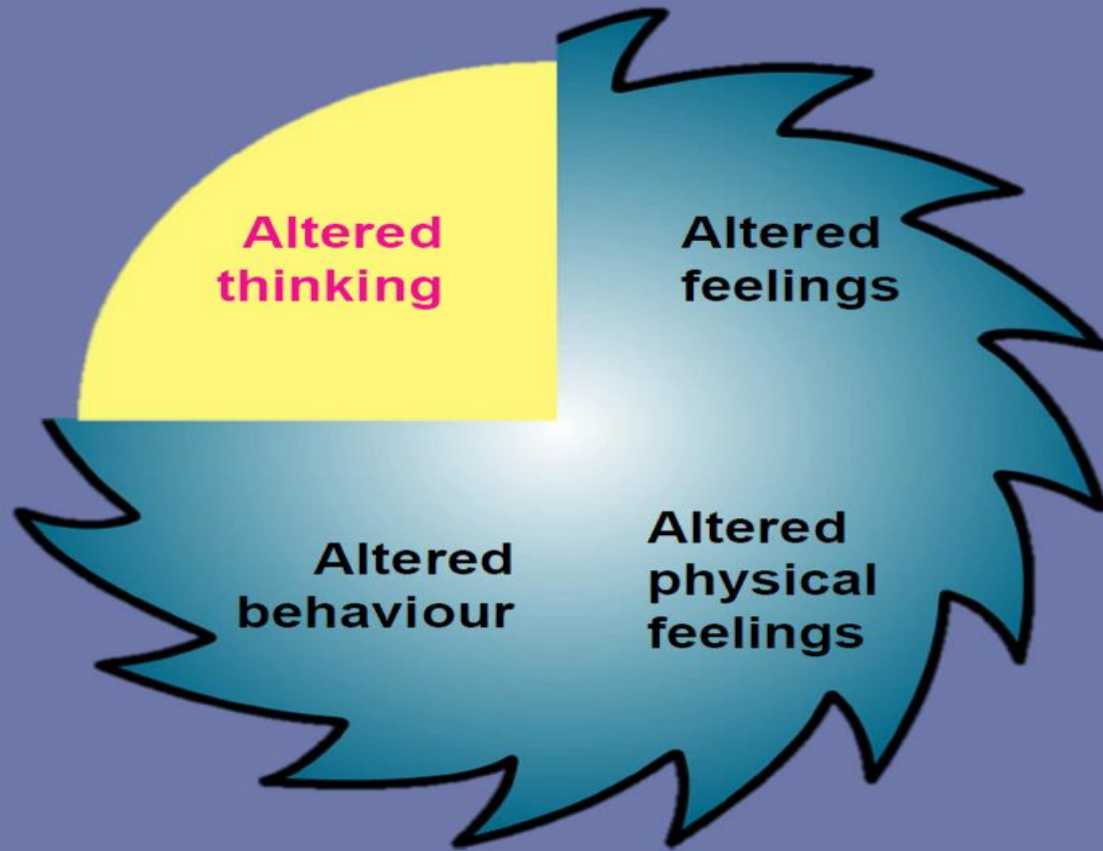
Altered
physical
feelings

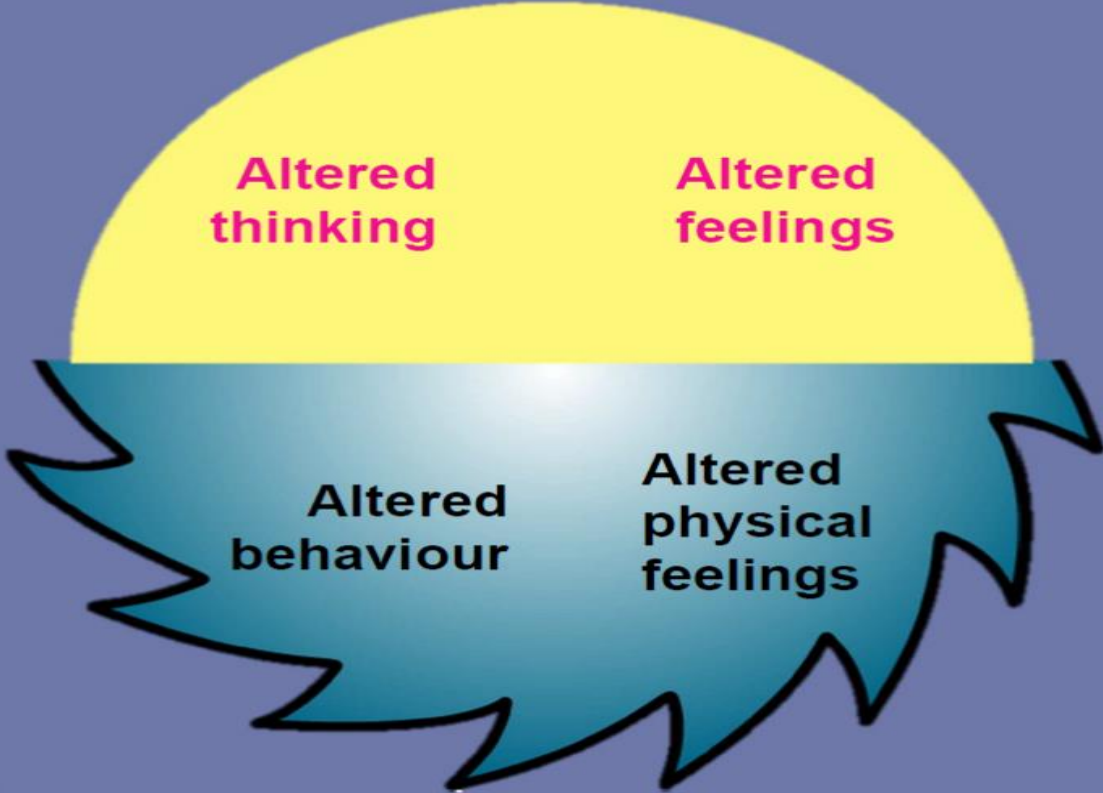
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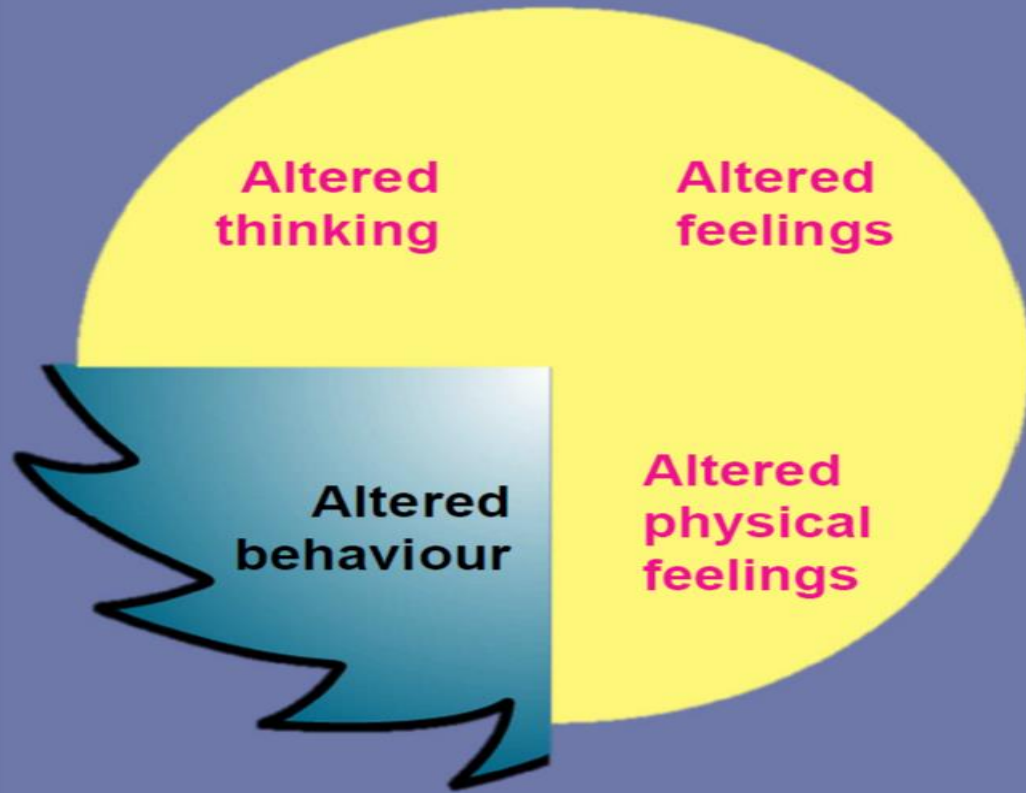


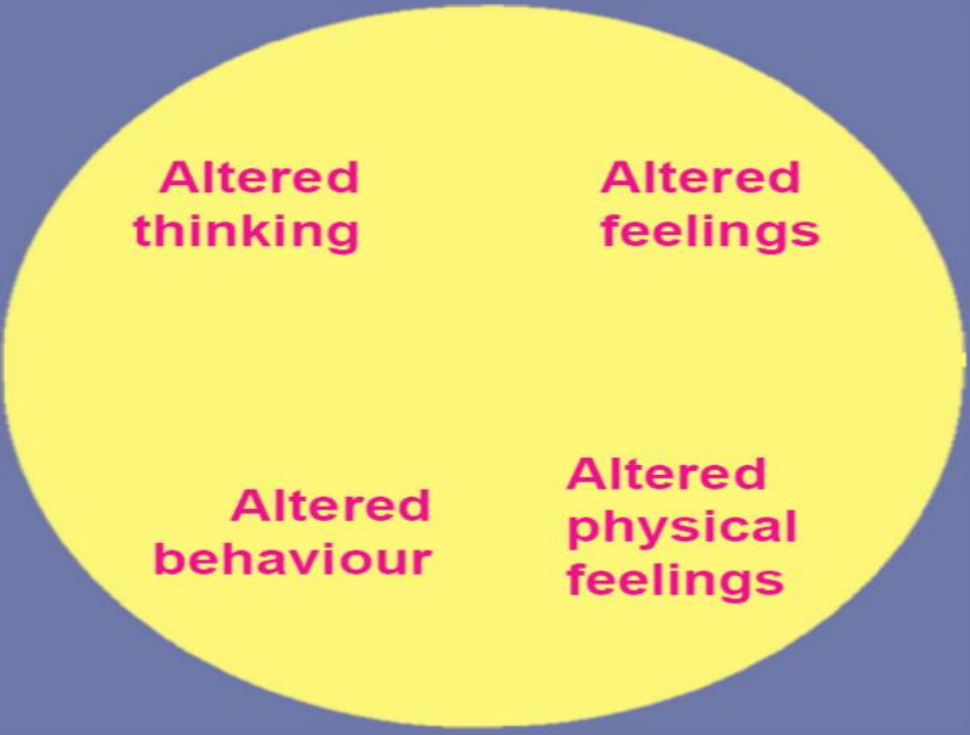
**Altered
thinking**

**Altered
feelings**

**Altered
behaviour**

**Altered
physical
feelings**





**Altered
thinking**

**Altered
feelings**

**Altered
behaviour**

**Altered
physical
feelings**

Behavioural Activation

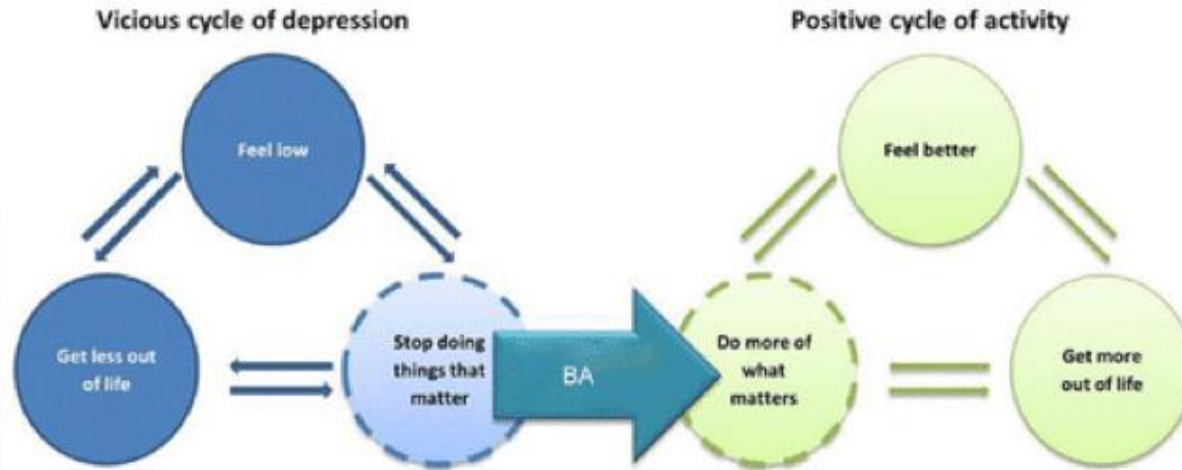


Figure 1. Simplified old versus new behavioral maintenance cycle used in Brief BA.

Note. BA = Behavioral Activation.

NATS

*Negative
Automatic
Thoughts*

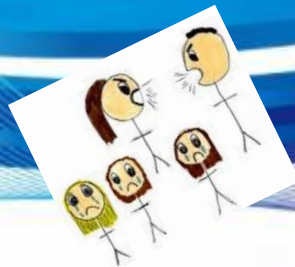


'vs'

PATS

*Positive
Automatic
Thoughts*





Positive

Steady

Negative



Positive



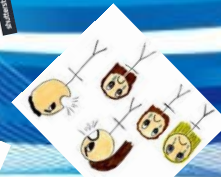
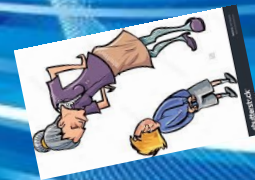
Steady



Negative

normal magic





Negative

Steady

Positive





Ask for help



Talk about your feelings



Do something you enjoy and are good at



Take a break



Be proud of your very being

10 A DAY

10 ways to help balance your physical and mental health



Keep yourself hydrated



Stay connected to those you care about



Keep active in mind and body



Eat well



Actively care for others



Let's talk about giving M.A.G.I.C. to others:



M = ME! How you are BEING is crucial to others experience of help seeking.

A = Active Listening

G = Generate their “what next.”

I = Inspire and be Inspired

C = Compliment - notice and feed the qualities of the Growth Mindset.





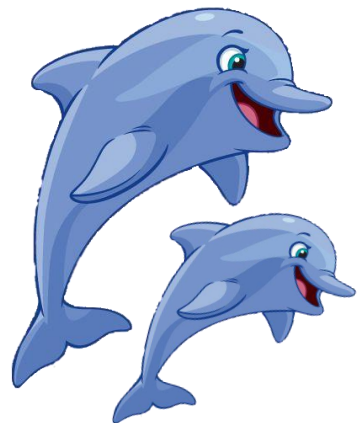
Ostrich Style

'Burying head in sand'

Avoid thinking or talking about problems.

Signal given: too busy and unavailable to support.

'Swerving' the issue.



Dolphin Style

A calm, warm, nurturing style

Guiding, coaching, encouraging and subtle.

Think of calmly swimming alongside and gently nudging in the right direction occasionally.

Kangaroo Style

Protective

wanting to keep everyone safe, as if in a pouch.

Too accommodating and controlling

Inner rescuer at play.



How are you Being?

Jellyfish Style



Wobbly, see through, and reactive to a prod.

Being in a raw emotional state, with all feelings close to the surface.

May be swept away by currents of emotion and beliefs.

Intense and visible reactions.

Rhinoceros Style

Attempts to persuade and convince the person to change by argument

As if charging at and trying to smash through the behaviour and beliefs using logic.

Rushing in to make change.



Let's Consider Our Inner Rescuer....

The Kangaroo!



Our children and young people tell us that self help is essential!

Sometimes we need to put a lid on our 'inner rescuer!'

And openly marvel at how the child is able to help themselves.



**Be that calm, guiding,
encouraging and coaching
dolphin who gently nudges in the
right direction.**



Let's talk about being M.A.G.I.C. to ourselves:



M = ME. How are you Being to yourself? Are you truly paying attention to your own mental health? What are you noticing?

A = Ask for Help? What type of listener do you need?

G = Generate ideas towards your own “what next.”

I = Inspire and be Inspired.

C = Care, compliment, cherish.



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MAPS

YOUNG MiNDS
fighting for young people's mental health

k**th**

Apps

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shout
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Books

- **Tough Guys (Have Feelings Too)** by Keith Negley: A book about different people expressing their emotions.
- **Bob's Blue Period** by Marion Deuchars: A book about expressing emotions and how to feel better when feeling sad.
- **Augustus and his Smile** by Catherine Rayner: A book about a tiger feeling sad and his journey to re-finding his smile.

Website-

<https://www.romper.com/parenting/childrens-books-about-depression>





For further Information we welcome your contact to us by email or phone:

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The logo for 'MENTAL HEALTH SUPPORT' is displayed in a colorful, stylized font. The word 'MENTAL' is in blue, 'HEALTH' is in green, and 'SUPPORT' is in red. To the right of the text, there is a small graphic of a person with their arms raised, and a speech bubble containing the word 'TEAM'. The entire logo is set against a green background with white abstract shapes.

MENTAL
HEALTH
SUPPORT