

Re charge and Reap the Rewards

Taking care of your mental wellbeing

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1 SLEEP

Good sleep hygiene for a good night's sleep

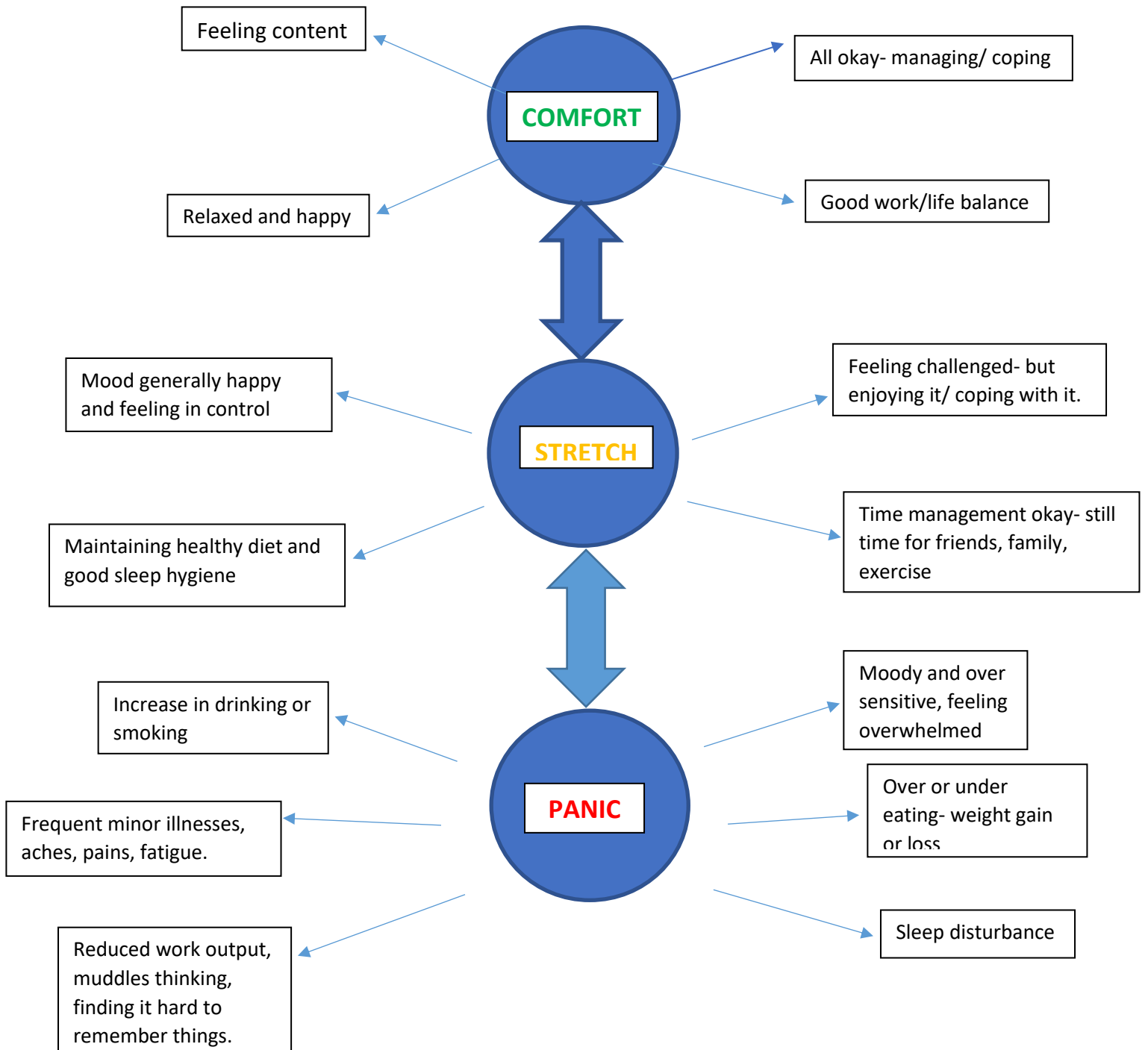
Refer to 'Get a Good Night's Sleep' by the sleep council (www.sleepcouncil.org.uk)

1. Keep your room completely dark, if necessary, use blackout curtains or an eye mask.
2. Make sure your room isn't too hot or too cold, keep it slightly cool around 16-18°C (60-65°F).
3. Cold hands and feet will wake you as they are your bodies way of regulating your core temperature- wear socks in bed and this can help with a full and restful sleep.
4. Keep clutter out of your room – put the laundry basket in the spare room, bathroom or the landing
5. Certain foods are great as a snack before bed- cherries, yoghurt with sunflower seeds, turkey or chicken sandwich. The tryptophan in these foods has a natural sedative affect and can help you sleep better.
6. Avoid having a television or computer in the bedroom » Turn off your mobile phone and anything with an LED display (including clocks).
7. Don't treat your bedroom as an extension of your living room or a study. Use it for sleeping and sex only
8. Adorn your bedroom with beautiful things such as photographs of loved ones, artwork that you like, plants and flowers. It will help you feel more connected to the room and look forward to going to bed
9. Try to avoid bright colours such as reds which are less restful and quite stimulating, and less conducive to a good nights' sleep. Use muted and pastel colours, which are a lot more calming.
10. Some smells can affect your mood, making you more relaxed and calmer. Sprinkle a pot pourri with essential oils of lavender or geranium, though never use during pregnancy or in children's rooms.
11. Take a long hard look at your room and see what it says about you and understand that you have a duty to care for yourself, your sleep area and your general health and wellbeing – you're worth
12. Reduce the intensity of light in your home in the evenings by using dimmer switches or lamps with low wattage bulbs
13. Have a bedtime routine and maintain a regular sleep pattern
14. Use a hot water bottle if you get cold feet
15. Empty your bladder before going to bed
16. Avoid alcohol
17. Avoid use of technology in the hours before bedtime including computers, mobile phones and televisions
18. Avoid napping during the day Top Tips You are in control of how you approach sleep, you need to understand its benefits and also learn the 'skill' of good sleep. Many of the habits you had as a child will affect your sleep throughout life – think back on when you had your best sleep and try to replicate the routine (as far as practical). If you slept badly as a child you may need to completely re-educate yourself back to good habits. Finally, don't be concerned about HOW much sleep you get, measure your success by how alert and rested you feel during the day and can cope (or not) with day time activities.
19. Always combine a protein food with a low to medium glycaemic index carbohydrate food to optimise tryptophan levels.

20. Avoid stimulants such as caffeine and cigarettes
21. Avoid sedatives such as sleeping pills and alcohol to help you sleep. The effects are usually short-term, they can have counter effects, and sustained use can lead to dependency. » Do not stop taking sleep medications suddenly. The best approach is to speak to your doctor and develop a strategy to slowly wean yourself off them.
22. Avoid buying melatonin supplements from the Internet (they are only available on prescription in the UK). Taking them may disrupt your own natural melatonin production and potentially suppress your ability to produce this important hormone, ultimately making sleep problems worse.
23. Changes in diet can help you sleep but it takes a little longer than the quick fix pill. Fill in a sleep diary and note what you've done on days when you've slept well or badly
24. Exercise can help you enjoy better quality sleep and lower body temperature which also induces better sleep
25. Don't overdo it. Wearing yourself out physically is not particularly likely to induce sleepiness. In fact, it can be counter-productive and lead to wakefulness and alertness when trying to sleep.
26. Though it's widely believed that working out too close to bedtime can disturb sleep, there isn't evidence that backs this argument, so it's better to exercise in the evening than not at all.
27. The important thing is to exercise because it makes you feel fitter and better, and if you are experiencing sleeping difficulties, the more you exercise, the more likely you are to improve your sleeping patterns

2 ZONES

Which Zone Are You In?



3 BOOK MARK

Connect



Be Mindful



Be Active



Keep Learning



Give to others



4 CONNECT

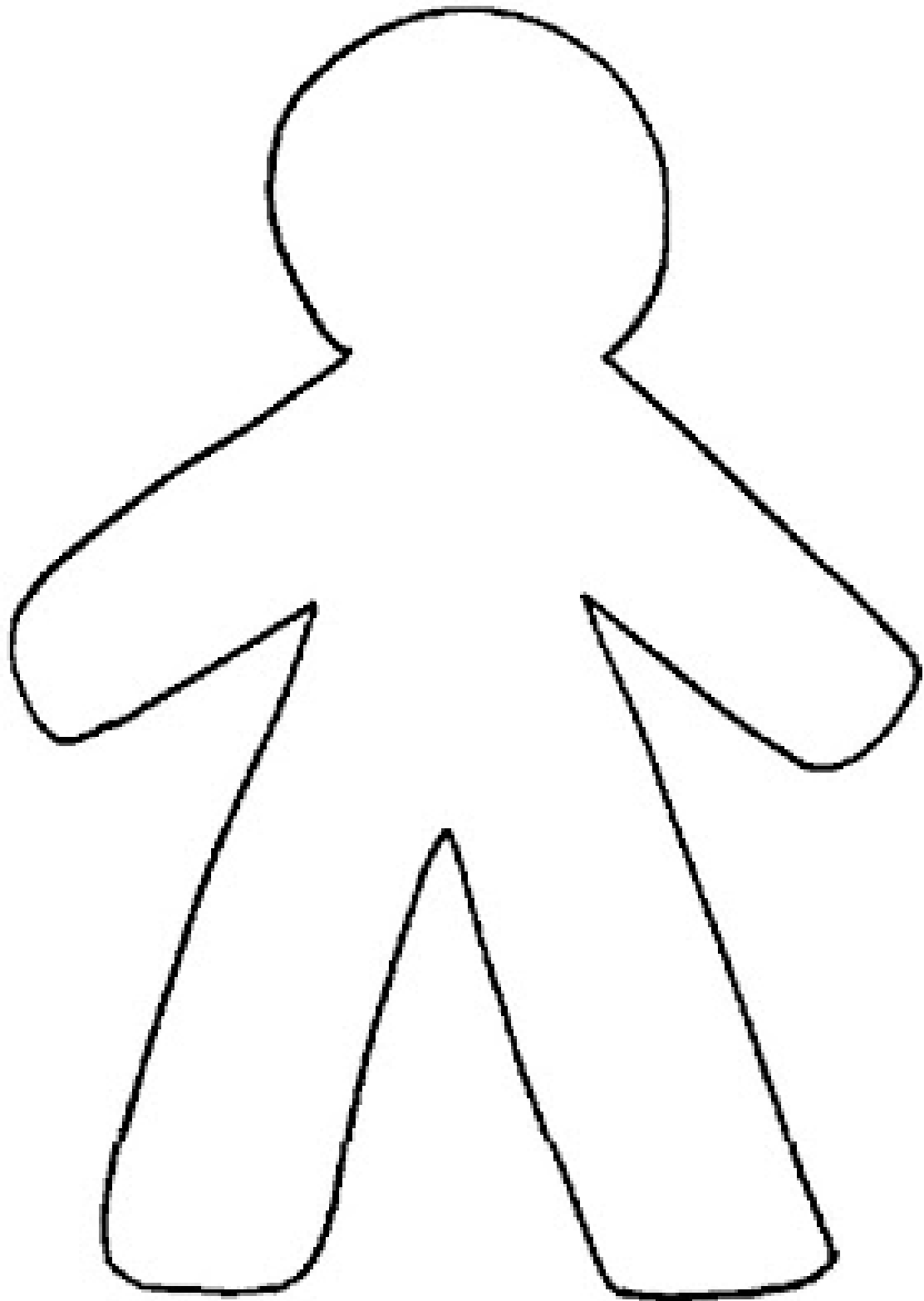
- **Connecting to the here and now helps us maintain a place in the Comfort and Stretch Zones**

- Avoid hyper focussing on the past and future
- Children laugh up to 200 times a day, adults only average 15 times a day; being connected to others enables you to appreciate and enjoy life
- PRACTICAL ACTION: practice gratitude, reciting at least 6 reasons why you're grateful for your job each day.
- PRACTICAL ACTION: Book and Journal available- Living Life as a Thank you by Mary Beth Sammons and Nina Lesowitz. Studies have shown that living life with appreciation leads to a greater sense of wellbeing and happiness.
- PRACTICAL ACTION: www.drwaynedyer.com for a daily inspirational quote
- PRACTICAL ACTION: do what makes you feel happy first thing in the morning e.g. listening to your favourite song, having your favourite tea/ coffee, going for a run, doing yoga (you can get apps for a 7 minute yoga session on your phone/ iPad), talking to a friend. Days can be like auto pilot which becomes tedious and depressing. It feels like you have no time for the small things, but making this a normal part of your morning routine will give you a more positive and happier day.
- PRACTICAL ACTION: surround yourself with positive scents and sounds- lemon and peppermint are both effective and uplifting.
- PRACTICAL ACTION: join internet chat sites, groups with the same interests as you, Pinterest, etc
- PRACTICAL ACTION: get to know your colleagues; make an effort to say good morning and smile. Simple acknowledgment of a person will make them feel valued, and the response will connect you.



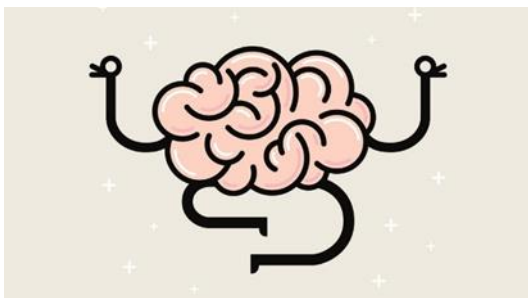
Identify one way that you and/or your school can build a better connection to improve mental health and wellbeing.

5 BODY



6 BE MINDFUL

- **Don't deny, bury, project, rationalise, medicate, drink away, smother in comfort food, sleep away, sweep under the rug or suck up your emotions.**
 - Accept your emotions- give yourself permission to feel them, rather than using energy to avoid them.
 - PRACTICAL ACTION: protect a few minutes each day to sit, relax and breath, learn some basic meditation skills (see useful sites below) Remember the 3 mindful breaths activity!
 - PRACTICAL ACTION: you may be in a vicious cycle of negative thoughts so write your negative feelings down. Ask yourself these questions; is it true? Can you absolutely know it's true? How do you react when you believe that thought? Who would you be without that thought?
 - PRACTICAL ACTION: The Emotional Toolkit by Darlene Mininni, goes through 7 proven tools to decrease intensity and duration of unpleasant moods using meditation, emotional writing, finding your voice, and building your own emotional toolkit.
 - PRACTICAL ACTION: bemindfulonline.com has been relaunched by the Mental Health Foundation and is a web app to access a mindfulness course through your phone or computer. It costs £30.
 - PRACTICAL ACTION: www.emotionaltoolkit.com
 - PRACTICAL ACTION: www.headspace.com sign up for free to have daily meditation.
 - PRACTICAL ACTION: www.calm.com beautiful meditation
 - PRACTICAL ACTION: stopthinkbreath app
 - PRACTICAL ACTION: get rid of the 'rotten eggs. Turn off the television, the news, toxic friends, things that make you feel unhappy. If you can't get rid of them, find a way to cope with them which may mean restricting time with that 'egg', talking to someone about your feelings and asking for help
 - PRACTICAL ACTION: deal with your worries. Rather than brushing them off, acknowledge them, write them down and decide whether it is a practical worry that you can act on here and now. If you can, do it. If not, park it until a scheduled time when you can.



7 RELAX FAST

Ways to destress



Discussion and helpful hints

8 BE ACTIVE

- **22 minutes of activity per day is the recommended minimum by the World Health Organisation and is enough to combat fatigue and boost self esteem**
 - PRACTICAL ACTION: Walk or cycle to work, get out of school at lunch time even if it's just for the 10-minute walk to the front gates and back.
 - PRACTICAL ACTION: arrange a group of colleagues or friends to have a regular day and time to meet and walk, go to the park with the children and play with them (e.g. football, tag, fitness equipment), run with the dog rather than walk.
 - PRACTICAL ACTION: join a class that offers a 6-week course e.g. Pilates, pole fitness. You will be more inclined to attend due to paying up front and also because of the short time frame.
 - PRACTICAL ACTION: housework, cooking, DIY can all be active activities when done to music!
 - PRACTICAL ACTION: 'walk a mile' - school activity
 - PRACTICAL ACTION: iPhone/ iPad app '7' gives you seven-minute exercise routine and you can unlock further exercises the more days you complete.
 - PRACTICAL ACTION: set yourself a goal and prioritise yourself, put it in your diary as part of your day.
 - PRACTICAL ACTION: walk to a class to see someone rather than getting a runner to get them, or pass a message. This will give you a break from your room, give you more presence in school and keep you connected.
 - PRACTICAL ACTION: mindful walking activity



9 KEEP LEARNING

- **This is not necessarily formal education and can be anything that develops your knowledge**
 - Learning can take you out of the Comfort Zone, into the Stretch Zone which will increase your confidence and boost your motivation and self esteem
 - PRACTICAL ACTION: challenge yourself to take a small risk each day to push yourself out of the Comfort Zone. This could be things such as, trying a new food, speaking up at a meeting, making a phone call that you've been putting off
 - PRACTICAL ACTION: set yourself goals for the next day, week, month and year. How are you going to achieve these, who can help you, what resources will you need, how realistic are they (without being easy)?
 - PRACTICAL ACTION: www.tomrath.org to use the eat move sleep plan
 - PRACTICAL ACTION: Strength Finder 2.0 by Tom Rath A book to help you identify and use your individual strengths.
 - PRACTICAL ACTION: step back and consider where your thoughts, feelings and behaviour are coming from and ask yourself; is it helpful? Is it necessary? Is there a better option?
 - PRACTICAL ACTION: learn from others, recognise your colleagues and friend's worth. This builds connections, as well as increases your knowledge and understanding.
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10 QUIZ

Ten Questions to challenge your brain!



11 GIVE TO OTHERS

- **Random acts of kindness are of benefit to both the giver and the receiver.**
 - PRACTICAL ACTION: volunteer for a charity. See www.farehamvolunteers.org.uk
 - PRACTICAL ACTION: become a school governor
 - PRACTICAL ACTION: become a group leader e.g. Cadets, Guides.
 - PRACTICAL ACTION: pay compliments to others, noticing something about someone builds connections and boosts the mood of the person you compliment, which in turn has a positive impact on you.
 - PRACTICAL ACTION: make someone a cup of tea, help with displays, mark books together, all of which can boost wellbeing of both giver and receiver.
 - PRACTICAL ACTION: Listen to others. This is something that we often think we do, but our mind is wandering to the next thing, or what we want to say. Practice active listening skills to ensure you really 'hear' the other person. Listen to understand, not to respond.
 - PRACTICAL ACTION: Give encouragement instead of criticism. Dale Carnegie said, "Abilities wither under criticism; they blossom under encouragement." Every one of us has the magic power of empowering other people simply by generously giving praise and showing encouragement instead of criticism to help them realize their potential.
 - PRACTICAL ACTION: www.projecthappiness.com
 - PRACTICAL ACTION: www.actionforhappiness.org



12 POEM

Time to Reflect on your perspective

