

MENTAL WELLBEING

Brought to you by stem4 & Boomerang

DEALING WITH WORRIES

We all have worries that pop into our head from time to time. However, sometimes worries stick in our heads for longer and bother us. When worries stick they can make it hard to focus on anything else.

COMMON WORRIES INCLUDE:

School work

Assessments & exams

Appearance



Family & friendships

Getting sick
or being ill

Getting into trouble or
being told off

TOP TIPS...

1

Help yourself to think differently about the worry by finding ways to either solve it or accept it.

2

Tell a trusted adult what you are worried about. They will be able to help you.

3

Make time to relax. Worrying can make people feel really tense. Exercise can help you relax.

4

Face your fears by reminding yourself that you are stronger than your worries.

5

Make time to sleep. If worries keep you awake, write them down on a piece of paper next to your bed and save them for the morning instead of when you're tired.

6

Create a special 'memory box' of your favourite experiences. Practice remembering happy times.

7

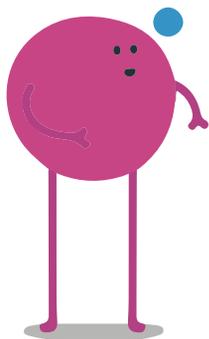
Download the Clear Fear app to help you relax and overcome your worries.

MENTAL WELLBEING

Brought to you by stem4 & Boomerang

LEARNING TO BOUNCE

Resilience is how we adjust to the difficult challenges we might face in life. Being resilient will help you to deal with these more easily and help you to 'bounce' back from difficulties. Sometimes resilience means learning to say no to things that can affect your mental health, for example, staying up really late or playing lots of computer games.



CHALLENGES WE CAN EXPERIENCE:

Illness

Tricky school work

Friendships going wrong

TOP TIPS...

1

We all have lots of feelings, try to learn to express them – not too much and not too little!

2

Build confidence by giving things a go even if they seem difficult.

3

Be flexible – if what you have tried hasn't worked, try and give it another go with a different method.

4

Add the words 'as yet' to tricky tasks, for example, I can't play football -as yet! You can get there one step at a time.

5

Look after your physical health – eat and sleep well, exercise and relax regularly. A healthy body helps us to have a healthy mind.

6

Keep up with seeing friends – online and face to face. Have a laugh with them – laughter is truly the best medicine!

7

Recognise your interests and passions and keep doing them – sometimes we need to work hard to get what we want.