

## Other Resources

Hampshire CAMHS run Free PACE (Parent and Carer Events) which are also suitable for professionals to attend.

We have not one, not two but **\*\*THREE\*\*** events coming up:

**Wednesday 2nd May- Eastleigh (The Point)**

**Friday 11th May- Havant (Park Community School)**

**Wednesday 16th May- Basingstoke (The Ark)**

These include 45min informative workshops on the following:

\* anxiety management \* challenging behaviour \* autism awareness \* ADHD management \* crisis and self-harm management \* eating difficulties \* body image and self-esteem \* substance misuse \* gender identity \* supporting transitions \* where to go for help and support \*

Plus info stands from organisations that support young people, parents and carers and schools.

Details of all events and to BOOK your FREE places, visit our new website

[www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)

**FREE RESOURCE**

If you would like free SAFE cards for your organisation, email [h dove@nhs.net](mailto:h dove@nhs.net)

**THE SAFE CAMPAIGN**  
(SUICIDE AWARENESS FOR EVERYONE)

**HOPE LineUK**  
0800 088 41 41  
Telephone helpline providing support, advice and information to young people or those who are worried about them.  
10am-5pm & 7pm-10pm (Mon-Fri)  
2pm-5pm (Sat & Sun)

**The Samaritans**  
116 123  
Confidential emotional support service for anyone in the UK  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
24 hours a day, 7 days a week

**Young Minds Parents Helpline**  
0800 902 55 44  
Free confidential support for any adult worried about the health, wellbeing or behaviour of a young person.  
Email: [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)  
9.30am to 4pm (Mon-Fri)

**THE SAFE CAMPAIGN**  
(SUICIDE AWARENESS FOR EVERYONE)

**Useful Self Help Websites**  
[harmless.org.uk](http://harmless.org.uk)  
[papyrus-uk.org](http://papyrus-uk.org)

**Useful Self Help Websites**  
[thealmzone.org.uk](http://thealmzone.org.uk)  
[lifesigns.org.uk](http://lifesigns.org.uk)

**StayingAlive** **MemoryStar**

**Inland** **SAM** **WellMind**

Download these apps in your app store

# ONE YEAR TO MAKE A DIFFERENCE PROJECT

## TOPIC 3:

### SELF-COMPASSION, GOALS & AMBITION; COPING & RESILIENCE

For many young people this time of year is stressful due to exams and impending change and transition whether it be from primary to secondary school, secondary school to college/ employment and beyond. With issues such as perfectionism, worrying about not being good enough, and the associated worry about the future this topic focuses on managing pressure, expectations and uncertainty with self-compassion and building resilience to deal with tough times. The topic also focuses on encouraging young people to think about their goals, dreams, ambitions and future in a balanced way.

#### ADULTS; LEAD BY EXAMPLE

Young People learn from those around them.

Make your pledge to lead by example

I could:

- 1) Focus on the values that are important to you ✓
- 2) Be kind, compassionate and caring towards yourself and others ✓
- 3) Attend one of our FREE PACE events— see back page ✓

# THE EVERYBODY CAMPAIGN

EVERYBODY HAS  
A BODY AND EVERY  
BODY IS BRILLIANT

## Pressure Off Please

- 1 in 4 young people have a diagnosable mental health difficulty at any given time
- 1 in 12 young people engage in self-harm behaviour
- On average 145 young people a year end their lives by suicide
- Exam stress (including perceived or real expectations by others) and worries about the future are a known risk factor for youth suicide
- Rates of youth suicide increase around exam time.

Literacy and gaining an education creates and allows opportunities for developing a meaningful, enjoyable, financially solvent, independent life as well as being a valuable contributing member of society. However, it is important that parents/ carers and education providers fully understand the impact that pressure, stress and worry arising from studying and sitting exams can have on young people.

Pressure comes in many forms including but not limited to; school league tables, subject set placement, conditional offers, comparisons to peers, narratives of 'trying your best' (if a young person fails does this mean they did not try or that their best is not good enough?) and predicted grades.

Alongside self/ body image, academic achievement is a main factor by which young people base their self-worth. Perceptions of not being good enough contribute to, exacerbate and maintain low self-esteem and confidence.

### Resources:

[www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)

This site includes a 'Help I'm in crisis' button; An A-Z coping strategy leaflet, info on anxiety management and exam stress plus other issues.

## Boosting Self-Esteem and Confidence Tips and Recommendations:

### 1) Love Bombing

- Remind young people that they're more than the way they look or the grades they get.
- NOTICE, COMMENT, ENCOURAGE: individuality, personality, characteristics, morals, values, ethics, behaviour, skills, effort, passion, goals, ambition, friendships, hobbies & interests.

### 2) To Say, Or Not To Say

- Remember: Your words have power. Be aware of throwaway comments which may be invalidating.
- Avoid making comparisons between young people
- Lead by example; no self-critical talk and take a non judgemental stance towards others
- Use role models who are successful but who found school hard/ did not perform well at exams

### 3) Holistic Health

- Emphasise the need for life balance; work (school), socialising, nutrition, exercise, hobbies and interests
- Role model; making mistakes/ imperfection
- Role model taking breaks, having downtime, engage in hobbies and interests

## Coping With Transition

For some children and young people times of transition and change can be particularly difficult. Reducing difficulties during change by even a small amount can make a big difference to many children.

Some top tips for consideration:

- Prepare young people and their families for changes/ transitions as early as possible
- Work with parents/ carers to ensure consistency of messages being delivered and support being provided
- Provide opportunities to ask questions and discuss worries and concerns
- Provide written, verbal and if helpful, pictorial information for young people. Visual timetables and social stories are effective resources to aid this.

<https://www.tes.com/teaching-resources/blog/visual-timetables-all-ages>

<https://www.tes.com/teaching-resource/ebook-how-to-write-social-stories-11812914>

### Did you know?

It's child mental health awareness month May 2018

It is also self-esteem month!

Top tips to support a young person who is about to sit exams:

- Highlight the importance of young people not comparing themselves to their peers. Each person is unique and has different potential in different areas.
- Encourage young people to maintain a balanced lifestyle in the run up to exams. It is important they continue to engage in hobbies and interests, see friends and have down time. These are essential for mental and physical wellbeing as well as being effective coping strategies if feeling anxious or stressed.
- Education staff should be mindful of giving generalised messages about length of study/ revision required as this could be overwhelming for many, particularly those with perfectionistic traits.
- Reinforce that everyone has different learning styles and techniques. Offer different revision strategies and techniques and encourage young people to ask for help if feeling stressed, anxious or overwhelmed.
- Be kind, patient and tolerant. Whilst education staff experience exams every year, exams are a big deal for young people. Validate feelings being expressed. Telling an anxious overwhelmed student "it's normal to get stressed about exams" may not be effective in the young person feeling heard or understood or even less anxious/ stressed.
- It's important to let young people know that life goes beyond exams. Contingency planning and speaking openly about alternative options/ career pathways is important.

### Resources:

[www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/](http://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/)