

Health and Wellbeing



Guidance Department
Lenzie Academy

STOP HATING YOURSELF FOR
WHAT YOU AREN'T AND
START LOVING YOURSELF
FOR WHAT YOU ARE.

-POSITIVELIFETIPS.COM

Feeling **confident**,
being **comfortable**
in your own skin -
that's what really
makes you **beautiful**

Bobbi Brown

I will:



Be myself - and be proud of myself

Recognise and reject body image myths

Accept how I look and how others look

Value my body by treating it well

Encourage more people to #BeBodyConfident



“Wanting to be someone else is a waste of the person you are.”

-Marilyn Monroe

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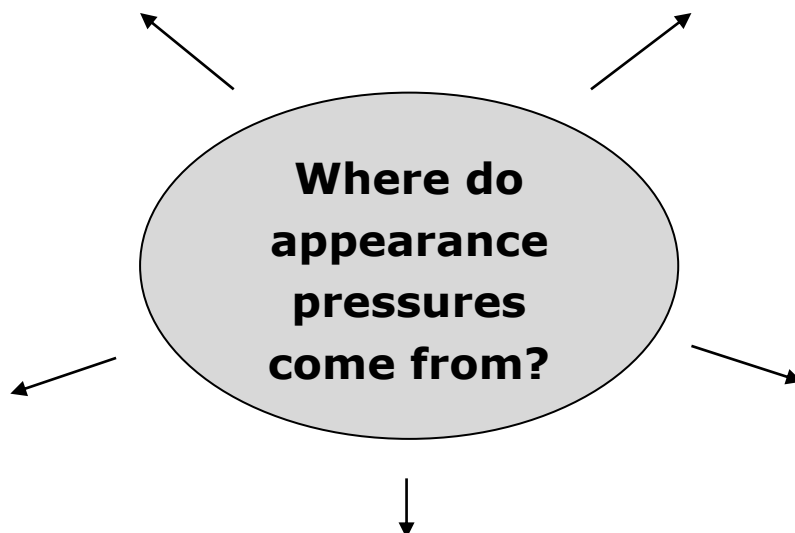


Appearance Pressures

Task 1: What are appearance pressures?

Appearance pressures are:

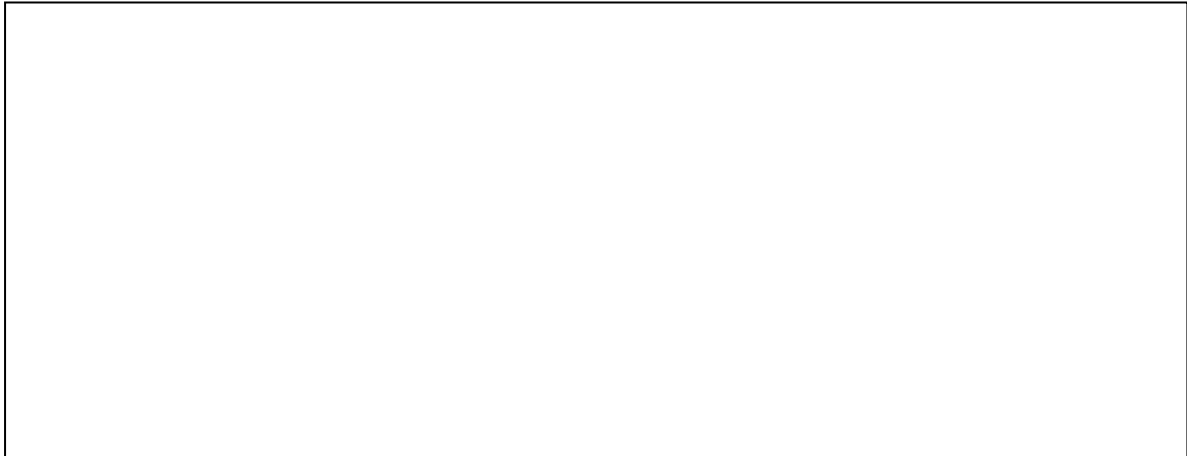
Task 2: Think and record



Task 3: Media manipulation -

<http://www.bbc.co.uk/education/clips/z2btfq8>

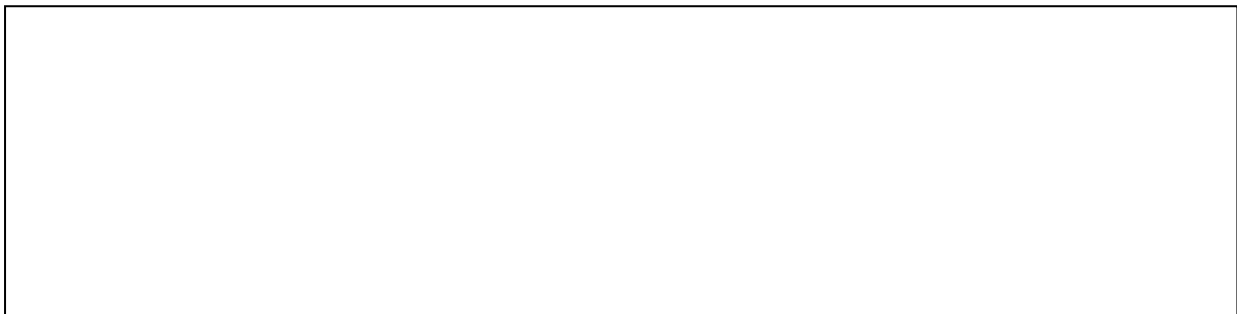
While watching the clip, note down the ways in which the model's image was changed.



Body Confidence

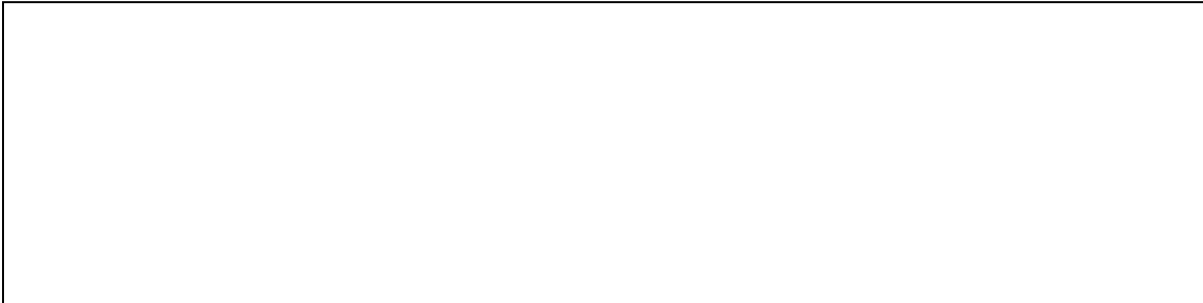
Task 1

What does the film shows us about how we compare ourselves to others.



Task 2

What do you think the impact is of comparing our appearance in this way?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

My Pledge - Be a champion for change!

I am unique in many ways.

These are 3 things I enjoy doing

3 things I am good at:

Things about my family or culture I am really proud of:

Top Sleep Tips for Teenagers!

Limit screens in the bedroom

- ✓ If possible, don't have a mobile, tablet, TV or computer in the bedroom at night, as the light from the screen interferes with sleep.
- ✓ Having screens in the bedroom also means you are more likely to stay up late interacting with friends on social media.
- ✓ Try to have at least 30 minutes of screen-free time before going to sleep.

Exercise for better sleep

- ✓ It's official: regular exercise helps you sleep more soundly, as well as improving your general health.
- ✓ Teenagers should be aiming for at least 60 minutes' exercise every day, including aerobic activities such as fast walking and running.
- ✓ Exercising out in daylight will help to encourage healthy sleep patterns, too.

Cut out the caffeine

- ✓ Drink less caffeine - found in drinks such as cola, tea and coffee - particularly in the 4 hours before bed.
- ✓ Too much caffeine can stop you falling asleep and reduce the amount of deep sleep you have.

Don't binge before bedtime



- ✓ Eating too much, or too little, close to bedtime can lead to an overfull or empty stomach. This can be a cause of discomfort during the night and may prevent sleep.

Have a good routine

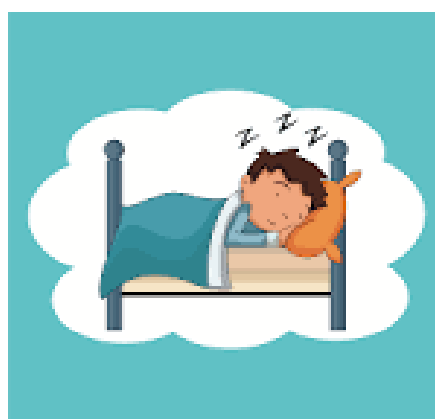
- ✓ Get into a regular bedtime routine. Doing the same things in the same order an hour or so before bed can help you drift off to sleep.

Create a sleep-friendly bedroom

- ✓ Ensure you have a good sleeping environment - ideally a room that is dark, cool, quiet and comfortable.
- ✓ It might be worth investing in thicker curtains or a blackout blind to help block out early summer mornings and light evenings.

Avoid long weekend lie-ins

- ✓ Try not to sleep in for hours at weekends. Late nights and long lie-ins can disrupt your body clock and leave you with weekend "jet lag" on Monday morning.



10 TIPS FOR *Better Sleep*

1.



MAINTAIN A
CONSISTENT
DAILY
SCHEDULE

2.



REDUCE
YOUR DAILY
CAFFEINE
INTAKE

3.



**TURN OFF THE
COMPUTER OR
TELEVISION**

4.



DONT GO TO
BED ON A
FULL
STOMACH

5.



DONT GO TO
BED ON AN
EMPTY
STOMACH

6.



**ENGAGE IN
REGULAR
EXERCISE**



7.

LIMIT BEVERAGE
CONSUMPTION
BEFORE
BED

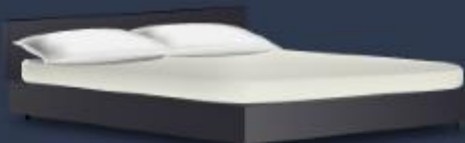


8.



**KEEP YOUR
BEDROOM
DARK &
QUIET**

9.



**INVEST IN A
COMFORTABLE
MATRESS, PILLOW &
BEDDING**

10.

**GO TO SLEEP
AND WAKE
UP USING
YOUR
INTERNAL
ALARM CLOCK**



Why is Sleep Important?

- Sleep is now widely recognised as fundamental to the general health and wellbeing of us all.
- It is even more important to children and teenagers, because research has linked lack of sleep and poor sleep quality to impaired learning, obesity and depression.
- Getting the right amount of sleep is as important as eating a healthy diet and exercising regularly

Impact of Poor Sleeping Habits

- Many teenagers are falling far short of the amount of sleep they need each night which can have a truly detrimental effect on their physical and mental health.
- The Mental Health Foundation has stated that "sleep deprivation is a seriously neglected health issue in our population".
- But it's not only the health implications - there are strong indications that sleep deprivation affects memory consolidation and therefore your ability to retain information (not helpful if you are a teenager at high school.)



Video Clip:

<https://www.youtube.com/watch?v=IVo0UK6fcAc>



Reflections:

Everyone has mental health; it affects all aspects of your life. It's okay to talk about what's going on inside your head. Mental health is as important to consider as physical health, it is part of everyday life so don't be afraid to talk about it.

What's this for?

This card is to help you to talk about mental health and get the help and support you need. It has information on **where, how** and **who** to get support from with mental health.

There are no right or wrong things to feel, people all feel different things at different times and lots of things can affect this; from family life to school and work. Sometimes people can get a bit overwhelmed and the best thing they can do is to find someone who will listen and help them get support. You can use this card to start a conversation with a friend, family member or when contacting one of the places listed overleaf to get support.

Find someone who is



When you feel that you're ready

STEP 1

Find someone you feel you can trust and plan what you want to speak about.

STEP 2

Decide what you are comfortable talking about rather than opening up too much before you feel ready.

STEP 3

Take it one step at a time, don't be scared. Talk sooner rather than later.

You might not find the right person to talk to straight away so keep trying

Sharing two minutes of your time with someone can make the difference & change their life

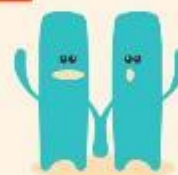


Managing what's on your mind



Try keeping a diary, notebook or blog on how you are feeling.

Listen to music, draw, scribble or colour in



Spend time with friends

Ask for help



Try and eat regular, healthy meals and get plenty of sleep



Stay active, go for a run, jog or walk

Be realistic, it's okay not to be perfect



How are you feeling and doing?

These circles contain words that help describe thoughts and feelings. We all have ups and down in our life but if you think that you are feeling more of the things at the bottom of this diagram then it's a good idea to find someone to talk to. This can be anyone that you feel you can trust and will listen, you are not alone and help is available. To find out more on how and where to get help and support look on the right hand side of this card.

Doing well



A bit too much



Struggling to cope



Where can you get help and support?

Sometimes you can sort out a problem on your own, but if you have a worry that you can't cope with, don't bottle it up. It can really help if you talk to someone, or you can contact some of these places, where support is available:

ChildLine

You can contact ChildLine about anything – they also offer online 1-2-1 chat sessions with a counsellor.
Call **0800 1111**
Go to www.childline.org.uk

Samaritans

Samaritans offer a 24-hour confidential support service.
Call **08457 90 90 90**
Text **07725 90 90 90**
Go to www.samaritans.org

Breathing Space

Breathing Space offer advice and support if you need someone to talk to.
Call **0800 83 85 87**
Go to breathingspace.scot

Young Scot

Young Scot has an InfoLine which is a free and confidential phone service. It has information on a range of topics including mental health.
Call **0808 801 0338**

7 Cups of Tea

7 Cups of Tea is an online emotional health and well-being service.
Go to www.7cupsoftea.com

See Me is led by a partnership of SAMH and MHF Scotland and is funded by the Scottish Government and Comic Relief.



Thank you to all the young people who have helped produce this guide for others by using their own personal experiences of coping with mental health.



IT'S OKAY TO
feel worried



IT'S OKAY TO
To feel down sometimes
without reason



IT'S OKAY TO
Feel good about
yourself



IT'S OKAY TO
not know why you feel
sad



IT'S OKAY TO
want to be alone



IT'S OKAY TO
Feel like punching a
wall



IT'S OKAY TO
not feel strong all the
time



IT'S OKAY TO
Not be happy right now
and be scared of the
future



IT'S OKAY TO
Cry and not know why



IT'S OKAY TO
have a bad day



IT'S OKAY TO
say no if I feel like it



IT'S OKAY TO
Feel lost



IT'S OKAY TO
be anxious



IT'S OKAY TO
be disappointed



IT'S OKAY TO
Hate school



EXERCISE AND MENTAL HEALTH



Why is physical activity important?

How often should we exercise?

What positive impacts does exercising have on your mental health?

Benefits of Yoga For Teenagers

It has been proven time and again that yoga helps reduce stress, rejuvenates your senses through relaxation, and enables a smooth transition into adulthood. Here are some of the physical and psychological benefits of yoga for teens.

Stress Management

Yoga is a great stress buster. Yoga practice involves learning about breathing techniques that can help regulate the energy in the body and regulate stress.

Builds Strength

Yoga may seem like a passive activity, but it is not. Yoga builds bone and muscle strength.

Improves Body Image

Yoga promotes self-awareness and acceptance, which helps teenagers overcome their poor self-image.

Improved Mood And Concentration

Regular yoga practice improves the mood and changes how stress, anxiety, and fatigue are perceived. Yoga also helps improve cognitive functioning, especially the individual's memory, and performance.

Promotes Better Posture

Yoga poses help you maintain an upright posture, which strengthens the spine.

YOGA

POSES FOR BEGINNERS

NeslyMama.com



VAJRASANA



DHANURASANA



MAYURASANA



BHADRASANA



CHAKRASANA



HALASANA



UTKATASANA



SARVANGASANA



PAVANAMUKTASANA



BHJANGASANA



ARDHA-MATSYENDRASANA



PASHCHIMOTTANASANA



EKA PADA RAJAKAPOTASANA



MATSYASANA



USHTRASANA



UTTANASANA



TRIKONASANA



BALASANA



SHAVASANA

20-MINUTE YOGA WORKOUT FOR BEGINNERS

1



Warrior I

2



Warrior II

3

AVOCADU



Warrior III

4



Reverse Warrior

5



Downward Facing Dog

6



Upward Facing Dog

7



Chair

8



Revolved Chair

9



Standing Half Forward Bend

10



Forward Bend

11



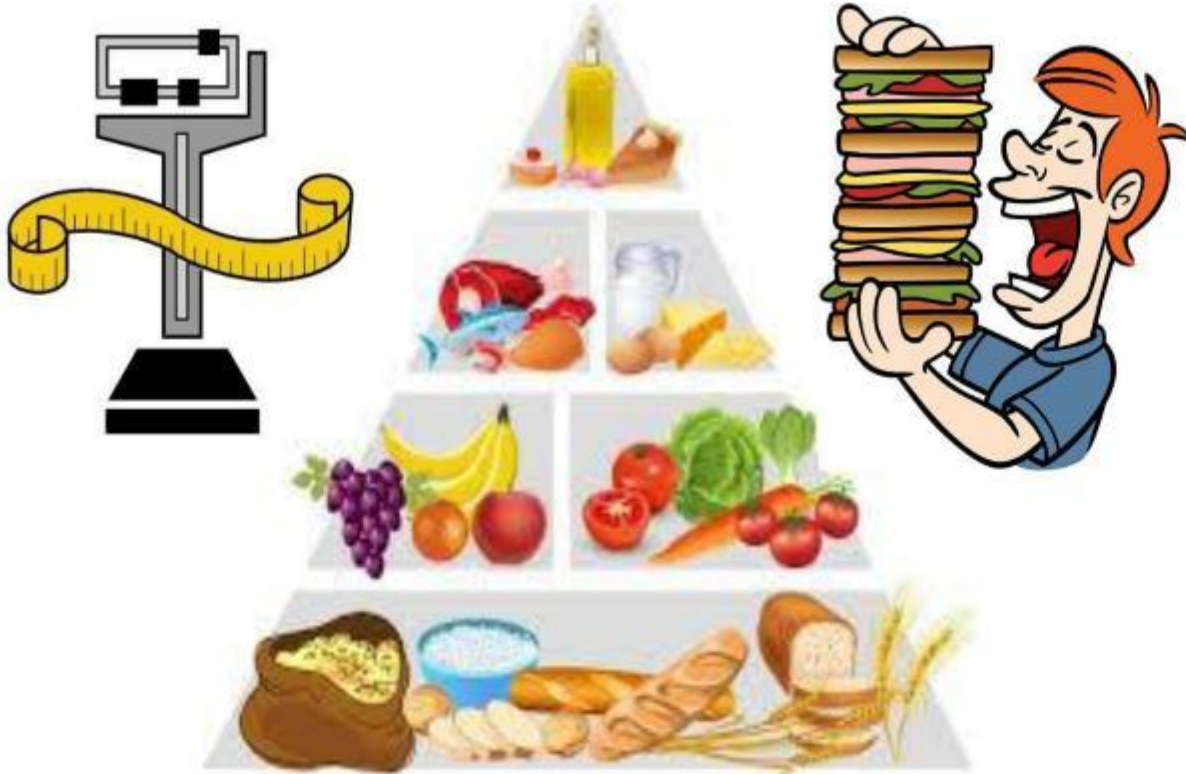
Plank

12



Four-Limbed Staff

Healthy eating



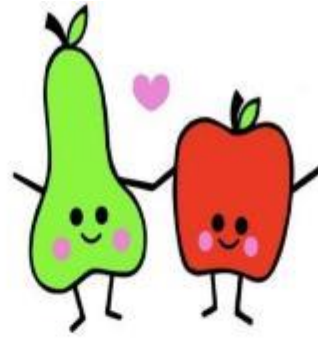
What's it all about?

Healthy eating is one of several essential factors contributing to your overall health and wellbeing. Eating the correct foods is important in helping you to grow and develop healthily as a young person; but having a healthy relationship with food and enjoying what you eat is important too.

To enjoy a healthy relationship with food we need to balance our diet by eating foods we like with foods that are also good for us. We also need to do other things to stay healthy such as getting enough exercise and developing a positive body image - one which is not dependant on what other people think or say.



Most of us will have come across pressure in society regarding diet, body image, weight and other health issues relating to food. Many young people worry about their diet for different reasons.



celebrate EVERY Body

The reality is that people come in all different shapes and sizes and it is important to realise that everyone needs to find their own way to enjoy a healthy diet. There are however some good habits to follow, as a guide:

- Eat a balanced diet, making sure to include items from a variety of food groups e.g. fibre, protein, carbohydrates, fats etc.
- Aim to eat at least five portions of fruit and veg every day – try to include lots of green vegetables on a regular basis
- Consume the recommended calorie intake relative to your personal circumstances i.e. your age, sex, level of activity etc.
- Avoid eating too many processed foods containing high levels of salt, sugar, trans fats or artificial additives
- Stay hydrated by drinking plenty of water – this can also help to regulate your appetite
- Plan your food intake to decide when you will occasionally treat yourself – this can help you to keep disciplined at other times!
- Aim to balance a healthy diet with regular exercise



How to do it

There are lots of different ways to eat healthily. These include **simple changes** like making healthy choices at meal and snack times. When you are **feeling peckish**, for example, and you need a snack, you could **replace** crisps or chocolate bars with **fruit** like apples, pears or bananas. **Bananas** have lots of **healthy energy** in them – you've seen **Andy Murray** grabbing one on the sidelines at Wimbledon!

Apples and pears have healthy sugars which the body can **absorb** more easily than processed sugar in chocolate bars. **Pears** for example also have good levels of **fibre** to help keep your bowel healthy. You will **feel better** for making healthy choices like these instead of eating processed foods like crisps when you need a quick boost. Why not try saving your less healthy snacks as **occasional treats**? You will enjoy them all the more – remember the law of diminishing returns!

Cooking from scratch

Besides making healthier choices at the checkout, taking up healthy habits like **cooking your own food** can make a lifelong difference to your health and wellbeing. **Processed foods** like ready meals often contain **extremely high** levels of salt, sugar and processed fats – all of which have been linked with serious health conditions. By reducing our use of these foods, we reduce the health risks and can enjoy much **tastier** and more satisfying mealtimes. Why not try one of the recipes in this booklet? Remember, **everybody loves a good cook!**

N.B. Talk to an adult at home before getting started

Smoothies

Two-minute Breakfast Smoothie

(Makes 2 glasses)

Ingredients

1 banana
1 tbsp porridge oats
80g soft fruit (whatever you have!)
150ml milk
1 tsp honey
1 tsp vanilla extract



Method

1. Put all the ingredients in a **blender** and whizz for 1 min until smooth.
2. Pour the mixture into two glasses to serve.

Sunshine Smoothie

(Makes 3 glasses)

Ingredients

500ml carrot juice (chilled)
200g pineapple (fresh or canned)
2 bananas
Small piece of ginger (peeled)
20g cashew nuts
Juice of 1 lime



Method: Put the ingredients in a **blender** and whizz until smooth. Drink straight away or pour into a bottle to drink on the go. *Will keep in the fridge for a day.*

What is meditation?

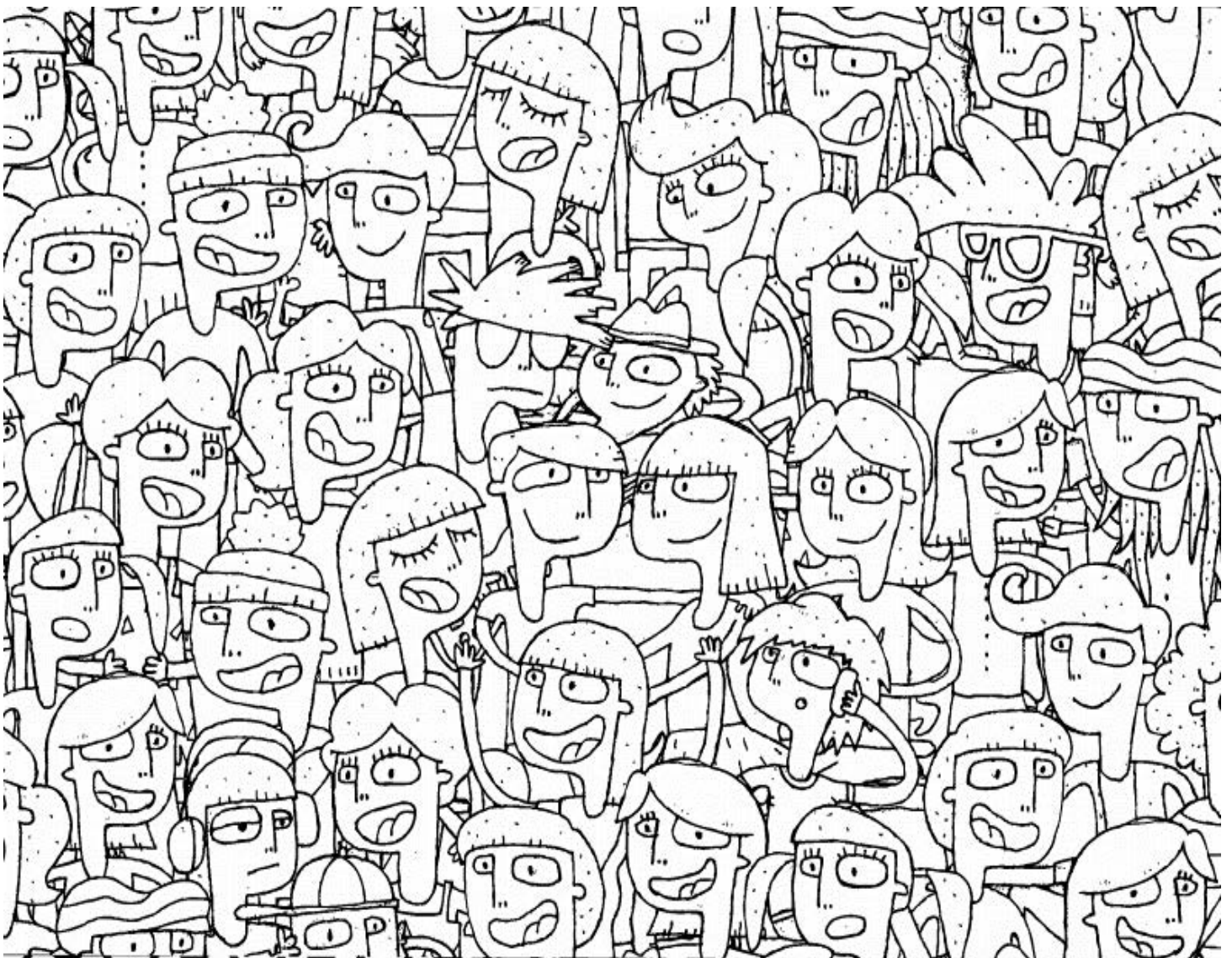
Meditation is relaxation. It is not about concentration, it's actually about de-concentration. It's not about focussing one's thoughts on one thing, but instead on becoming thoughtless.

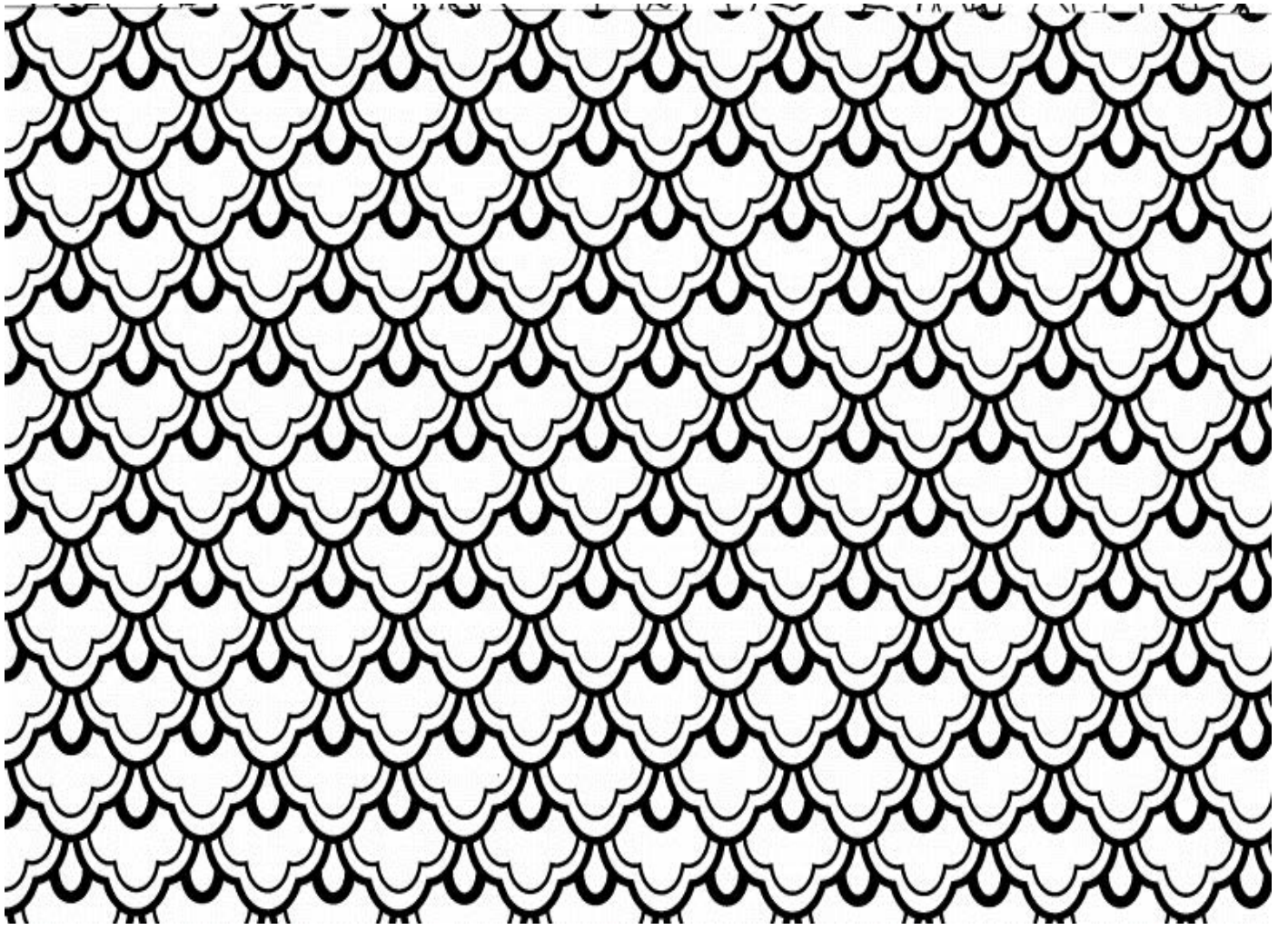
Benefits of MEDITATION



Colour Yourself Calm

Colouring in is not about being creative. It can be a helpful way to relax and end up with an attractive image. Select your colours carefully and then try to empty your mind, concentrating on nothing but colouring neatly within the lines.





Useful Websites

Road Safety: The Scottish Government Road Safety website has ideas for supporting the teaching of this vital skill

<https://roadsafety.scot/learning/>

Think u Know: This website provides information for supporting children to remain safe while online <https://www.thinkuknow.co.uk/>

Go Noodle: Lots of activities to keep children moving and active

<https://www.gonoodle.com/>

Food a Fact of Life: Free resources for teaching young people aged 3-16 about where food comes from, cooking and healthy eating

<https://www.foodafactoflife.org.uk/>

Twinkl Wellbeing: A range of resources to support pupil self-esteem, help them understand their feelings and the world around them

<https://www.twinkl.co.uk/resources/ks2-pshe/health-and-wellbeing-pshe-subjects-key-stage-2/health-and-wellbeing-pshe-subjects-key-stage-2>

Health for Kids: A resource designed to promote healthy activities for children <https://www.healthforkids.co.uk/>

Breathing Space: <https://breathingspace.scot/>

SAMH: <https://breathingspace.scot/>

Childline: <https://www.childline.org.uk/>

Young Minds: <https://youngminds.org.uk/>