

Wellbeing

Aims

The aim of this workshop is to teach the children that we have almost complete influence over our mental and physical health. Health is not the absence of illness but something far more proactive and rewarding. They will be taught the simple workings of the mind and the body and the interaction of the two.

Learning Outcomes

- ◆ They will learn what Stress, Anxiety and Depression actually are
- ◆ They will learn that these are NOT mental illnesses but a version of reality based on negative thinking and imagination and therefore within the power of the individual to change
- ◆ They will learn how and why diet and fitness are important for mental, as well as physical wellbeing
- ◆ They will learn practical tips on how to avoid Stress, Anxiety and Depression
- ◆ They will walk away with an action plan for mental and physical fitness



Workshop Format

1. Introduction:- *The 'Quarter Life Crisis'*

- Mind Body Connection
- Science separated, but can't!
- Hormones and Neuro-transmitters
- Video **
- Workshop Objectives (What, Why, How)

2. Stress and Anxiety

- Mind Matrix Revision
- Class Exercise: What are mental, physical and behavioural Symptoms of Stress?
- Group Exercise: What are your Stressors?
- Group Exercise: Make up a story about somebody who's stressed/anxious

3. Depression

- Class Exercise: What are mental, physical and behavioural Symptoms of Depression?
- Group Exercise: What makes you depressed?
- Group Exercise: Make up a story about somebody who's depressed

4. Mindset

- Optimism vs. Pessimism (Rose vs 3d glasses)
- Group Exercise: 5 Scenarios

5. Solution: Talking/Sharing

- Not waste of time/Ignore and will go away
- Stress Response: Oxytocin
- How to create safe space, listen and give feedback

6. Solution: Sleep (Class brainstorm ways to improve sleep and write on Post It Note and stick on duvet cover)

- Preparation/ Winding down (No TV/Computer)
- Set rule 20 mins: Read book/Calming music/ Gratitude Diary
- Warm milk drink: Horlicks/Ovaltine or Camomile Tea
- Prepare for next day before bed
- Room setup: Light, Temperature, Alarm clock, mattress, no TV/Computer
- Teenagers need 10 hours!
- Can't catch up sleep
- Naps (20 mins before homework)
- Wake up middle night: get up, read. Warm drink

Lunch



7. Solution: Relaxation

- Ultradian Rhythm
- Stress 40% reduction in brain efficiency
- Body mechanics of stress
 - Class Exercise: Progressive Relaxation (Feedback)
- Time out/ pressure from authority figures
 - Class Exercise: Breathing 4-4-8 (Feedback)
- What is Meditation; how does it work?
 - Class Exercise: Guided Meditation

8. Solution: Exercise

- Why is it important?
- Evolution and Cave people
- Lifestyle today
- Be pro-active: Walking, swimming (Cardio)
- Stretching the core
 - Class Exercise: 4 back stretches
 - Class Exercise: 2 back strengtheners
 - Class Exercise: 4 neck and shoulder stretches

9. Solution: Die?

- Sugar/ fast release carbs?
- Breakfast?
- Water/ Coffee?
- Brain Food (Omega Fats)?
- Vitamins (especially B and D)

10. Conclusion

- Video/Exercise** (Supersize it McDonalds)

11. Life School Course Evaluation

