

WRITTEN FOR YOUNG PEOPLE BY YOUNG PEOPLE

Blink



ISSUE4//JULY//2016 #BLINKMAG

IN THIS ISSUE

WHAT IS MENTAL HEALTH?

STRESS ZONE

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SELF-ESTEEM

DOES FOOD AFFECT MY MOOD?

GETTING HELP



10% OF CHILDREN AND
YOUNG PEOPLE (AGED 5-16
YEARS) HAVE A CLINICALLY
DIAGNOSABLE MENTAL
HEALTH PROBLEM

LYC



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#BLINKMAG

**Would you like
to advertise
events in your
school?**

SEND US YOUR FAVOURITE RECIPE

SUBMIT A BOOK REVIEW

SHARE WITH EVERYONE A SUCCESS STORY

JOBS ADVICE

WHAT'S ON

If you would like to feature in a
Blink magazine then email
lynne.murray@cumbria.gov.uk

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Thanks for Supporting Blink

We would like to thank Cumbria County Council and the South Lakeland Local Committee for supporting and funding this 4th edition of Blink.

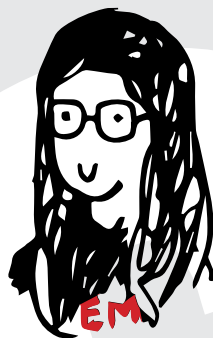
Mental health is a subject that needs to be talked about and written about until everyone is comfortable with being able to express how they feel without fear of prejudice or stigma. Lakeland Youth Council have felt passionately about the subject and wanted to produce a magazine which could hopefully reach out to young people and provide information and advice which would enable them not only to help themselves but to also help others, as often the feelings of helplessness can be felt more when it is a friend or relation who is struggling.

Please share the information in this magazine with anyone and everyone who may need it. Talking about Mental Health is good.

The Lakeland Youth Council team



TOM



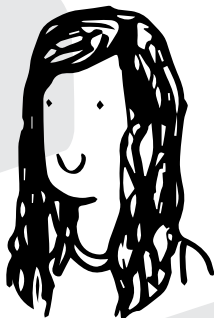
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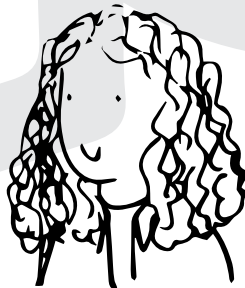
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LUCIA



ABBY

Editors Foreword

Hi Everyone

This year has been packed full of trips, workshops and meeting new people. Our campaign for this year was mental health.

Mental health issues affect 1 in 4 people, with numbers particularly growing within young people and we could all know someone affected by mental health problems in some way.

Our main goals were to fight the stigma associated with mental health and help to teach young people how to cope with the current systems and access programs such as HeadStart.

We also looked at how the local community could work in partnership with Papyrus and Cumbria CAMHS. This issue features articles on activities we've been doing over the past year in terms of raising awareness of mental health and also includes some tips on how to cope with certain aspects of life for a young person.

Chim Chirwa



LYC EDITOR'S FOREWORD

LYC POP UP SHOP

Lakeland Youth Council Pop Up Shop

The pop up shop was set up within an empty unit in the Westmorland Shopping Centre in Kendal to coincide with Mental Health Awareness Week. Various individuals and organisations were invited to support the pop up shop and provide stands and activities for the nine days the shop was open. Throughout the period workshops were run morning, afternoon and after school for young people to get involved in.

From the feedback we received, the event was a great success with over twenty organisations or individuals contributing and over 300 people visiting to collect information, gain support or take part in an activity to promote positive mental health.

We also managed to deliver two flash mobs, thanks to the Brewery Arts Theatre Group, to both open and close the event. The flash mob members mingled with shoppers in the Westmorland Shopping Centre before breaking into a dance routine to music being played from the shop. It drew a crowd of onlookers who were

initially bemused as to what was happening but soon began to record the performance on their phones. At the end there was great applause and smiles from everyone. We would like to thank everyone who contributed to the pop up shop and helped make it such a great success and useful event to young people requiring information and support.



ARTICLE BY
Abby & Jess



What is emotional resilience?

Emotional Resilience is where children and young people are able to cope and do well despite going through difficult times in their life - these are more than simply the day to day challenges of growing up. **These 'difficult times' might be any of the following -**

LOSS & SEPARATION

- DEATH
- PARENTS SEPARATING
 - DIVORCE
- STAYING IN HOSPITAL
- LOSS OF FRIENDSHIPS
- FAMILY BREAKDOWN

LIFE CHANGES

- BIRTH OF A BROTHER OR SISTER
- MOVING HOUSE
- CHANGING SCHOOLS

TRAUMATIC EVENTS

- ABUSE
- ACCIDENTS
- INJURIES
- VIOLENCE
 - WAR
- NATURAL DISASTERS

When children and young people experience any of the above then 'resilient factors' can help them cope.

What are the resilient factors?

'Resilient factors' might be some of the following –

IN THE CHILD

- GOOD RELATIONSHIPS FROM BEING VERY YOUNG
- HIGHER INTELLIGENCE
 - BEING CALM WHEN YOU ARE VERY YOUNG
 - BEING POSITIVE
 - ABLE TO SOLVE PROBLEMS
 - GOOD AT COMMUNICATING
- GOOD AT PLANNING
- GOOD HUMOURED
 - ABLE TO THINK THINGS OVER

IN THE FAMILY

- GOOD RELATIONSHIPS WITH AT LEAST ONE PARENT
 - AFFECTION
 - BEING CLEAR, CONSISTENT AND STRONG
- ENCOURAGING GOOD EDUCATION
- CARING & LONG-TERM RELATIONSHIPS

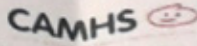
IN THE COMMUNITY

- GOOD SUPPORT GROUPS
- GOOD HOUSING
- GOOD LEVELS OF LIVING
- GOOD SCHOOLS WITH CLEAR WAYS OF DEALING WITH BEHAVIOUR, VIEWS AND ANTI-BULLYING
- SCHOOLS WITH GOOD EDUCATION AND EXTRA-CURRICULAR ACTIVITIES
 - LOTS OF OPPORTUNITIES FOR SPORT AND LEISURE ACTIVITIES

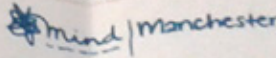
ER WHAT IS EMOTIONAL RESILIENCE?

Words of Wisdom

Use the cards to share positive words or sayings that you have picked up. These might help someone when they are down or are faced with a problem. Your words might make someone smile. Please place them in the box provided.



Central Manc



What difference does it all make?

If a child or young person has resilient factors it is likely to help:

- Reduce the possibility of facing more negative experiences.
- Increase self-esteem and positive feelings.
- Encourage new and positive things that can turn life around for the better.

ARTICLE BY
Residential
Working Group

ER INTRODUCTION OF NATIONAL STATISTICS



1 in 10 children and young people aged 5 - 16 suffer from a diagnosable mental health



Between 1 in every 12 and 1 in 15 children and young people deliberately self-harm



There has been a big increase in the number of young people being admitted to hospital because of self-harm. Over the last ten years this figure has increased by 68%

More than half of all adults with mental health problems were diagnosed in childhood. Less than half were treated appropriately at the time



Nearly 80,000 children and young people suffer from severe depression

95% of imprisoned young offenders have a mental health disorder. Many of them are struggling with more than one disorder



Over 8,000 children aged under 10 years old suffer from severe depression



The number of young people aged 15-16 with depression nearly doubled between the 1980s and the 2000s

72% of children in care have behavioural or emotional problems - these are some of the most vulnerable people in our society

The proportion of young people aged 15-16 with a conduct disorder more than doubled between 1974 and 1999

“The emotional and spiritual resilience which allows us to enjoy life and survive pain, disappointment and sadness. It is a positive sense of well-being and an underlying belief in our own, and others, dignity and worth.”

The World Health Organisation





Our mental health influences:-

- How we think and feel about ourselves and others
- How we interpret events
- Our capacity to learn
- Our capacity to communicate
- How we form, sustain and end relationships
- Our ability to cope with change, transitions and life events

What are mental health problems?

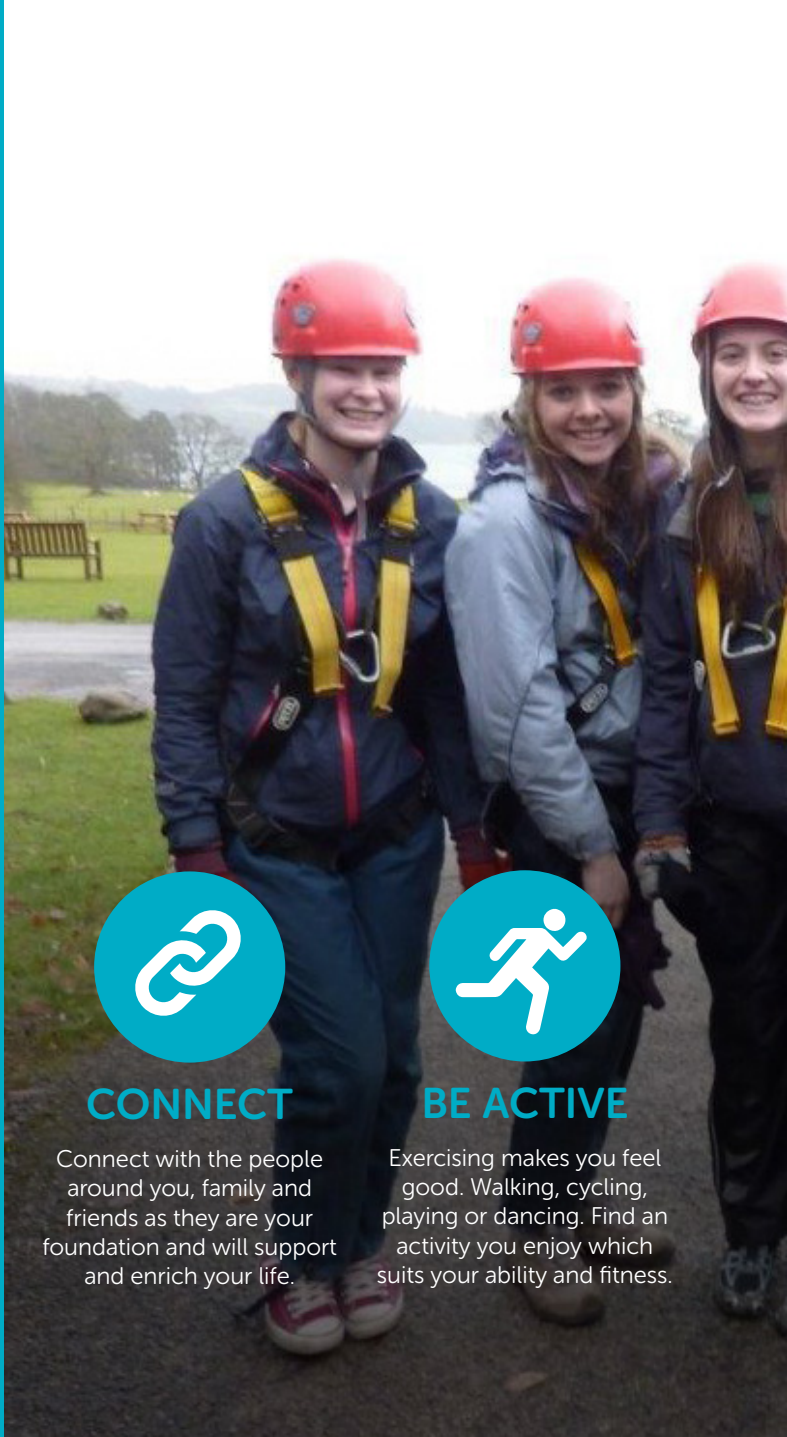
Mental health problems are disturbances in the way in which people

- Think
- Feel
- Behave

ER WHAT IS MENTAL HEALTH & WELLBEING?

ARTICLE BY
Residential
Working Group

ER FIVE WAYS TO WELLBEING



CONNECT

Connect with the people around you, family and friends as they are your foundation and will support and enrich your life.



BE ACTIVE

Exercising makes you feel good. Walking, cycling, playing or dancing. Find an activity you enjoy which suits your ability and fitness.

ARTICLE BY
Residential
Working Group



TAKE NOTICE

Be curious. Be aware of the world around you and what you are feeling. Reflecting on your experience will help you to appreciate what matters to you.



KEEP LEARNING

Try something new. Set a challenge you will enjoy achieving. Learning new things will help you become more confident as well as being fun.



GIVE

Do something nice for a friend or a stranger. Thank someone. Smile. Become a volunteer.

How to stop stressing out...

Being stressed out is horrible. It's very common but it can also be very hard to deal with sometimes.

Growing up is hard and facing stress is not something that is uncommon to many young people so it's very important that we know how to handle it in the right way.

If you are stressed out, you could be experiencing the following symptoms:

- Difficulty getting to sleep, staying asleep, or waking up in the morning.
- Constant tiredness
- Unexplained aches and pains
- Forgetfulness
- Poor appetite
- Migraines and headaches
- Increased heart rate
- Increased anxiety or irritability
- Loss of interest in activities
- Blurred vision
- Dizziness



Stress can be very hard to deal with

If stress it is not dealt with correctly, it can lead to the development of depression and anxiety, so here are a few ways that can help you to avoid this from happening:

1. Learn how to recognise what makes you stress out.

Learning how to recognise when you stress out and what makes you become stressed is very important as then you can begin to find ways to cope with your stress.

Keeping a stress diary will help you recognise stress and you can note down the date, time, place and what you were doing, who you were with, and how you

felt both physically and emotionally. You would then give each stressful episode a stress rating, (i.e. a scale of 1-10), and use the diary to understand what triggers your stress and how effective you are in stressful situations. This will enable you to avoid stressful situations and develop better coping mechanisms.

2. Make an effort to find solutions to problems which cause you stress.

One problem-solving technique involves writing down the problem and coming up with as many possible solutions as you can. Decide on the good and bad points of each one and select the best solution.

It's also important to remember that avoidance is not always

STRESS HOW TO COPE WITH STRESS

the best solution to a problem that causes you stress. Sometimes we have to face the things that make us feel stressed to learn that some things aren't worth stressing over. For example, if exams cause you stress, the best solution to that problem would probably be to complete practise exam papers rather than trying to avoid exams all together as exams are something you'll have to face eventually.

Avoidance is a bad behaviour to pick up as it can hold you back from achieving what you really want in life.

3. Avoid comparing yourself to others

Comparing yourself to others can be a dangerous thing to do. Everyone is different, so each person has unique talents of their own and no one is good at everything. Focus on what talents or skills you have yourself rather than comparing your ability to others.

4. Keep healthy

A healthy body makes for a healthier mind; after all, your mind is a part of your body which need to be kept healthy too. So simple things like having a healthy diet, getting regular exercise and avoid things like

caffeine and fast foods, which only give short bursts of energy can make it so much easier to avoid stress.

A lot of people underestimate the importance of eating healthily but what a lot of people don't realise is that good food gives you the right energy for your brain to work properly; if the brain isn't receiving enough energy people become more susceptible to stress as without the right food you can't think straight.

Exercise can also help you feel better as it can help your brain to release dopamine, (a chemical in the brain), that will make you feel better. Exercise can also be a great stress reliever as it can be used as a surrogate to metabolize the excessive stress hormones and restore your body and mind to a calmer, more relaxed state. In this magazine we look at healthy eating to stress beating exercise in the form of Yoga.

5. Get some sleep

Sleep is very important! When you sleep your brain has a chance to 'recharge' and process information from the day, but if you don't sleep

ARTICLE BY
Lucia

this information can't be processed properly and you will feel tired and more susceptible to anxiety, irritation or even physical pain such as headaches and other body aches.

To help you sleep, you might want to consider giving yourself an hour of 'wind-down-time' where you can just let out any stress that might keep you up at night. In this hour activities such as reading, listening to relaxing music, having a warm bath or meditation can help. Try to avoid things like going on your phone or on the internet and consuming food and drinks high in sugar or caffeine.

Another top tip if you can't sleep because you are stressing about something, is to keep a pad of paper and pencil by your bed and write any problems and solutions down, which effectively takes the problem out of your mind and puts it on paper to deal with in the morning.

6. Make time for chilling out

Relaxing is also important, as it gives your brain time to process information in a way that is stress free and good for your body. If

you are feeling stressed because you feel you have a very heavy workload, you need to remember that it is important to keep a good work- life balance and that sometimes it is alright to say 'no' to taking on work.

7. Talk to someone

When you're feeling stressed out a simple chat with someone can really put things into perspective. Talking to people is also important as it can leave you feeling less isolated and alone in your problems and it can be really nice to find that there is someone there for you when you need them.

"A problem shared is a problem halved"

It's important that you talk to someone you trust and feel comfortable with i.e. a friend, parent or even a teacher. If you don't know anyone you can discuss problems with, you might want to consider talking to a counsellor or a school nurse. If you still are unsure of who you could talk to about stress or any other mental

health concerns, you can find some organisations that you can contact at the back of this magazine.

These are just a few simple tips that could help to relieve stress, we hope they can help you feel more relaxed, but if you still feel you struggle a lot with stress you might want to see a professional to help you with any problems you might have.

Just remember that everyone gets stressed out sometimes so it's perfectly normal and that if you are ever feeling bad, there are lots of ways you can improve the situation.



Stress Zones

Different situations will mean we feel different levels of stress.

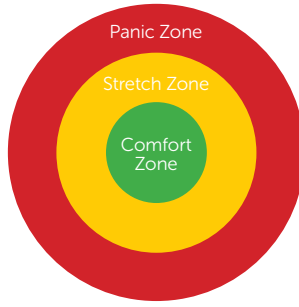
They fall into three 'zones':

- **Comfort Zone** This means you feel that the tasks involved will be easy for you to complete.
- **Stretch Zone** This means that you find the tasks challenging but doable. It might provoke a manageable level of short-term stress, which is likely to motivate rather than overwhelm you.
- **Panic Zone** This means the tasks involved are too difficult for you to deal with and cause you stress or panic.

Comfort + stretch = your area of control

ACTIVITY

1. Look at the things that you have to do over a certain period (this might be the next week, month or even few months – you decide what works best).
2. Using the diagram in the top of the next column, write or discuss up and coming activities/ situations and where they fit within the three zones.
3. The completed activity will allow you to reflect on which challenges are likely to overwhelm and cause you stress,



and which you would find manageable or even easy. Consider - would some level of stress be helpful in any of the situations?

4. Finally look at the panic zones and see what control you can have over them. For example, if you have an exam coming up the controlled action you may decide to take could include: planning revision sessions prior to the exam, taking breaks to make sure you do not become overwhelmed and talking things through with your friends (they probably feel the same as you and it might help to know that you are not alone).



STRESS ZONE TARGET

ARTICLE BY
Lucia

Top Ten Relaxation Techniques for Children

From fear of the dark to coping with the pressures of school, peers and the SATs, every child experiences his or her own fears, anxieties and feelings of stress. There are many techniques children can use to reduce their stress and relax. Depending on the child, some may work better than others. Try teaching your child one or two of the following techniques to begin, and then gradually add in more as he or she feels ready to try them. This will give them tools that can benefit them throughout their entire lives.

1. DEEP BREATHING

Deep breathing is an effective way of slowing down the body's natural response to stress. It slows down the heart rate, lowers blood pressure and provides a feeling of being in control.

This simple technique can be done by anyone.

- Simply breathe in deeply.
- Hold the breath for a moment.
- Release it slowly.

Repeat the deep breathing until you feel relaxed.

2. PROGRESSIVE MUSCLE RELAXATION

Progressive muscle relaxation offers a wonderful way to relieve stress. This is accomplished by tensing and then relaxing different muscle groups in your body.

- Face - Ask your child to scrunch up their nose and forehead like they smell something stinky, and then have them relax their face. Repeat three times.
- Jaws - Ask your child to clench their jaws together tightly like they are a dog hanging on to a bone, and then have them release that imaginary bone and let their jaw go completely loose. Repeat three times.

- Arms and shoulders - Ask your child to stretch their arms out in front of them, and then raise them above their head and stretch as high as they can. Have them drop their arms and let them hang loose. Repeat three times.

- Hands and arms - Ask your child to imagine squeezing an orange as hard as they can with one hand, and then dropping that orange on the floor and letting their arm and hand go limp. Repeat three times, and then switch to the other arm.

- Stomach - Have your child lie on their back and clench their stomach muscles as hard as they can for just a moment. Have them release the muscles and relax. Repeat three times, and then have them do the same technique while standing up.

- Legs and feet - Have your child stand and press their toes against the floor as though they are digging them into sand at the beach. Have them alternately press them and spread them enough to feel it in their legs, and then have them relax. Repeat three times.

With each of these techniques, encourage your child to notice how

good their body feels when they relax each portion. The goal is to work through these exercises to achieve full body relaxation.



3. EXERCISE

Exercise is a great form of relaxation. Walking, running, swimming and playing all provide the kind of exercise that children love. However, do not overlook exercising to music. There are many excellent exercise CDs and DVDs for all age groups.

4. VISUALISATION

Visualization is also known as visual guided imagery. This technique uses the imagination to slow down the chatter of the mind and help release negative thoughts and worries. This technique can be especially useful following progressive muscle relaxation, which first relaxes the muscles and then calms the mind. Imagining a beautiful, peaceful place is one type of visualization that's easy for nearly any child to use as a stress reducer. Colour visualization can also be

helpful and is a very simple technique to teach a child.

Ask your child to imagine a favourite colour that makes her feel peaceful and safe.

- Have her imagine taking in that colour with each breath and sending it throughout her entire body as she exhales.
- Have her continue until she visualizes being filled with her special, relaxing colour.

A soothing sound, a special aroma, or the feeling of warmth or light can be used in place of the colour.



5. LAUGH

Laughter is a wonderful stress reliever that soothes tension and helps the body relax.

Ways to encourage your child to laugh include:

- Telling jokes
- Taking turns making silly faces
- Watching a funny cartoon

RELAXATION TOP TEN RELAXATION TECHNIQUES FOR CHILDREN

ARTICLE BY
Residential
Working Group



6. STRETCH

Stretching relaxes built up tension in the muscles. Teach your child how to gently stretch each muscle group and feel the muscles relax.

7. LISTEN TO MUSIC

Listening to calming music can help a child regain focus. Even very young children may enjoy listening to relaxing classical music.

8. MEDITATE

Meditation techniques, such as yoga or transcendental meditation, relax the mind and body. Here is a simple meditation your child can use at home, but it works well in the classroom too.

- While your child sits on their bed at home, or at her desk before class begins, they should place their hands in their lap and close their eyes.
- The next step is to breathe in and out slowly and evenly.

- Each breathe in and each breathe out counts as a single count, and they should practice this even breathing for a count of at least 50, (try for at least 30 in the classroom).
- As they settle into the meditation, they should focus on listening to their breathing. As the child does this they will begin to feel more calm and focused.
- When they finish the count of 50, they should take a very deep breathe, let it out slowly, and then open their eyes.



9. CUDDLE

Encourage your child to cuddle with a pet or a hug a loved one. The interaction can lower blood pressure and decrease stress hormones.

10. TOE TENSING

Toe tensing draws tension down from the rest of the body. This simple exercise should be repeated ten times each session.

- Lie on your back and allow yourself to sense your toes.
- Use your toe muscles to pull all ten toes back in the direction of your face and hold to the count of ten.
- Relax your toes and hold to the count of ten.

Practice These Techniques Together

Many of the techniques on this list are effective for individuals of any age. Do not hesitate to modify any of the techniques to make them age appropriate for your child, and feel free to participate yourself. Reducing your own stress and relaxing more might just have a trickle-down effect for your child as well.

“From fear of the dark to coping with the pressures of school, peers and the SATs, every child experiences his or her own fears, anxieties and feelings of stress.”

MEDITATION



RELAXATION YOGA ARTICLE WITH HILARY GRIEVE

The Benefits of Yoga for Teens

**an Interview with
Hilary Grieve**

**How long have you
been doing yoga for?**

On and off for the past 30 years, starting in my early 20s. It was a nice form of gentle exercise, it was relaxing. Now my kids are all grown up I've come back to it and I practice every day before I go to work. At the moment I teach the students at a school for children with learning difficulties once a week for an hour after school.

What are the benefits?

Firstly it's fun, my students find it relaxing and calming. We have a lot of autistic children and some with ADHD, it helps them calm down and focus. It helps them to find out where their bodies are and to unwind and stay healthy!

**How do people get
involved?**

I can do teen yoga, go into schools, after school clubs, special needs yoga and yoga for anybody! Go to a yoga class, you can usually find them on Google. There are plenty of yoga teachers around, just look it up!

For more information
contact Hilary on:

hilschillskills@gmail.com



ARTICLE BY
Em Humble



DFE.gov.uk
058 41 0

Em & Hilary

Sound & Color Alabama Shakes

The Alabama Shakes' highly anticipated second album, *Sound and Color*, was released in April 2015 and is everything you could possibly want from the subsequent album of such a talented group of musicians. The Alabama Shakes first formed in 2009 and draw upon Rock, Soul and Blues genres, which are the fundamental roots of this incredible album.

Zac Cockrell's rhythmic bass combined with Steve Johnson's intricate drumming lay down solid foundations for Heath Fogg, whose guitar picking skills are absolutely delightful.

In the autumn of 2014, I became obsessed with the track *Hold On* from their debut album *Boys & Girls*, originally released in 2012; *Sound and Color* helped me through a similarly difficult time during the summer of 2015. I completely resonated with Brittany Howard's powerful and deeply soulful vocals, and the gorgeous bass notes allowed me to lose myself in the music and forget about reality for a little while. *Sound and Color* is a truly beautiful piece of art, utterly mesmerising whilst maintaining a message of raw and honest emotion.

My favourite tracks:

DON'T WANNA FIGHT

DUNES

FUTURE PEOPLE

GIMME ALL YOUR LOVE



ALABAMA
SHAKES
SOUND &
COLOR



Sad songs for good and bad days

No one wants to be sad. So why do we love listening to sad songs so much? New research suggests that we're drawn to sad songs because it evokes mostly positive emotions, which is great for our mental health.

1. Nile - Douglas Dare
2. Foreign Fields – Names and Races
3. To Build a Home - The Cinematic Orchestra
4. Mystery Jets - Telomere
5. The Lighthouse – Alma

6. It's Hard to Get Around the Wind - Alex Turner
7. This is the Last Time - The National (their whole album "Trouble Will Find Me" is super chill and sad and I'd put every song on this list if I could)
8. Wait - M83
9. Skinny Love -Bon Iver
10. The Scientist - Coldplay

Read an article on why listening to sad songs can be good for you by following this link:

www.sciencealert.com/why-listening-to-sad-songs-is-good-for-you



ARTICLE BY
Em & Abby

RELAXATION WRITING

Reading & writing can make you feel great

I and many of my friends find writing to be a form of therapy. Often there are times when you can't quite understand why you're feeling a certain way, then you put pen to paper and there's a sense of liberation. Writing poetry is a form of expression; by being able to articulate your thoughts, beliefs and emotions you are able to gain a new perspective and make some sense of them.

Equally, reading something and knowing that someone else has felt the exact same way as you is incredibly comforting. There's a unique connection between the author and reader which can be difficult to understand, and yet very moving.

I think this is best summarised by the character Hector from *The History Boys*, which says:



"The best moments in reading are when you come across something... and it is as if a hand has come out and taken yours"

10 to Zen

1. Let go of comparing
2. Let go of competing
3. Let go of judgements
4. Let go of anger
5. Let go of regrets
6. Let go of worrying

7. Let go of blame
8. Let go of guilt
9. Let go of fear
10. Have a proper laugh every day especially if it is about not being able to let go of any or all of the above





Mindfulness

It is essential for our wellbeing to take a few minutes each day to empty our minds and find calm. You could try

MINDFUL BREATHING

This exercise can be done standing up or sitting down and pretty much anywhere at any time. All you have to do is be still and focus on your breath for just one minute. Start by breathing in and out slowly. One cycle should last for approximately 6 seconds. Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body. Let go of your thoughts for a minute.

MINDFUL OBSERVATION

This exercise is simple but incredibly powerful. It is designed to connect us with the beauty of the natural environment. Choose a natural object from within your immediate environment and focus on watching it for a minute or two. This could be a flower or an insect, or even the clouds or the moon. Don't

do anything except notice the thing you are looking at. Simply relax for as long as your concentration allows. Look at it as if you are seeing it for the first time. Visually explore every aspect of its formation. time. Visually explore every aspect of its formation.

MINDFUL AWARENESS

This exercise is designed to make you aware and appreciate simple daily tasks. Think of something that happens every day more than once; something you take for granted, like opening a door. At the very moment you touch the handle to open the door, stop for a moment and be mindful of where you are, how you feel in that moment and where the door will lead you. Try and take time to raise your awareness daily rather than just doing all your daily routines on 'autopilot'.

MINDFUL LISTENING

This exercise is designed to open your ears to sound in a non-judgmental way. So much of what we see and hear on a daily basis is influenced by our past experiences, but when we listen mindfully, we achieve a neutral, present awareness that lets us hear sound without preconception. Choose some music you have

never heard before. Close your eyes and put on your headphones. Try not to get drawn into judging the music by its genre, title or artist name before it has begun playing. Instead, ignore any labels and neutrally allow yourself to get lost in the journey of sound for the duration of the song. Allow yourself to explore every aspect of track. Even if the music isn't to your liking at first, let go of your dislike and give your awareness full permission to climb inside the track and dance among the sound waves. The idea is to just listen, to become fully entwined with the composition without preconception or judgment of the genre, artist, lyrics or instrumentation.

MINDFUL IMMERSION

The intention of this exercise is to cultivate contentment in the moment and escape the persistent striving we find ourselves caught up in on a daily basis. Rather than wanting to finish an everyday task in order to get on with doing something else, take that regular routine and fully experience it. For example: if you are cleaning your bedroom, pay attention to every detail of the activity. Rather than treat this as a regular chore, create an entirely new experience

RELAXATION MINDFULNESS TECHNIQUE

by noticing every aspect of your actions: Feel and become the motion when cleaning the floor, sense the muscles you use when tidying away, develop a more efficient way of wiping the windows clean. The idea is to get creative and discover new experiences within a familiar routine task. So instead of constantly thinking about finishing the task, become aware of every step and fully immerse yourself in the progress. Take the activity beyond a routine by aligning yourself with it physically, mentally and spiritually. Who knows, you might even enjoy the cleaning for once!

MINDFUL APPRECIATION

In this last exercise, all you have to do is notice 5 things in your day that usually go unappreciated. These things can be objects or people – it's up to you. Use a notepad to check off 5 by the end of the day. The point of this exercise is to simply give thanks and appreciate the seemingly insignificant things in life; the things that support our existence but rarely get a second thought amidst our desire for bigger and better things. For example: electricity powers your computer, the postman delivers your mail, your clothes provide you

warmth, your nose lets you smell the flowers in the park, your ears let you hear the birds in the tree by the bus stop, but...

- Do you know how these things/processes came to exist, or how they really work?
- Have you ever properly acknowledged how these things benefit your life and the lives of others?
- Have you ever thought about what life might be like without these things?
- Have you ever stopped to notice their finer, more intricate details?
- Have you ever sat down and thought about the relationships between these things and how together they play an interconnected role in the functioning of the earth?

Once you have identified your 5 things, make it your duty to find out everything you can about their creation and purpose to truly appreciate the way in which they support your life.



ARTICLE BY
Residential
Working Group

SELF ESTEEM SELF-ESTEEM WHAT IS IT?

What is self-esteem?

If you have high self-esteem you will feel largely good about who you are and on the whole feel positive. If you have low self-esteem you will more often feel negative and not good about yourself.

Self-esteem is something that is learned. Both positive and negative thoughts are something that is shaped through our experiences in life. This starts as a child and goes throughout our adulthood.



How can we encourage high self-esteem? - Top Tips

1. PRAISE

Lots and lots please . . . Children thrive on praise, not only when they have done well, but also when they have tried their best or when they need a gentle push to keep going.

Try to find small points to say 'well done' even when things haven't gone to plan. This will help children and young people to develop emotional resilience to cope with failure. Everyone needs lots of positives to help deal with a negative – in this way we can help children to take in criticism without it having a huge impact on their self-esteem.

2. EXPERIENCES

Having lots of different opportunities lets children find out what they are good at and what they enjoy – this in itself increases self-esteem. Experiences allow us to become more informed of the world around us and give us the confidence to try new things.

4. ACHIEVEMENTS

If children learn to achieve they are more likely to feel positive about themselves. This does not mean that a child has to achieve academically – children can help shape goals that they feel they can achieve. You can build on strengths or set small realistic goals in something that they struggle with. Goals can be as simple as you need them to be – 'I will ask a question at school'.

5. LANGUAGE

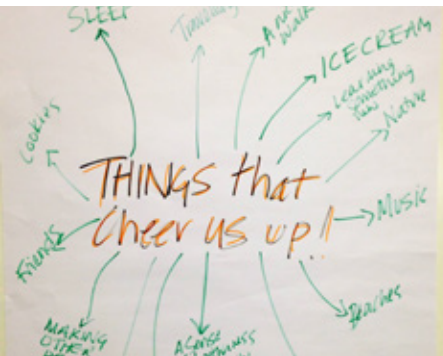
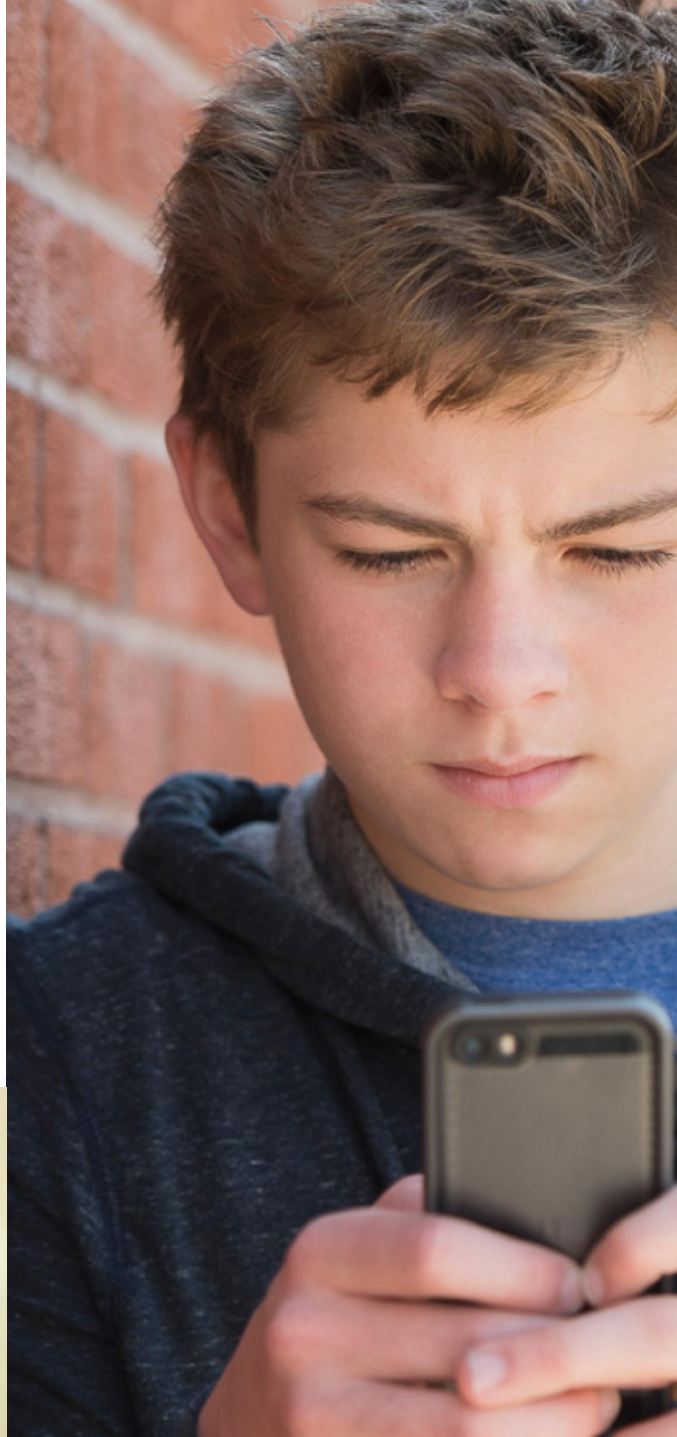
Language can have a real impact on how children feel about themselves – both positive and negative.

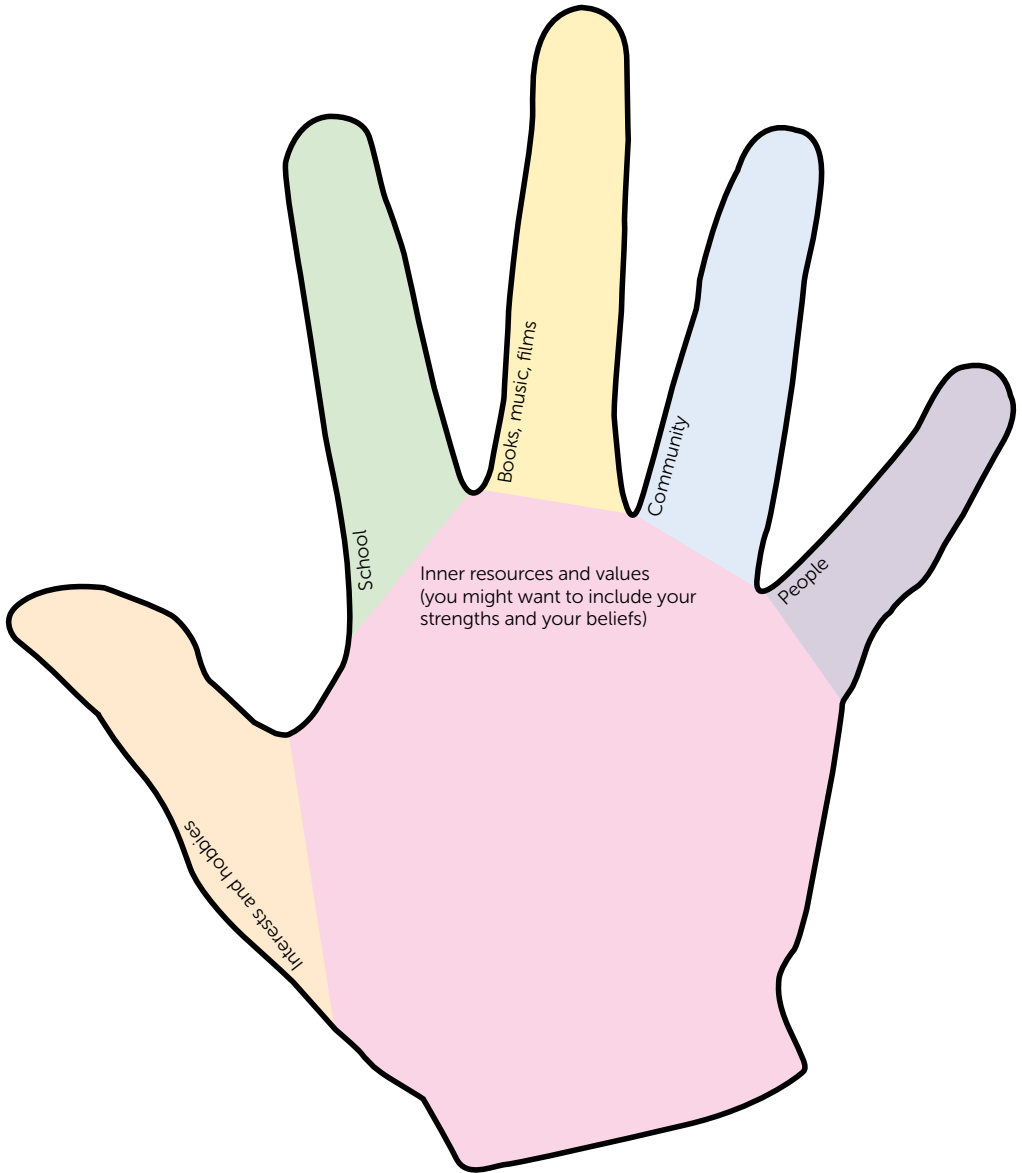
Be specific

X 'You are really good'

√ 'You are really good at colouring in the picture'

Don't generalise – how can we change if we don't feel empowered to do it?





My Helping Hand Exercise

This exercise asks the young person to think about the people and things that can help and support them most. The template on the next page can be used or the young person can draw around their own hand, the hand is then split into six different areas, which are:

- Interests and hobbies
- School
- Books music and films
- Community
- People
- Inner resources and values

The young person completing the exercise should consider each area and write down things that give them a feel good factor for each category, i.e. A young people might want to think about the books, music or films that give them a feel good factor or the hobbies and interests that they currently participate in and enjoy.

This exercise shows a young person that there are a lot of things they already enjoy, but can also highlight gaps where they may want to find new hobbies, items or people.

SELF-ESTEEM MY HELPING HAND

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SELF-ESTEEM WHAT OR WHO IS YOUR STRAWBERRY?

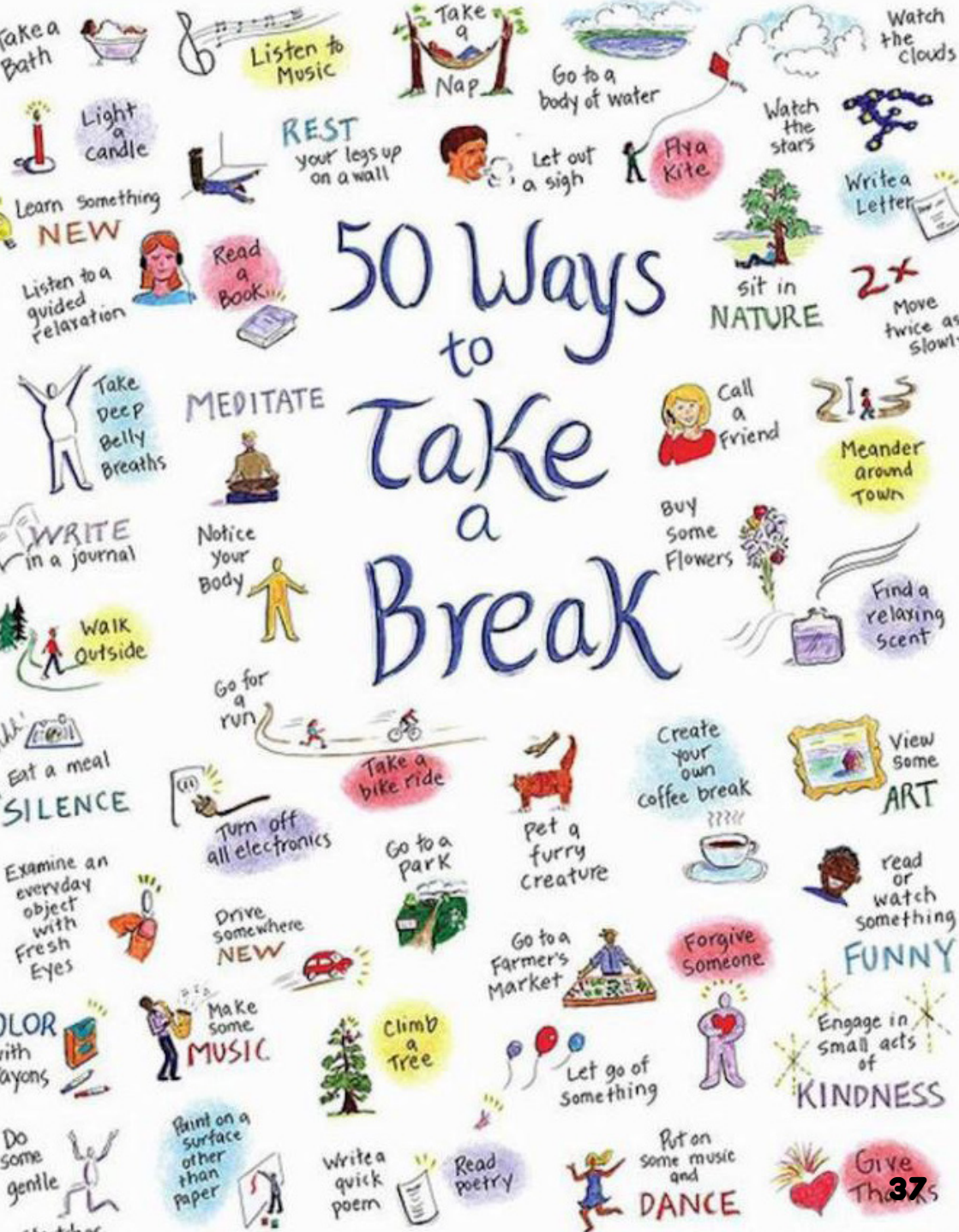
Who or What is Your Strawberry?

Strawberries release the mood lifting hormone serotonin and are therefore beneficial to your mental wellbeing, this exercise enables you to identify your Strawberry and find out who or what gives you a feel good factor.

1. Work with either children or young people to consider what or who gives them that feel good factor.
2. Use a strawberry shaped template to get them to either write or draw what they decide.
3. Use the opportunity to explore why the person or activity makes them feel good



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Take a Bath
 Listen to Music
 Take a Nap
 Go to a body of water
 Watch the clouds
 Light a candle
 REST your legs on a wall
 Let out a sigh
 Fly a Kite
 Watch the stars
 Write a Letter
 Learn something NEW
 Listen to a guided relaxation
 Read a Book
 sit in NATURE
 Move twice as slow

50 Ways to Take a Break

Take Deep Belly Breaths
 MEDITATE
 Notice your Body
 Call a Friend
 Meander around Town
 WRITE in a journal
 Walk Outside
 Buy Some Flowers
 Find a relaxing scent

Eat a meal
 SILENCE
 Turn off all electronics
 Take a bike ride
 Create your own coffee break
 View some ART
 Examine an everyday object with Fresh Eyes
 Drive somewhere NEW
 Go to a park
 pet a furry creature
 Forgive Someone
 FUNNY
 Engage in small acts of KINDNESS

Color with crayons
 Make some MUSIC
 Climb a Tree
 Let go of something
 Do some gentle stretches
 Print on a surface other than paper
 Write a quick poem
 Read poetry
 Put on some music and DANCE
 Give Thanks

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SELF-ESTEEM SCRAPBOOK TO SUCCESS

Scrapbook to Success

Use a scrapbook to let a child or young person record times when they feel they have achieved something. It is important that the child or young person can establish what they have done that they are proud of, no matter how small. It can be anything from scoring a goal in a football match, to remembering their PE stuff for school.

The child or young person can also ask other people to add positive things in the scrapbook, this might include things like 'Jonny made me smile today with a joke, I really needed someone to make me smile!'

This is good way to make people feel better about themselves and help build self-esteem.



Feeling Confident at Secondary School

1. DON'T WORRY

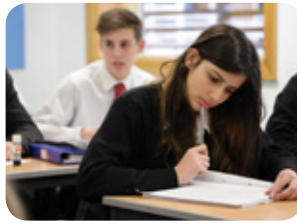
You hear loads of things from older people saying how secondary school is simply awful but truthfully they are lying. Secondary school is a great opportunity to meet new people, learn new facts and try new things.

2. HOMEWORK

Don't worry about this as you hear stories that imply that you get a lot of homework, but really you just get the right amount. I found that some weeks I have no homework.

3. BULLYING

In my experience bullying is quite rare in secondary school. It is something that shouldn't really worry you. As a secondary school student I know that bullying will always be there but if bullying is something that you are concerned about just ask an adult for support.



4. MAKING NEW FRIENDS

This is something that you will find easy to come by. When you move up to Yr7 you will meet new people who you have never met before. You may meet people you will be friends with the rest of your life. In my experience I have made lots of new friends who I never even knew a few months ago.

5. ALWAYS BE YOURSELF

In secondary school you may believe that you should change your personality to make friends with people but this is completely the wrong thing to do. People should accept and respect you for who you are. So as I said always be yourself.



SELF-ESTEEM FEELING CONFIDENT AT SECONDARY SCHOOL

ARTICLE BY
Sam

The Mental Wellbeing of Children and Young People in Schools Conference

On Wednesday, 20th April 2016 the Mental Wellbeing of Children & Young People in Schools Conference took place at the Shap Wells Hotel in Cumbria. The Conference was organised by partners and members of the Multi-Agency Emotional Wellbeing and Mental Health Partnership and was aimed at teachers, pastoral leads and other schools staff working with children and young people.

The event focussed on the following objectives:

- To help schools to see where they fit in our wider whole system approach to the emotional and mental wellbeing of Children and Young People
- To raise awareness and understanding of the crucial role schools play in supporting emotional and mental wellbeing
- To give schools more confidence about where they can get support to help them with their role



- To celebrate good practice in schools from across Cumbria

Staff and Young People registering at the Shap Wells Hotel and John Macilwraith launching the Children and Young people's Plan 2016-2019

The Conference was opened by Jess Ford-Powel and Justin Mahone (Both Members of the Copeland Youth Council and UK Youth Parliament Candidates).

Jess opening the Conference and with Justin and Lucia on the Young People's Panel

The event attracted over 180 professionals working with Children and Young People within Cumbria in addition to Youth Council Members from Copeland, Barrow and South Lakeland.



The Event was hosted by the Multi-Agency Emotional Wellbeing and Mental Health Partnership and its Chair - Steve Wilkinson; with the event organised by Anne Sheppard – Strategic Manager Emotional Wellbeing and Mental Health Services for Cumbria County Council

A number of valuable presentations were delivered in the morning session, notably from Damian Hart – Consultant and Trainer – Young Minds and Lucia Harrington – Youth Councillor for South Lakeland and UK Youth Parliament Candidate.

In the afternoon, a number of very informative and engaging Workshops were available, including Psychodrama in Schools, Mindfulness and a Case Study on the Headstart Programme from Dowdales School.

The event was, we believe, an overwhelming success. The presentations were extremely well delivered and received, providing an invaluable insight in to the work currently going on to support the Mental Wellbeing of Children and Young People within Cumbria. Additionally, the various workshops on offer were insightful, engaging and well attended.



It was also acknowledge that the Conference benefitted greatly by the contributions made by the assembled young people. The presentation by Lucia Harrington on Recommendations for Improving Mental Health Support Systems in Schools was particularly well received; as were the comments made by Jess Ford-Powell on the need for all organisations to support each other and work together in what are challenging times due largely to the austerity measures we are all experiencing in the current financial climate. The Conference was closed by Councillor Anne Burns – Portfolio Holder for Children and Young People and Bethany Thornton – Chair of Furness Youth Council. We look forward to the next one!



“The event attracted over 180 professionals working with Children and Young People within Cumbria in addition to Youth Council Members from Copeland, Barrow and South Lakeland.”





what we eat is so important?

Did you know good food is good for your mood? It's not just your body you're feeding, your mind is affected by what you eat too.

More and more we are learning that there is a link between what we eat and how we feel. This is called the 'food-mood' connection.

How we feel can help us decide our choice of food but also a healthy diet can mean a healthy mind.

Lakeland Youth Council has produced some healthy recipes to try and we tasted the meals to see what effect they had on our mood.

HEALTHY EATING EARLY HELP COOKBOOK



ARTICLE BY
Residential
Working Group

HEALTHY EATING HOW DOES FOOD AFFECT MY MOOD?



ARTICLE BY
Residential
Working Group

BY SOME
EEN

what we eat is so important?

Glucose from foods that have carbohydrates provides the brain's main source of fuel. Without this fuel, we are not ready to think as clearly.

Some carbs are better than others.

Good Carbs (for long lasting energy)

WHOLE GRAIN FOODS

BEANS

FRUIT AND VEGETABLES

Bad Carbs (for short energy bursts)

SUGAR/SWEETS

WHITE PASTA/RICE

BISCUITS/CAKES

If you eat lots of sugary foods, fizzy drinks and stimulants such as coffee, tea or alcohol, your blood sugar levels go up and down. This can make you irritable, anxious, and dizzy. It can also lead to poor concentration and aggressive behaviour.

Protein

Proteins are broken down in the body so they can be used as amino acids. Amino acids are crucial to good mental health. Brain messengers are made in the body from the proteins

that we eat – make sure your diet contains things like fish and meat and if you are veggie some soya products!

Not enough amino acids in the body can make you feel depressed, lacking in motivation or tense/stressful.

Good fats

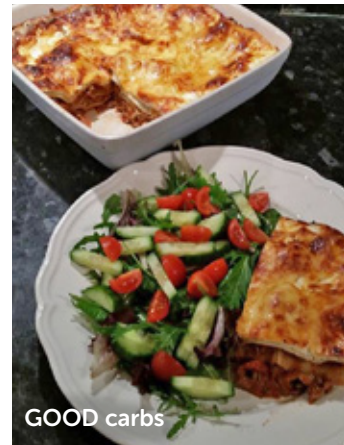
Essential fats, found mainly in oily fish, seeds and nuts, cannot be made within the body, so we have to get them from food. Sixty per cent of the brain is made of fat, and the fats we eat directly affect its structure. A lack of omega-3 fatty acids has been linked to various mental health problems, including depression and lack of concentration.

Brain food: Top tips

- Don't skip meals including breakfast.
- Eat three meals a day
- Include two 'healthy' snacks (for example fruit or yoghurt) inbetween meals.
- Eat breakfast within an hour of waking up.
- Try to have at least five portions of fruit and vegetables every day.
- Try to drink 8-10 glasses of water every day.

For more information visit:

www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood



Eat well on a budget

Good food doesn't have to break the bank. The Royal College of Psychiatrists has these tips for brain food on a budget.

- 1. Avoid ready meals and takeaways. They are usually bad for you and poor value for money.**
2. Crisps, ice creams and sweets should be kept as an occasional treat.
- 3. Buy fruits and vegetables in season, when they're cheaper.**
4. Buy fresh foods such as fruit, vegetables and meats in small amounts and more often since they go off easily.
- 5. Avoid tinned foods as they're usually more expensive. For example, dried beans and pasta are less expensive than canned beans and processed pasta.**
6. Avoid fizzy drinks and fruit juices. They are often quite expensive. Use water and fruit instead.
- 7. Compare prices in local shops and supermarkets and take advantage of special offers.**
8. Use "generic" supermarket brands instead of classic brands.

They often contain the same ingredients but are cheaper.

- 9. Cook and eat together with others and share the costs.**
10. Make a shopping list and plan your food budget every week. If you feel you cannot do this on your own, ask for help.

"Buy fresh foods such as fruit, vegetables and meats in small amounts"



HEALTHY EATING DOS AND DON'T'S



ARTICLE BY
Residential
Working Group



Chicken Casserole

INGREDIENTS for 4 (So what's included?)

- 1 tbsp olive oil
- 4 chicken (portions)
- 1 onion, chopped
- 2 carrots, chopped
- 4 potatoes
- 2 parsnips, chopped
- 450ml chicken stock
- 2 tsp herbs, mixed

METHOD (So how do you make it?)

1. Heat the oil and cook the chicken pieces over a high heat for a few minutes, turning to get all sides golden
2. Remove chicken from the pan to a plate while you cook the onion in the same oil and heat until soft
3. Peel and chop potatoes, carrots, parsnips and the onion

4. Add the rest of the ingredients including the chicken to the pan, stir well and bring to a simmer

5. Put the lid on and leave to simmer on a low heat for one and a half hours

6. Mash a couple of the pieces of potato down to thicken the gravy a little and serve straight to the table

Slow cooker method: Coat the chicken with flour and brown first if required, add all ingredients to the slow cooker, adding the chicken on top of the vegetables and pouring the stock over, cook for around 8 hours on LOW

Chilli con carne



INGREDIENTS for 4 (So what's included?)

- 1 tbsp oil (vegetable or olive)
- 1 onion, chopped
- garlic (1x clove), finely chopped
- 1 red pepper, chopped
- 400g lean beef mince (or turkey mince)
- 400g chopped tomatoes (tinned)
- 1 tsp chili powder (to taste)
- ½ tsp cumin, ground
- black pepper (to taste)
- 400g kidney beans (tinned, or mixed beans if preferred)

METHOD (So how do you make it?)

1. Heat oil in large saucepan and fry garlic and onion gently for a couple of minutes
2. Add the red pepper and stir for a couple more minutes
3. Put in mince and cook until lightly browned
4. Add tinned tomatoes, chilli powder and ground cumin – season with pepper
5. Bring to boil and simmer on a low heat for 30 minutes, stirring occasionally
6. Then put in the kidney beans and simmer for 15-20 minutes, stirring occasionally
7. Serve with rice



Fish Pie

INGREDIENTS for 4 (So what's included?)

- 800g potatoes (unpeeled)
- 00g salmon fillets (skin on)
- 200g haddock fillets (smoked ideally - skin on)
- 25g cheddar cheese
- 500ml whole milk
- 35g butter
- 35g plain flour
- 75g cheddar cheese, grated
- 125g spinach

METHOD (So how do you make it?)

1. Preheat oven 180°C
2. Cut the potatoes into large pieces and boil with skins on for about 20 minutes, until almost done
3. Place fish (with skin on) on a baking tray and cook in the oven for 10 mins
4. Take the fish out the oven, remove the skin and flake the fish into pieces
5. Now make the cheese sauce
6. Add the milk, flour and butter - microwave on full power for 5 minutes, whisking half way through to combine
7. If it has not thickened after 5 minutes give it a couple of extra minutes
8. As soon as it's thick, add the cheese and spinach and mix well so the spinach wilts in the heat

Leek & Potato Soup



INGREDIENTS for 4 (So what's included?)

- 2 tbsp olive oil
- 2 leeks (into 1cm rounds), chopped
- 1 onion, finely chopped
- 400g potatoes (floury ones work best)
- 900ml vegetable stock (or 2x stock cubes)
- 1 tsp ground pepper
- crusty brown granary baguettes (to serve)
- parmesan cheese (to serve), grated

METHOD (So how do you make it?)

1. Heat the butter in a large pan and then add chopped leeks and onion and cook gently until softened
2. Peel and dice the potatoes
3. Add the potatoes to the pan - let these cook for about five minutes
4. Add the stock and bring to the boil then reduce the heat
5. Cover and simmer gently for 30-35 minutes until vegetables are very tender
6. Leave either chunky or whizz in a food processor
7. Season to taste and serve hot with warm baguettes.



Sausage & Bean Hotpot

INGREDIENTS for 4 (So what's included?)

- 454g pork sausages
- 1 onion, chopped
- 420g baked beans
- 410g red kidney beans
- 400g chopped tomatoes
- 2 red pepper

1. Cut sausages in half, peel and slice onion/leek finely
2. Place sausages and onion/leek in a large flameproof casserole dish or large frying pan
3. Cook gently for 10 minutes, turning at regular intervals until sausages are browned and onion/leek is soft
4. Slice red peppers, add to hotpot along with the tin of tomatoes - cook for 5 minutes
5. Add baked beans, drained kidney beans, continue to cook for a further 5-10 minutes
6. Serve with mash or crusty bread,

Shepherd's Pie with veg



INGREDIENTS for 4

(So what's included?)

- 500g lamb mince (or beef for cottage pie)
- 1 onion, chopped
- 4 carrots, chopped
- 2 garlic (cloves), crushed
- 500ml stock
- 200g chopped tomatoes
- 1 tbsp Worcestershire sauce
- 1 tsp mixed herbs
- 850g potatoes
- 25g butter & 100g cheddar cheese, grated

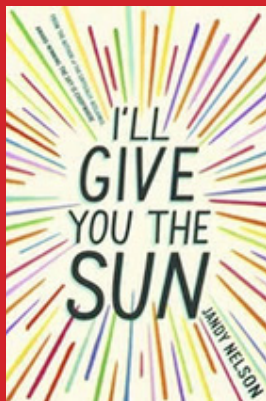
METHOD

(So how do you make it?)

1. Preheat oven to 180°C/
Gas mark 4
2. Place the meat in a large frying pan and heat gently, stirring frequently, until the meat begins to brown
3. Add the onions carrots and garlic and continue to cook for 10 minutes - stir in the stock and tomatoes and bring to the boil
4. Add the Worcestershire sauce and herbs cover the pan and simmer gently for 25 mins giving it the occasional stir
5. Meanwhile cook the potatoes in boiling water until tender, then drain and mash, mixing in the butter (don't use too much butter, you want the mash to be quite firm)
6. Turn the meat into an ovenproof dish - add on the mashed potato and smooth over
7. Cook for approximately 30 minutes until the potatoes are golden brown

BOOK REVIEWS

Here are ten lovely, tough, honest, and ultimately life-affirming books:



I'll Give You the Sun

by Jandy Nelson

Jude and Noah are twins. Artistic Noah is bullied and isolated. He's also in love with the boy next door. Bold, outgoing Jude has sworn off boys forever. Three years later, the twins are broken and barely speaking. Noah has given up art and taken up cliff-diving, and brave Jude is paralyzed with fear. The early years are told from Noah's point of view, while 16-year-old Jude narrates the current day. We know they've suffered a tragedy, but we have to rely on these two to separately and cumulatively reveal what happened. *I'll Give You the Sun* is a vibrant, sparkling story that reminds you to follow your heart, face your fears, and live the life you were meant to live.

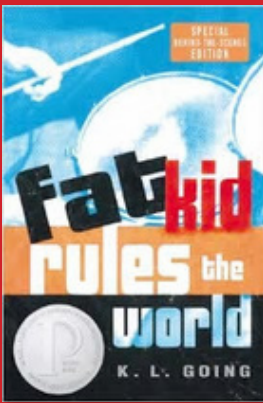


The Outsiders

by SE Hinton

This classic, first published in 1967, is the bestselling young adult book of all time. It tells the story of Ponyboy, a greaser, or outsider, who lives in a world of us versus them. The "us" here are the outsiders, the "them" are those with money, otherwise known as the "Socs," or "Socials." The Socs beat up greasers for sport, but one tragic night, Ponyboy and his fellow greasers take their revenge, and someone is killed. The novel is as powerful today as it was forty-some years ago, and its message – being judged by what you are instead of who you are, and overcoming circumstance and prejudice – is timeless.

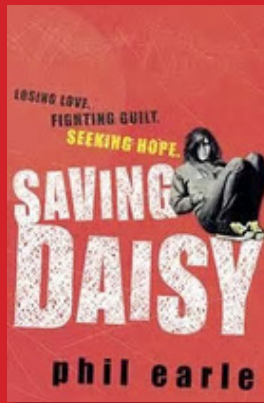
EXTRAS 10 BOOKS THAT SAVED MY LIFE



Fat Kid Rules the World

by KL Going

When we first meet Troy Billings, he is standing on the edge of a New York City subway platform contemplating suicide. At 296 pounds, the 17-year-old is friend less and, recently, motherless. Part-time high school student and punk-rock guitarist Curt MacCrae comes to the rescue and saves his life. The result is an unlikely friendship, with the troubled, drug addicted MacCrae inviting Troy to join his band. The book is a rollicking, moving celebration of acceptance, diversity, new beginnings, self-discovery, and the outsider in all of us.



Saving Daisy

by Phil Earle

Before he became an author, Phil Earle had a job as a care worker in a children's home. There, he met people like Daisy, whose mother is dead and whose father has closed himself away. Daisy blames herself for her mum's death, and tries to become invisible at school to escape notice. It's a gritty story – Daisy struggles with self-harm and a second tragedy, which leaves her completely alone. Earle tackles bullying and depression, but in the end the book is about learning to live, and it's Daisy who is finally responsible for her recovery.



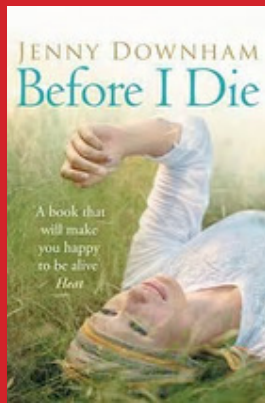
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Speak

by Laurie Halse Anderson

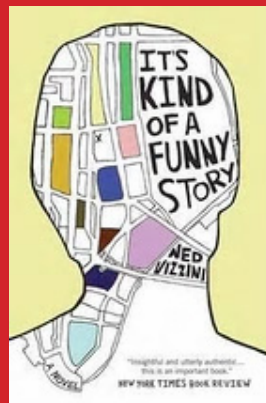
There's a reason why *Speak* is so beloved. Few YA novels are as powerfully affirming in their message: find your voice and use it. High school freshman Melinda is an outcast in the aftermath of a single incident – she busted an end-of-summer party by calling the cops. She finds herself isolated and turned on not only by her classmates but by her closest friends. As the isolation grows more pronounced, she finally stops speaking, and only through work on an art project is she able to face what really happened at the party. Melinda represents too many alienated, victimized teens, and when she at last finds her voice, it makes you want to find and use your own. Loudly.



Before I Die

by Jenny Downham

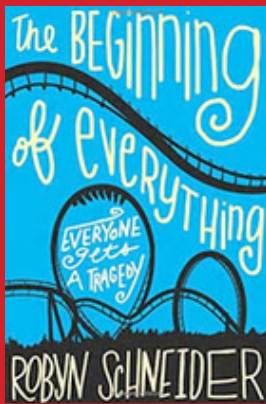
Tessa is 17 and dying of cancer. Instead of shutting down and waiting for the inevitable, she creates a list of things to do before she dies: have sex, say yes to everything and everyone for an entire day, try drugs, fall in love. Her parents are separated, her dad hovers, her mom is estranged. Tessa struggles with depression, falls in love with the boy next door, and discovers what it really means to be alive. Downham's prose is exquisite, and her poignant story breaks your heart at the same time it makes you grateful for even the smallest moments. Like another very famous teen cancer novel, it's actually more about life than death.



It's Kind of a Funny Story

by Ned Vizzini

Craig Gilner always thought he was brilliant and exceptional. Until he's accepted at Manhattan's elite Executive Pre-Professional High School, where he finds out he's actually pretty average. Life as he's always known it is over – suddenly his perfectly planned future seems improbable, maybe impossible. Craig stops eating and sleeping. And he tries to kill himself. He's so rattled by the near-death experience, he checks himself into a mental hospital, where he attempts to put the pieces of himself and his life back together. Ned Vizzini tragically died of suicide in 2013, but what he's created on these pages is a reassuringly funny, human, and touching tale of hope.



The Beginning of Everything

by Robyn Schneider

Ezra Faulkner has it all – he’s junior class president, varsity tennis champion, and he drives a BMW. He’s even dating the most popular girl in school. Until she cheats on him. And then, the weekend before his junior prom, Ezra is brutally injured in a hit-and-run accident, which turns his entire life upside down. For Ezra, it’s the end and the beginning of everything. He meets new girl Cassidy Thorpe, who has her own scars to bear, and he is forced to face who he was, who he’s expected to be, and who he’s going to become. As Cassidy says to Ezra, “Tell me, what is it you plan to do with your one wild and precious life?” Inspiring.



Stargirl

by Jerry Spinelli

Susan Caraway is better known as Stargirl. She’s the eccentric new girl at a high school that prizes conformity. She’s kind to everyone – remembering birthdays with songs and cards – dresses colourfully (kimonos, pioneer dresses), plays the ukulele, dances even where there isn’t any music. Sixteen-year-old narrator Leo Borlock doesn’t understand her any more than anyone else does, but he falls hard for her. When he finds himself alienated from his classmates because of it, he tries to change Stargirl, who becomes a cheerleader and sheds her magical nickname for “Susan.” It’s a sweet, haunting book about being true to who you are in spite of everything and everyone else.



Wonder

by RJ Palacio

Although it’s technically a middle grade book, *Wonder* speaks to anyone of any age who’s ever felt alone. I won’t describe what I look like. Whatever you’re thinking, it’s probably worse. Those are the words of fifth grader August “Auggie” Pullman, who was born with a facial difference. This is his first year in a mainstream school, and what he wants most is to be treated like any other kid. Except that his classmates, unable to get past his face, see him as a freak. RJ Palacio describes her book as “a meditation on kindness,” and it is. But Auggie and Wonder will not only make you “choose kind,” they will remind you that it’s oh-so important to stand out.

Prevention of young suicide

On 9th February Karen May from Papyrus visited Cumbria. Papyrus hosted awareness raising workshops for two days at the pop up shop in May. Papyrus also offered a free place for a young person on the following project.

Papyrus suicide safer communities for young people project

The Project was supported by the Big Lottery - Awards for All, and Simply Health. It took place over a 12 month period from October 2014 to September 2015.

As part of the project, Project Lead Volunteers were recruited and they participated in a Suicide Prevention Training Programme (ASIST).

Following the training the project lead volunteers organised, co-ordinated and delivered a minimum of 3 suicide prevention activities within their chosen community.

Activities ranged from distributing Suicide Prevention literature, organising workshops, fundraising or staffing a PAPYRUS stand at a community event. Collectively the project delivered 45 suicide prevention activities across the North West and Birmingham.

On Thursday 12th March and Friday 13th March Jess attended 2 days training in ASIST and has now become part of the **PAPYRUS SUICIDE SAFER COMMUNITIES FOR YOUNGPEOPLE PROJECT.** Jess is the only young person in Cumbria on the scheme.



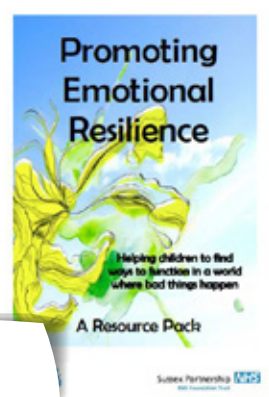
 **PAPYRUS**
prevention of young suicide



Further resources to access

Mental Health Lakeland Youth Council – Facebook page

<https://www.facebook.com/Mental-Health-Lakeland-Youth-Council-519006694908892/>



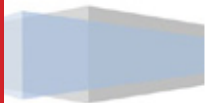
West Sussex have produced this fantastic toolkit have a look!

https://www.westsussex.gov.uk/learning/west_sussex_grid_for_learning/management_info__services/inclusion_and_sen/inclusion_of_learners_with_soc/promoting_emotional_resilience.aspx



BORN IN SOUTH LAKELAND – developing emotionally resilient children

Glenys Marriott, John Asher, Zoe Butler



A report written by Glenys Marriott highlighting young people's mental health in South Lakeland

This can be found on the Leader of the Liberal Democrats' website by clicking the link below. The document is available as a pdf entitled 'Born in South Lakeland...'

<http://timfarron.co.uk/en/document>

WEBSITE

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



EXTRAS WEBSITES

Feeding Minds

The impact of food on mental health



WEBSITE

<http://www.samaritans.org/about-us/our-organisation/read-our-publications/young-peoples-emotional-health-resource>



This report lays out the evidence linking trends in food consumption with mental ill-health.

<https://www.mentalhealth.org.uk/publications/feeding-minds>

SAMARITANS

WEBSITE

<https://www.mentalhealth.org.uk/your-mental-health>



The pursuit of happiness:
a new ambition for our
mental health



A report arguing that the promotion of wellbeing must become a goal of government

www.centreforum.org/assets/pubs/the-pursuit-of-happiness.pdf

WEBSITE

<http://www.youngminds.org.uk/>

YOUNGMINDS



WEBSITE

<http://www.mind.org.uk/>



ARTICLE BY
Residential
Working Group

EXTRAS PHONE NUMBERS

A SELECTION OF FREE APPS TO DOWNLOAD

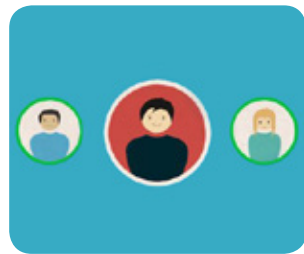


My Way Code

My Way Code is a new app to help you navigate your best life.

Using signs, maps and tools the My Way Code will ask you questions and give information in a private, fun, interactive way, building your own personal toolkit of resources on the way.

Find out more at: <http://mywaycode.org/> or visit the My Way Code Facebook page



Code Blue

Code Blue is designed to provide teenagers struggling from depression or bullying with support when they need it. Users can choose several contacts to be part of their support group. With just a few taps, the app will alert the support group that the user needs immediate help. Members of the support group can then text or call the user. The app can also share the user's location with the support group, and members can indicate that they are on their way to see the user in person.

<http://codeblue.io/> will be free and is expected to launch soon on both iOS and Android.



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Working Group





Breathe 2Relax

Breathe2Relax is an app developed for stress management. It walks users through breathing exercises that help to reduce stress, stabilize mood, control anger, and manage anxiety. The app's developers note that it can be used on its own to help reduce stress or in combination with other therapies.

Breathe2Relax is available for free on both iOS and Android devices and can be downloaded here: <http://t2health.dcoe.mil/apps/breathe2relax>



Optimism

Optimism is a family of applications that focus on self-tracking as a tool for coping with mental illnesses including depression, bipolar disorder, anxiety, and PTSD. The app helps users detect patterns in their mood, creating a way to identify triggers and other things that affect their mental health. Users can create a customizable wellness plan to chart their coping mechanisms, and this can be updated as they come to have a deeper understanding of what they need to tackle their mental illness.

Optimism is available for download at: <http://www.findingoptimism.com/>



SAM: Self Help for Anxiety Management

SAM is an app designed to help people manage their anxiety. Users can record their anxiety levels and identify different triggers. The app includes 25 self-help options to help users cope with the physical and mental symptoms of anxiety. Users can create a personalized anxiety toolkit, adding in the features of the app that they find most useful for easy access. The app also has a social cloud feature that allows users to anonymously share their experiences with other SAM users.

SAM is available for free to download here: <http://sam-app.org.uk/>



“Liberal Democrat Leader and MP for Westmorland and Lonsdale loved reading past Blink Magazines.”

Blink

**MAGAZINE WRITTEN
FOR YOUNG PEOPLE
BY YOUNG PEOPLE**

The Blink magazine is written by young people, for people of the South Lakeland area.

The Lakeland Youth Council is made up of young people either living, working or attending school or college in the South Lakes area.

We hope you enjoy reading this latest edition of the Blink Magazine as much as we enjoyed putting it together.

“Thanks to the
**South Lakeland Local
Comittee**
who have made this
magazine possible
through their
financial support.”



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