

# Practical Mindfulness and Wellbeing for Positive Mental Health webinar

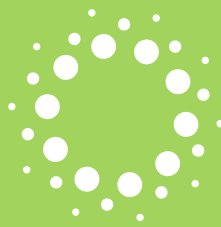
1 December 2022  
10am – 11am

Chair: Karen McFarlane, Children in Wales  
Presenter: Mike Mainwaring, Children in Wales

Format:  
40 mins presentation, followed by audience questions



PLANT YNG NGHYMURU  
CHILDREN IN WALES



PLANT YNG NGHYMRU  
CHILDREN IN WALES

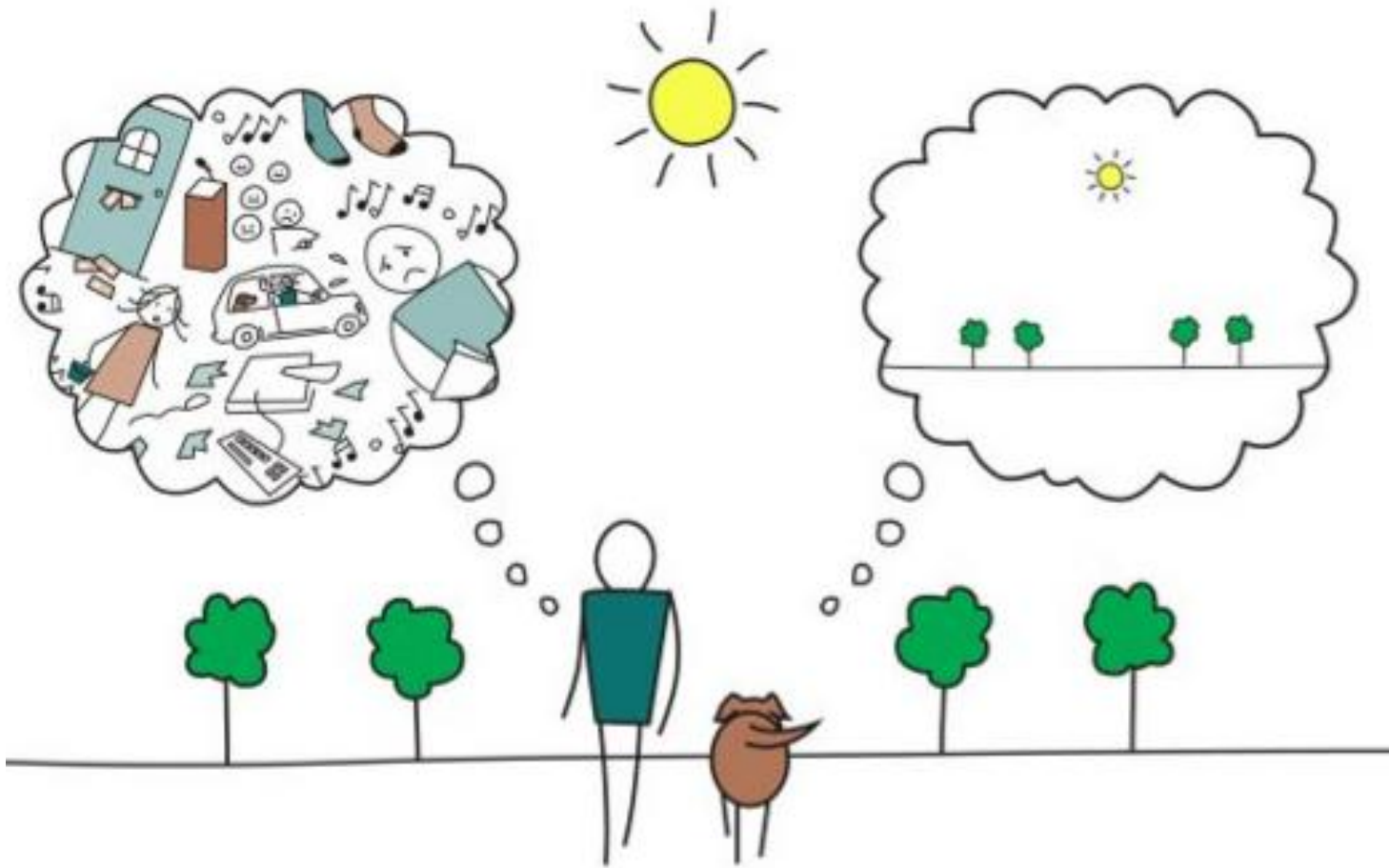
# Housekeeping

- Your camera and microphone will not be active
- The event will be recorded and available to view on our website
- The Chat facility will be used for **QUESTIONS ONLY**

[www.childreninwales.org.uk](http://www.childreninwales.org.uk)

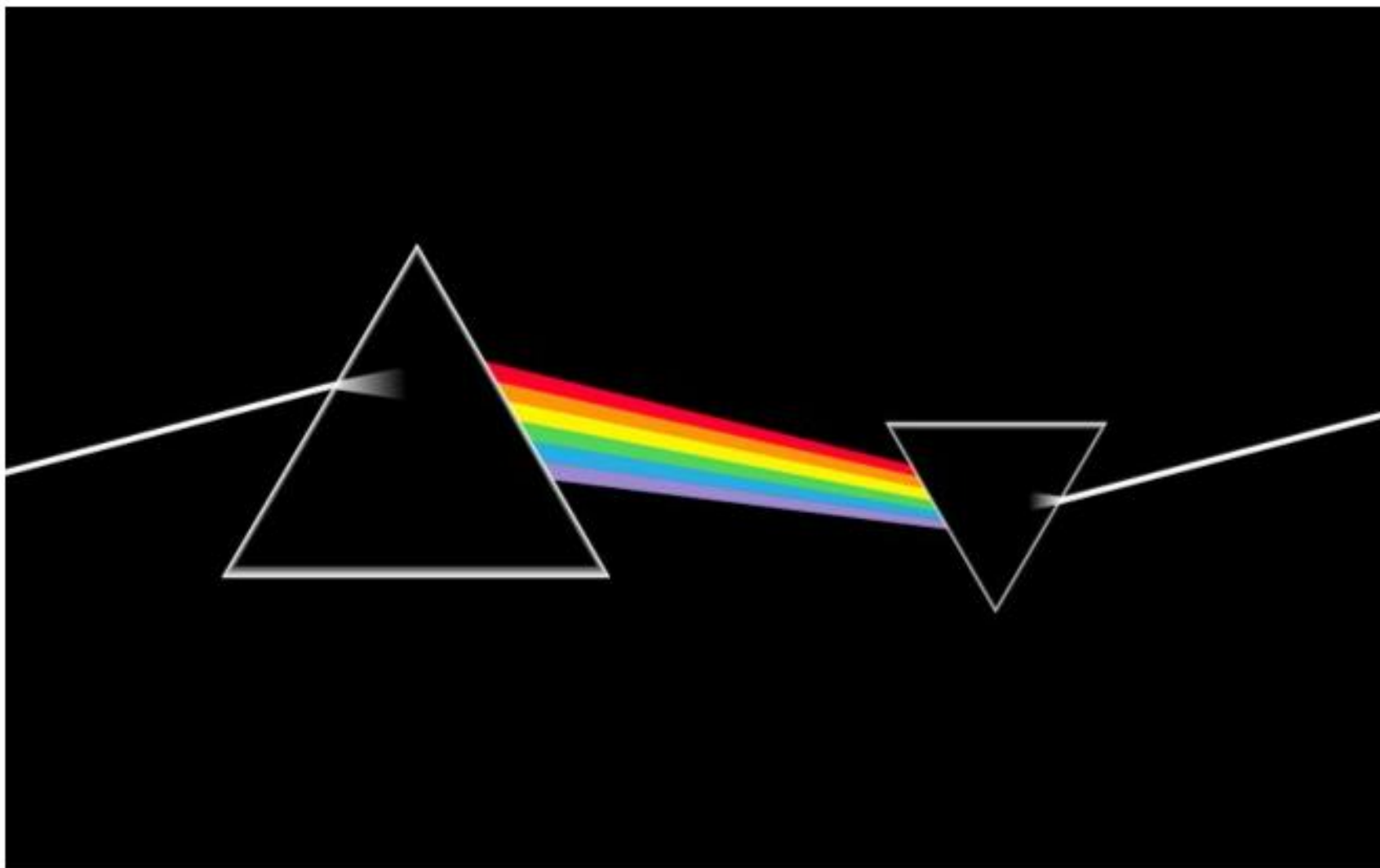


Let's just take a minute.....



Mind Full, or Mindful?

# Overview of the Session



# Aims of the Session

- To raise awareness of mental health issues
- To gain a better understanding of depression and anxiety
- To offer techniques for supporting young people

# Children's Rights

Article 12 (respect for the views of the child)

Article 24 (health and health services)

Article 27 (adequate standard of living)

Article 28 (right to education)

# What makes you happy?



How often do you do it?

The degree of clarity of  
which a televised image  
broadcast signal is received

**def·i·ni·tion** n. 1.  
The teacher gave definitions  
of the new words.  
of an image (picture)



# Mental health: a state of well-being

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community

# Wales Survey into the affects of Covid-19

- “We examined psychological wellbeing and the prevalence of clinically significant mental distress in a large sample 11 to 16 weeks into lockdown and compared this to population-based data collected pre-Covid-19. It showed a large decrease in wellbeing from pre-Covid-19 levels.”
- The initial findings of the survey revealed that around half of the 13,000 participants showed clinically significant psychological distress, with around 20 per cent suffering severe effects.

# Findings

Those most affected:

- Younger adults
- Women
- Those living in areas of greater deprivation

Issues:

- Fear of one's own illness or death
- Fear of illness or death of a loved one
- Fears due to loss of employment
- The effects of social and physical isolation in response to the pandemic

# How many young people have a mental health issue?

In the last three years, the likelihood of young people having a mental health problem has increased by 50%

Five children in a classroom of 30 are likely to have a mental health problem

1 in 6 children aged 5-16 likely to have a mental health problem

52% of 17 to 23 year olds have experienced a deterioration in mental health in the last five years

17 to 22 year old women are the group most at risk of developing a mental health problem

39.2% of 6 to 16 year olds had experienced deterioration in mental health since 2017

50% of all mental health problems start by the age of 14

# Emotional Distress

- We all feel emotion
- We all get upset
- We can feel low
- We can all feel angry
- We can all feel overjoyed



What kind of events can cause this?

# What causes stress for young people?

Abuse and Neglect

Family disruption

Academic stress

Social media

New starts

Moving home/school

Making new friends

Substance misuse

Mental health

Being a Young Carer

Bullying including cyber bullying

Relationships

Body image and self-esteem

Money

Stigma



PLANT YNG NGHYMURU  
CHILDREN IN WALES

# Parasympathetic and Sympathetic Nervous Systems

- Fight/Flight
- Freeze
- Flop
- Befriend
- Flock
- Rest and Digest

# [NHS Self Assessment \(assets.nhs.uk\)](https://assets.nhs.uk)



# Anxiety



# Signs and symptoms of generalized anxiety disorder include:

Excessive, ongoing worry and tension

An unrealistic view of problems

Restlessness or a feeling of being edgy

Irritability

Muscle tension

Muscle aches

Headaches

Sweating

Difficulty concentrating

Nausea

The need to go to the toilet frequently

Tiredness

Fidgeting

Trouble falling or staying asleep

Trembling

Being easily startled

Numbness in hands and feet

Difficulty swallowing

Bouts of difficulty breathing

Trembling

Twitching

Hot flashes

Rashes

# Breath in/Breath Out



# Depression

- Clinical depression is sometimes described as mild, moderate or severe
- Symptoms include low mood and lack of energy
- Motivation can be affected and people may experience thoughts of life not being worth living, which in extreme cases can lead to suicidal behaviour

# Signs and Symptoms

- Loss of interest in normal daily activities
- Feeling sad or down
- Feeling hopeless
- Crying spells for no apparent reason
- Problems sleeping
- Trouble focusing or concentrating
- Difficulty making decisions
- Unintentional weight gain or loss

- Irritability
- Restlessness
- Being easily annoyed
- Feeling fatigued or weak
- Feeling worthless
- Loss of interest in sex
- Thoughts of suicide or suicidal behaviour
- Unexplained physical problems, such as back pain or headaches

## Notice Your Thoughts

Educating yourself about thinking patterns and how they affect people is Once you become more of an observer, it's easier to notice your thoughts rather than remaining caught up in them

## Learn About Thinking Patterns

Important for laying the groundwork for understanding and change

## Challenge Your Thoughts

Instead of seeing things the way you always have, challenge every negative thought, and see if you can adopt thoughts that fit your situation but reflect a more positive outlook



# Replace Your Thoughts with More Positive Thoughts

- When you're looking at something negative, see if you can change your self talk to use less strong, less negative emotions
- When you're looking at a potentially stressful situation, see if you can view it as a challenge not a threat
- Look for the 'gift' in each situation, and see if you can see your stressors on the more positive edge of reality
- See them in a way that still fits the facts of your situation, but that is less negative and more optimistic and positive

# The Guest House

This being human is a guest house

Every morning a new arrival

A joy, a depression, a meanness, some momentary awareness comes

As an unexpected visitor

Welcome and entertain them all!

Even if they're a crowd of sorrows, who violently sweep your house empty of its furniture, still treat each guest honourably

He may be clearing you out for some new delight

The dark thought, the shame, the malice, meet them at the door laughing and invite them in

Be grateful for whoever comes, because each has been sent as a guide from beyond

— Jalaluddin Rumi, translation by Coleman Barks  
(The Essential Rumi)

# Unwanted Thoughts: RAIN

- Recognise
- Allow
- Inquire/Investigate
- Non-identify

# 5 Ways to Wellbeing

- Connect
- Be Active
- Keep learning
- Help others
- Taking notice

Make TIME



# Taking Notice

"It's easy to stop noticing the world around us. It's also easy to lose touch with the way our bodies are feeling and to end up living 'in our heads' – caught up in our thoughts without stopping to notice how those thoughts are driving our emotions and behaviour,"

# Getting better Sleep

- Go to bed and wake at the same times
- Don't press snooze
- Ban screens from the bedroom
- Let Light in first thing
- Don't lie in on the weekend
- Do stretch before getting out of bed
- Don't use you phone as an alarm

# Debrief





# Any questions?



# Evaluation

