

A conversation on Emotional Wellbeing

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Wellbeing And Mental Health in Schools (WAMHS)

The 5 Ways to Wellbeing

Taking Steps towards Living Well



WAMHS is run by the CAMHS Alliance in City & Hackney and is made up of:-

Partners:



Providers:

**Specialist
CAMHS**

Moderate -
Severe

First Steps

Early Intervention

**CAMHS
Disability**

Moderate- Severe
(Learning)
Disabilities

**Family
Action**

Voluntary sector
support to families
with complex needs

**LBH CFS
Clinical Team**

Clinical Team for CYP &
families known to CFS

Off Centre

Voluntary sector for
11-25s

Aims for today

What is Emotional
Health and
Wellbeing

Why we should
look after our
Health and
Wellbeing

Explore the five
ways to maintain
good Wellbeing

Mental Health
Or
Well-Being

What is Emotional Health

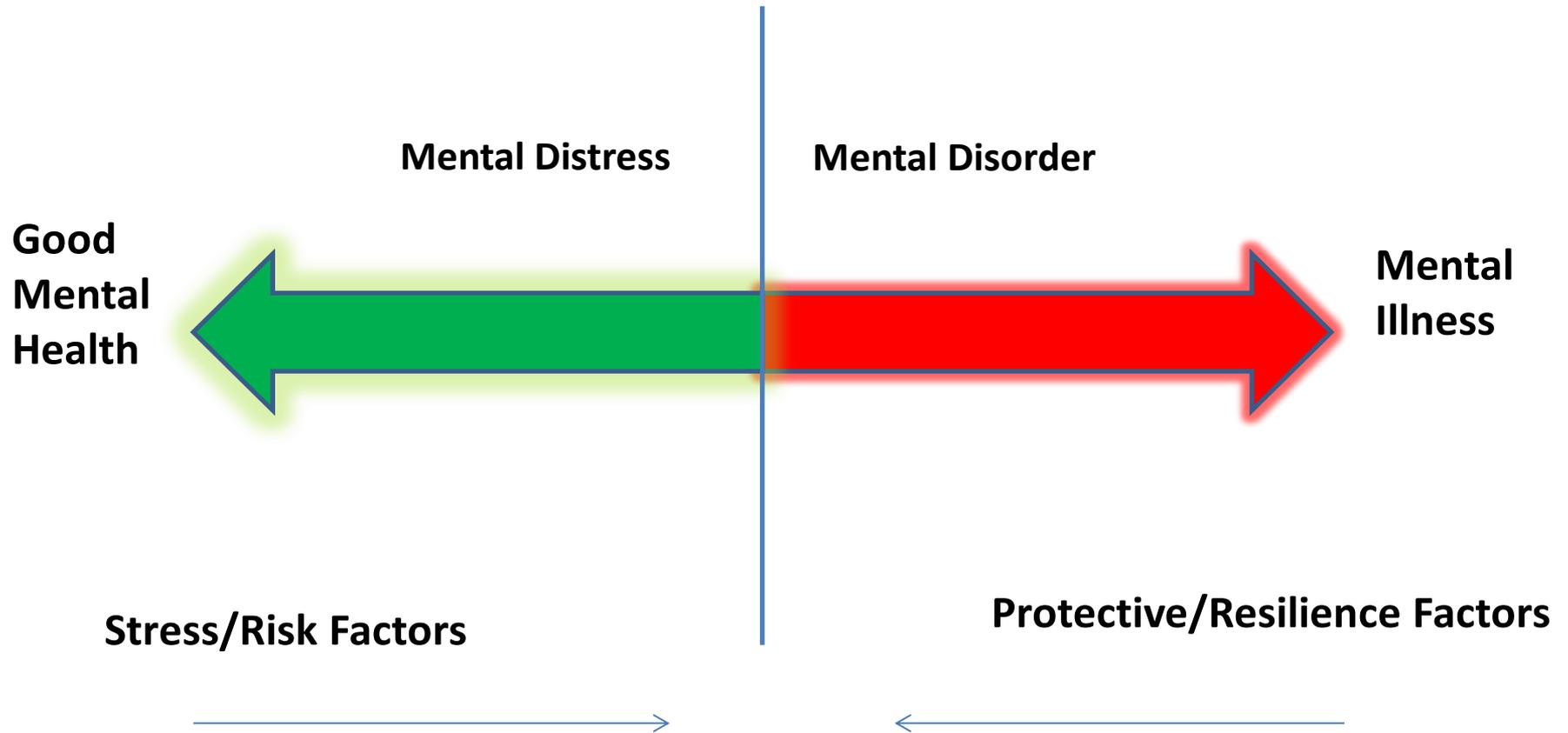
Healthy

Coping

Struggling

Unwell

Mental Health Continuum



What is good Mental health ?

World Health Organisation describes it as -

A state of wellbeing in which:

- Every individual realises his or her own potential
- Can cope with the normal stresses of life
- Can work productively and fruitfully
- Is able to make a contribution to his or her community

Did you know....

- *Happier people can add 7½ years to their life. Each of the Five Ways to Wellbeing has been shown to make a positive difference to how we feel*
- *People with high levels of mental wellbeing are more likely to be in work or in full-time education*
- *1 in 4 people will experience mental distress during their lifetime*

Why should we look after our Wellbeing?

Promoting good mental health results in:

- Better physical health
- Increased life expectancy
- Better educational outcomes
- Economic productivity
- Happier and supportive communities (in work and where we live)
- People living with healthier lifestyles.

Why should we look after our Wellbeing?

Research shows that there are five actions or ways to wellbeing where positive actions will contribute to and boost feelings of wellbeing.

Being aware of and combining all five actions will provide a rounded contribution to feeling good and functioning well.

You may feel you are already consciously employing some of the actions in your everyday approach to life and so you may select just one aspect to focus on.

Background of “Five Ways to Wellbeing”

- There has been longstanding concern and interest in promoting public health.
- Some progress has been made on physical health promotions- diet, exercise, smoking cessation as well as the ‘five a day’ for physical health being in the public consciousness.
- But how do you promote emotional health and wellbeing? Could there be a five a day for emotional health?

Why should we look after our Wellbeing?

Wellbeing has two main aspects:

Feeling good and functioning well

Feelings of happiness, contentment, curiosity, engagement, enjoyment are characteristic of someone with a positive experience of their life

Functioning in the world with positive relationships, having a sense of purpose and some control over your life are important attributes of wellbeing

FIVE WAYS TO WELLBEING

The five ways to wellbeing can help us all move our mood and have a positive impact on our mental health.

Taking Steps towards Living Well



What is the “Five Ways to Wellbeing” Campaign?

- The “Five Ways to Wellbeing” are a set of evidence-based public mental health messages aimed at improving the mental health and wellbeing of the whole population.
- The Five Ways message helps us all to take action to maintain good/positive mental wellbeing in the same way that we generally eat well, drink at sensible levels and are active to maintain physical health.

Connect



- Feeling close to and valued by other people is a fundamental human need contributing to a sense of wellbeing.
- People who are connected with family, friends or people living in their community are:
 - happier,
 - physically healthier,
 - live longer
 - and generally have fewer problems mental health problems.

Connect



- Think of these as the cornerstones of your life and invest time in developing them.
- Building these connections will support and enrich you every day.



CONNECT

Do

- If possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together
- Arrange a day out with friends you have not seen for a while
- Try switching off the TV to talk or play a game with your children, friends or family
- Have lunch with someone
- Visit a friend or family member who needs support or company

Don't

- Do not rely on technology or social media alone to build relationships. It's easy to get into the habit of only ever texting, messaging or emailing people

Be Active



- Regular physical activity is associated with lower rates of depression and anxiety across all age groups.
- Regular exercise is essential for slowing age-related cognitive decline and for promoting well-being.
- It is important that a person finds something which suits their mobility and level of fitness.
- Exercise makes you feel good.



**BE
ACTIVE**

Do

- Find free activities to help you get fit.
- If you have a disability or long-term health condition, find out about getting active with a disability.
- Start running with couch to 5K podcasts/apps
- Find out how to start swimming, cycling or dancing.

Don't

- Do not feel that you have to spend hours in a gym. It's best to find activities you enjoy and make them a part of your life

Take Notice



- Taking notice, being aware and mindful is associated with mental wellbeing
- Life can be very busy with little time to stop and reflect.
- Reminding people to 'take notice' can strengthen and broaden awareness.
- Studies have shown that when people are aware of what is taking place in the present it directly enhances well-being.

Take notice



- People worry less about the future and what has happened in the past and can see what really matters, allowing them to make positive choices.
- Notice that you are connecting, learning, being active and giving.
- Reflecting on your experiences will help you appreciate what matters to you.



TAKE
NOTICE

Do

- Be curious
 - Catch sight of the beautiful
 - Remark on the unusual
 - Notice the changing seasons
 - Savour the moment, whether you are walking to work, church, eating lunch or talking to friends
 - Be aware of the world around you and what you are feeling
- When can you take notice and reflect on what you experience?

Keep Learning



- Learning throughout life enhances self-esteem, increases confidence and encourages social interaction.
- It generally leads to people having a more active life.
- People gain more satisfaction when learning is in tune with their own core values

Keep Learning



- The evidence shows that reflecting and being receptive to new learning enhances mental welling
- People should never stop learning.

A green speech bubble containing the text 'KEEP LEARNING' in white, bold, uppercase letters.

Do

- Try something new
- Rediscover an old interest
- Sign up for that course
- Take on a different responsibility at work
- Fix a bike or take on a D.I.Y project
- Learn to play an instrument or how to cook your favourite food
- Set a challenge you will enjoy achieving.

Don't

Do not feel you have to learn new qualifications or sit exams if this does not interest you. It's best to find activities you enjoy and make them a part of your life

Give



Research suggests that acts of giving and kindness can help improve your mental wellbeing (particularly when unconditional) by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people
- It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

Give



- Individuals who report a greater interest in helping others are more likely to rate themselves as happy.
- It has been proved that people who commit an act of kindness once a week over a six-week period report an improvement in their wellbeing.
- Seeing yourself, and your happiness linked to the wider community can be incredibly rewarding and creates connections with the people around you.



Do

- Do something nice for a friend, or a stranger
 - smile
 - saying thank you to someone for something they have done for you
 - asking friends, family or colleagues how they are and really listening to their answer
 - spending time with friends or relatives who need support or company
 - offering to help someone you know with DIY or a work project
- Volunteering in your community, such as helping at a school, hospital or care home

Child Example

					
Suggested Activities	<p>Write a letter to a friend or family member.</p> <p>Draw a picture for a neighbour.</p> <p>Join a community like Cubs/Brownies group</p>	<p>Go a 15 minutes Walk around the block</p> <p>Start a sporty club</p> <p>Go swimming at the weekend</p>	<p>Breathing exercises</p> <p>Cosmic Kids</p> <p>Peace Out</p> <p>Guided Relaxation for Kids - Starfish</p> <p>https://youtu.be/a1dgkivX9-A</p> <p>Listening to relaxing music</p> <p>Mindful walk</p> <p>How is my friend feeling?</p> <p>How am I feeling?</p>	<p>Play an unfamiliar game.</p> <p>Chat to a friend and find out something new about them.</p>	<p>Do something helpful for an adult</p> <p>Compliment a friend</p> <p>Smile challenge</p> <p>Help a younger child or friend</p> <p>Know your strengths and use them</p> <p>Donate old toys</p>



Children's Mental Health

- ***Young Minds*** describes children and young people as being mentally healthy if they are able to:
 - sustain personal relationships
 - enjoy being alone sometimes
 - empathise with others
 - play and learn
 - develop a sense of right wrong
 - face problems and learn from them

It is important to understand that the 5 ways of wellbeing should be practised everyday in small ways.

You probably do lots of this everyday without knowing.

By doing these, your body makes lots of 'happy' chemicals that flow through your body and naturally improves your wellbeing.

Happiness Chemicals and how to hack them

<p>DOPAMINE THE REWARD CHEMICAL</p> <ul style="list-style-type: none">• Completing a task• Doing self-care activities• Eating food• Celebrating little wins 	<p>OXYTOCIN THE LOVE HORMONE</p> <ul style="list-style-type: none">• Playing with a dog• Playing with a baby• Holding hand• Hugging your family• Give compliment 
<p>SEROTONIN THE MOOD STABILIZER</p> <ul style="list-style-type: none">• Meditating• Running• Sun exposure• Walk in nature• Swimming• Cycling 	<p>ENDORPHIN THE PAIN KILLER</p> <ul style="list-style-type: none">• Laughter exercise• Essential oils• Watch a comedy• Dark chocolate• Exercising 

Summary

Each of the “ five ways to wellbeing” positively enhances wellbeing

When you have these positive experiences you will change how you think and behave, enhancing your mental capital and becoming emotionally more resilient.

Summary

The “five ways to wellbeing” are simple, accessible and achievable for everyone.

Choosing to act and engage in the “five ways to wellbeing” will result in living well.

Getting started

- Walking
- Gardening
- Smiling and saying hello to people you pass
- Helping a colleague or friend
- Taking another route home from work/the shops
- Joining your local library
- Listening to different types of music
- Doing some baking
- Spending time with family and friends
- Dancing round the house
- Eating your lunch outside
- Joining a club in your area
- Jumping in muddy puddles
- Doing something as a family- painting, drawing or playing a board game

Wellbeing Websites

Mental Wellbeing Self-assessment

www.nhs.uk/Tools/Pages/Wellbeing-self-assessment.aspx Five Ways to Mental Wellbeing

www.nhs.uk/Livewell/mental-wellbeing/Pages/five-ways-mental-wellbeing.aspx Mental Wellbeing

www.nhs.uk/LiveWell/mental-wellbeing/Pages/mental-wellbeing.aspx

thank you!