











Year 11

Transition Tasks - MENTAL HEALTH & WELLBEING



 <p>Watch this video.</p> <p>Watch this Introduction to KOOTH video and explore all the mental health and wellbeing support options they have to offer to young people.</p> <p>From direct chat options and access to qualified counsellors to discussion boards and a dedicated mental health magazine, KOOTH Is there to support you.</p> <p>All about KOOTH Explore Kooth</p>	 <p>Complete these 10 ways to boost your emotional health activities.</p> <p>Improving emotional wellbeing and mental health is often about spotting the warning signs that things feel like they are going downhill and trying out some things to balance life a little more. Here are 10 things that young people and professionals suggest can make a real difference.</p> <p>10-ways-boost-your-emotional-wellbeing-and-mental-health</p>	 <p>Read this article.</p> <p>Being connected is a big part of our lives, but regularly seeing stuff online which makes you feel angry, sad or worried can have a negative impact on your mental wellbeing.</p> <p>#ownyourfeed explores how to protect your mental health and wellbeing whilst using social media.</p> <p>#ownyourfeed Social-media-and-mental-health</p>	 <p>Watch this BBC documentary</p> <p>Professor Tanya Byron and Alex Scott uncover the latest science on how to improve your mental health and wellbeing and reveal some surprising new techniques!</p> <p>BBC - The truth about improving your mental health</p>	 <p>Complete this course</p> <p>Learn about growth mindset (a concept from Psychology).</p> <p>Virtual College - personal and professional development: Growth Mindset</p> <p>Develop self-awareness: Virtual College - self-awareness</p> <p>How to deal with stressful situations: Virtual College - dealing with stressful situations</p>
 <p>Watch this video.</p> <p>Five ways to stay happy and build resilience.</p> <p>5 ways to build resilience</p> <p>5-ways-to-stay-happy</p>	 <p>Read this e-book.</p> <p>Getting better sleep can have a positive impact on all aspects of your life including your mental health & wellbeing.</p> <p>The-Teen-Sleep-Hub-eBook</p> <p>Teen Sleep Hub</p>	 <p>Watch this video.</p> <p>Watch the stress bucket challenge video to identify the cause/s and take action to alleviate stress.</p> <p>Stress Bucket Challenge- 7 tips for managing stress</p>	 <p>Complete this course.</p> <p>Learn how to adapt and be flexible in the face of challenging circumstances, whilst maintain a stable mental outlook</p> <p>Personal and Professional Development: Resilience</p>	 <p>Read this article & save the number.</p> <p>ChatHealth is a confidential text messaging service that enables young people to contact their local health team for advice and support on all health issues. Text: 07480 635050</p> <p>Chat Health Herts</p>