

Mental Wellbeing Workbook

1. Student Guide

Logging in:

1. Go to www.nebulalearning.co.uk/create-account and click 'Create an Account' under the independent study course
2. Click on 'Enter School Access Code'.
3. Click 'Add Coupon' and enter the school's coupon code.

Topic 1: The Teenage Brain

Video title	Learning objective	Quiz score
What is Mental Wellbeing?	To appreciate that our individual needs relate to our mental wellbeing.	
The Teenage Brain	To understand how brain development impacts mental wellbeing.	
Understanding Mental Wellbeing Concerns	To appreciate that depression and general anxiety disorder are two common mental wellbeing concerns.	

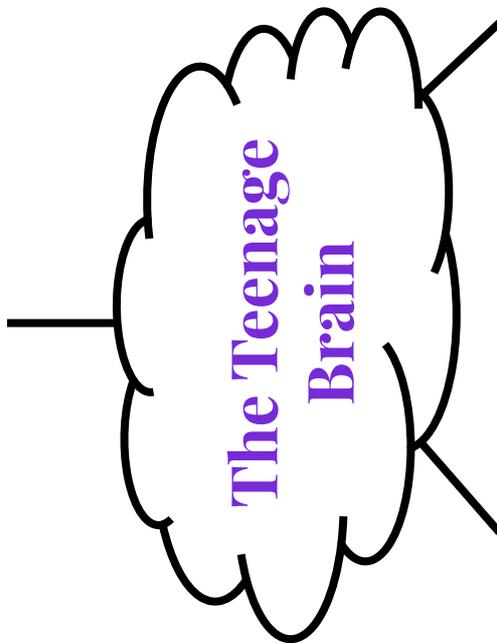
Topic 2: Mental Wellbeing Challenges

Video title	Learning objective	Quiz score
Stress & Mental Wellbeing	To appreciate that stress can often be managed.	
Social Media & Mental Wellbeing	To appreciate the positive and negative sides of social media and how it can impact mental wellbeing.	
Money & Mental Wellbeing	To understand the link between money and mental wellbeing.	

Topic 3: Strategies for Mental Wellness

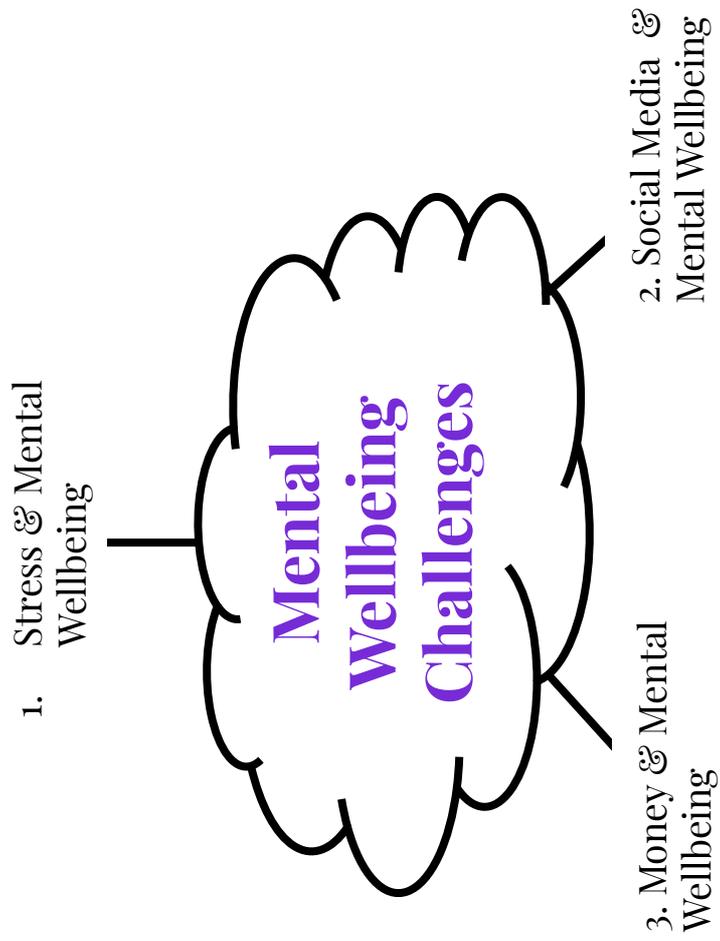
Video title	Learning objective	Quiz score
Self Awareness & Supporting Others	To recognise the signs of poor mental wellbeing in ourselves and others.	
The Mind-Body Connection	To appreciate that our physical health is linked to our mental health.	
A Mental Wellbeing Toolkit	To understand how we can manage and improve our own mental wellbeing.	

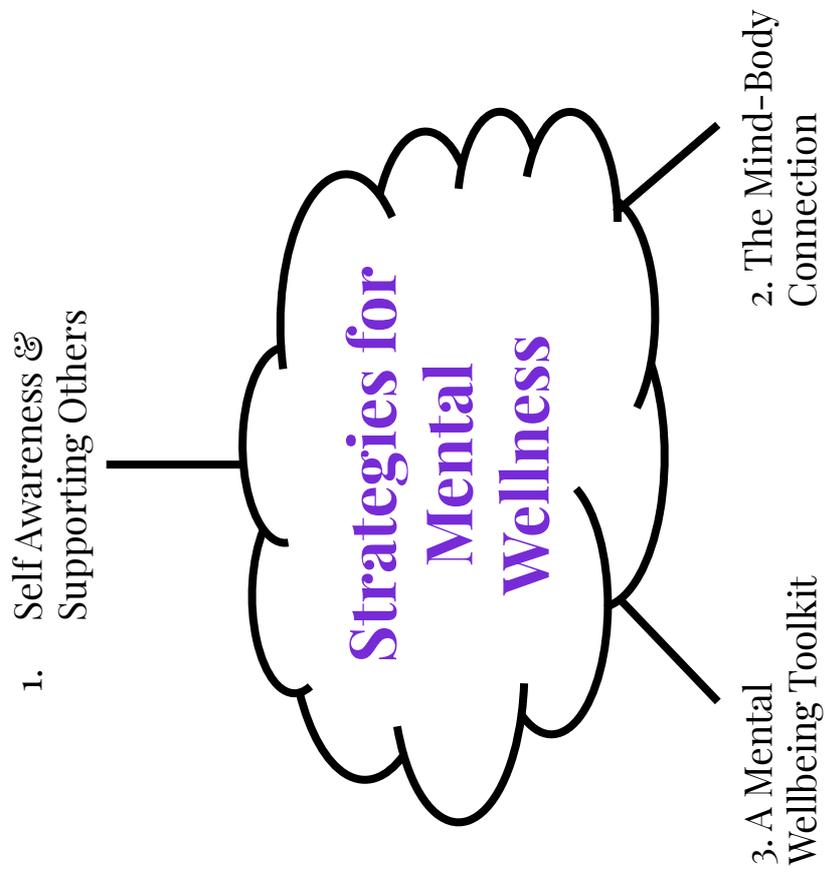
1. What is mental wellbeing?



3. Understanding Mental Wellbeing Concerns

2. The Teenage Brain





Counselling - True/False

TRUE FALSE

- | | | | |
|----|---|--------------------------|--------------------------|
| 1. | Counselling is about helping someone to help themselves. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. | Counselling is about keeping everything secret. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. | Counselling is just about listening- anyone I get on with at school can do that. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. | Counselling is about being sent to see someone just because someone else thinks there's a problem. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. | Counselling is an effective way to help someone set goals, become more confident and work through problems at a pace that suits them. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. | You have to have a mental health problem to see a counsellor. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. | A counsellor won't judge you, be shocked by anything say and will show you respect. | <input type="checkbox"/> | <input type="checkbox"/> |

Counselling - True/False Answers

1. **Counselling is about helping someone to help themselves - True**
It's about working together and not giving advice. The counsellor will explain that everyone is different with their own set of experiences and what works for one person may not work for another. The message is everyone is different, unique and will be valued as so.
2. **Counselling is about keeping everything secret- False.**
Confidentiality as a key part of the counselling relationship and will be explained in an easy to understand way in the first session. Confidentiality has its boundaries and sometimes, usually with the knowledge and agreement of the young person, it has to be broken. If the counsellor believes someone will seriously hurt themselves or someone is harming them, they will have to pass this information on, as they have a 'duty of care' to do so.
3. **Counselling is just about listening- anyone I get on with at school can do that- False.**
To become a trained counsellor or therapist the person will have had years of professional training (like a teacher or a nurse) so that when they help you it keeps you as safe as possible. Remember to look for logos against a counsellors name to check they are a member of a professional body such as BACP (British Association of Counsellors and Psychotherapists). Having people you can talk to at school is helpful too, it just isn't classified as 'counselling'.
4. **Counselling is about being sent to see someone just because someone else thinks there's a problem - False.**
Counselling is a choice. It isn't for everyone and sometimes the first thing a counsellor hears is that it is someone else's idea a young person should have counselling. A counsellor will work out with you where to go from there and find out what you want.
5. **Counselling is an effective way to help someone set goals, become more confident and work through problems at a pace that suits them. - True.**
Evidence from children and young people supports all of these things.
6. **You have to have a mental health problem to see a counsellor - False.**
Counselling covers all sorts of issues that affect young people's lives, from exam stress, falling out with friends, family relationships, as well as worries linked to low mood, anxiety, suicidal thoughts and how to help regulate mood – anything and everything is brought to counselling.
7. **A counsellor won't judge you, be shocked by anything say and will show you respect - True.**
As part of a counsellor's training they spend years on making sure that they don't make judgements and value everyone they work with, seeing the world through the other person's eyes. This is one of the things young people often feedback on as they say things like, "my counsellor understood me, I felt I could be open and honest and just be myself".

Understanding Stress

1. **Things that are likely to trigger my stress response:**

2. **When I feel stressed, this is how my body responds:**
How I feel

3. **When I feel stressed, this is how I tend to respond:**
What I do

4. **When I feel stressed, this is what I usually say:**
What I say

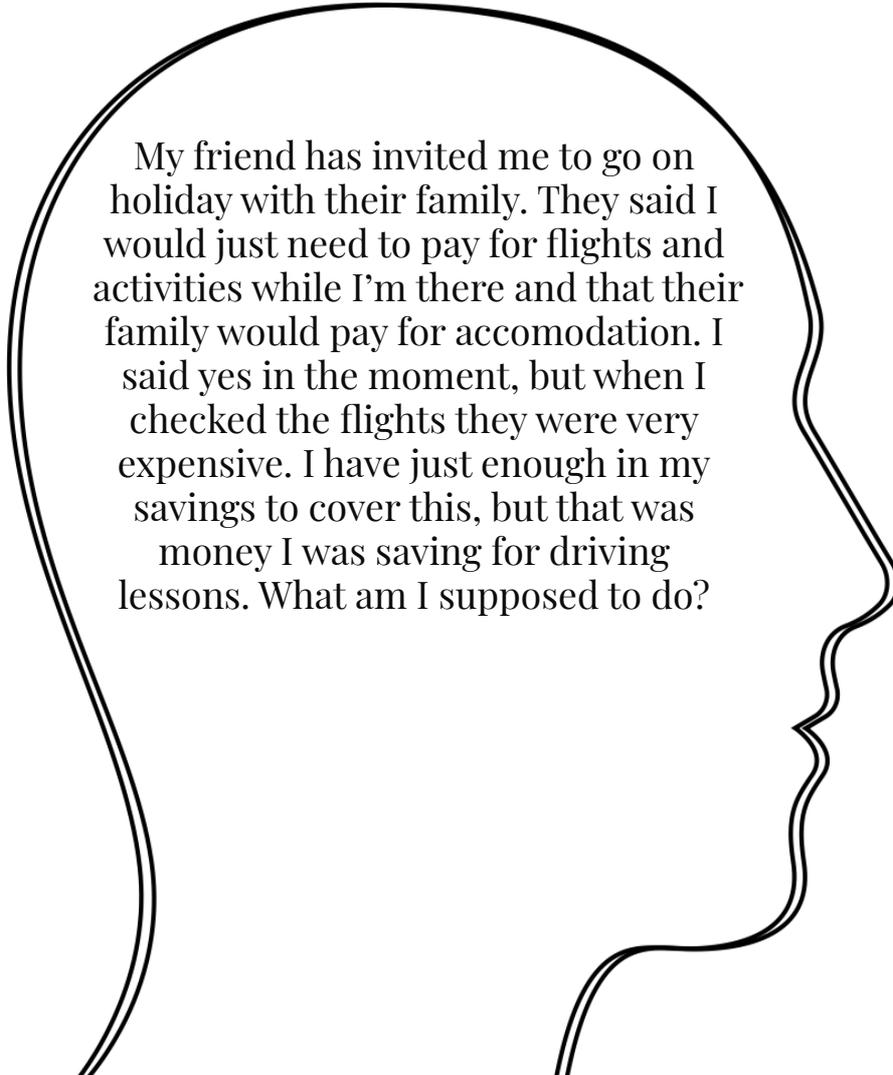
5. **Things I can do to calm myself**
What I can do

Money & Mental Health

What impact could this situation have on someone's mental health?

What advice would you give this person to manage their worry?

Can you think of other situations young people face that put pressure on their finances & mental health?

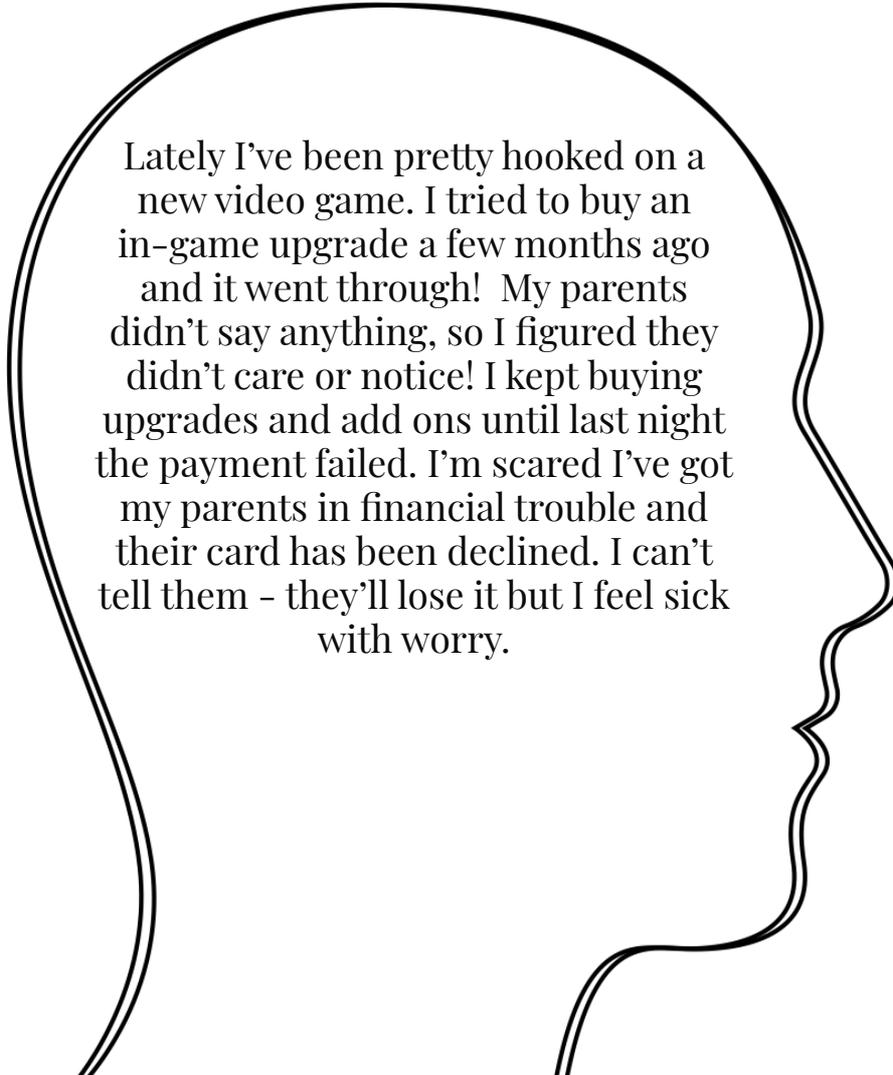


My friend has invited me to go on holiday with their family. They said I would just need to pay for flights and activities while I'm there and that their family would pay for accommodation. I said yes in the moment, but when I checked the flights they were very expensive. I have just enough in my savings to cover this, but that was money I was saving for driving lessons. What am I supposed to do?

Money & Mental Health

What impact could this situation have on someone's mental health?

What advice would you give this person to manage their worry?



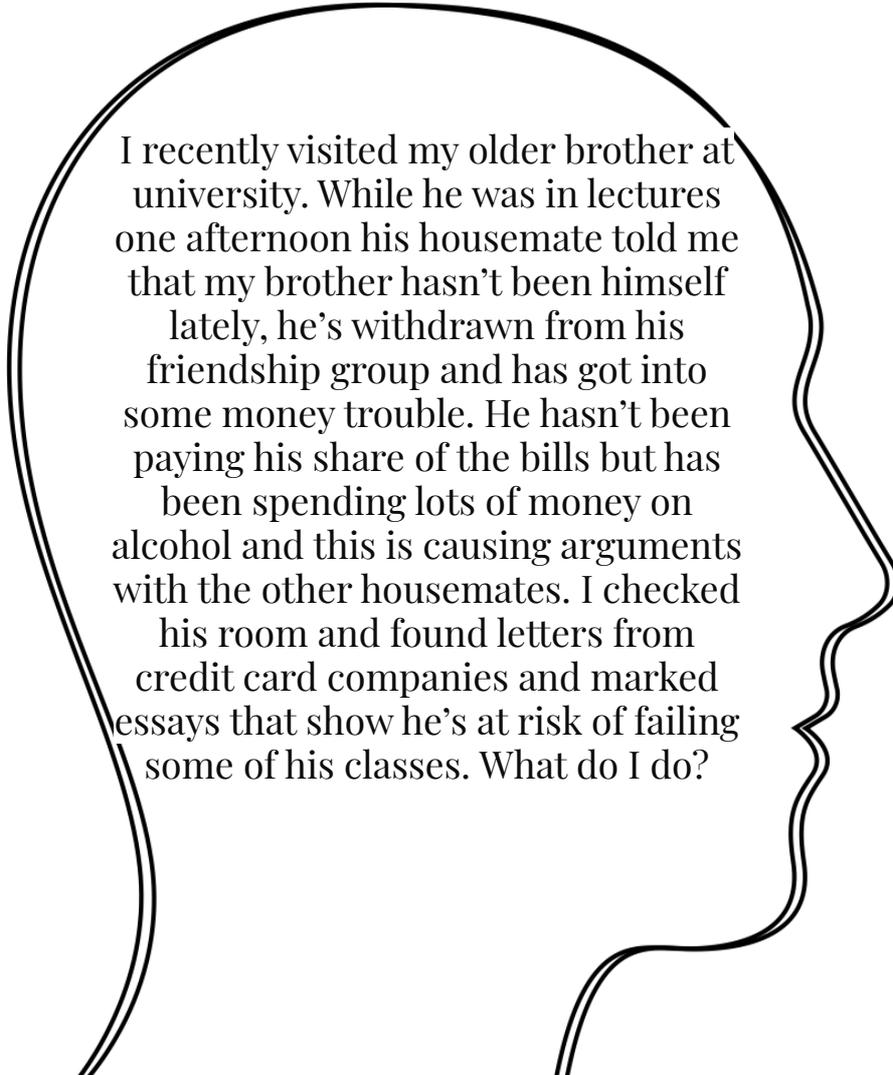
Lately I've been pretty hooked on a new video game. I tried to buy an in-game upgrade a few months ago and it went through! My parents didn't say anything, so I figured they didn't care or notice! I kept buying upgrades and add ons until last night the payment failed. I'm scared I've got my parents in financial trouble and their card has been declined. I can't tell them - they'll lose it but I feel sick with worry.

Can you think of other situations young people face that put pressure on their finances & mental health?

Money & Mental Health

What impact could this situation have on someone's mental health?

What advice would you give this person to manage their worry?



I recently visited my older brother at university. While he was in lectures one afternoon his housemate told me that my brother hasn't been himself lately, he's withdrawn from his friendship group and has got into some money trouble. He hasn't been paying his share of the bills but has been spending lots of money on alcohol and this is causing arguments with the other housemates. I checked his room and found letters from credit card companies and marked essays that show he's at risk of failing some of his classes. What do I do?

Can you think of other situations young people face that put pressure on their finances & mental health?

Wellbeing Week

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday