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Brighter

Me

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Hope Generosity Friendly Love Brightness Heart GiVe Support

We would like to take this opportunity to show our heartfelt appreciation for the support and kindness that one of our corporate partners have shown by helping us get this great educational magazine out to you.

We hope this informative educational magazine has had a meaningful impact to the children in the local schools and to make this world a brighter place.

We therefore ask all our readers to show their support and appreciation for the local business that has kindly supported this magazine.

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Reflective Sympathy Kind LIFE

Kindness Mercy Help Care

Gentleness Positive Emotion Affection TRUST Compassion



Introduction to Mental Health

Mental Health is just like physical health, we have to take good care of it or it can deteriorate into poor health. Good mental health means we can think positively about life and be confident about approaching life's challenges with confidence and a positive mindset. Poor mental health means we might find that the way we're thinking, feeling or behaving can become negative and difficult to cope with. Maybe we're not enjoying things we used to like doing, we might be feeling unhappy inside or angry for longer than we usually would. A lot of young people grow up to have a healthy mind so they are able to overcome stress, sudden changes and emotional events that life might throw their way. However in recent years emotional and mental health problems among young people have been on the rise. Some of these include anxiety, low mood and stress. Sleeping is another problem that is effecting young peoples mental health and is on the rise amongst young people in recent years.

Encouraging Open Communication

As a parent or guardian, There are many ways to help young people develop their communication skills. Encouraging opportunities to talk without making them feel under pressure is important that they feel comfortable communicating with you about important or serious matters. Creating an environment that feels free to openly communicate with young people can teach them to properly express their feelings, which can aid in relieving factors of anxiety or stress.

Become an active listener

Active listening is very important when interacting with young people. An active listener is fully engaged, non-judgmental and empathetic, even if they don't agree with others' views. While some people's beliefs or opinions may differ from your own, you need to respect and value their views. This will also help them to respect your views and opinions. Listening actively helps young people to feel heard, understood, less alone and calmer. By contrast, if we don't happen to listen properly, we risk making them feel as though we are brushing off their concerns and invalidating their feelings. This can leave them feeling hurt, frustrated, defensive and alone.

Try to make a conscious effort to give positive feedback and affirmation when. Giving specific immediate praise can help build young people's confidence, self-esteem and encourage them to continue those same behaviours. For example, if they tell you that they have been feeling really stressed, you could respond to them by saying, "Thank you for being brave and sharing how you're feeling right now as it can sometimes be hard to tell others when we are feeling stressed, I'm glad you shared that with me." It's good to validate what they are expressing. This can help them accept their emotions and feel safe to express themselves.

Golden rule: 'Listen More than you Speak'

The SPEAK Rule

Speaking out helps

Protect yourself in a healthy way

Express your feelings and emotions

Allow yourself to 'ask for help'

Keepp going - 'You are enough'

Technology's Impact on Mental Health

Technology use is having a huge impact on how people not only live their lives but also how they feel about themselves. Mental health issues that are influenced by technology is changing the narrative not only for children and teens but for young adults and adults also.

The Effects of Technology on Mental Health

The use of technology has been linked to a range of mental health issues, including anxiety, depression and sleep disorders. The constant barrage of notifications and the pressure to stay connected can lead us to feel overwhelmed and exhausted.

Social media use has also been associated with a higher risk of developing anxiety disorder and depression, as well as reduced self-esteem due to people comparing themselves with others. Spending more time on social media interactions and less time on real in-person connections can lead to feelings of isolation, which can have a negative impact on our mental well-being.

However, technology can also have some positive effects on mental health. It can provide a sense of community and social support, particularly for those who may not have access to it otherwise.

Finding a healthy Balance

The key to managing the impact of technology on mental health is to find the right balance between the benefits and negative effects. Below are some top tips to help:

1. **Set Boundaries:** Have fixed limits on screen time, especially before bedtime, to improve your sleep quality
2. **Disconnect:** Take regular breaks from technology to reduce stress and improve your mental clarity. Find tech-free activities that such as walking, reading, yoga or exercise etc..
3. **Seek Out In-Person Connections:** Prioritise face-to-face interactions with friends, family and colleagues. Engage in social activities that do not involve technology.

Anxiety & things out of your control

If you deal with anxiety, there are many strategies you can use to help manage the symptoms.

Anxiety is the body's response to real or perceived danger. It's a natural process that every person will experience at one time or another.

People often use anxiety as a blanket term for a general feeling of worry, nervousness, or unease. However, there's a difference between feeling anxious and having an anxiety disorder, the latter of which includes many different conditions.

3 skills for coping with anxiety and things out of your control

If your anxiety is sporadic and getting in the way of your focus or tasks, some quick natural remedies could help you take control of the situation.

Below are some tips to deal with anxiety:

- 1) Learn to focus on what is within your control and learning to accept what is not!
- 2) Present Moment Awareness (Being in the present moment helps us to avoid ruminating about the past or worrying about the future.)
- 3) Let go and accept some things are what they are.

Coping Skills: the benefits for teens

www.salteffect.com

better at handling stress
& difficult situations

better overall
well-being

more in control of
emotions & thoughts

stronger mental
health

reduced feelings of
anxiety & depression

greater self-esteem
& self-motivation

better school
performance



Setting Healthy Boundaries

As children age, setting boundaries for teens can help them navigate friendships, relationships, and challenging academic situations. It won't always be easy for a teenager to tell a friend they're crossing a personal boundary, but it provides excellent learning opportunities for creating safe spaces.

Boundaries are different for everyone, but expressing what makes a teenager feel comfortable and uncomfortable can help them protect their peace and wellbeing.

What are Boundaries?

Boundaries are the limits that an individual sets to protect themselves from being manipulated, hurt and disrespected. They're guidelines that help maintain a sense of self-respect and safety in relationships by setting clear expectations for behaviours and interactions.

Just as boundaries create space from someone or something, they also help you meaningfully connect with others. They are personal compasses that create emotional and physical security. Good boundaries provide a clear response to the consequences that may occur when they are crossed.

Why are Boundaries Important for Teenagers?

Boundaries are really important for teenagers as they navigate the complexities of identity, relationships with others and their independence. They help to establish a sense of self-worth and their own personal responsibility.

Teens learn to define acceptable and respectful treatment from others, empowering them to develop healthy relationships, make their own informed decisions and protect their mental and emotional well-being.

Studies have shown that establishing healthy boundaries within teenage relationships can improve mental health and wellbeing. When parents understand and accept their children's boundaries, they feel safe and supported and are more likely to make responsible decisions.

Types of Boundaries That Are Important for Teens

Teenagers have many different boundaries—not just ones with their friends and parents. Most boundaries are categorisable in the following ways:

Physical boundaries: These boundaries establish the physical space between individuals. They might include personal space, touch preferences, and personal contact limits. For instance, a teenager may prefer to shake someone's hand instead of hugging them.

Emotional boundaries: These boundaries delineate the separation between a person's emotions and someone else's. They involve understanding and managing emotions, recognising others' emotions, and establishing limits on emotional involvement.

Social boundaries: These boundaries dictate the interactions and behaviours deemed acceptable in social settings. They include guidelines for social conduct, friendships, and setting limits on social interactions or commitments.

Time boundaries: These boundaries establish limits on how a teenager spends their time. They involve prioritising tasks, creating boundaries around work and school, and setting aside time for themselves and their friends.

The relationship between your sleep and mental health is extremely close but many of us aren't aware of just how important getting a healthy amount of quality sleep is for our mental and emotional wellbeing.

We often hear that good sleep is key to good physical health. Poor sleep is linked to the development of a range of physical health problems. We hear much less about the relationship between sleep and mental health but it's equally as important for maintaining your overall wellbeing.

According to studies, research suggests that 1 in 4 people in the UK has experienced a mental health problem and there are many different aspects of a person's life that can affect their mental health and wellbeing.

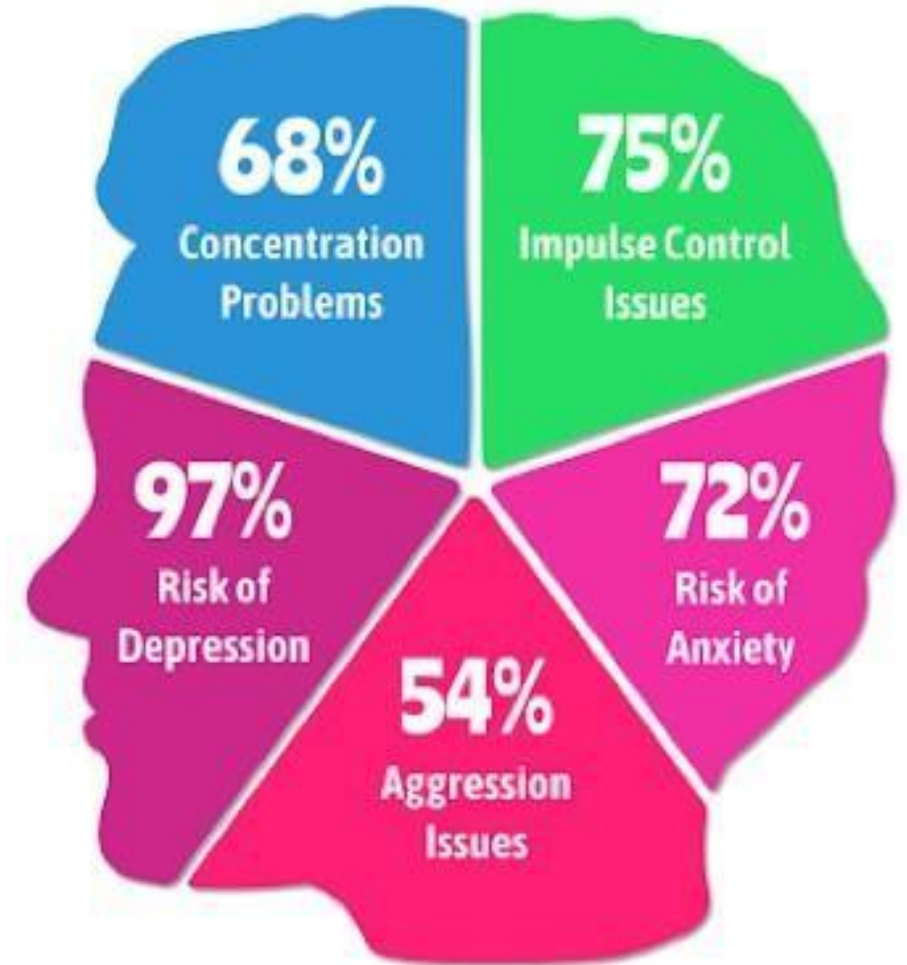
Sleep is a crucial aspect that can have a significant impact on a person's mental wellbeing.

Poor sleep can affect how you feel, making you experience negative emotions more strongly and making everyday life a struggle. Conversely depression, anxiety and stress can all negatively impact on sleep.

There is a two-way relationship between sleep and mental health: taking good care of one can have the knock-on effect of improving the other.

Its Official - 58% Of Children Are Not Getting Enough Sleep

These children are at a greater risk of experiencing mental health issues.
Even mild sleep deprivation can result in the following increases:



Tips to a better sleep

Keep a consistent regimented bedtime and wake time. Sleep loves routine, so if you can get up and go to bed at the same time each day, that's a great starting point.

Spend some time outdoors throughout the day. Getting exposure to sunlight helps to set your body clock, which is important in telling your body when it's time to sleep. Spending time outside can also help to boost your mood.

Exercise! You can either tie this in with getting exposure to sunlight, or find another way to include some exercise in your day. Either way, exercise helps us to create a sleep need, and will help your body to feel tired when it's time for bed. It's also another great mood-boosting activity.

Try not to nap throughout the day. Sleeping during the day will generally make it harder to fall asleep at night.

Avoid caffeine, alcohol, nicotine and other stimulants close to bedtime. These can all leave you feeling more awake at bedtime and can disrupt sleep.

Avoid screens in the evening. TV, tablet, smartphone, computer... it doesn't matter which. All of these emit blue light which can disrupt your sleep. Try to set a cut-off time for when you stop looking at these.

Make sure your bedroom is a place of calm and rest. There are several ways to create the ideal bedroom setup, from making sure it's ultra dark to choosing the correct bedding, lavender scents etc..

Tips To Improve Mental Health & Sleep



Yes

- Figure out the root cause
- Communicate your concerns
- Follow sleep hygiene
- Practice relaxation techniques



No

- Don't overuse intoxicating substances
- Don't use medication unless prescribed

Approval Seeking Behaviours

The need for acceptance can often lead to self-criticism, harshly judging ourselves and trying too hard to win the acceptance and approval of others. One of the most harmful factors that causes someone to live inauthentically and dishonestly is a craving for approval. They live their lives to please others just so they can fit in—constantly changing themselves to be what they believe other people think they should be—instead of making their decisions on what is best for them or appreciating and totally accepting exactly who they truly are.

For many people, their parents set the stage for their habit of seeking approval during childhood. Their parents might have been very strict, controlling and judgmental, so became incapable of independent thought. Unfortunately, many people carry this behaviour into adulthood.


Most people tend to want some form of belonging and acceptance. However, the issue arises when we expect that others like us rather than just wanting it. We also tend to act differently and change who we are and what we believe just to please them and keep the peace.

Although it can be good to have other people's approval, your sense of self-worth and who you are should not depend on it. We recommend the best way to obtain it is to first have your own self-approval and self-respect in place first of all.

Below are some common examples of approval seeking behaviour:

- ❖ Feeling anxious whenever somebody disagrees with you.
- ❖ Apologising all the time.
- ❖ Changing your opinion at the first sign of disapproval.
- ❖ Caring too much what other people think of you.
- ❖ Faking knowledge of a subject to try to impress people.
- ❖ Fishing for likes and comments on your social media page.
- ❖ Can't say NO to people, but then resenting them for it afterwards.





**CONFIDENCE
ISN'T WALKING INTO
A ROOM WITH YOUR
NOSE IN THE AIR,
AND THINKING YOU
ARE BETTER THAN
EVERYONE ELSE, ITS
WALKING INTO A
ROOM AND NOT
HAVING TO
COMPARE YOURSELF
TO ANYONE ELSE IN
THE FIRST PLACE.**



If you are *depressed*,
you are living in the *past*.
If you are *anxious*,
you are living in the *future*.
If you are at *peace*,
you are living in the *present*.

- *Lao Tzu*

MINDFULNESS

word search



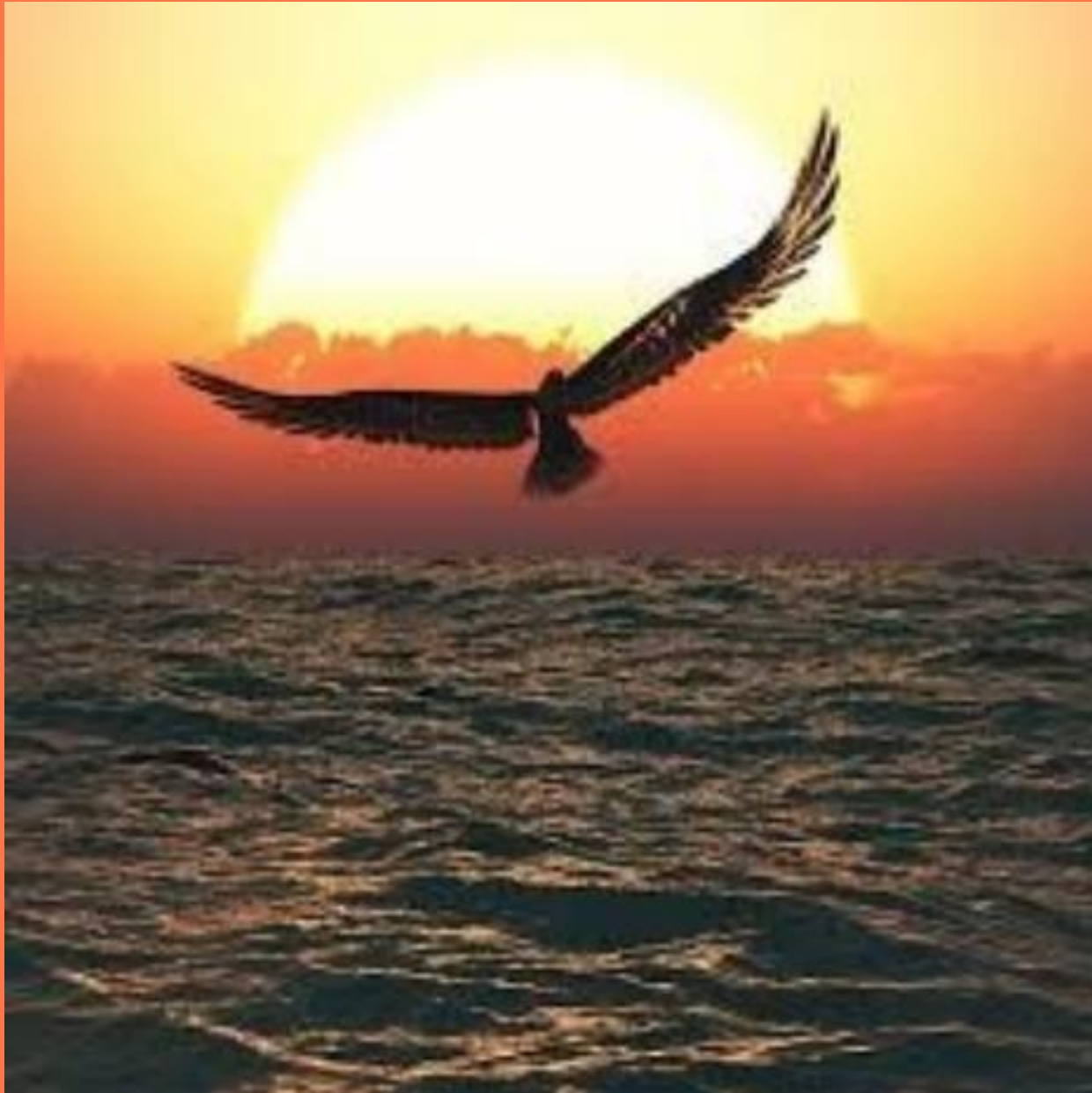
MEDITATION
BREATH
PRESENT
AWARENESS
CALM
FOCUS
GRATITUDE
RELAXATION
ACCEPTANCE
MINDFUL
BALANCE
COMPASSION
STILLNESS
SERENITY
ZEN



G	R	A	T	I	T	U	D	E	H	S	B	C	F	K
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K	Y	Z	M	Q	S	S	E	N	E	R	A	W	A	F

LET'S TALK!

When it comes to expressing
our emotions,
We only have 2 choices.
We can talk them out,
Or We can act them out!



**“Accept yourself,
love yourself,
And keep moving
forward.
If you want to fly,
you have to give up what
weighs you Down”**



“ What is Kindness ? ”

Kindness is choosing to do
Something that helps others
Or yourself, motivated
by genuine warm feelings.

