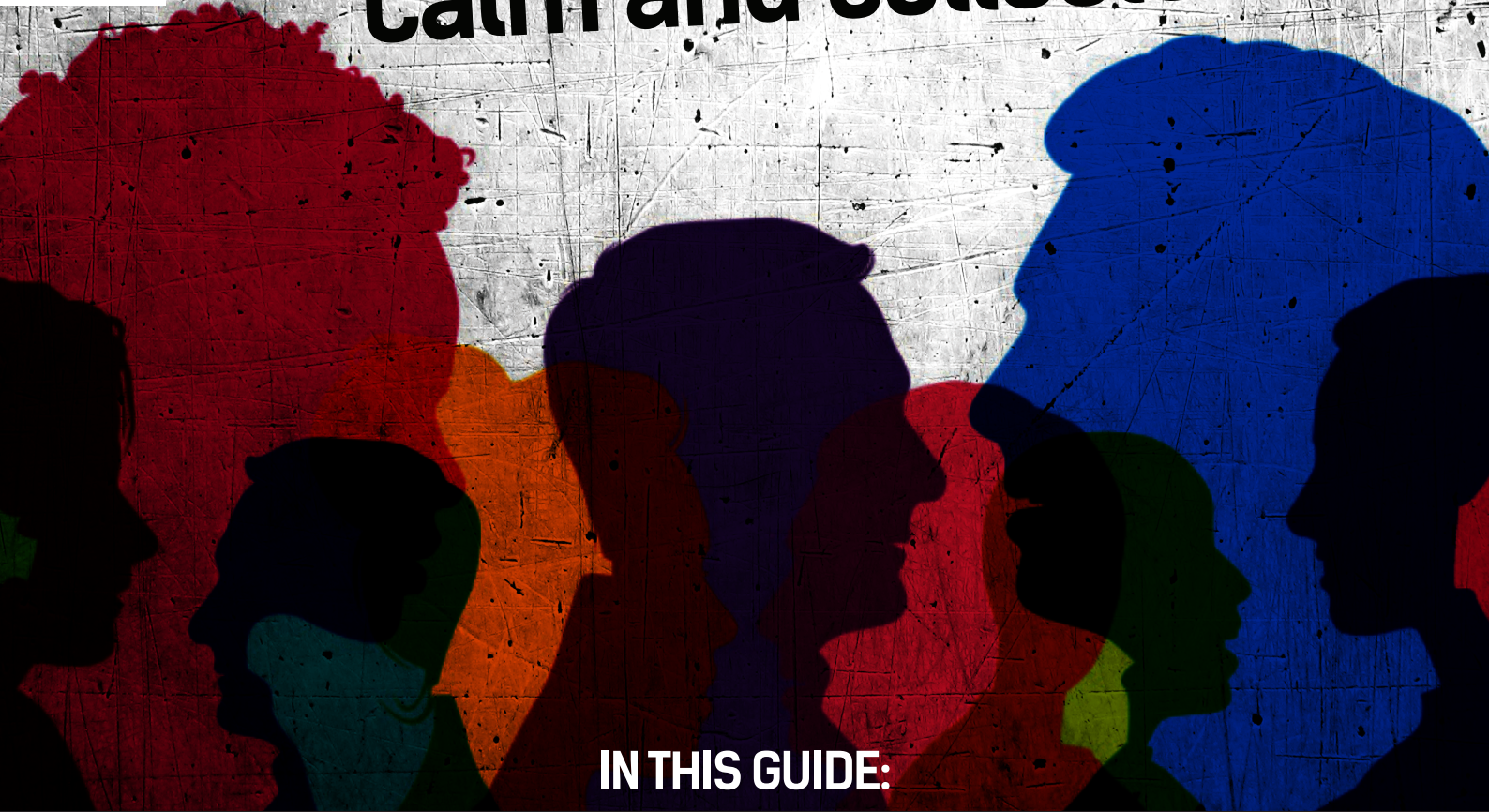




Ways for Young people to keep cool, calm and collected



IN THIS GUIDE:

- KEEPING SAFE
- FIXED V GROWTH MINDSET

- PRESSURE
- BULLYING
- BODY IMAGE

- OUR COMMUNITY
- ASSERTIVENESS
- STAYING SAFE ONLINE

- GETTING TO OUR DESTINATION!
- BELONGING
- USEFUL CONTACTS

+ OUR HEALTH IS OUR GREATEST WEALTH

MESSAGE FROM THE DIRECTOR AT THE FLOWHESION FOUNDATION



Background to the project

In January 2018 Bolton NHS Clinical Commissioning Group in partnership with Bolton CVS made available a pot of funding through it's THRIVE initiative. The initiative looked at bids that explored ways of building resilience against mental health problems that young people could encounter. The panel looked at bids that involved young people in projects from inception to delivery. We are grateful to Bolton CVS and Bolton NHS Clinical commissioning group for funding our series of mental health resilience workshops for young people and the final development of this guide led by the young people involved. Thanks to Imtiaz kala whose hard work and commitment has made the project fruitful and effective.

What is this guide about?

Many young people like you come across difficult times in their lives. Especially nowadays with lots of pressure on what we wear, who we hangout with and why we choose to do certain things. Posting on snapchat, instagram and facebook and talking to our friends, although awesome, can also add to this pressure. Remember it's important that you press pause on things once in a while and learn about how you can manage and cope with negative feelings, emotions and experiences.

That's where this guide comes in! Young people who took part in making this guide include; **Labib, Arslan, Talha, Foyjur, Louie, Toby and Leo** so a big thank you to them. The guide covers lots of useful tips and ideas to 'pick yourself up' when your feeling down and there's lots of details of other groups and charities you can contact too. I hope that this guide is useful to you and do share with your friends and other young people that will benefit from it

Abdul Hafeez Siddique

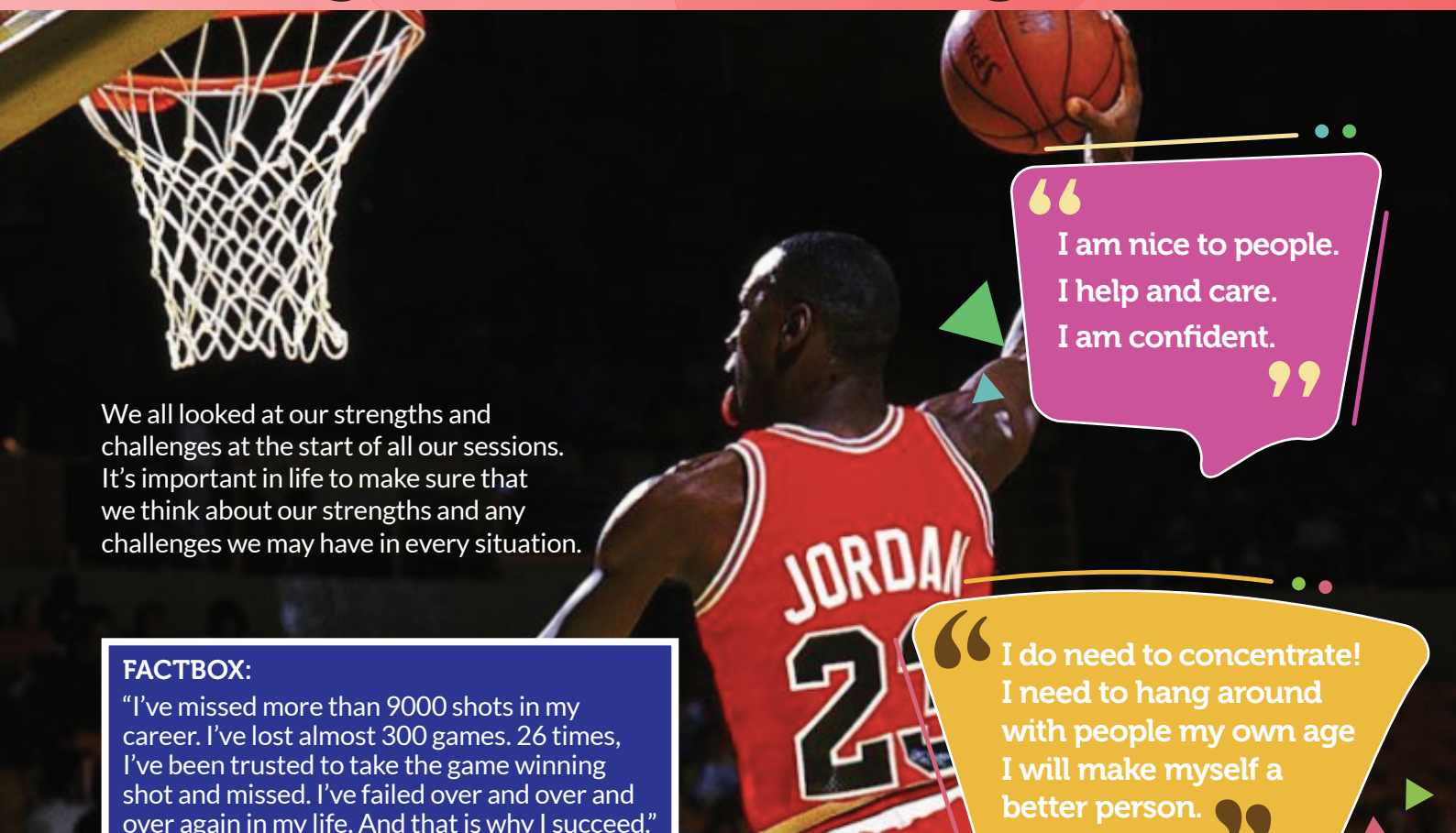
Imam Abdul Hafeez Siddique
Executive Director

If you 'feel the flow' and want to get involved join the 'Flowhession Family' by emailing us at:
admin@flowhessionfoundation.org.uk or connect with us at:



} **@flowhession**

Strengths and challenges



We all looked at our strengths and challenges at the start of all our sessions. It's important in life to make sure that we think about our strengths and any challenges we may have in every situation.

FACTBOX:

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

- Michael Jordan

I am nice to people.
I help and care.
I am confident.

I do need to concentrate!
I need to hang around
with people my own age
I will make myself a
better person.

Getting to your destination

Could you go on a journey across the world tomorrow? Hardly!
Can you guess what we need to do? Yes

You need a plan!

- Buy tickets
- Research
- Apply for visas
- Get injections
- Passport!
- Money
- Planning to pack - All this could take weeks, months
- Similarly, our careers need planning!

Get some training, get experience, education, college, work experience, study hard, develop skills, set goals, revise, go school, apprenticeships - all these are key to planning.

One of us did this!	Time needed
Work hard in school	2 years Year
Get my GCSEs	
Go College get my A Levels	10/11
Do voluntary work	2 years
Go Manchester University	
Get part time job	5 years
Become a doctor	
Help save lives!	By 25?

Bullying

People can call us names such as Big ears, fat, ugly, dumb, ginger, pig, donkey. It can make us sad, angry, heartbroken, mad, and upset.

BUT we have a plan ! We also know how to look after ourselves! Explore feelings and positive affirmations.

“ I am kind, I am funny, I can achieve, I am brave, I am honest, I am strong, I am calm and confident, I am in control, I am honest, I am unique and special We can repeat these as many times as we need. ”

Our Code of Conduct:

- No bullying ourselves
- Support each other
- Tell someone

Know the Sanctions

- Detention in school/expelled
- Parents can be called in
- Police can be involved

BULLYING	CYBERBULLYING
Face-to-face	24 hours a day, 7 days a week, 365 days a year
Can't find a safe space or escape	No safe space - hard to escape
Limited to onlookers	Shared by a wide audience - can go viral in a matter of seconds
Bully can be identified	Bully can be anonymous
Can see facial and body reaction of target and onlookers	Harder to empathize with target
	No geographical limitations
	The target can easily become the bully

As young people we also have other things we can do to help ourselves:

- Be active
- Have at least 8 hours of sleep
- Be with other people
- Go to school/college
- Eat healthy Help others
- Get involved
- Have a hobby
- Take time and chill
- Do special things
- Set a target
- Plan ahead – see the bigger picture



Body Image

We all feel down and sometimes uncomfortable about ourselves and may feel anxious. We should do some of the things below:

'Right here right now'

Top Tips:

5 things I see right now or imagine
I can see right now

4 things I can hear or imagine
right now

3 things I can touch now

2 things that I can smell or taste or
imagine I can taste

1 Take one slow deep breath

This helps our mindfulness! – we
tried it and it worked!



Did you know?

Albert Einstein, Colonel Sanders, Oprah Winfrey,
JK Rowling, and Elvis Presley all failed in life early on!

With all the pressures in life they still made it!

They lived in the 'Right Here Right Now' and worked hard to be successes

Online Safety

Sometimes we can get ourselves into trouble on social media and the Internet. Our tips:

- Being Direct – No way
- Politely Refusing
- Making a Joke
- Giving a good reason
- Make an excuse
- Not responding
- Tell an adult



- Repeat if necessary
- Block contact
- Delete contacts
- Change contact info
- Review privacy settings
- Report to police, school, adults

Online Safety

Lots of things can cause stress to us online and we may be irritable, anxious, depressed, unable to enjoy ourselves, snap at people, bite our nails, feel restless as some examples. But with positive affirmations and our plan we can:

- Try to identify our triggers
- Organise our time
- Make a list
- Vary activities
- Don't do too much at once
- Take breaks and take things slowly.
- Be more assertive
- Make new friends
- Get support

Phone numbers:

MIND – 0300 123 3393 – info@mind.org.uk

Childline – 0800 1111

NSPCC – 0808 800 5000

www.thesite.org – for 16-25 year olds

www.youngminds.org.uk

www.gmmh.nhs.uk

Bolton CAMHS – 01204 483222 (5-18) – Bolton Hospital

Never keep it to your self – always talk. There's lots of help out there!

Never a failure, only a lesson. You are supposed to make mistakes. Make a mistake and learn from it, it is called growth!

Shift gears into positive, send those bad words packing, give yourself permission to be good!

**HELPFUL
TIPS**

Fixed mindset VS growth mindset

We practiced some techniques to develop our growth mindset.

But what is it?

Do you know?

It really is simple.

It's how we believe in ourselves, and use words like 'I can't do it YET' and focusing on dedication and hard work. We saw failure as an opportunity to learn and get better.

The mantra is: 35% ability and 65% effort – in other words you must put the effort in!

Remember the resilience factor also below!



Take the Mindset challenge now:

MINDSET	
Fixed	Growing
Test your mindsetonline.com	

Make your notes here on how you can move from Fixed to Growing Mindset.

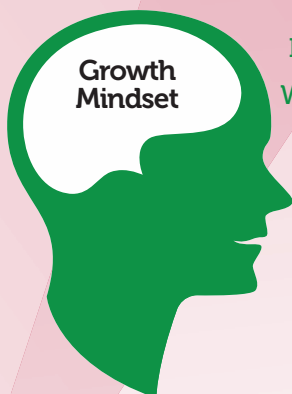
Assertiveness

We practiced assertiveness!

Be clear what you want, plan ahead, stick to it Say no firmly, Listen to your body, try not to get caught in arguments, don't give into pressure.



What Kind of Mindset Do You Have?



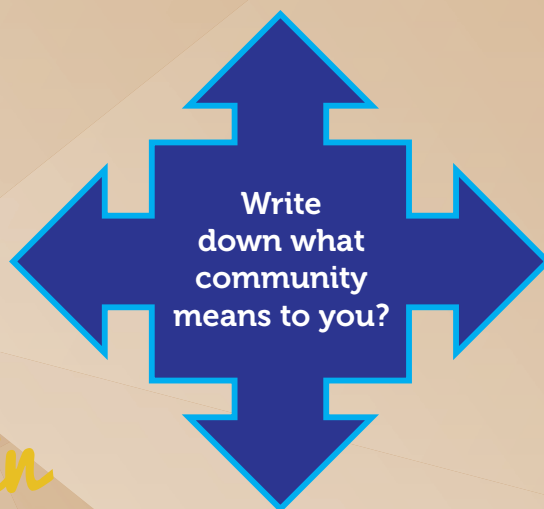
I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.

I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.



We feel it's important to be part of the British Community but what is it?
Some of our thoughts are:

Religions Jobs Family
Bolton World Chips
School College Food
Home Curry
Relatives Britain



We read 'Benjamin Zephaniah's 'Who are the British?' poem

He says...

The British are not a single tribe or religion, and we don't come from a single place. But we are building a home where we are all able to be who we want to be, yet still be British.

British Values was very important – we respect all faiths, cultures, the rule of law, democracy and liberty, allowing all to speak.

