Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

Building Resilience: Helping You To Help Yourself
Week 1

Resilience is like plasticine



Adaptable
Recovers
We can rebuild it
We can develop or change it over time

We can...

Bounce back



Bounce forward

Bounce with

Balancing Act



Daily Stresses

What's impacting mental health / wellbeing?

Resources

What helps to cope? What can we use to help?

© Valleys Steps 2021

Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

Building Resilience: Helping You To Help Yourself
Week 1

Stress Response:



Feelings and responses of stress, anxiety, and depression have evolved as ways to keep us safe

- for fighting it, running away, or hibernating until danger has passed

If we're outside our Ideal or Sweet Zone, it's really hard to think clearly

Overdrive!



Play dead!

We need to get back into the Sweet Zone!

© Valleys Steps 2021

Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

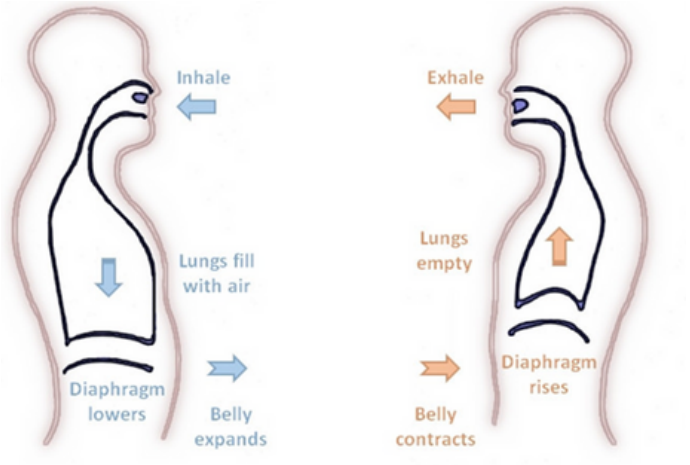
With students for students

Building Resilience: Helping You To Help Yourself Week 1

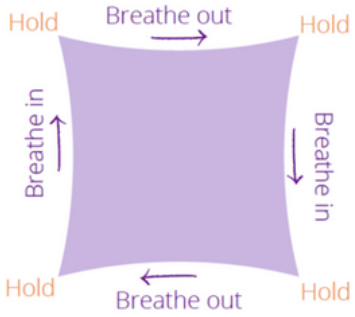
How?

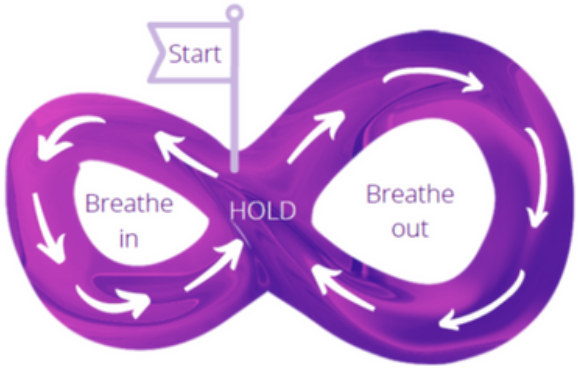
Belly Breathing





Breathing: Shapes





Grounding: Senses

5 Things you can see

4 Things you can hear

3 Things you can touch

2 Things you can smell/taste

1 Mindful breath!

© Valleys Steps 2021

Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

Building Resilience: Helping You To Help Yourself Week 1

How?

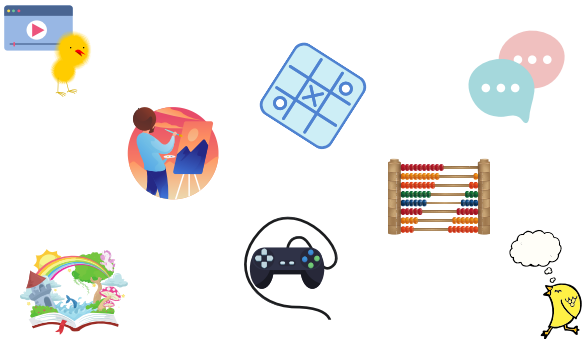
Short Intense Exercise



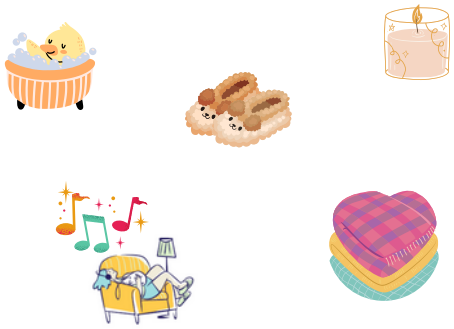
Relaxation

Breathe in	Breathe out
Start by tensing your feet and leg muscles, really squeeze them tightly as you breathe in	As you breathe out allow them to relax
Now tense the muscles in your buttocks, back and belly	And release as you breathe out
Next tense your arms, hands, shoulders and neck,	Let them relax down as you breathe out
Screw your face up tightly and clench your jaw	Now allow your whole body to relax as you take a few deep breaths

Distraction



Soothing



Check out lots of tools and downloads (including tracks for relaxation) on our website: www.valleyssteps.org/students/

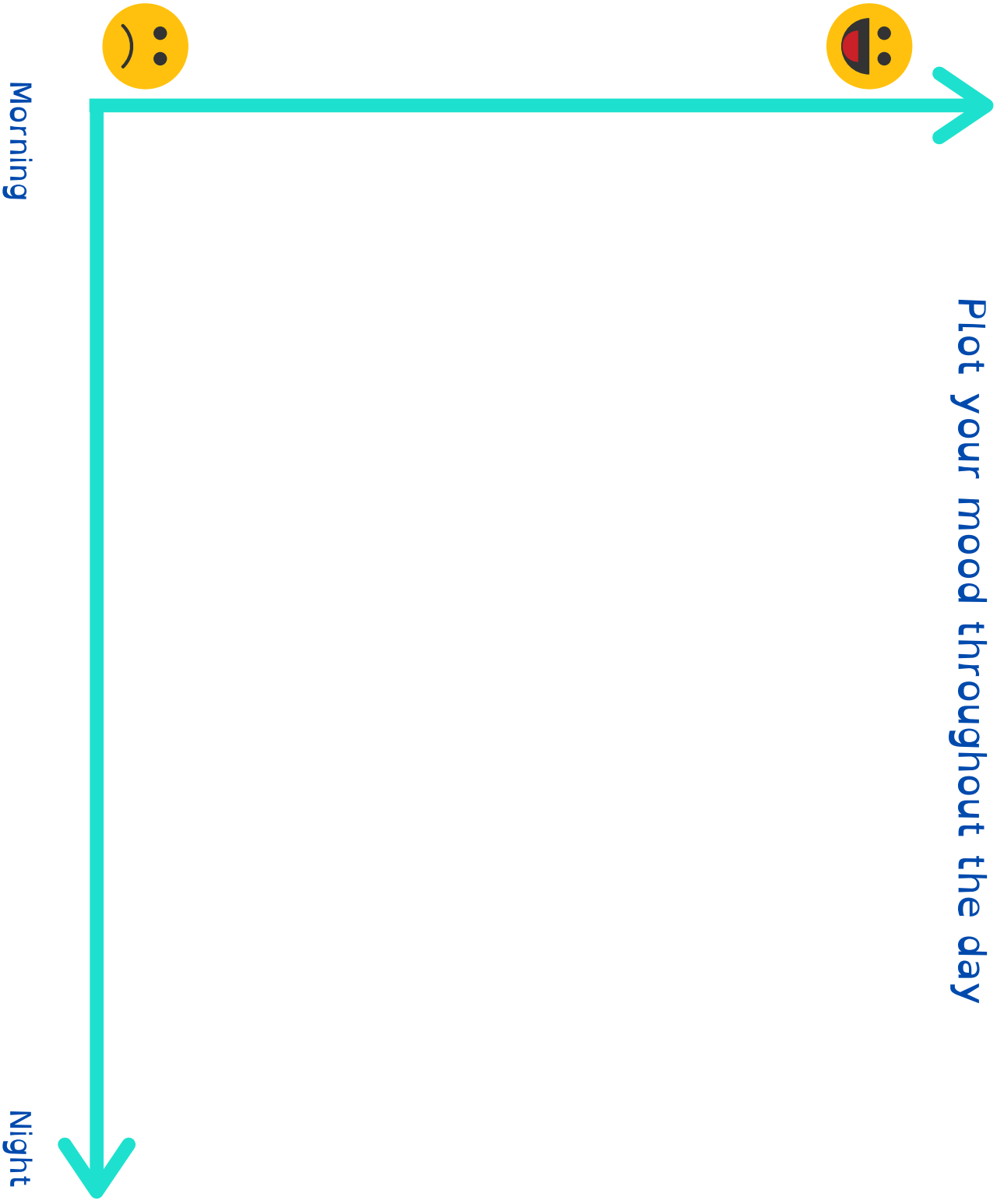
© Valleys Steps 2021

Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

Building Resilience: Helping You To Help Yourself
Week 1



© Valleys Steps 2021

Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

Building Resilience: Helping You To Help Yourself
Week 1

Weekly Action Plan

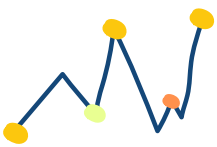
What am I going to do?

When am I going to do it?

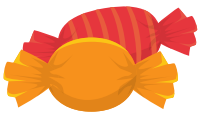
How much / how long?

How often / how many times?

Stuck for ideas?



Plot your mood and activities



Notice when you move out of the sweet zone

Practise one of the activities we covered today!

© Valleys Steps 2021

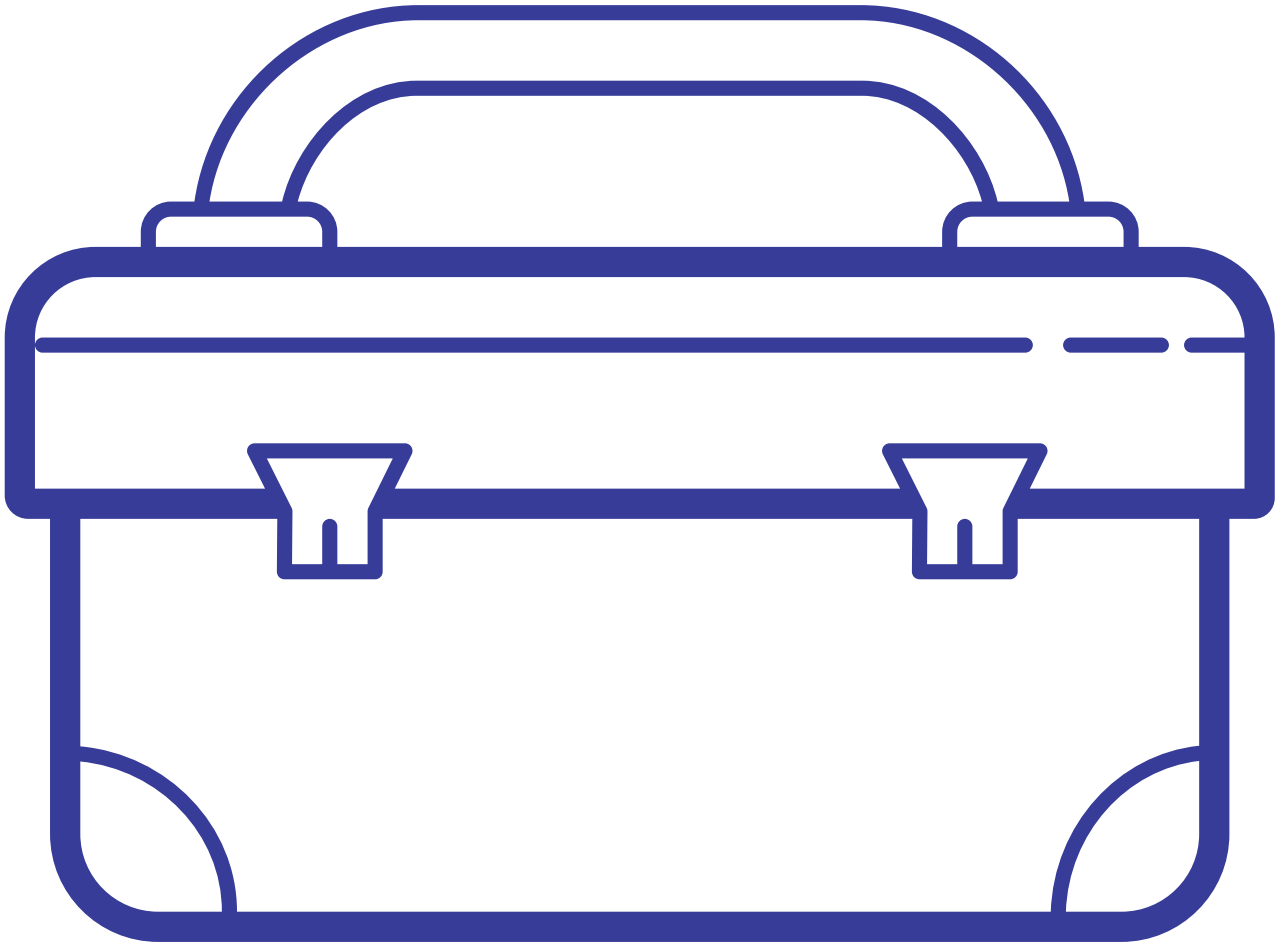
Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

Building Resilience: Helping You To Help Yourself
Week 1

My Toolbox



What's in your Toolbox already?
What can you put in from this week?

© Valleys Steps 2021