

# Cultivating positive habits and building resilience

A resource pack for young people

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**MENTAL HEALTH SUPPORT TEAM (MHST)**

**SCHOOL BASED MENTAL HEALTH SUPPORT**

**Emotional Health Service**

**Achieving for Children**

**42 York Street**

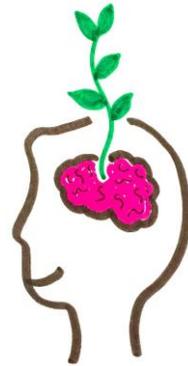
**London TW1 3BW**



**achieving  
for children**

# Grow Your Mind

**Week 2:  
Relaxation**



# Relaxation

This week focuses on relaxation.

## *Why is this important?*

Relaxation is a useful skill because:

- It can help us to regulate our feelings and calm down when we are worried or upset.
- It helps us to learn. A calm brain learns better than a stressed brain.



# How can we grow this area of our mind?

Relaxation  
Strategies

Exercise

Being in  
nature



# Progressive muscle relaxation

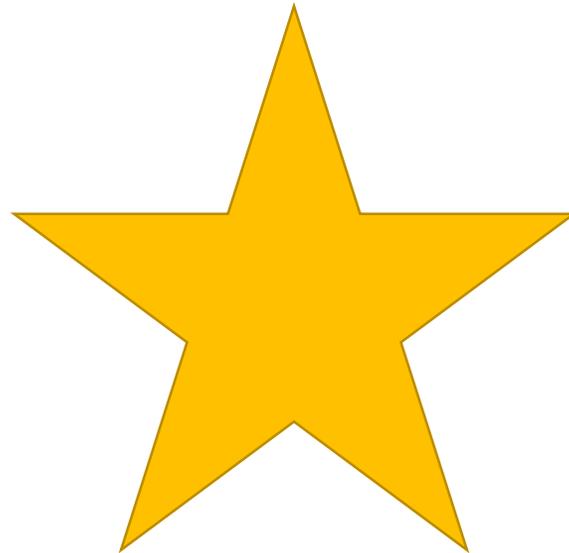
When we feel worried it's common for our body to become tense. Doing some stretches can help our body relax.



# Deep breathing

Taking some deep breathes helps our bodies to relax and re-set.

Follow the outline of the star to take 5 deep breaths



Remember to breathe in through your nose and out through your mouth!



# 54321 Grounding

5



4



3



2



1



# Exercise



Exercise is another great way to relax and calm our bodies and minds even though we are being active.

- Grab a pen and paper
- Divide your page into two columns
- In one column write a list of the indoor activities you can do to exercise and in the other column write down exercise you could do outside.

***Spend the next 2 minutes writing down as many ideas as possible.***



# Exercise

In case you got stuck here are some ideas to get you started:

## Indoor Exercise

- Star jumps
- Yoga
- Dance
- Online workout

## Outdoor Exercise

- Running
- Riding your bike
- Going for a walk



# Being in nature



**Being in nature** helps to reduce stress. It helps us with our emotional wellbeing. Research has also demonstrated that it contributes to your physical wellbeing, reducing blood pressure, muscle tension, and the production of stress hormones.

If you have access to a garden, why not take 5 minutes to sit in the garden today without music or any distractions and just notice the nature around you.

Or if you have a chance to go for a walk focus on listening out for the different sounds you hear and different colours you see.



# Summing up

1. What 3 things have I learned?
2. What 2 things do I want to find out more?
3. What 1 question do I still need to ask?

## Resources:

<https://camhs.cnwl.nhs.uk/children/cope-ometer/>

<https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/>



We hope this session has been helpful  
There is a word document you can access with some  
more activities.

Next week...

**Positive attitudes!**

