

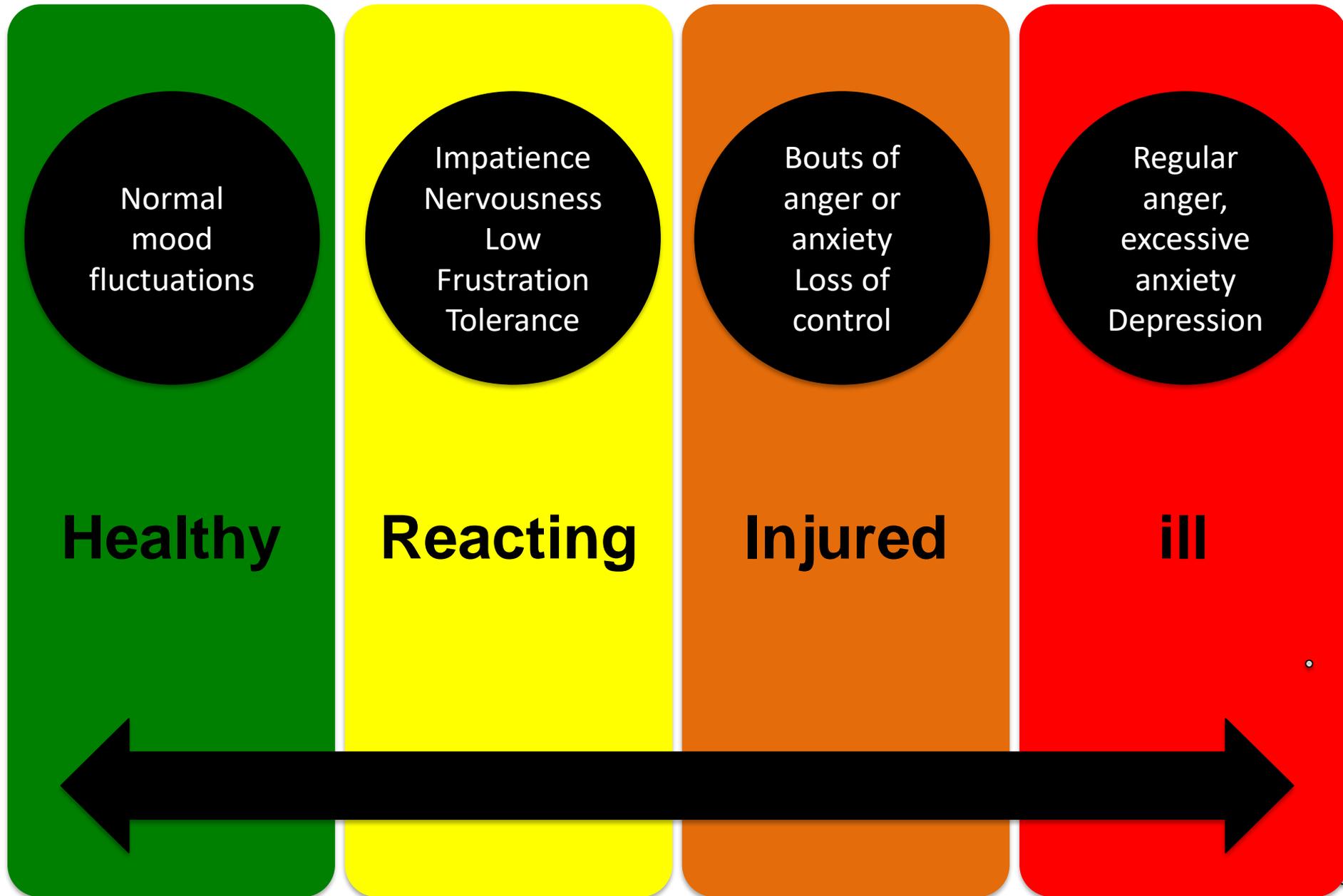
Supporting the mental health and wellbeing of students (and staff) in the FE and skills sector

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Learning & Development

Overview of the webinar

- Exploring the mental health spectrum
- Protecting good mental health and resilience
- Boundaries, referrals, signposting and safeguarding
- Understanding anxiety and fear and exploring strategies to help ourselves and others
- Understanding the impact of depression
- Building resilience and self efficacy
- Whole organisational approaches: next steps
- Good sources of support
- Training and qualifications

The Mental Health Spectrum



Normal mood fluctuations

Healthy

Impatience
Nervousness
Low Frustration Tolerance

Reacting

Bouts of anger or anxiety
Loss of control

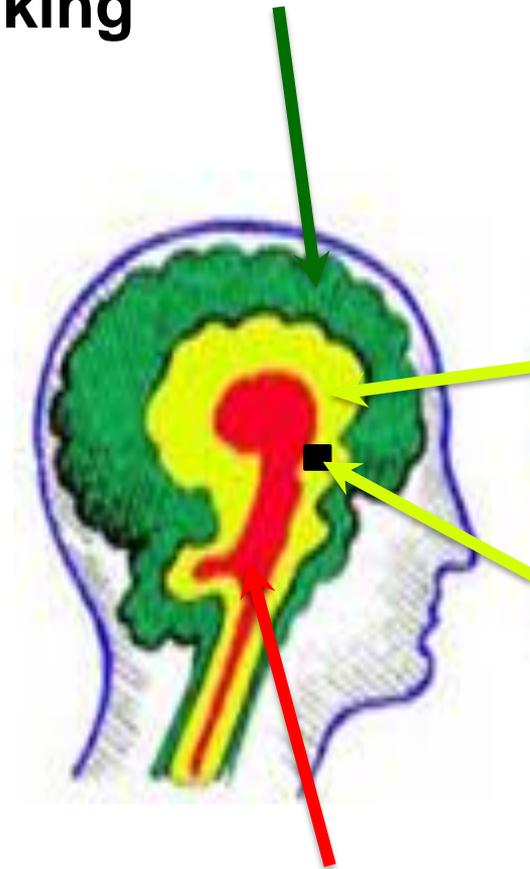
Injured

Regular anger, excessive anxiety
Depression

ill

The Triune Brain

**Human Brain
(Neo Cortex):
thinking**



**Mammalian brain
(Limbic System):
emotions**

Amygdala

**Reptilian Brain
(Brain Stem): bodily functions**

**“Neurons
that fire
together,
wire
together”**

**“The mind
changes the
brain,
changes the
mind”**

Steve Peters – The Chimp Paradox

- The three brains

- Facts, Truth and then Logical thinking
- Feelings, Impressions and then Emotional thinking
- Computer – (a machine for the Human or Chimp to use)



Active iQ

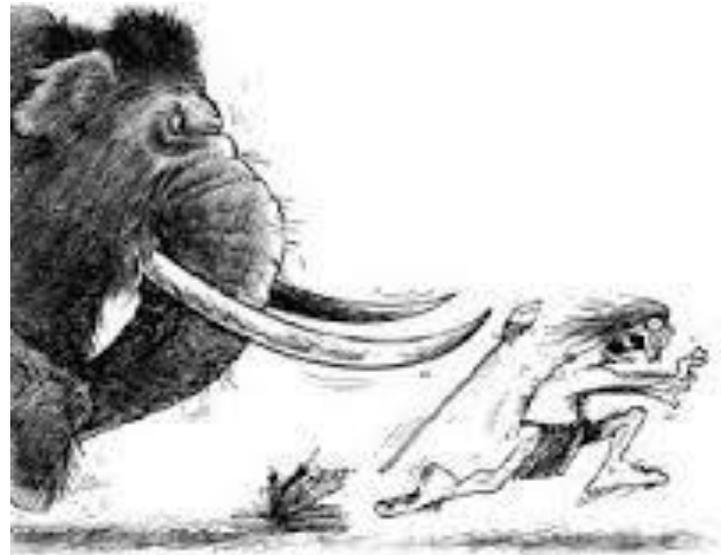
**Resilience, curiosity,
& motivation**



Dopamine

**Flow
Focus
Feel good**

**Anxiety, fear &
stress**



Cortisol

**Fight
Flight
Freeze**

Types of fear

- ★ **Failing**
- ★ **Succeeding**
- ★ **Change**
- ★ **Making the wrong decision**
- ★ **Imposter syndrome:** scared of being 'found out' or not being good enough
- ★ **Situational fears:** exams, interviews, class discussions, meeting new people, presentations, public speaking
- ★ **Ego-based fears:** rejection, failure, loss of image, embarrassment, being conned, disapproval, helplessness, inadequacy, being seen in a particular way
- ★ **Comparison with others:** whilst comparison can be motivational and competition can be healthy, the important thing is to **be your own benchmark**



Overcoming fear and anxiety 1

- ★ **No plan survives first contact'** (Special Forces mantra)
- ★ **Breath – recalibrate – deliver**
- ★ **Noticing with curiosity** rather than excessive blaming, shaming, judging, criticising – be nice, suspend judgment and seek to understand ffs.
- ★ **Labeling** an emotion or reaction rather than engaging with it
- ★ **Body Scanning** for tension in neck, shoulders etc.
- ★ **Relaxation:** meditate, exercise, switch off, 'decompress', music etc.
- ★ **Mental rehearsal:** prior to an 'event' imagine yourself behaving in a calm, confident way
- ★ **Write things down:** understand your triggers for fear, anger, frustration etc. and the 'pay-offs'
- ★ **Motivation:** What's in it for you to overcome or cope better with fear?

Overcoming fear and anxiety 2

- ★ **History does not mean destiny:** the past does not always determine how things will be in the present or the future
- ★ **Gradual exposure:** sometimes avoidance, escape or distraction is the best course of action but often things get less fearful with **familiarity**
- ★ **Rituals** / anchors / mantras / affirmations / rational coping statements to help you cope or get you in the zone
- ★ **Talk** to a trusted friend, colleague, coach or therapist. A 'skilled helper' (Gerard Egan)
- ★ **Why don't zebras get ulcers?** After escaping a lion, zebras eat grass to replenish energy and don't seem to ruminate endlessly: "I'm such an idiot for missing his approach ...", "OMG I could have been killed", "it's a total nightmare living here"

How would you help a colleague to change each of these unhelpful thinking styles?

If I feel scared, so I must be in danger

Emotional Reasoning

I've got to do this perfectly, or not at all

Perfectionism

I know they all think I am stupid

Mind-reading

Things are certain to go wrong, it'll be truly awful when they do and I'll not be able to cope

Catastrophising

I failed miserably last time, so there's no point in trying again

Determinism

People must respect each other's opinions

Black & white

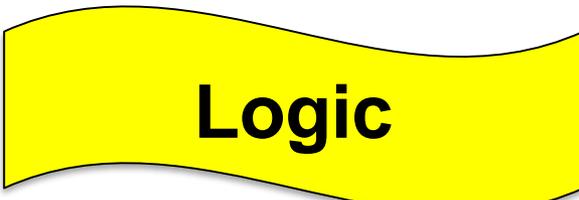
Challenging irrational beliefs

Listen out for:

- ★ absolutist language
- ★ black & white thinking
- ★ fixed ability statements
- ★ learned helplessness
- ★ self or other damning

Examples:

- ◆ I **mustn't** .. People **should**
- ◆ It **can't**, it **never**, I **always**
- ◆ That's just **how I am**
- ◆ There's **nothing** I can do
- ◆ I am (or they are) **useless**

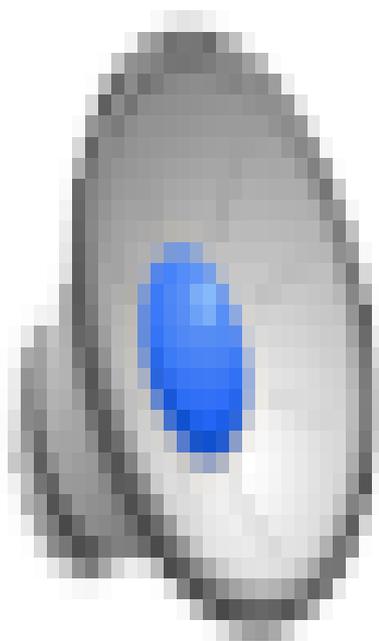


Logic



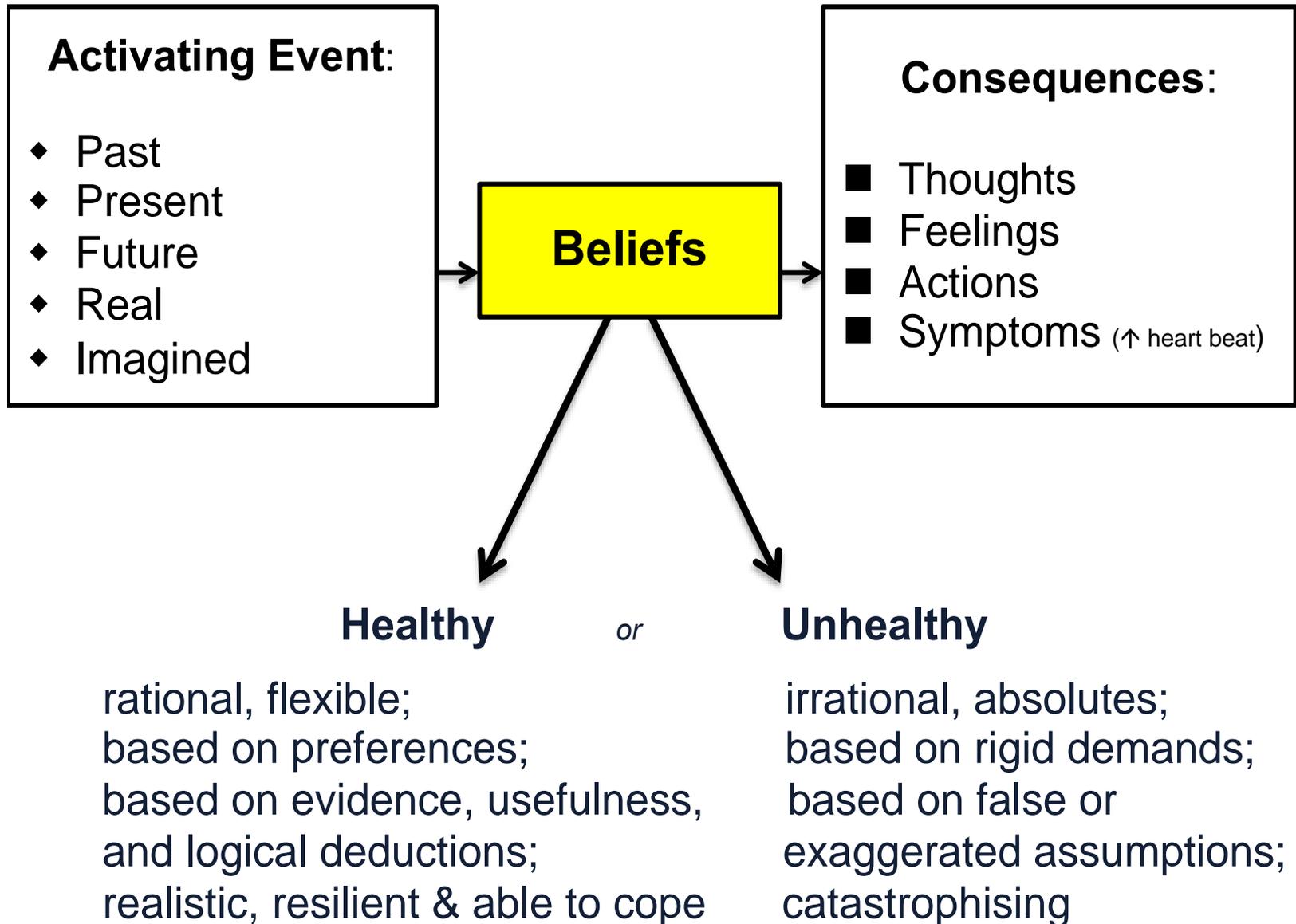
Evidence

Black dog: depression



Active iQ

ABC model of CBT



In response to self-sabotaging thoughts & beliefs

Distract

- Focus your attention elsewhere

Dissociate

- What would Beyoncé or David Attenborough do next?

Distance

- Your thoughts are not facts. You don't have to believe them.

Dispute

- Dispute beliefs on the basis of evidence, logic and usefulness

Do

- Act in accordance with your new beliefs and intentions

Self talk

This isn't personal

I can't change what's happened but I can choose what to do next

I don't have to believe my thoughts

This will pass

Breathe - Recalibrate - Deliver

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Mistakes

Optimism

Solutions-focused

Acceptance

Progress

Perspective

Flexibility

Lifestyle

Patience

Emotional Intelligence

Curiosity

Support

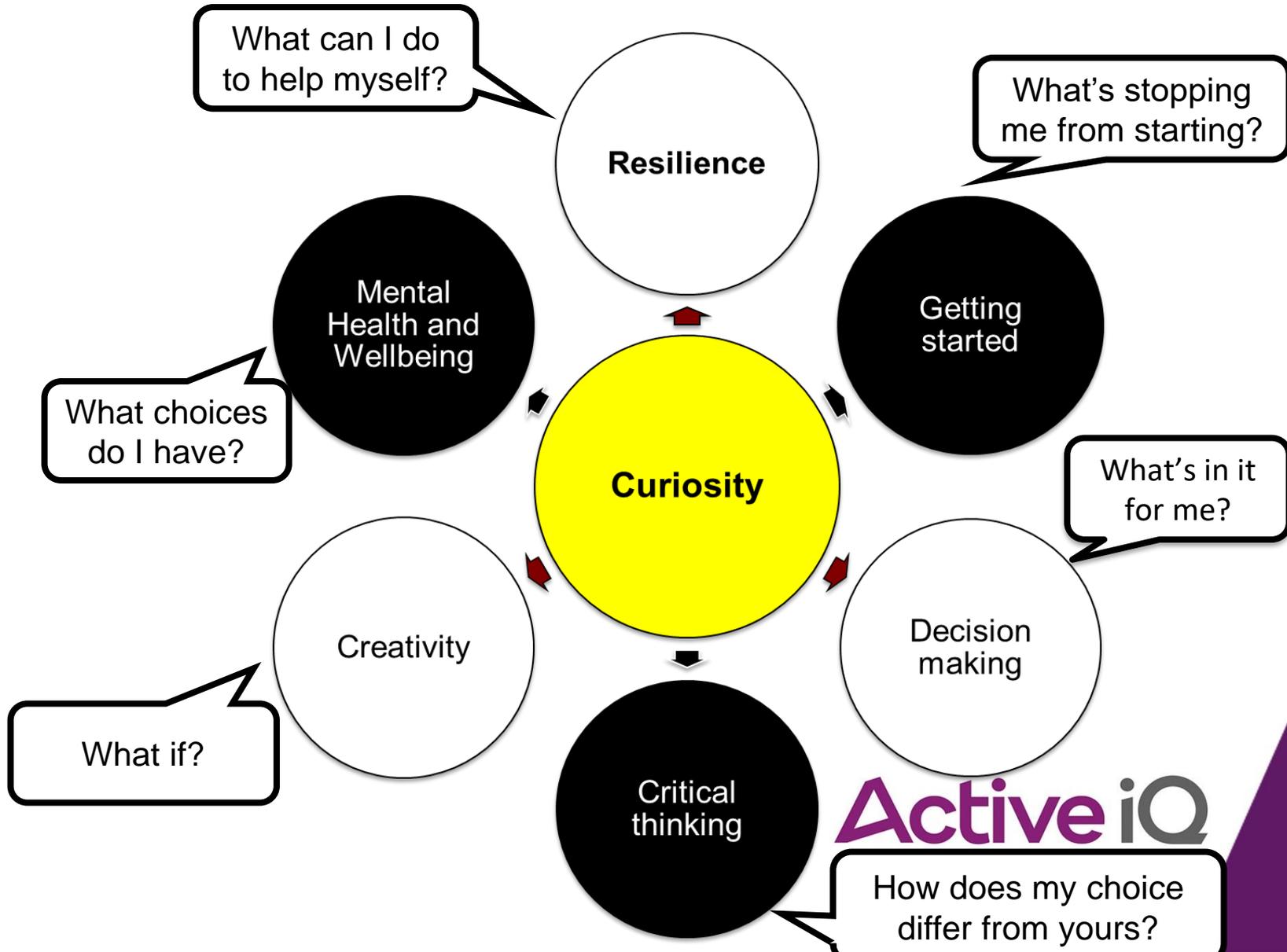


What's the opposite of curiosity?



Active iQ

How can curiosity help?



Inner critic or coach?



Inner critic



Inner coach

- ★ What would I like to achieve?
- ★ What will I do first?
- ★ When will I start?
- ★ How will I know when I am making progress?
- ★ Who can help?
- ★ What skills and experiences do I already have that will help me?
- ★ What's in it for me?

You can choose to listen to and believe your inner critic, or to cultivate your inner coach

Choice



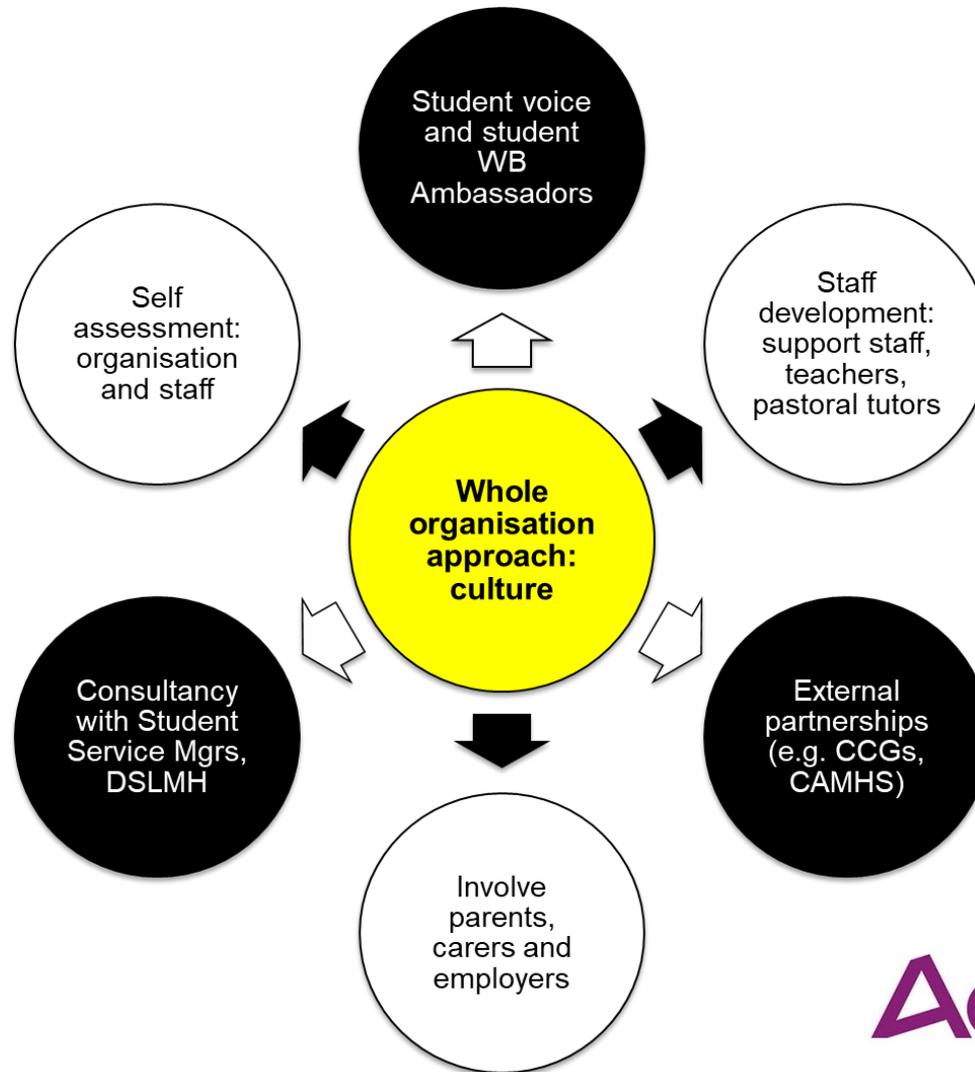
**“It’s not the
situation, it’s
how I react to
the situation
that’s
important”**

Stephen Sutton

**Choice underpins resilience,
stoicism, mindfulness, mental
health**

Active iQ

Next steps



Source of support

Organisation	Further Information	Description
HM Government Green Paper (Dec 17) 'Transforming Children and Young People's Mental health Provision'	https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/664855/Transforming_children_and_young_people_s_mental_health_provision.pdf	Interesting 'evidence-based' information about things like the prevalence of mental health and the existing support for young people
'Heads Together'	https://www.headstogether.org.uk	Heads Together is a mental health initiative spearheaded by The Duke and Duchess of Cambridge and Prince Harry, which combines a campaign to tackle stigma and change the conversation on mental health with fundraising for a series of innovative new mental health services.

Source of support

Organisation (or people)	Further Information	Description
Mind	https://www.mind.org.uk/information-support/a-z-mental-health/	<p>Mind are a mental health charity. They claim to, 'provide advice and support to empower anyone experiencing a mental health problem.</p> <p>The link will take you to 'The A to Z of mental health' with concise, well written information on a range of issues and printable pdf documents</p>
NHS Tynes and Weir	https://web.nth.nhs.uk/selfhelp/	<p>This NHS Trust has taken a leading role in mental health support services and materials nationally.</p> <p>Free self-help leaflets on a wide range of issues</p>

Source of support

Organisation (or people)	Further Information	Description
<p>Look out for people like: Professor Green (rapper), Ruby Wax (comedian) Rio Ferdinand (footballer), Freddie Flintoff (cricketer), Victoria Pendleton (cyclist), Lady Gaga (singer), John Hamm (actor)</p>	<p>YouTube or Google search 'Bob Craig Learning and Development' YouTube channel</p>	<p>Celebrities often get a bad press for being self-absorbed but many have used their platform to raise awareness of mental health issues.</p> <p>They tell their own stories to people who may think they are somehow blessed with natural talent, have perfect lives, trouble free relationships and always feel strong and in control.</p>
<p>Young Minds</p>	<p>https://youngminds.org.uk</p>	<p>Young Minds reflects the voice of young peoples' mental health and wellbeing. It offers a range of publications by and for young people on various aspects of mental health and runs training courses for teachers and support staff. It also has a helpline for parents.</p>

Source of support

Organisation	Further Information	Description
Charlie Waller Memorial Trust CWMT – Students against depression	https://www.cwmt.org.uk https://www.studentsagainstd Depression.org/about-us/charlie-waller-memorial-trust/	<p>To the outside world Charlie Waller had everything to live for, a successful career, good friends and a loving family. However, in September 1997 Charlie ended his life through suicide at the age of 28. He was suffering from depression and no longer had the strength to cope with life. Shortly after this tragic event his family founded The Charlie Waller Memorial Trust.</p> <p>Students Against Depression is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking. Alongside clinically-validated information and resources it presents the experiences, strategies and advice of students themselves – after all, who better to speak to their peers about how depression can be overcome.</p>

Source of support

Organisation	Further Information	Description
<p>MindEd is suitable for all adults working with, or caring for, infants, children or teenagers</p>	<p>https://www.minded.org.uk</p>	<p>MindEd provides free educational resources on children and young people's mental health for adults. It has a specific section which offers advice and provides a host of useful links for families concerned about a young person's mental health. It also provides on line training at different levels for professionals.</p> <p>All their information is quality assured by experts. They aim to give adults:</p> <ul style="list-style-type: none">(i) the knowledge to support the wellbeing of young people in their care;(ii) the understanding to identify a child at risk;(iii) the confidence to act on their concern and, if needed, signpost to services that can help.

L2 Award Mental Health Awareness

Purpose of qualification

Provide learners with:

- an understanding and awareness of mental health, common mental health disorders and issues, help reduce stigma and discrimination and encourage people to talk about mental health
- the ability to apply knowledge of mental health through recognising and responding to the signs of mental ill health in themselves and others
- the skills to offer mental health first aid to people experiencing mental health problems

L2 Award Mental Health Awareness

Suitable for delivery in a range of contexts: examples include

- Corporate/workplace wellbeing- in the sector but relevant to any occupational areas
- College students- ties in well with new inspection framework
- College staff – as part of wellbeing strategy
- In sector – leisure trusts and operators to give staff front line staff a greater awareness
- Fitness professionals- to give greater awareness and understanding of how to deal with their clients/members who may be struggling with mental health issues

Qualification Structure

There are 2 units in the qualification

- **Unit 1: Mental Health Awareness** - to help improve knowledge and understanding, change attitudes, get people talking about mental health and reduce stigma and discrimination
- **Unit 2 : Mental Health First Aid** - to give learners the basic tools to help someone who is developing a mental health issue, experiencing the worsening of a mental health issue, or are in a mental health crisis

Assessment Features

- External online assessment
- Requires some face to face group facilitation
- Unit 1 -interactive online knowledge test based on the workbook/manual and eLearning content.
- Unit 2 - learners watch videos of people talking about mental health problems and answer questions
- CPD upskill webinars available
- Supporting eLearning, manual and comprehensive teaching resources
- laura.Sheasby@activeiq.co.uk

Supporting resources

- Combined workbook & manual
- Workbooks are full of activities, discussion points, quizzes, knowledge checks, case studies and links to a range of other resources
- Lesson plans and schemes of work
- E-Learning
- CPD upskill webinars

Any questions?

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