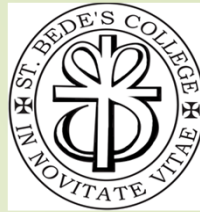




# Healthy mind, healthy body

- Share key points from our Wellness Fortnight
- Use of practical revision techniques
- Re-engaging the reluctant learner
- Spotting the signs of stress - Self-harm and eating disorders



# What am I?

- Last year just over half of all sick days in the work place were attributed to this! (World Health Organisation)
- It is linked to a number of serious health issues such as anxiety, depression, cancer and heart problems .... and we all suffer from it!



- Nationally, rates of anxiety and depression in teenagers has increased by **70%** in the last 25 years!
- 10<sup>th</sup> Oct 2018, Government reports that pupils in both primary and secondary schools will receive routine mental health checks, as part of a £1.9bn plan for mental health services in schools. **1 in 10** children are now deemed to have a diagnosable mental health condition.



**SECTION A: Reading**

**Read Text 1. Then answer Questions 1–3.**

**You should spend about 1 hour 15 minutes on the WHOLE of Section A (Questions 1–7).**

**Write your answers in the spaces provided.**

2 Q01

1 From lines 5–8, identify **two** places where Milton made public appearances.

1 Ireland

2 Greenville Nelson Street

(Total for Question 1 = 2 marks) **2**

2 Give **one** example from lines 9–12 of how the writer uses language to show the style of Milton's records. 0 Q02

Example from the text:

(1)  
'They were a heady brew of shameless imitation  
and lawless bravado.'

How the writer uses language: (1)

(Total for Question 2 = 2 marks) **0**

Anxiety ruined  
my english exam,  
great.

2

P 5 2 3 6 4 A 0 2 2 4

Adam's exam paper  
..... he only scored  
12 marks!

Anxiety ruined  
my english exam,  
great.



## What can we do .....

- Some of us will try to avoid stressful situations ... shy away from situations that worry us like public speaking or conflict.
- Unfortunately we can't run away from all stressful situations ... exams, job interviews etc, etc.
- Instead what if we could change the perceived threat from negative to positive? Can we harness stress to enable us to perform more effectively? Does stress really be negative?

Eating the co



## Regular Exercise

- ▶ **Exercise** and other physical activity produce endorphins—chemicals in the brain that act as natural painkillers—and also improve the ability to sleep, which in turn **reduces stress**.
- ▶ But in times of stress (exams) training might have to be **reduced** (not stopped) due to revision ..... priorities!







# Teenagers need their sleep!

Silverdale school, Sheffield – sleep research

- A. Sleep for 9 – 9.5 hours each night.
- B. Go to bed at the same time.
- C. Have a healthy snack before bed e.g. a banana (avoid fizzy drinks, chocolate and caffeine).
- D. Have a bath or shower 30 minutes before going to bed.
- E. No TV / phone / tablets for 1 hour before going to bed (includes game consoles)

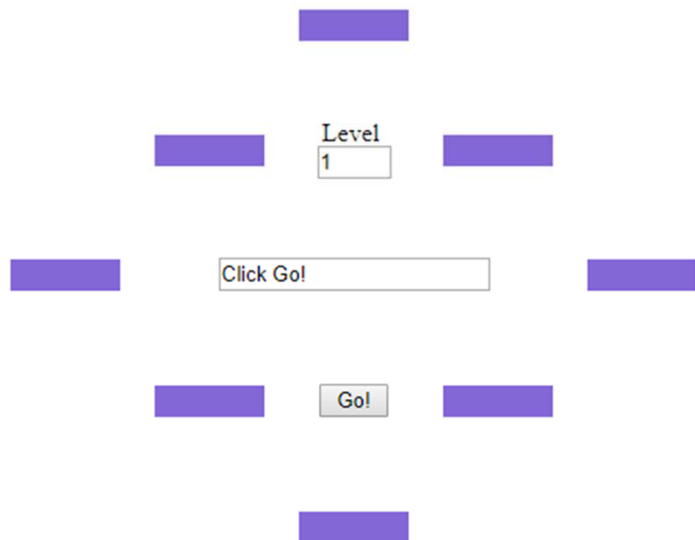
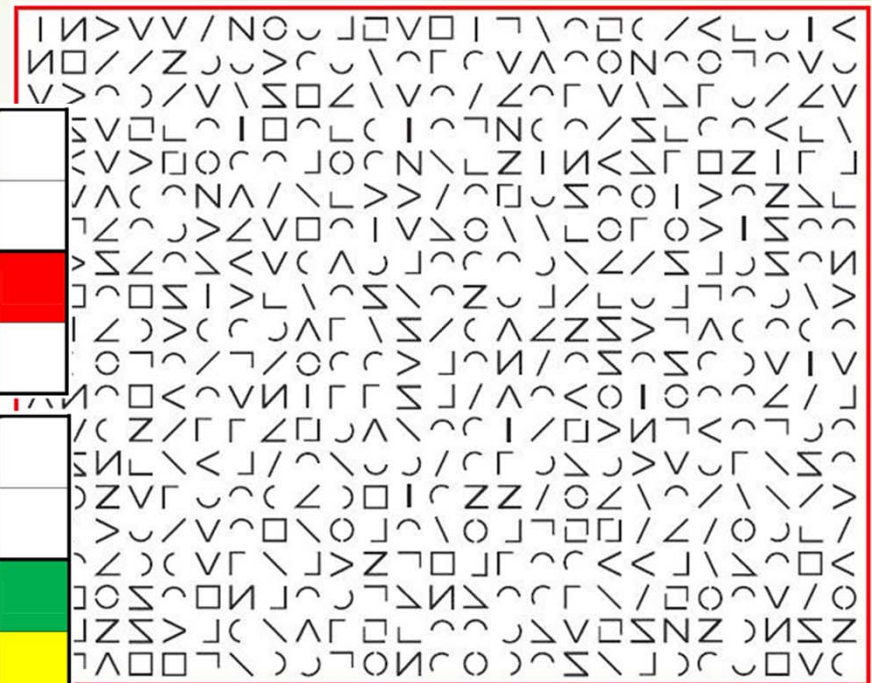
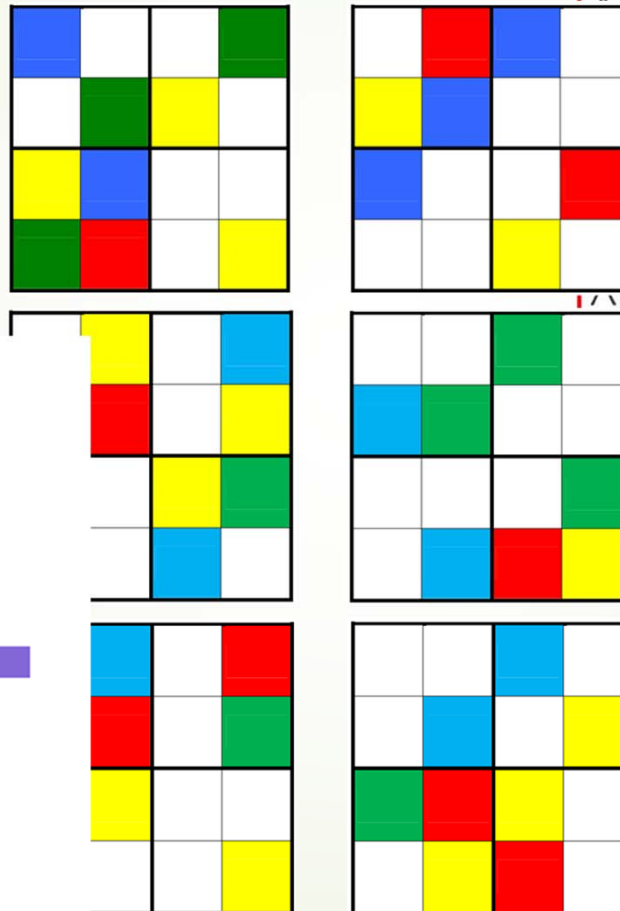
Results were incredible! Pupil's memory, problem solving and attention all improved after only 2 weeks!



# Attention

## Problem solving

Memory



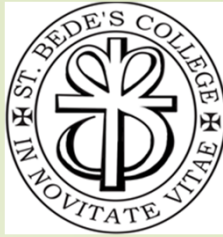


## Test results

- Over all the tests most pupils (79%) improved their results and some considerably. Only 2 pupils didn't improve their scores but they admitted that they didn't follow the rules!
- However, after a discussion with the pupils, several of them admitted that they regularly worked after 10 o'clock as they needed to revise for their exams.



	Yr 10	Yr 11	6th Form
Sleep			
9+	4.00%	3.90%	2.70%
8-9	34.70%	31.20%	13.50%
7-8	26.60%	35.10%	39%
6-7	20.10%	21.10%	20%
-6	12.10%	7.80%	13.50%
Same time	66.10%	60.20%	59.40%
Snack	6.00%	4.60%	2.70%
Bath / shower	58.90%	74.20%	52.70%
TV	27.40%	39.10%	39.10%
Phones	62.90%	53.40%	77%



# How to turn negative thoughts to positive....

- So what if we could trick our brain to believe that we are not stressed but excited.
- It has been scientifically proven that all we need to do is breath deeply and say to ourselves several times .....

I FEEL EXCITED

excited



- It has also been scientifically proven that if we can remove carbon dioxide more quickly by breathing in and out deeply and by lifting our heads and sitting taller we will be less anxious.



- Meditation / Wellness Apps (Headspace)



- Could these strategies have helped Adam in his English exam?



# Recap

- Stress can be good and make you more alert
- During times of stress:
  1. Eat well
  2. Exercise
  3. Get enough sleep
  4. Control your breathing (wellness apps)
  5. Change your mindset by thinking positively