

DELIGHTED ACCOMPLISHED MOTIVATED MARVELLOUS DETERMINED

GLEEFUL

LAUGH

WISDOM

EXPLORE

ADVENTURE

OPTIMISTIC

KIND

CARING

INSPIRED

UNIQUE

LUCKY

CHEERFUL

INSPIRATION

PEACE

WEALTH

FUN

ALIVE

HAPPY
STRONG
HEALTHY MIND

WARRINGTON PAEDIATRIC EPILEPSY TEAM
WELLBEING PACK

DESIGN BY HOLLY E

SMILES HAPPY JOYFUL LOVE RESPECT FRIENDS FAMILY

What is mental wellbeing?

Mental wellbeing doesn't have one set meaning. We might use it to talk about how we feel, how well we're coping with daily life or what feels possible at the moment.

Good mental wellbeing doesn't mean you're always happy or unaffected by your experiences. But poor mental wellbeing can make it more difficult to cope with daily life.

How to improve your mental wellbeing

There are lots of things we can try to take care of our wellbeing. This includes:

- **Relaxing and reducing stress**
- **Finding ways to be creative**
- **Connect with others**
- **Be physically active**
- **Spending time in nature**
- **Ensure adequate sleep**

It's not always easy to start caring for your wellbeing. You might find it helpful to:

- only try what feels comfortable
- give yourself time to figure out what works for you, going at your own pace
- take small steps. Pick one or two things that feel achievable at first, before moving on to try other ideas.

Eating Well

Having a healthy balanced diet is an important part of maintaining good health and helping you feel your best.

Through the teenage years, the body goes through physical changes that need to be supported by a healthy balanced diet.



You should eat at least 5 portions of a variety of fruit and veg every day. This should make up about a third of what we eat.

Important nutrients are **Iron, Vitamin D and Calcium**

Don't skip Breakfast- This will not help weight loss and affects concentration during the day.

Cut down on fatty, sugary snacks -Try and avoid foods high in calories and swap for healthier snacks.

Stay hydrated – Aim to drink 6-8 glasses of water or low-fat milk a day.

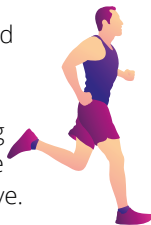
For more information scan the QR code below or head to [nhs.uk](https://www.nhs.uk) and search '**healthy eating for teens**'.



Physical Activity and Mental Health

What is physical activity?

Being physically active means sitting down less and moving our bodies more. Many people find that physical activity helps them maintain positive mental health. This doesn't have to mean running marathons or training everyday at the gym. There are lots of things you can do to be a bit more active. Start gently and build it up!



Mental Health Benefits of Physical Activity

- Better Sleep
- Happier mood
- Improved self esteem
- Improved stress management
- Connecting with people

Home based activities

- Online exercise sessions
- Dancing
- Cleaning/chores
- Active computer games
- Chair based activities

Outside/Gym based activities

- Walking with friends
- Joining a gym or team
- Cycling
- Swimming
- Exercise classes/yoga etc

Improving Motivation

Choosing an activity you enjoy is more likely to result in lasting habit change.

Exercising to music, exercising with others, signing up to an event and raising money for charity can all help motivation and maintain regular activity.

The importance of sleep

DO YOU WANT TO KNOW HOW YOU CAN GET BETTER SLEEP?

We care about your sleep...and so should you! It helps you to concentrate, gives you energy and might even make you look and feel better! So here are some of our top tips to getting a better night's sleep.

ROUTINE ROUTINE ROUTINE

Bedtime routines aren't just for young kids! Everyone benefits from having a routine in the run up to bedtime - even your parents. Try and do the same things at around the same time each night - even at weekends - so that your body has time to prepare for relaxation and sleep.

TURN OFF THE TECH

In the hour before bed, screens should be a no go! We understand it can be hard to turn off your devices especially if you've been revising all night and want to chat to friends or even unwind with a game. But remember, the blue light does suppress melatonin and you will feel less sleepy.

TIME FOR BED

The perfect sleep environment is cool, quiet, dark and clutter free (yes, it's time to tidy away the mess!). You need a comfortable bed, a supportive pillow and nice bedding. Think about the decor and where possible, keep electronic devices out of the bedroom.



teensleephub.org.uk





WORK IT!

Haul your bum off the bed, drag yourself away from social media and grab your trainers. Go for a run, walk or cycle. Get your family or friends involved too. Exercise is really good for sleep (not too close to bedtime) and your mental health.

EVENING MUNCHIES

Got the urge to snack? Resist the sugary snacks and instead choose a handful of almonds, a banana, oatmeal, cherries, sugar free cereal as well as anything dairy - it's a myth that cheese gives you nightmares!

CUT OUT THE CAFFEINE

Fuelling yourself with energy drinks or coffee will make it harder to nod off. Caffeine can influence how long it takes you to fall asleep, duration, and quality. It's hidden in lots of products that we might associate with bedtime, such as hot chocolate. Avoid them in the evening before you go to sleep.



LET THERE BE LIGHT!

If you need to get over that groggy, disorientated and tired feeling in a morning, get exposure to light first thing. Open your curtains as soon as you get up and if possible, get outside into the natural daylight, it helps to strengthen your body clock.

RELAXATION!

Relaxation and mindfulness exercises can be really useful in looking after yourself when you're stressed and worried. Whether you do this during your bedtime routine, or once you're in bed pick something that really helps you to feel calm and content.

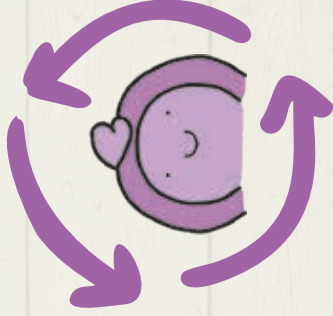


For more information: teensleephub.org.uk

Breaking the Cycle: Do More to Feel Better

A proven way to break this cycle is to start **DOING** more meaningful and enjoyable activities. This can be very difficult at first but we know that activity helps us to feel happier, distracts us from negative thoughts, makes us feel more motivated, improves our concentration, and makes us feel less tired. This is why we say **DO MORE TO FEEL BETTER!**

**do more of
what
matters**



**feel better
and
happier**

@WeHeartCBT
www.heartcbt.com

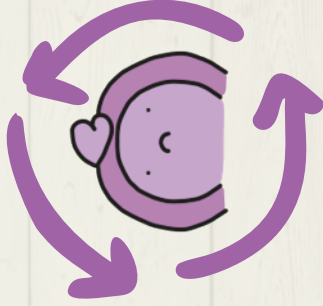
This is based on a brief Behavioural Activation approach by Pass and Reynolds (2018), University of Reading.

This can be hard to do at first, but the more you do it, the happier you will feel, the closer you will feel to others and the more you will feel a sense of achievement.

**get more
from life**

Behaviour Activation

Behavioural Activation is an intervention used to help people who are struggling with low mood. It is based on Cognitive Behavioural Therapy (CBT) and there is a lot of evidence and research that shows it works! The main idea behind Behavioural Activation is that, when low mood, we get stuck in a vicious negative cycle. To feel better, we therefore need to change something in the cycle so that it becomes a positive cycle.



feel low

Feel low, down and sad.
Feel tired and exhausted.
Feel bad or guilty.
Feel unmotivated.
Feel hopeless or like nothing will get better.

do less

Slow down physically and mentally.
Do less things that you'd normally do.
Avoid seeing/socialising with friends/family.
Find it difficult to find motivation to do things.

get less out of life

Stop getting enjoyment from life, stop feeling any sense of achievement and feel isolated from others.

The longer we're stuck in the vicious cycle, the lower and more unhappy we feel. This then makes it more and more difficult to do things and means we get even less out of life.

Relaxation exercises - Give them a try!



Breathe in for 4 seconds
Hold for 7 seconds
Breathe out for 8 seconds
Repeat 4 times

Breathe in through your nose
Make a big sigh and drop your
shoulders down, as you breathe out
through your mouth
Repeat 4 times



Breathe in slowly and count 1, 2, 3, 4
Breathe out slowly and count 4, 3, 2, 1
Repeat 4 times



Write 1 or 2 words about you are feeling.
Use a notebook, art box or mood journal and draw a heart or
star for yourself - write **3 kind words** or messages to yourself.
Remind yourself that no matter how difficult things feel, **you**
are not alone.

Draw a heart or a star for someone else who is feeling like you
do and write 3 kind words for them too - you can do this for as
many people as you like.

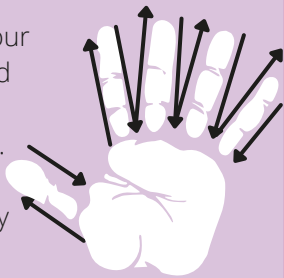
5, 4, 3, 2, 1

- Name 5 things you can SEE
- Name 4 things you can TOUCH
- Name 3 things you can HEAR
- Name 2 things you can SMELL
- Name 1 thing you can TASTE

Finger Breath Breathing

Spread one hand out - like the picture.

Use the index finger of your other hand to trace round each finger - breathe in slowly through your nose. As you trace down each finger - breathe out slowly through your mouth. Repeat until you feel calm.



Imagine 3 months from now.....

Draw/Write **what could be different, what challenges you will have faced, what positive changes you want to make.**

Focus on things **that are possible to achieve**; like being prepared for an exam, making a new friend, starting a new hobby.

If it is too far to think that far ahead, start by thinking about next week, or next month.



We hold tension in our bodies when we are **under pressure, feeling stressed or feeling anxious.**

Draw the outline of a person and add where you feel stress and anxiety in your body – that may be butterflies **in your tummy, legs feeling weak, heart beating fast etc.**

Draw how it feels in each part of your body.

Let go of any tensions by **clenching and unclenching your hands, shoulders etc, stretching, doing yoga or dancing.**

Practice Gratitude



Practice Gratitude by keeping a Gratitude Journal, or recording happy memories in a Memory Jar.

This needs to be practised regularly to get the hand of it and notice the benefits. Practising gratitude can be very powerful at building positivity.



FIVE WAYS TO WELLBEING



talk & listen,
be there,
feel connected



Your time, your words,
your presence



Remember the
simple things that
give you joy



Embrace new experiences, see opportunities
surprise yourself



Do what you can, enjoy what
you do, move your mood

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

My Meaningful Activities

When we feel low in mood, it can be difficult to plan activities or know what we can do to help us feel better. By creating a list of meaningful activities, it is much easier to choose something to do and make a plan to do it. There are some ideas here which you might want to put on your list but the most important thing that your list is YOURS - it should be full of things that YOU enjoy doing.

- Draw or create something
- Go for a walk/jog
- Play a game
- Watch favourite movie/TV show
- Take a relaxing bath
- Do some yoga
- Play with a pet
- Read a book
- Video call/chat with a friend
- Bake a cake
- Meditate
- Lay in the sunshine



- Listen to music
- Play an instrument
- Make a meal
- Write in diary/journal
- Go to the cinema
- Go swimming
- Meet with friends
- Go shopping
- Make new friends
- Start a new hobby
- Knit/crochet
- Take a dog for a walk



- Make a healthy snack
- Do some exercise
- Spend time with family
- Visit somewhere new
- Go to the beach
- Go out for a meal
- Have a hot chocolate with a family member
- Visit family
- Make a gift for someone
- Go on a bike ride
- Take some photos
- Go for a picnic



- Do some colouring
- Play some football
- Watch a sports game
- Join a group/class
- Rearrange/organise my room
- Do some gardening
- Go to the park
- Go somewhere new with family
- Write a book/poem/short story
- Plan a trip
- Do a jigsaw
- Dance or sing
- Get dressed up nice



Try to make sure your list has a good mixture of different activities (for example, make sure there's a mix of things you can do with others and things you can do alone, things that need more planning). This way, you will always have something you're able to do.

www.weheartcbt.com

Drugs and Alcohol

It is not uncommon for teenagers to try drugs or drink alcohol in their teenage years. Having epilepsy mean that this carries a greater risk to your health and safety.

Alcohol and recreational drugs can interfere with medication and can increase the chances of you having a seizure. Having a plan or strategy to deal with peer pressure should this situation arise is worth preparing.

Other sources of help include:



talktofrank.com



[familylives.org.uk/
advice/teenagers/
drugs-alcohol/](https://familylives.org.uk/advice/teenagers/drugs-alcohol/)



epilepsyspace.org.uk

Sex and Contraception

Pregnancy needs to be planned and therefore contraceptives are essential. The contraception that will work for you depends on which epilepsy medication you are taking. You must seek advice from a medical/Family planning practitioner.

Also see:



[epilepsy.org.uk/info/
daily-life/sex/
contraception](https://epilepsy.org.uk/info/daily-life/sex/contraception)



[nhs.uk/pregnancy/
related-conditions/
existing-health-
conditions/
epilepsy](https://nhs.uk/pregnancy/related-conditions/existing-health-conditions/epilepsy)

How do I keep myself safe?

Your family and friends are a brilliant source of support. They need to know about your epilepsy so they can help you be safe.

Tell them about your epilepsy and how to help if you have a seizure.



[epilepsyspace.org.uk/
topics/medical-issues/seizures/](https://epilepsyspace.org.uk/topics/medical-issues/seizures/)



When planning activities; plan ahead, talk about activities and what can be done to make them safer, including being with a trusted 'buddy'.

epilepsyspace.org.uk/independence/safety/

Keep your phone charged, switched on and with you. Keep in contact with family when you're out and about. Tracker apps can also help with peace of mind for you and your family.



[epilepsy.org.uk/info/
daily-life/safety-aids-equipment/
medical-id-products](https://epilepsy.org.uk/info/daily-life/safety-aids-equipment/medical-id-products)

Consider wearing or carrying something that says you have epilepsy, like a card or medical ID jewellery, there are lots of options and styles available.

Consider finding out about seizure alarms. They could give you and your family more peace of mind.



Seizure First Aid Advice

Give this to your friends and family

- find more at epilepsy.org.uk

- A tonic-clonic seizure is the seizure you are most likely to come across.
- To find out what happens and how to help with different seizure types see The Epilepsy Space at;



epilepsyspace.org.uk/topics/medical-issues/seizures/

It is important to stay with someone having a seizure until the seizure is finished and they have fully recovered

For most seizures, an ambulance is not required, call an ambulance if:

- **It's the persons first seizure OR**
- **The seizure continues for more than 5 minutes OR**
- **One seizure happens after another without recovering in between OR**
- **There is an injury requiring medical attention**



Seizure First Aid Advice

Give this to your friends and family
- find more at epilepsy.org.uk

Do

1. **Assess the situation – Risk of injury?**
Remove objects that could cause injury
2. **Cushion their head** – use your jumper or coat
3. **Time the seizure** – longer than 5 minutes call an ambulance
4. **Put them on their side** (recovery position)
5. **Stay with them and be calm and reassuring**

Don't

1. Restrain their movements
2. Put anything in their mouth
3. Try to move them unless they are in danger
4. Give them anything to eat or drink until they are fully recovered
5. Attempt to bring them round.

More Wellbeing Resources

Happy Ok Sad

This is a great local website with a section for children and young people which signposts to resources you can use to help your emotional wellbeing.

happyoksad.warrington.gov.uk



Kooth

Kooth is a national free online counselling service for young people. You simply sign up by selecting where you live and creating a log-in.

kooth.com

Epilepsy Space (via Epilepsy Action)

Epilepsy Action is a great, accurate place to find out lots of information about your epilepsy, medication and safety.

The team behind Epilepsy action have created Epilepsy Space – a resource for teenagers living with epilepsy to help manage their condition alongside vital issues like emotional wellbeing, independence and relationships.

epilepsyspace.org.uk



More Wellbeing Resources



Young Minds

An independent charity with a text line for support from a trained volunteer.
youngminds.org.uk

Childline Calm Zone

Breathing exercises, activities, games and videos to help you manage stress.
childline.org.uk/toolbox/calm-zone/



The Mix

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service.

<https://www.themix.org.uk/>

Parents and carers

This website allows parents (and professionals) to search for self-help resources themselves:
<http://youthinmind.info/py/yiminfo/Sta rtlInform.py?country=uk&language=euk>



If things feel too hard

DO NOT panic. It is completely normal to feel sad and overwhelmed sometimes. When too many problems face us AND we feel sad, it can feel like it is impossible to 'get through' and feel normal again.

You can call the **Epilepsy Specialist Nurses (01925 662101 Mon-Fri)**, who can let your Doctor know.

When you feel like this, you need help and support. Please get help early and tell someone you trust if you feel you are in crisis and can no longer cope. The following websites all have crisis lines for emergency support and many are 24 hours:

- **Childline**
- **Happy Ok Sad**
- **Samaritans**
- **NW Healthcare Borough crisis line 0800 051 1508**
- **Warrington and Halton CAMHS**
(Child and Adolescent Mental Health Services)
merseycare.nhs.uk/camhs
- **CALM – Campaign Against Living Miserably**
- **Papyrus**



If you are out of our area and need urgent support scan the QR code for options -
nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline



**Warrington and Halton
Teaching Hospitals**
NHS Foundation Trust

With thanks to the young people in our service for their guidance and direction in helping to produce this pack.

This pack was produced by **Warrington Paediatric Epilepsy Team** alongside the **Royal College of Paediatrics and Child Health EQIP** (Epilepsy Quality Improvement Project).

