



# Mental Health

Recognising how you feel

## Recognising how you feel


- “**Inner selfies**” help young people take a snapshot of how they are doing in any given moment.
- In silence spend a minute thinking about the three quick ‘check in’ questions below;
- What is going well for you right now?
- What are you finding challenging?
- What do you need more of?

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- **7/11 breathing:**
- Focusing on our breathing can help clear our minds and connect with how we're feeling.
- 7/11 breathing is something we can all do.
- Breathe in for the count of 7, breathe out for the count of 11. The count is managed by the individual so can be as slow or as fast as you feel comfortable with.
- The important part is that the out breath is longer than the in breath – breathing in oxygenates our blood, gets us ready for action.
- Breathing out calms us down.
- Once you feel comfortable with the feeling of 7/11 breathing you will not need to count simply find a rhythm that suits you.



Just Breathe!



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- Let's give it a go!
- First of all listen to your tutor who will call the seconds and then as you become more confident continue on your own.
- Take it seriously and be mature
- Time to press pause
- The music and video below plays for 7 mins, you can listen and watch or close your eyes and just focus on listening
- Don't forget ;
- In for 7 and out for 11
- <https://youtu.be/QFlcs8vwLK4> - 7mins

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- Now that you know about 7/11 breathing try and practice this at home or in school when you have the opportunity.
- It will help you with anxiety, stress, anger, worry or a hectic lifestyle.
- Invest time in you
- Remember the key questions;
  - What is going well for you right now?
  - What are you finding challenging?
  - What do you need more of?
- <https://youtu.be/BaTBXNxXf9U>- 5 mins



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- Signposting;
- If you want to talk about your mental health today, Childline offers free confidential counselling 24 hours a day.
- You can call them on 0800 1111 or go online to chat one-to-one with a counsellor at [childline.org.uk/get-support](https://www.childline.org.uk/get-support).