



OK, Now what?



| Thriving | Surviving |
|---|---|
| <ul style="list-style-type: none">● Brilliant, savour it, don't feel guilty about it!● Make a mental note of how it feels: Know yourself.● Try to help others who may be struggling● Help to build a culture where people talk about how they feel.● Support others.● Remember that what is good for your wellbeing may not work for others, so don't force your ideas on other people. | <ul style="list-style-type: none">● If it's possible, let go of one or two items (the Eisenhower grid is useful for this)● Don't be afraid to say no if you don't have the capacity to do more at the moment.● Try one or two positive coping strategies, eg exercise, mindfulness, limit social media.● Try to reconnect to your core purpose and values.● Try breathing strategies in difficult moments.● Connect with your support system.● Talk: Tell someone how you are feeling. |

| Struggling | In Crisis |
|---|--|
| <ul style="list-style-type: none"> ● Focus on meeting your basic needs and getting through the day. ● Talk to somebody. Make sure people know how you feel, especially in work. This is a sign of strength, not weakness. ● Talk to your GP or a medical professional. You may be signed off for a while, embrace this and see it as an opportunity to get well, just like you would if you had a physical health problem. ● If you are offered additional support (eg CBT or counselling) take it! | <ul style="list-style-type: none"> ● It is <i>imperative</i> to get the help of a medical professional, it may save your life. ● Follow advice and engage with support. ● You may be signed off, potentially for a long time. Take it. ● Try to talk, people want to support you. ● Keep emergency numbers at hand (eg Samaritans) <u>This is vital.</u> ● Focus solely on the short term and getting through one step at a time. |

In school, cultural change takes time and has to be planned and systematic. Wellbeing in school works best when it focuses on small step changes, not grand tokenistic gestures. Taking steps to create and encourage an open culture of talking is often one of the best starting points.