

Introduction to Building Mental Fitness guide for teachers

Hello and thank you for getting in touch. We hope you are well at this challenging time and we are here to support the brilliant work you do on a daily basis however we can.

What is Building Mental Fitness?

- Proactive self-care strategies for your students and colleagues to keep their brain and emotional health in great shape and help prevent mental health issues from escalating.

What does Building Mental Fitness cover?

1. The mental health continuum and how you can check in with where your students are each day, and proactively identify those that are struggling.
2. How to body scan & journaling to create healthier, happier and calmer young people.
3. The Mental Fitness pyramid shows you how to build self-confidence and kindness, use your students worries as a positive, & help them create a vision of their dream life.
4. Healthy & unhealthy mental health habits and how to improve each one.
5. How to access the 4 happiness chemicals for improved mental health.
6. How to deliver a differentiated yoga program appropriate for your students needs.
7. 6 ways to place PE at the heart of school life and have whole school impact.



What you need to know about Mental Health at this challenging time.

- Firstly remember that **'It is ok to not be ok'** for you and your children.
- Everybody struggles from time to time, particularly at this challenging time so try and shift your mindset from they are mentally struggling to where is your student today?
- How they will feel will depend on their situation & circumstances.
- At the moment, life is a real rollercoaster of ups and downs for everyone so hang on in there and things will get better for all of you.
- Some days you will thrive, others will be a real struggle.
- The more you take proactive action to protect and build you and your students' mental fitness the better they will all feel and it is a great opportunity to develop outstanding relationships with your students and become closer as a school community.
- Put your oxygen mask on first – **make time for your own health** – you will be able to look after your students much more effectively if you do.
- If any of your students are struggling in multiple situations on a daily basis then please encourage them to visit the doctors.

The 6 best things you can do to support your students:

- 1. Encourage regular physical activity. Aim for 60 minutes per day but anything is better than nothing.**
 - Promote physical activity within PE lessons, school clubs & fixtures, active travel, active play, and community clubs where possible.
- 2. Routines are really important, so encourage your students to get 8-10 hours of sleep per night by going to bed and getting up at the same time. Encourage them to:**
 - Make their room as dark and comfortable as possible.
 - Get them to avoid electronics 2 hours before bed time.
 - Encourage them to get a red lamp if they need a light.
 - Get them to practise deep breathing to enable their brain to calm down.
- 3. Encourage students to drink 6-8 glasses of water per day minimum.**
 - Have they got a water bottle on hand throughout the day?
 - Encourage students to take regular sips.
 - Get them to check the colour of their urine, the clearer the better.
 - It will help their body to function more effectively and reduce the chances of headaches.
- 4. Practise mindfulness activities (Body scanning, journaling, gratitude tasks, being kind to others)**
 - Start each lesson with 5 things you are each grateful for today to focus on the positives and not just the negatives.
 - Practise deep breathing to relax – breathe in for 3 seconds, hold for 4 seconds then breathe out for 5 seconds. Do this for 2 minutes at a time and then build up aiming for 5 minutes.
 - It will help calm their brain stem which stimulates the fight, flight, fright response and enables them to use the higher parts of their brain that controls their emotions, thoughts, and feelings.
- 5. Reduce social media & screen time particularly at night.**
 - Social media is designed to addict us and can lead to loneliness, low self-esteem, isolation, anxiety and depression.
 - Explain to your students that social media is not real life, people do not usually post about the bad things in their life usually, just the good.
 - Encourage your students to turn off their notifications.
 - If they have to be on screens can you encourage them to get some blue light glasses to protect their eyes and to take regular breaks every 20 minutes.
- 6. Reduce their junk food where you can and help them eat 5 or more fruit and vegetables.**
 - Set them the challenge of eating the rainbow colours every day in the fruit and vegetables they consume.

The four happiness chemicals - Get your daily D.O.S.E

There are 4 chemicals that our bodies produce that increase our happiness, they are:

- Dopamine (makes us feel rewarded)
- Oxytocin (makes us feel loved)
- Serotonin (stabilises our mood)
- Endorphin (reduces feelings of pain)

If your student is feeling any of these emotions, get them to select an activity from the menu below.

Unmotivated	Unloved	Low in confidence & mood	In pain
Complete a task like painting a picture or reading a book	Play with a pet such as a dog	Take part in exercise such as a run, swim, yoga or cycle	Take part in exercise
Do a self-care activity like painting your nails or having a relaxing bath	Hug a family member	Meditate or complete some mindfulness activities	Eat dark chocolate
Celebrate little wins like completing a to-do list	Listen to their favourite music	Get outside in the sunshine	Laugh with friends
Take part in exercise	Do something nice for someone like giving them a compliment	Take a walk in nature	Watch a comedy



Building your students' confidence

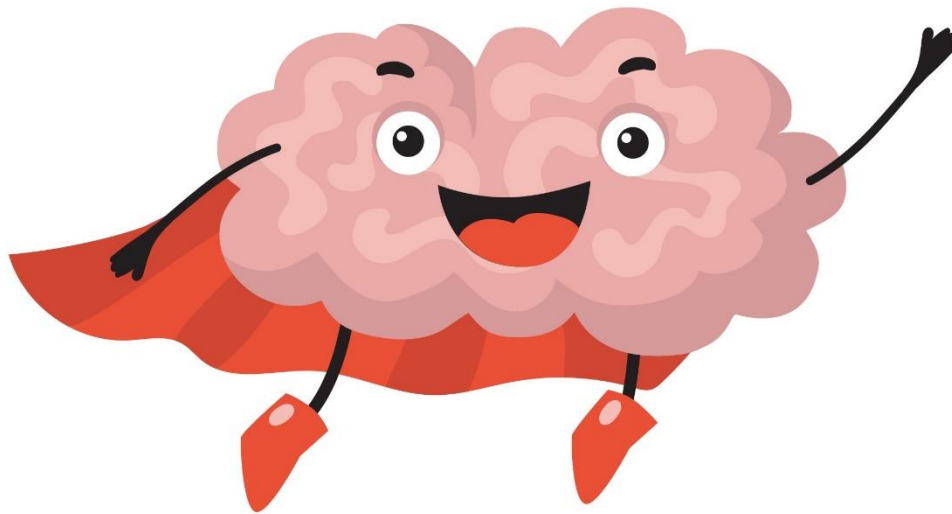
At the foundation of the mental fitness pyramid is self-confidence. Sit down with your class and discuss the answers to these questions:

- [1] What are the things they feel they are good at?
- [2] Where have they had personal success before?
- [3] What do people give them compliments for?
- [4] Give each student a compliment about what you admire about them.



Encourage your students to think of these on a regular basis and to hold on to these if they feel low in confidence.

Introducing:



Bobby the brain is your students' guide in the Key Stage 2 Building Mental Fitness editable resources to help engage them, and to save you hours of time planning.

Next steps:

- We hope you found this guide useful.
- We have secondary and primary school online teaching training courses with editable resources where we go into these concepts and much more in greater detail to help you upskill yourself so you can create healthier happier young people.
- To try our complimentary taster Building Mental Fitness course, click on this [link here](#) and complete this short form:



Are you an innovative teacher looking to transform the mental health of your students?

- We give you a range of proactive self-care strategies to enable you to help your young people defeat the mental health issues caused by Covid19 & Social media.
- We can help you improve the poor mental health of your students, so you don't have to feel helpless about this current situation. We don't believe that any teacher should have to feel this way about the loneliness and isolation of your young people who you care so much about.
- Like you, we are troubled by how many young people are struggling with their mental health at the moment. Since creating this Building Mental Fitness program, we have helped countless teachers improve over 3000 young people's mental health since Sept 2020.
- Follow our stress-free plan to make a difference:
[1] Click on the buy now button and purchase the course.
[2] Watch the online videos at a time and place that suits you.
[3] Teach the course using the resources we have created for you to save you time and help your young people straight away.
- Our quality guarantee -
We are so confident in the quality of this course that if you are not happy with the product, we will give you a full refund within 7 days of purchase, no questions asked! You have got nothing to lose and healthier happier students and staff to gain.
- Take action today and make a difference, alternatively click here to schedule an appointment so we can discuss your needs and create a personalised plan for you and your school.
- By the end of this course, we will give you the knowledge to create healthier, happier students. Relationships will be transformed leading to dramatic improvements in behaviour, engagement and progress.
- You will feel equipped and bursting with confidence to transform the lives of your young people and have whole school impact in the process.
- Don't risk the feeling of regret and sadness when a young person harms themselves. Give them proactive self-care skills so that they can create a better future for themselves.
- Go from feeling unskilled & unequipped to support pupils with mental health issues, to the go to person in your school to transform students' life chances.

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