

TIME TO TALK

Little Heath School Assembly





timetotalk
WEST BERKSHIRE

WHO ARE WE?

- ❖ Charity established in 1985
- ❖ Promote mental and emotional wellbeing in children and young people aged 11-25 in West Berkshire
- ❖ One to one counselling:
- ❖ 6,000+ One to one counselling sessions in 2021
- ❖ BACP accredited
- ❖ Presentations, workshops, assemblies



Anxiety

- ❖ Pounding heartbeat
- ❖ Feeling faint/dizzy
- ❖ Sweating
- ❖ Nausea (feeling sick)
- ❖ Chest pains
- ❖ Feeling unable to breathe
- ❖ Shaky limbs
- ❖ Tense muscles
- ❖ Tense/nervous
- ❖ Short tempered
- ❖ Sense of dread
- ❖ Busy crowded mind
- ❖ Negative thoughts
- ❖ Feeling restless
- ❖ Feeling numb



THE ANXIETY PARADOX



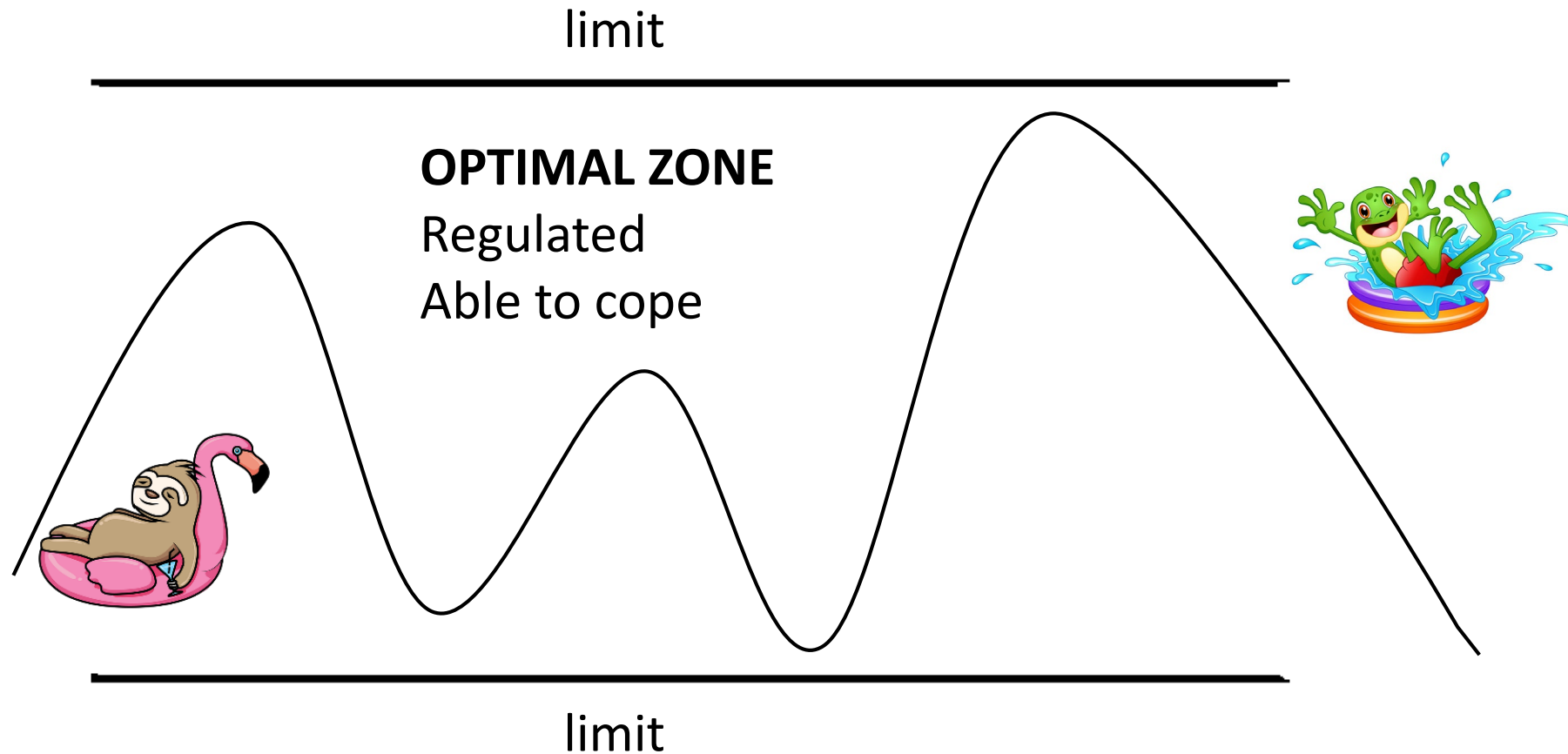
Makes us feel rubbish!

BUT.....

- ❖ Focuses attention
- ❖ Extra strength/energy
- ❖ Determination to succeed
- ❖ Provides learning opportunities
- ❖ Can be felt in enjoyable situations

High stress/anxiety does not correlate with low happiness

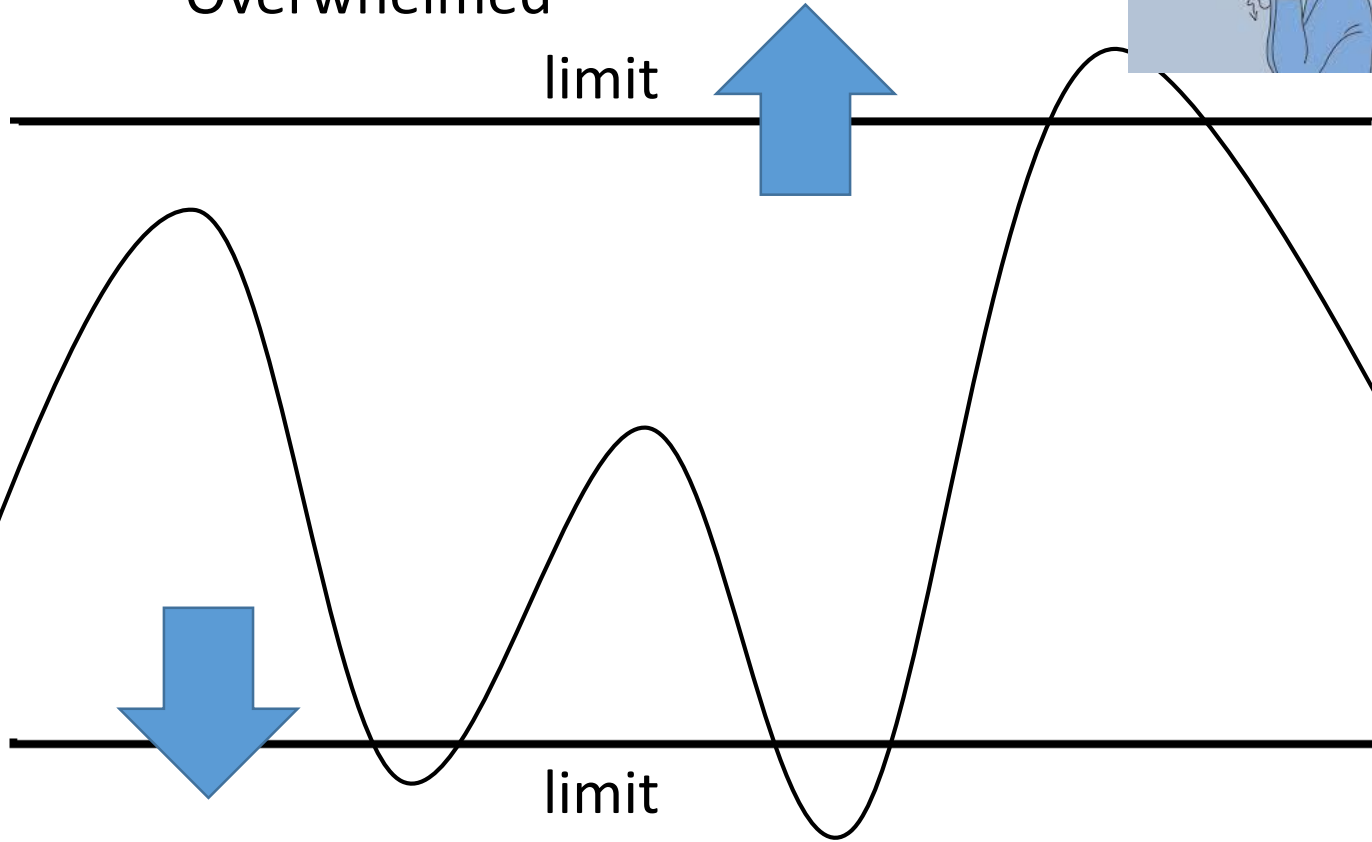
“WINDOW OF TOLERANCE”*



*Dan Siegel

UNREGULATED ZONE

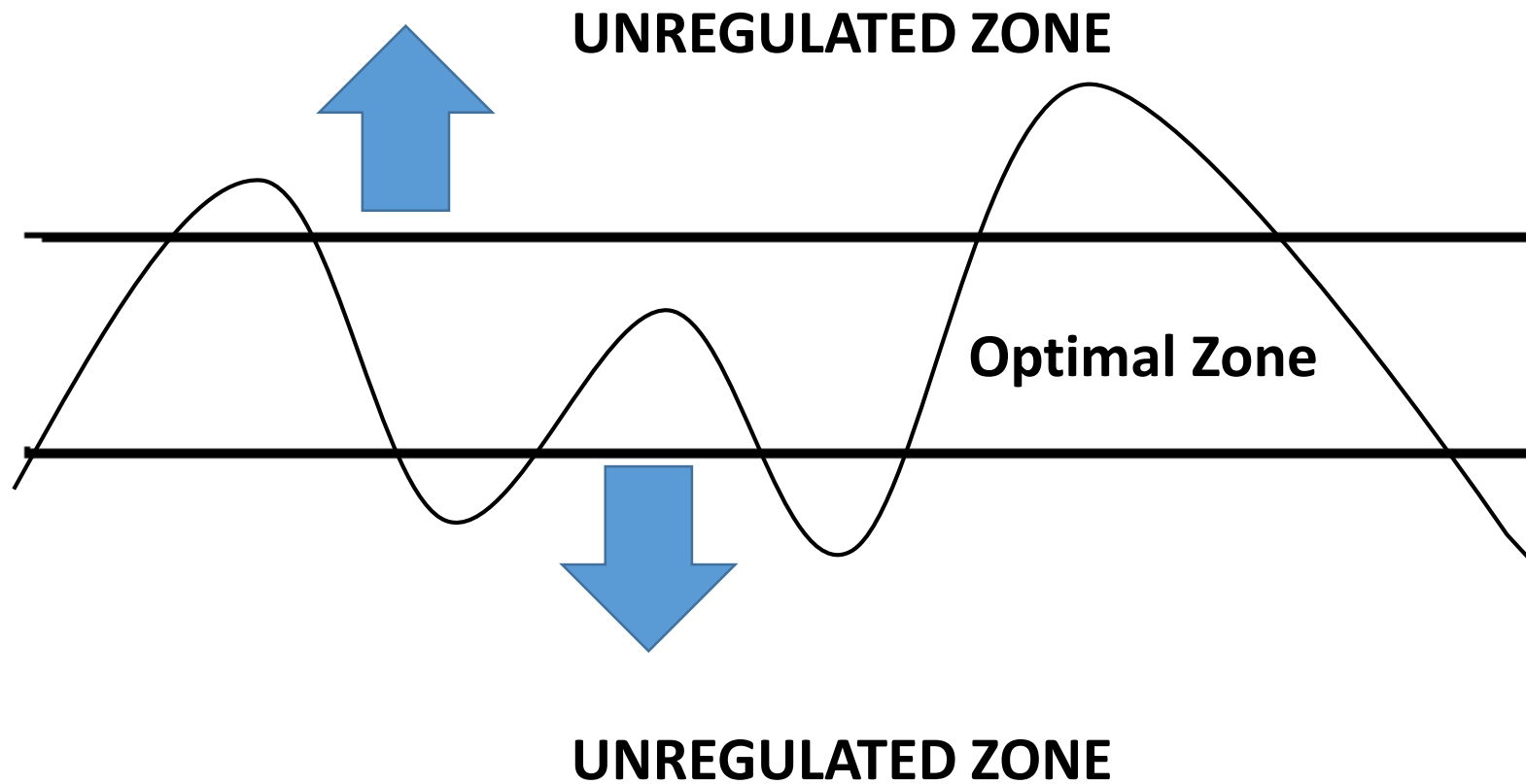
Less able/unable to Cope
Overwhelmed



UNREGULATED ZONE

Less able/Unable to Cope
Overwhelmed







Prefrontal Cortex

- ❖ Allows us to think before we act
- ❖ Decision-making
- ❖ Control over emotions & body
- ❖ Focus/Concentration
- ❖ Empathy
- ❖ Self Awareness

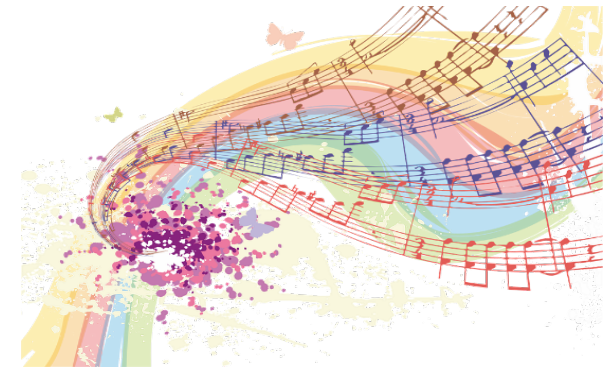


Limbic System

- ❖ Allows us to act before we think
- ❖ Fight/flight/freeze response
- ❖ Emotional reactions
- ❖ Bodily functions



Getting back into the Optimal Zone – reconnecting the thinking brain





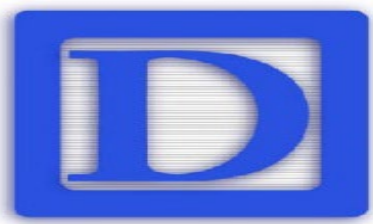
ACTIVE



BEING



CONNECT



DEVELOP



EXPRESS

Widening the optimal zone – building resilience

ABC OF MENTAL/EMOTIONAL HEALTH

MAKE IT PERSONAL



YOU ARE NOT ALONE

People you can go to for help when it's difficult

- ❖ Understanding and trusted friends
- ❖ Trusted adults such as parents, aunts, uncles, grandparents
- ❖ School staff, e.g. tutors, teachers or school nurses
- ❖ Youth leaders
- ❖ Doctors/GPs
- ❖ Us!