



# LITTLE BOOK OF CALM



SLOUGH &  
ETON  
WELLBEING

# CONTENTS

1	INTRODUCTION
2-3	DEVELOPING RESILIENCE
4	RELAXATION TECHNIQUES
5	DEEP BREATHING
6	STRESS TIPS
7	TIMETABLE EXAMPLES
8-9	WAYS TO SLEEP BETTER
10 -11	WAYS TO TAKE A BREAK
12	SELF-HELP APPS
13	SUPPORT AT SCHOOL

Life can sometimes feel pretty heavy, and it's hard to find time for ourselves when there's so much going on. But we all deserve a sense of wellbeing, and this little book aims to help you find yours.

# DEVELOPING RESILIENCE

Taking steps to look after your wellbeing can help you deal with pressure, and reduce the impact that stress has on your life. This is sometimes called developing emotional resilience.

## Make time for your friends

When you've got a lot on this might seem hard, but it can help you feel more positive and less isolated. Chatting to friends about the things you find difficult can help you keep things in perspective – and you can do the same for them.



## Relaxation Techniques

If you know that a certain activity helps you feel more relaxed, make sure you set aside time to do it.

*Examples of relaxation techniques are on the next page.*

## Develop your interests and hobbies

Finding an activity that's completely different from the things causing you stress is a great way to get away from everyday pressures. If stress is making you feel lonely or isolated, shared hobbies can also be a good way to meet new people.

## Forgive yourself

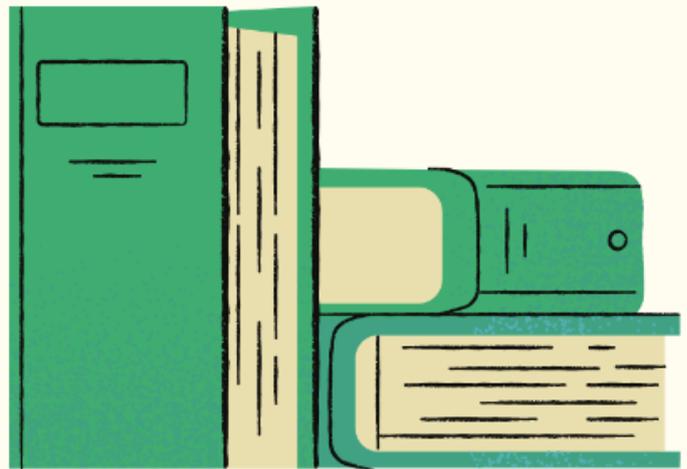
Forgive yourself when you feel you have made a mistake, or don't achieve something you hoped for.

Try to remember that nobody's perfect, and putting extra pressure on yourself doesn't help.

## Be active

Being physically active is important for both our physical and mental health. Even making small changes such as going for a regular walk outside may help you to feel less stressed.

Resilience is not just your ability to bounce back, but also your capacity to adapt in the face of challenging circumstances, whilst maintaining a stable mental wellbeing. Resilience isn't a personality trait – it's something that we can all take steps to achieve.



## Reward yourself for achievements

Even small things like finishing a piece of work or making a decision. You could take a walk, read a book, treat yourself to food you enjoy, or simply tell yourself "well done". Remember to be kind to yourself, it is easily forgotten.



# RELAXATION TECHNIQUES

Listen to  
music

Go for a  
walk

Focus on your  
breathing

Get  
creative

Write a  
journal

Avoid  
technology

# DEEP BREATHING

**SIT DOWN OR LIE DOWN**  
*somewhere comfortable*



**BREATHE IN THROUGH YOUR NOSE**

for **4** counts

**HOLD YOUR BREATH**

for **2** counts

**BREATHE OUT THROUGH YOUR NOSE**

for **6** counts



**REPEAT**

*practice once or twice a day*

## PRACTICAL WAYS TO REDUCE STRESS LEVELS

# STRESS MANAGEMENT

At one point or another, we all experience some level of stress. But there are certain steps we can take to reduce its impact on our daily life.

## FIRST

Get your 8 hours sleep. Wind down before bed by putting away your phone

## SECOND

Manage your time by creating a study timetable.  See example on the opposite page

## THIRD

Incorporate regular breaks into your routine so you don't feel overwhelmed



## FOURTH

Speak to someone you feel comfortable with



# REVISION TIMETABLE EXAMPLES

**Study/Homework**  
TRACKER

Week: \_\_\_\_\_

Subject:	Assignment:	Due Date:	✓

REMINDERS:

●	_____	●	_____
●	_____	●	_____
●	_____	●	_____
●	_____	●	_____

Customise your timetable according to your schedule and routine

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am							
8.00am							
9.00am							
10.00am							
11.00am							
12.00pm							
1.00pm							
2.00pm							
3.00pm							
4.00pm							
5.00pm							
6.00pm							
7.00pm							
8.00pm							

Create free online timetables:  
[www.getrevising.co.uk/planner](http://www.getrevising.co.uk/planner)  
[www.revisionworld.com/create-revision-timetable](http://www.revisionworld.com/create-revision-timetable)

# 6 Steps to Better Sleep



## 1. Stick to a sleep schedule

*Go to bed and wake up at the same time every day. Being consistent reinforces your body's sleep-wake cycle*

## 2. Pay attention to what you eat and drink

*Don't go to bed hungry or stuffed. Avoid heavy or large meals within a couple of hours of your bedtime. Your discomfort might keep you up.*

## 3. Limit daytime naps

*If you choose to nap, limit yourself to up to 30 minutes and avoid doing so late in the day.*





#### 4. Create a restful environment

*Exposure to light might make it more challenging to fall asleep. Avoid prolonged use of light-emitting screens before bedtime.*

#### 5. Include physical activity in your daily routine

*Regular physical activity can promote better sleep. However, avoid being active too close to bedtime.*

#### 6. Manage worries

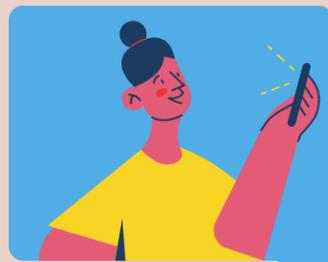
*Jot down what's on your mind and then set it aside for tomorrow. Start with the basics, such as getting organised and setting priorities.*

# TAKE A BREAK!

*Taking regular breaks can help to prevent tiredness and keep you focused. This allows you to refresh your mind and improve creativity, as well as helping you to maintain your attention and regain your motivation. There are so many different ways you can take a break!*



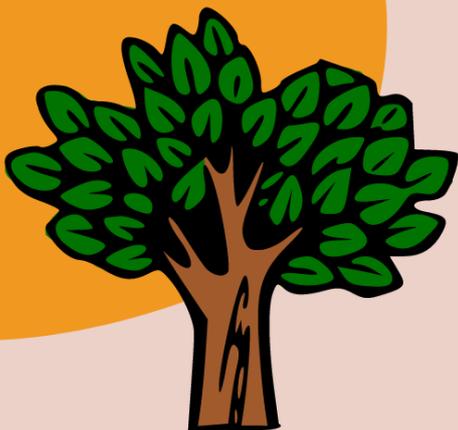
Go for a walk



Call a friend



Do gentle stretches



Go to a park



Learn something  
new



Read a book



Listen to music



Go for a run



Draw or Paint



Bike riding



Meditate

# Self-help mental health apps



## Catch It

Learn to manage negative thoughts and look at problems differently

**Cost: Free**      **Age: 12+**



## WorryTree

Record, manage and problem solve your worries with this easy-to-use app

**Cost: Free**      **Age: 4+**

*(Contains in-app purchases)*



## Cove

Create music that reflects your mood to help you express how you're feeling

**Cost: Free**      **Age: 4+**



## Chill Panda

Use breathing techniques to help you relax more, worry less and feel better

**Cost: Free**      **Age: 6+**

*(Contains in-app purchases)*



## Stress & Anxiety Companion

Breathing exercises, relaxing music & games to help calm your mind & reframe negative thoughts

**Cost: Free**      **Age: 4+**

*(Contains in-app purchases)*



## Calm Harm

A password-protected app that helps you resist or manage the urge to self-harm

**Cost: Free**      **Age: 12+**



## ThinkNinja

Skills to help you deal with anxiety and low mood and feel healthier and happier

**Cost: Free\***      **Age: 10-18**

*(Free during the coronavirus pandemic)*



## eQuoo

Use choose-your-own adventure games to improve your emotional fitness

**Cost: Free**      **Age: 4+**

*(Contains in-app purchases)*



## MeeTwo

A safe forum for young people to share experiences and ask advice anonymously

**Cost: Free**      **Age: 13+**



Whilst all of the apps listed here are free to download, please be aware that some include extra in-app purchase options.

# SUPPORT AT SCHOOL

At Slough and Eton, we have a dedicated team who support students with any aspects of mental health or emotional wellbeing.

Students can self-refer to  
**[wellbeing@slougheton.com](mailto:wellbeing@slougheton.com)**



