

Episode 1 Resources

Notes for Teachers

These resources are intended to support learners explore the themes discussed in the podcast. You can stop the podcast and use the discussion prompts below to encourage discussion and further reflection

Introduction

1

A life transition is any change or adjustment that impacts your life in a significant way. We all experience transitions throughout our lives – big and small, planned and unplanned. The senior phase can bring on new challenges, such as picking subjects, changing schedules, and preparing for upcoming exams & deadlines.



Pause at 5 mins 28

DISCUSSION

Following discussion questions could be worked through in pairs/small groups

- 1) How are you feeling about transitioning into the senior phase?
- 2) What are you nervous about?
- 3) What are you excited about?

Stress and coping with stress

Remember, stress is normal. It is okay to feel this way & it is okay to ask for help if you need it.



Pause at 12 min 48

2

Discussion Prompts

- How do you know if you're beginning to feel overwhelmed? This might be things like noticing you are more tired than usual, struggling to focus, or even feeling irritated.
- Can you think of a time in the past where you've had a stressful experience at school or a club? (purposefully at school/club so as to keep conversation contained). Maybe it's a time when you were learning a new skill, or preparing for a test. How did you handle this? Who supported you? What did you learn?
- How do you look after yourself in times of stress? Work in pairs and try and come up with 2-3 things each. If you feel comfortable, share these with the group (this exercise can help young people exercise empathy as well as normalising stress & allowing space to hear other young people's experiences & coping mechanisms)
- How can you tell if you are coping? Examples: feeling motivated, feeling supported, enjoying the things I usually enjoy.



Pause at 25 min 31

Your mental health needs certain 'nutrients' to be at its optimum. The 'mental health platter' is a useful tool for thinking about what things *you* might need in order to feel your best. These 'nutrients' are just as important (if not more!) during times of stress.

Looking after yourself during times of stress



Source: <https://www.michaelayoung.org/post/healthy-mind-platter-how-to-keep-your-brain-healthy-and-functioning-to-it-s-full-potential>



What are the key ingredients to having a healthy mental health platter? They are listed on the next page.



RELAX

Down time	Allowing space to not focus on anything gives our brain the opportunity to recharge.	Taking regular breaks during study sessions to 'switch off'.
Sleep time	Your brain needs time to consolidate & recover.	Aiming for 8 hours a night, and keeping to a routine.
Physical Time	Moving our bodies helps us relieve stress, release endorphins, and strengthen our brains.	Going for a daily walk first thing, or participating in your favourite sport.
Connection	Connecting with others is essential for a healthy mind.	Making time for family & friends/asking for support when you need it.
Focus Time	Working towards goals allows our brains to make new connections & build confidence.	Studying, learning a new hobby.
Time in	Taking a quiet moment of reflection to be present & mindful allows us to integrate the brain by processing.	Practising mindfulness—some mindfulness apps such as Headspace are great for guiding this.
Play Time	Being playful & spontaneous allows us to make new connections in the brain.	Sports, dancing, painting/drawing, being creative in general.

Source: <https://drdansiegel.com/healthy-mind-platter/>

Create your own

What does your mental health platter look like?



 Pause at 39 min 51

Remember, mistakes are lessons you can learn from.

4 Pressure and Mistakes

DISCUSSION

- Think of a time you made a mistake. What happened?
- What were you thinking at the time?
- How did you feel? Was anyone else affected? How did they feel?
- What were the consequences?
- What can do you do next time?
- What might be helpful to remember?



5 The Stress Bucket

The Stress bucket analogy is another useful tool when thinking about managing stress. View the video here:



What fills up your stress bucket?

