

The
Exchange

Resources for Young People

1: Boosting my Mental Fitness

For more support
options, Scan the QR
code to visit our website



exchange-counselling.com/interview-support-hub

Resources for Young People

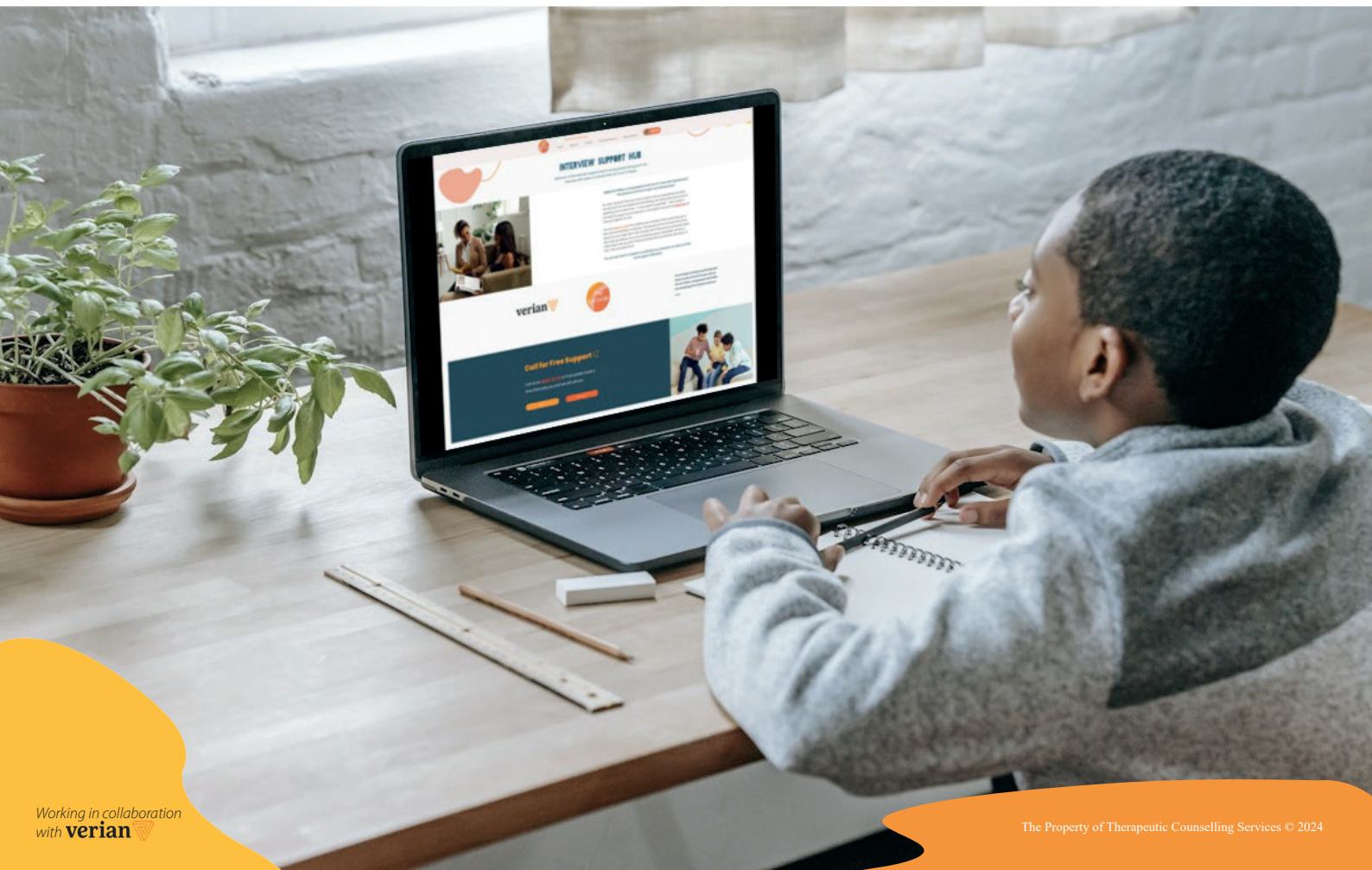
1: Boosting my Mental Fitness

Are you nervous about trying something new? Do you need a boost, or want to be more mindful?

This resource pack will provide you with the toolbox to boost your mental fitness. It's like wanting to go to the gym to build your muscles, you need the tools to improve your mental health and wellbeing.

You will find resources to help regulate your emotions, promote your wellbeing and help you to be more mindful.

If you would like further support you can visit our Support Hub. From there you can call our helpline or make an online booking with one of our team.

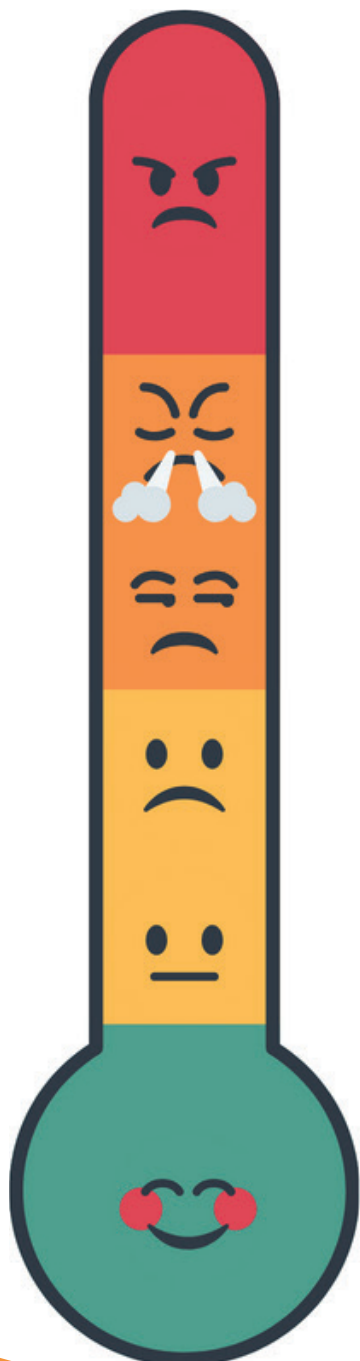


Check In - Feelings Thermometer

You may be feeling a bit out of sorts or “jumbled” up after your interview and might not be sure of how you’re feeling.

Some of the questions may have taken you by surprise or perhaps brought up some difficult feelings for you. Checking in with how we are feeling is so important and the feelings thermometer is a great way to do that.

This is good for you to do before and after each activity, but also when you notice a big feeling coming up – it is good to check in with our-selves before we react. You can then check in again after completing an activity to see if it has helped.



I feel overwhelmed.
I’m struggling to control my emotions.
I need space.

I feel angry.
Lots of things are irritating me.
I don’t want to talk to anyone.

I feel irritated.
Some things are annoying me.
I am trying to control my emotions.

I feel sad.
I feel like quite low.
I need comfort and support.

I feel okay.
I just feel a little worried.
I can cope with things as they are.

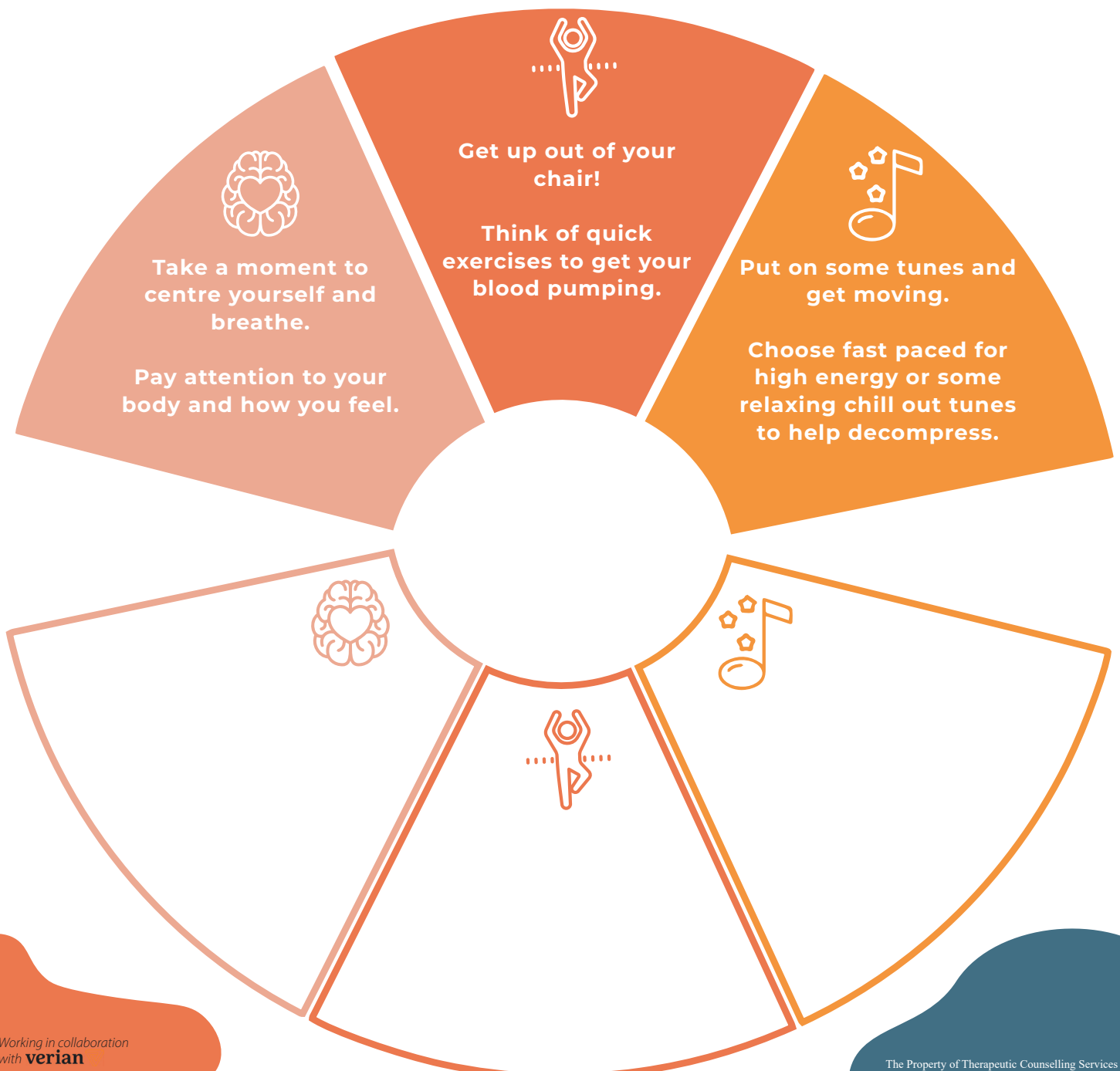
I feel happy.
I feel positive and optimistic.

Stress Busters

Having to take part in the interview might make you feel stressed or worried. You could be anxious about the questions you are being asked, or perhaps some of the memories it might bring up.

It is helpful to try to manage this stress. We all have different ways of managing our stress and things that make us feel better. Knowing what these things are can really help when you are experiencing stress. Take time to consider your stress busters. What type of things can help when we feel overwhelmed?

Think about movement, music & mindfulness- fill in the boxes with activities for each.



An Attitude of Gratitude

You might be feeling overwhelmed at the thought of an interview or feel stressed having to remember COVID. When we feel overwhelmed & stressed it's important to recognise and be grateful for the little things in our lives.

Taking note of simple things can have a positive impact on our wellbeing. Even better is sharing our gratitude for others.

Write a list of 3 (or more) things that you are grateful for each day.

	I am grateful for...
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

My friend taking time to listen to me

Cake for lunch!

Being able to enjoy a walk in the woods with my dog



Mind-full Moment

Another way to help with overwhelming feelings or stress is to take the time to slow down, to ground ourselves, this can really help us to feel calmer and less overwhelmed.

Building in “mind full moments” can really help with this. You can do this by allowing yourself to focus just on one thing at a time, or trying breathing exercises like the ones below.

Put your finger anywhere on the loop and whilst breathing in, follow the shape.

Then whilst breathing out, go round the shape in reverse.

Repeat this a few times to allow your breathing to regulate.



Take the palm of your hand and using one finger from your other hand run it up every individual finger.

Whilst you go up a finger **breathe in** then
When you run it back down **breathe out**

Repeat for all 5 fingers

The Wellbeing Wheel

Periods of stress and big life events like COVID can impact our wellbeing. Throughout the interview questions you might have realised that during covid your own wellbeing was impacted and it may still be having an effect now.

Our wellbeing is made of lots of different things such as how we are feeling, are we eating well, do we have people around to support us and are we getting enough rest. Completing this audit can help you not only think about your wellbeing but also help you notice areas that might need boosted.

Use the categories to “audit” the different areas of your wellbeing and write down what you already do to boost them. You can then use the Wellbeing Planner to make time for them in your week.



WELLBEING PLANNER

I'M GRATEFUL FOR

I'M PROUD OF

BODY

- Exercise
- Eating well
- Drinking water
- Rest

ACHIEVE

- Work/School
- Chores
- Study
- Planning

CONNECT

- Friends
- Family
- Community
- Ask for help

ENJOY

- Play
- Fun
- Social Activities

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

The Reel Me



Likes, shares, reposts , tweets Sound familiar?

Social media may have been a part of what you remember from COVID. It may have helped you connect with others and keep up with what was happening in other places.

We can sometimes forget what makes us "us". The "Reel me" is a good way to reconnect with yourself, you might even learn something new about you!

Name:

Age:

My favourite quote that has helped me:

Things I like about myself:

Things other people like about me:

Likes

Dislikes

For fun I like to:

If a friend was going through a tough time, I would:

My Strengths and Qualities

Reflecting on COVID you may remember things that you didn't get to do or experiences you missed out on, or you may remember feeling less confident during this time. Our routines changed so much you may have forgotten the things you managed to do and the challenges you may have faced.

This activity can help you to focus on your strengths and the things you managed to achieve, and perhaps help you to feel more "you".

Things I'm good at...

Compliments I've received...

What I like about my appearance...

Challenges I've overcome...

What I value the most...

Times I've made others happy...