

TAKE A LOOK AT SOME OF THE RESOURCES WE'VE CREATED



PERSONALISED RESOURCES CAN BE CREATED BY OUR TEAM



AVANTI SCHOOLS
TRUST

Avanti exists to help each person become a well-rounded human being through intellectual, moral and spiritual growth, and so make the world a better place.



1

We have incredible potential and can achieve this when nurturing all parts of ourselves - intellectual, emotional, physical and spiritual.



2

We choose how we wish to respond to life and what we nurture within.



3

We care for and respect all life - human, animal and plant and live in a way that causes the least possible harm.



4

We each observe the one same reality from our own unique perspective and engage in open minded dialogue to deeply enrich our vision.



5

We serve a higher purpose by living a meaningful and satisfying life of contribution.



6

We are nourished by personal relationships that fulfil our need to love and be loved, encouraging us to be the best we can be.



TIME FOR A CHEMISTRY LESSON!

Making time to create joyful moments daily is a great way to pack more smiles and laughter into your life. We all know that doing things we enjoy can help us produce more of the hormones that boost our mood but do you know what each hormone does? Here is a quick Chemistry Lesson, so you'll know how to get those 'feel-good' hormones firing on all cylinders.

Dopamine is the Reward Chemical and associated with feelings of relaxation, motivation and euphoria.

Triggered when: you eat nice food, enjoy self-care activities, celebrate little wins or cross something off your to do list!

Serotonin is our Mood Stabilising Hormone and contributes to feelings of wellbeing, confidence and is linked to digestion & sleep cycle.

Triggered when: You do exercise (especially cardio!), spend time in the sunshine, take time out to meditate or have a massage.

Oxytocin is our Love Hormone and associated with feelings of closeness, trust and bonding.

Triggered when: you hold hands, play with a dog, hold a baby, give a compliment, or hug someone you care about.

Endorphins are our natural pain killers and known to help relieve stress, reduce anxiety and strengthen our immune system.

Triggered when: We listen to music and dance, laugh, exercise, use essential oils, and eat spicy foods and chocolate.

Turn over for some instant mood boosters

Practical tips, tools and resources

THE SMILE SANCTUARY

Generate more smiles and laughter starting today by using our checklist below. How many you can tick off this month?

- ☐ Go for a walk and discover nature
- ☐ Try an online yoga session
- ☐ Start a daily gratitude journal
- ☐ Get creative - write a poem, draw or paint
- ☐ Play a board game or cards
- ☐ Try a new hobby - how about knitting or baking?
- ☐ Have a Digital Detox Day
- ☐ Listen to a podcast
- ☐ Write down all your strengths - aim for 10!
- ☐ Treat yourself to a face mask
- ☐ Dance in the kitchen to an upbeat song
- ☐ Practice a guided meditation
- ☐ Video call a friend or family member
- ☐ Do some exercise - did someone say HIIT?
- ☐ Light a candle or burn essential oils
- ☐ Relax with a magazine or book
- ☐ Cook a new healthy meal
- ☐ Send a surprise package to someone you care about
- ☐ Have an afternoon nap or early night
- ☐ Watch some comedy or funny video clips

Wellbeing Word Search

Rigby Hall SCHOOL

Switch off and relax with this word search and see what inspiration you can find to help with your mindfulness this month!

G E L E H L B V H Z A Y O I

K F Q K M N V L R T I S G H

W B P H E N G H E T A L K O

R I M I N D F U L N E S S C

M E D I T A T E A J E U E K

D A A V A Z M R X O L P X P

D E H D L Y O G A U S P E M

T Q P L H X H Q T R L O R H

H Y D D E G X E I N E R C B

E T W L A R R N O A E T I M

R W S A L U O C N L P T S N

A A R Q T S E L F C A R E N

P L F A H E Z B M U S I C L

Y K N K Y U R F O H A P P Y

Find these words

EXERCISE

HAPPY

JOURNAL

MEDITATE

MENTALHEALTH

MINDFULNESS

MUSIC

NATURE

READ

RELAXATION

SELFCARE

SLEEP

SUPPORT

TALK

THERAPY

WALK

WATER

YOGA

Self Care Bingo

by

INDIVIOR

Focus on you.

Taking care of your mental health and wellbeing is important so we thought we'd help you out with this Bingo game. Can you get a full house this week?

Take a full lunch break to switch off

Meditate or try some yoga

Take an extra long bath or shower

Get outside and enjoy nature!

Relax with a good book or magazine

Write down 5 things you're grateful for

Dance or Sing like no-body is watching!

Have an early night or have a day time nap

Go for a walk or do some exercise

Use a white board marker and wipe me clean each week!

Hot Chocolate Stick

choc-o-lait

Hot milk

Stir well

Enjoy!

SLC

South Lanarkshire College

East Kilbride

My Wellbeing Pledge

Use the space below to make a pledge explaining how you can prioritise your wellbeing and mental health. Write your personal pledge below and display this next to your desk as a reminder.

I pledge to.....

PLEDGE MADE BY:

Name:

Signed:

Date:

INDIVIOR

Focus on you.

Resources can be fully branded to your school, college or university

Mental Health signposting drinks coaster



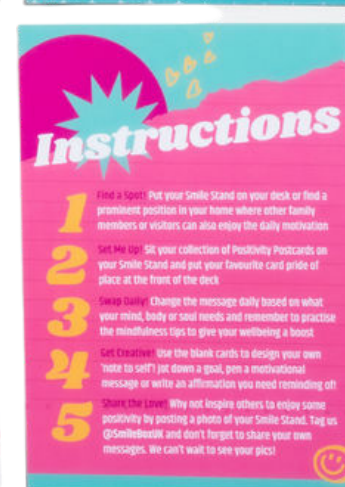
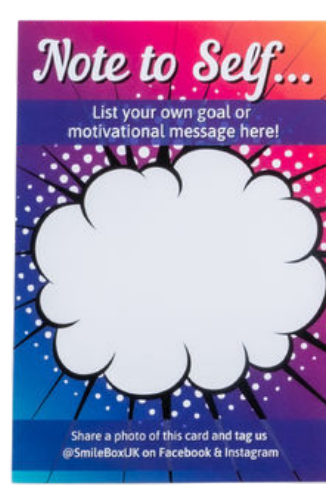
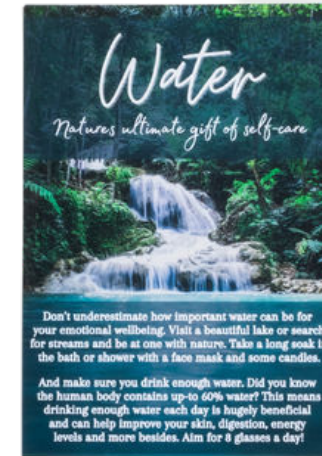
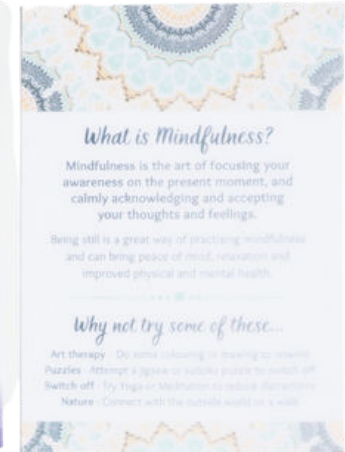
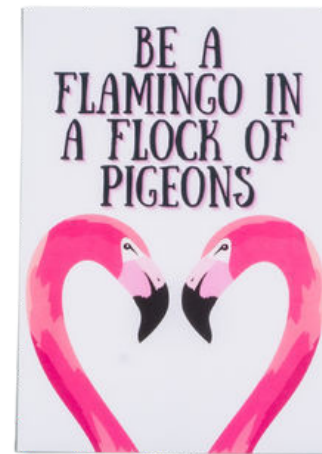


Find out more about
our Smile Stand by
[clicking here!](#)



Choose
from our
catalogue
of over 30
designs.

Or we
can create
something
for you!



We have created a 12 page survival guide & here are a few example pages

Student MENTAL HEALTH SURVIVAL GUIDE

Created By
DONNA FISHER

LOOK TO
YOUR 
FUTURE

at South Lanarkshire College



Welcome!

Here at South Lanarkshire College, we pride ourselves on being a listening organisation and delivering excellence. Our reputation as a high-performing provider of further and higher education is recognised right across Scotland, however our focus isn't limited to only your academic progress. We are just as committed to the wellbeing of our students and have a great reputation for providing a level of support which helps you thrive during your time at SLC.

We are a college with a great track record of ensuring that our students grow and develop. We want you to enjoy the best possible learning experience so you can reach your full potential. We recognise that your mental health is an important factor while you study with us and we've put this guide together to ensure you have access to the support you need.

We hope you find this Survival Guide useful and wish you a happy and healthy time studying here at SLC.

Team SLC



South
Lanarkshire
College

East Kilbride



South Lanarkshire College
Students' Association





Social Media is one of the single biggest challenges of our time. As we **scroll** through our timeline we are greeted with photos that have been photo-shopped, **edited** and **filtered** to give a warped sense of reality.

We see status updates that have been exaggerated or given a positive spin; people showing their '**best life**' rather than real life. And then we compare ourselves, and feel inadequate which leads to disappointment or low confidence which is unhealthy.

While there are benefits to Social Media there are many other ways to feel more connected with yourself and the world.

Watch this!



Our top tips...

- Stop comparing yourself to something that doesn't exist.
- Have a regular social media break or 'digital detox'.
- Don't be fooled into seeing 'perfection' rather than reality.
- Go for a walk and talk with a friend instead of relying on social media comms!

Let's talk about mental health!



Here at xxxxxx we're passionate about the need for a national step change in mental health awareness and action. And while your Smile Box is packed full of treats to make you smile and help you focus on your mental health, we know it's about way more than that.

Together, we need to remove the stigma by normalising conversations about mental health and want to encourage everyone to prioritise their emotional wellbeing. Are you in?

We hear a lot about mindfulness these days and quite rightly so! Now is the time to focus on your wellbeing and prioritise self-care – it's not selfish! We encourage you to actively take time out to work on your mental health and ask your friends and family too!

THE *Final* WORD

NO SHAME

First off, if you are experiencing low mood anxiety or any other mental health challenge, do not feel shame, weakness or embarrassment.

Life can be tough and it's normal for our emotional resilience to fluctuate. As the saying goes 'It's OK, not to be OK'.

IT'S GOOD TO TALK

It's also OK to ask for help or share how you are feeling with others. They say a problem shared is a problem halved. Sometimes just being able to talk about what's on your mind can help you feel better.

If you are struggling, please contact the Student Counselling Service for support.

PRIORITISE SELF-CARE

Figure out what makes you feel good and do it more often. Whether that be going for a walk, reading a book, or taking a long soak in a hot bath.

Give yourself three to four sessions of planned self-care each week, and schedule them into your diary so you're more likely to stick to it!

BE MINDFUL

There are so many resources online now to help us feel more present and peaceful.

Find what works for you and enjoy trying some new things in the process. Maybe try Meditation, Art Therapy, Journaling or Yoga. Take a look at the Positivity Postcards inside your Smile Box for more inspiration.

HEALTH & WELLBEING

 South Lanarkshire College
East Kilbride



We want you to know that:

♥ You are appreciated

♥ You're doing a great job

♥ Your wellbeing is important to us

At SLC, we are committed to enabling a culture of wellbeing by promoting and prioritising healthy working lives and supporting staff and their managers to create the right working environment. Our wellbeing offer has been designed to support you in areas where you might need it most. This includes:

- Employee Assistance Programme – PAM Assist
- Access to Work Mental Health Support Service
- Occupational Health
- 'Togetherall' Mental Health Resource
- Wellbeing Activities including mindfulness, yoga and circuits classes
- Wellbeing Teams Forum
- MHFA, ASIST and First Aid Trained Staff
- Discounted Fitness Memberships
- Staff Benefits including the Cyclescheme, Discounted Zone Card and Credit Union access
- Access to advice and support from Human Resources.



For further information on any of the support services either above or beyond, please contact HumanResources@slc.ac.uk

We understand that sometimes it's easier to talk to someone other than your friends, family and colleagues about issues that affect you. There are lots of useful sources of information and help that is available to you.

Where can I get help?

Some services include:

SAMARITANS

The Samaritans are a charity that provide emotional support to anyone at anytime. They can be contacted at **116 123** or visit www.samaritans.org.



Breathing Space is a confidential phoneline for anyone in Scotland feeling low, anxious or depressed. Call them on **0800 83 85 87** or visit www.breathingspace.scot.



NHS Inform is the national health information service for people in Scotland. They also have informative self-help guides at www.nhsinform.scot.



MIND provide information, helplines, and an online community for anyone experiencing mental health problems. Call **0300 123 3393** or visit www.mind.org.uk.



Citizens Advice Bureau provides free and confidential advice and information whoever you are and whatever your problem. They can be contacted on **01355 263 698** or www.cas.org.uk

Please visit our **SLC Staff Handbook** for a more extensive list of specialist support services for a broad range of topics and issues.



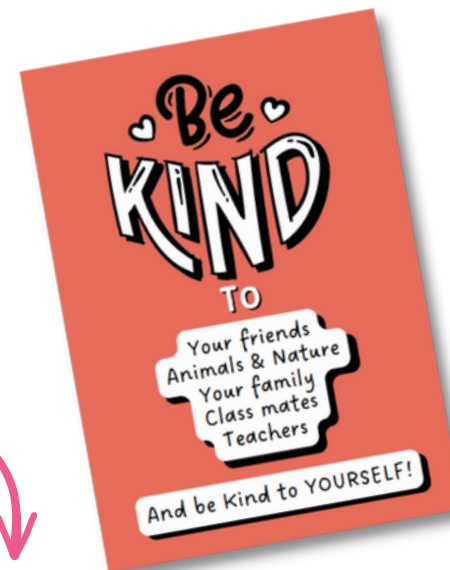
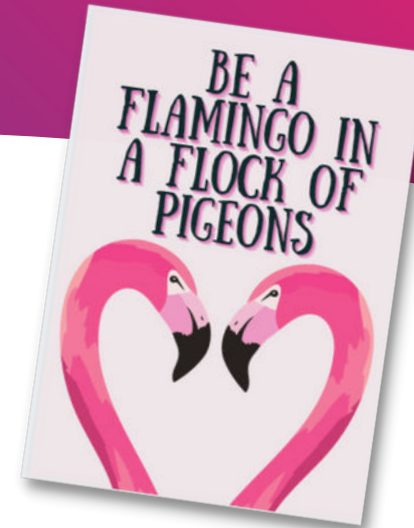
CHILDRENS' SMILE STAND

Featuring 10 Positivity Postcards with motivational messages, quotes and tips, all designed to support children's emotional resilience & encourage mindfulness!



Each Gift Includes:

- 1 x Wooden Easel
- 1 x Instruction / Gift Card
- 5 x Glossy Postcards
- 10 x Messages in total
- Individually Wrapped!



See all the
postcard
designs
below





Each Smile Stand includes these amazing postcards

