



Compass Phoenix



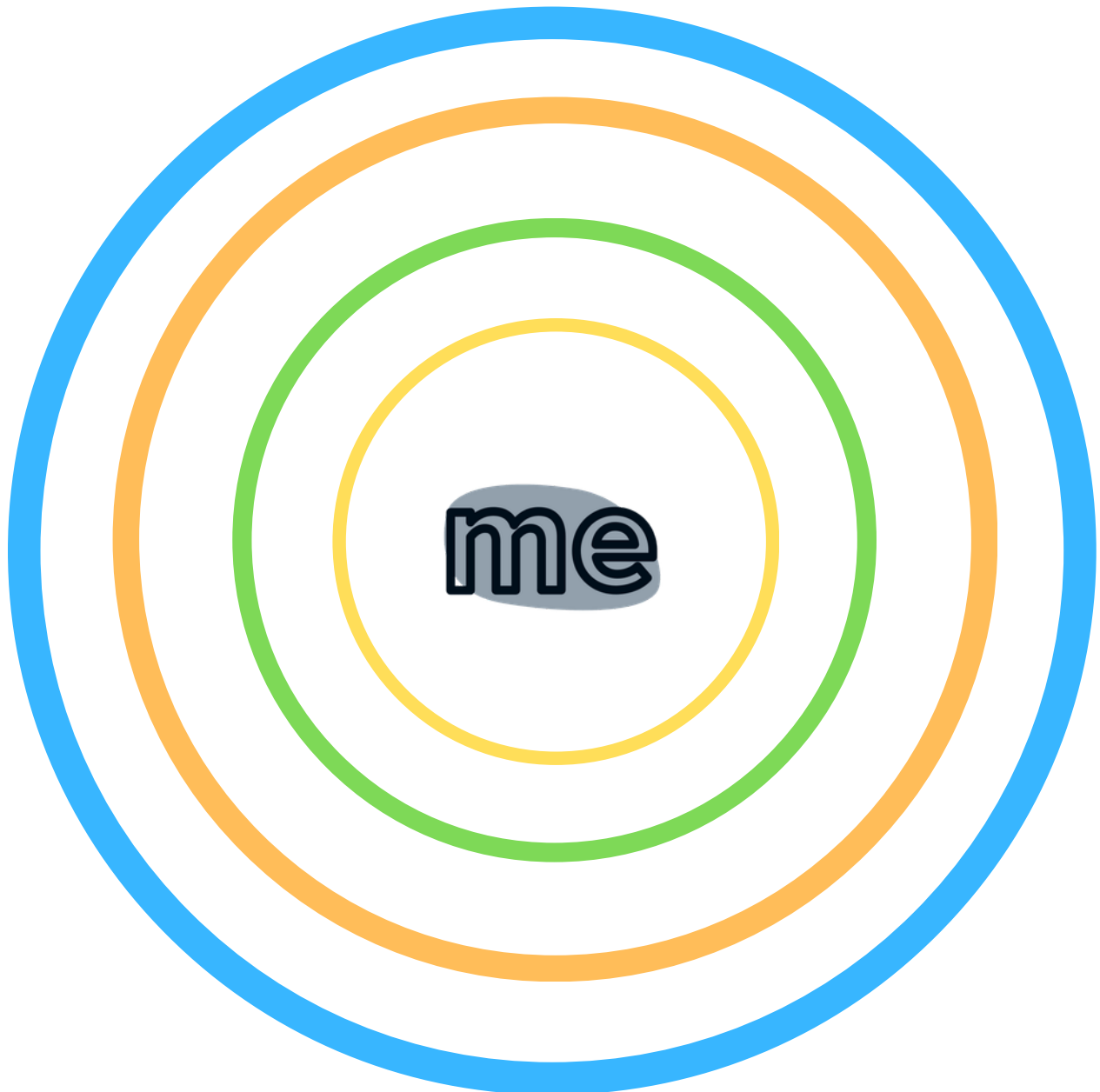
Compass Phoenix

Y7 Transition Pack



The People Around You

It's important to think about who is going to be on your back-up team to support you and help you achieve your goals. Help and support can come in many different forms, such as motivational support, practical help and comfort or companionship. Think about the people around you, this may be family, friends, people at school/work or at clubs/activities you attend. Plot them on the diagram below (most involved in the middle/ least involved on the outside) and write down what kind of support they can offer you.



When we are not feeling our best, it is important to surround yourself with tools that make you feel good, comforted and happy. To do this try and think of;

- 2 songs that bring you joy
- 2 of your favourite foods you can cook/bake for yourself
- 2 items that bring you comfort eg. blanket or hoodie
- 2 people who make you feel better
- 2 activities to help lift your mood
- 2 good memories that bring a smile to your face

2 Songs:



2 Foods:



2

Comfort Items:



2 People:



2 Activities:













2 Memories:



Carry this toolkit with you and use it when you need a boost!

Research shows that music has the power to have a positive impact on our mental health and well-being. It can also improve our concentration and lift our mood. Today, there is so much music available it can be tricky to find out what you like. Have a go at filling in the Music Library below so that you have a ready-made playlist for when you need it.

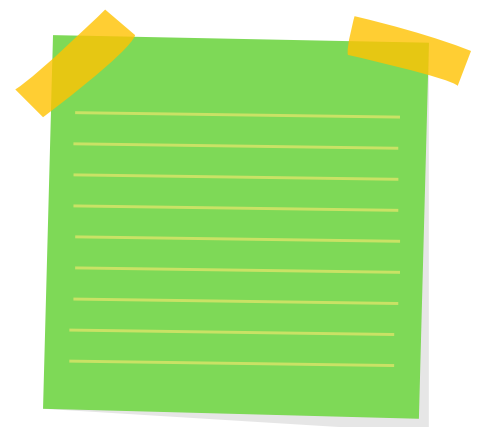
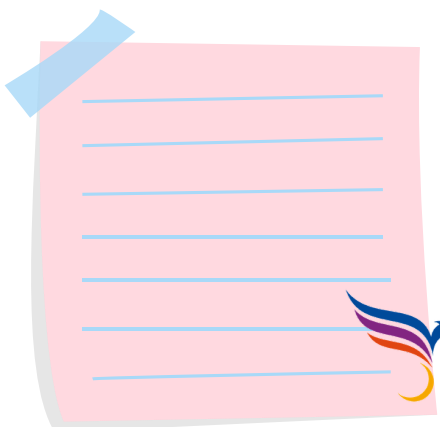
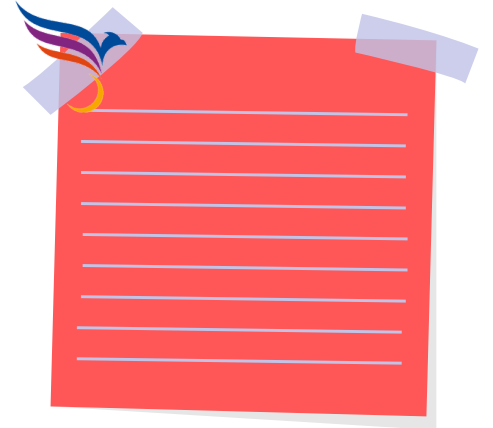
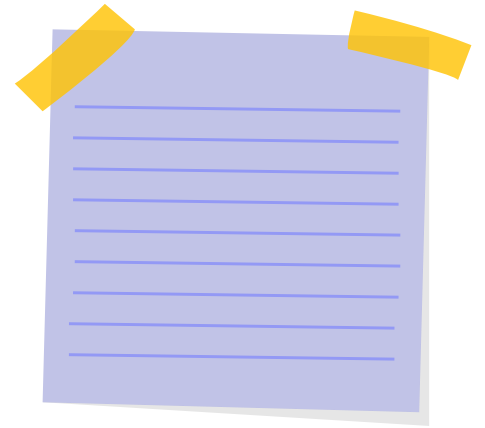
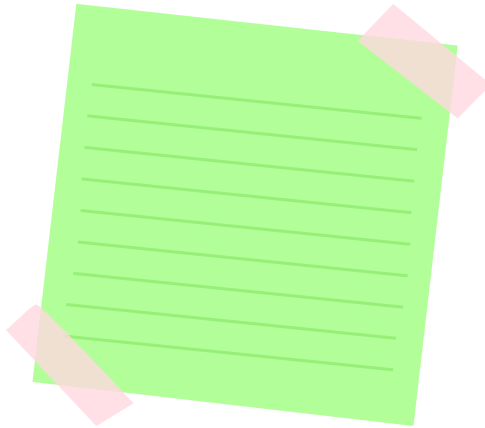
-  A song that makes you smile _____
-  A song that reminds you of summer _____
-  A song that makes you want to dance _____
-  A song with a colour in the title _____
-  A song that reminds you of a holiday _____
-  A song that's older than 20 years _____
-  A song with a number in the title _____
-  A song that you like to play loud _____
-  A song that makes you feel calm _____

01:30  04:03



Positive Notes

When recognising a positive about yourself, eg. regarding your appearance, a positive trait (eg. kindness), an achievement or compliment received, please write it down on one of the notes and stick it somewhere you will often see it- you can use your own sticky notes to write on if you prefer!



Wellness Planner




Week Commencing

This week's inspirational quote:

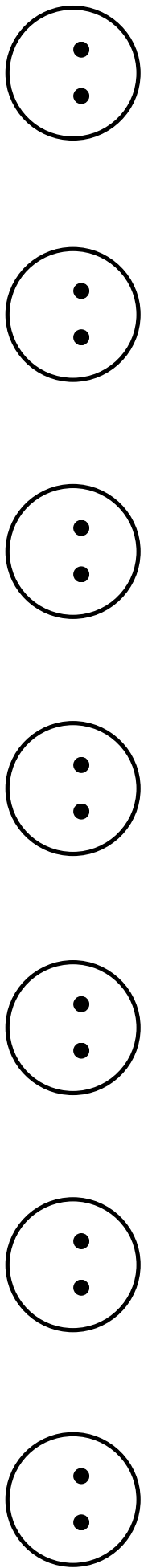
3 things I am grateful for this week:

- Plans:
- Listen to... _____
 - Read.. _____
 - Watch. _____
 - Do... _____
 - Speak to... _____
 - Make.. _____
- Have I had my fill of...
- Exercise
 - Social
 - Sleep
 - Fruit and Vegetables
 - Water
 - Relaxation time

5 Ways to Wellbeing Weekly Record

-  Connect
-  Be Active
-  Take Notice
-  Keep Learning
-  Give

Mood



Notes



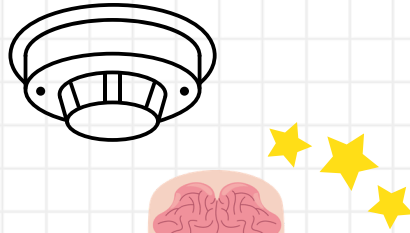


FIGHT, FLIGHT FREEZE RESPONSE

This is your body's natural response to a situation it feels could potentially put you in danger. It is a way of alerting you to do something to save yourself (usually run away, fight or stay still until danger has passed)- a bit like a smoke alarm that goes off to warn you of a fire. Your body makes changes in order to protect you and to get the energy to where it needs to be in your body so you can be quick or strong. This is a normal, natural reaction.

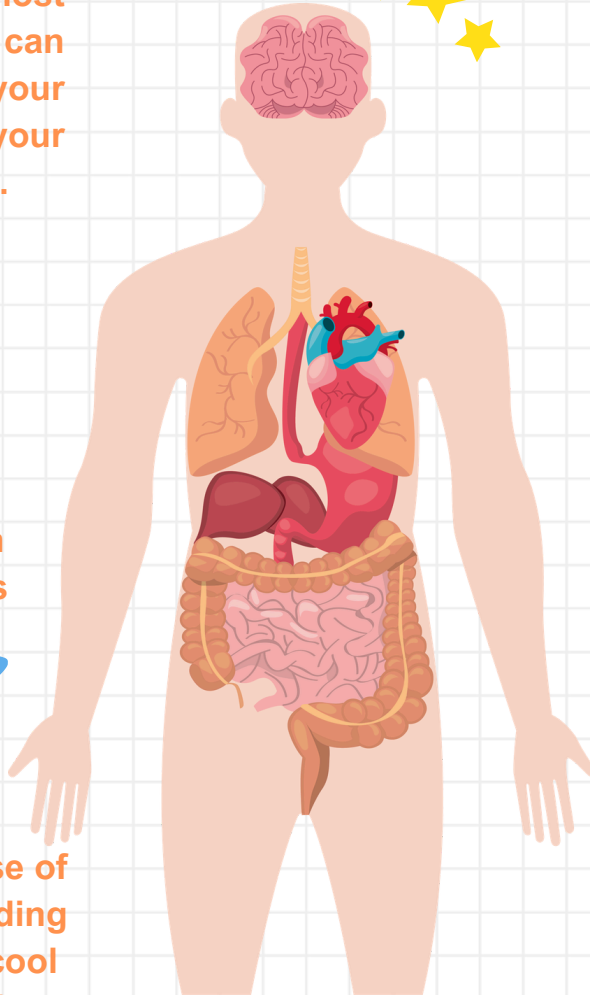


At this moment, your digestive system isn't a priority so its almost shut down. This can makes you lose your appetite and your mouth can feel dry.

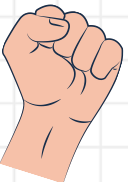


Your brain sends messages and blood to important parts of the body. You heart is beating quickly, sending oxygen around the body to give extra power to your muscles. Adrenaline is released into the body to help everything speed up. Sometimes this can all make you feel a bit dizzy and can make it hard to think clearly!

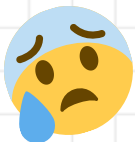
As blood leaves your stomach to go power up muscles, it can give you a feeling of butterflies. This might happen elsewhere in your body too; trembling is just your blood moving around.



Your heart beats faster, pumping oxygen to important muscles to help you run away or fight danger. Breathing gets faster.



Your body gets hot because of all of your systems speeding up. You start to sweat to cool and this even makes you slippy which could help you escape! Your hands can feel clammy or cold as blood is going to other body parts.



Your bladder isn't a vital body part in keeping safe so your bladder muscles relax and you might feel like you need the toilet.



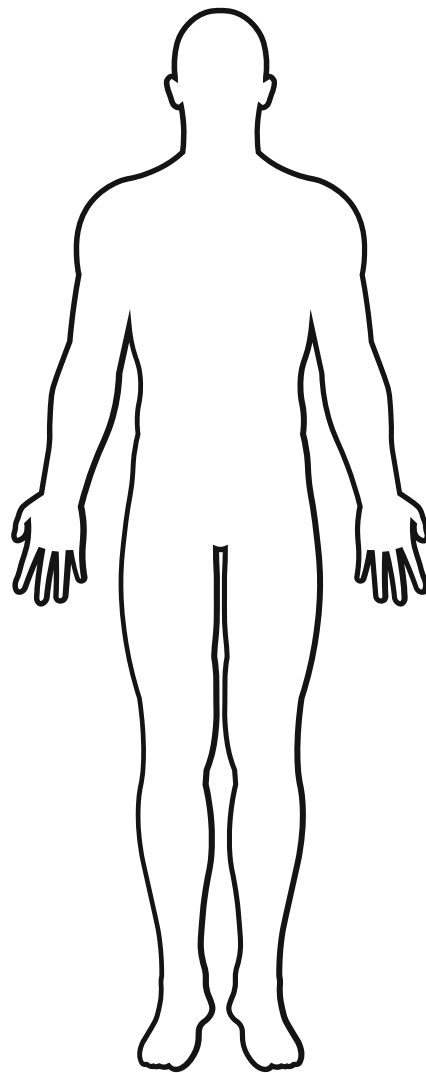


YOUR RESPONSE

The fight, flight, or freeze response helps to protect us from possible danger. It is important to remember that we are all different and will respond to threats in different ways. Use this page to think about how you respond when you feel anxious or worried about something.

You might react to a threat in a different way to your friends or family.

Draw, colour or label the different things your body does when you feel worried or threatened.



Sometimes, breathing techniques can help when we feel like this. Try the leaf breathing technique.



Breathe in
Imagine you are smelling flowers

Breathe out
Imagine you are blowing a leaf away

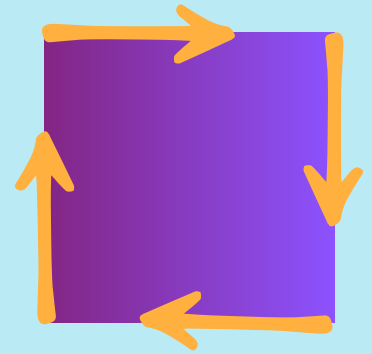


What could you do to help with some of these feelings and reactions?



Square Breathing

- Find a square in the room.
- Start in a bottom corner then, use your eyes, or a finger to move your focus up to the top corner.
- As you do this, breathe in for 4 seconds.
- As you eyes go along the top, hold your breath for 4 seconds.
- As your eyes move down to the other side of the square, breathe out for 4 seconds.
- Lastly as your eyes move along the bottom of the square hold your breath again for 4 seconds.
- Repeat this for a few minutes until you feel better.



Hi Five Breathing



- Hold your hand with your palm towards you.
- place a finger from the other hand at the bottom of your thumb
- Slowly trace your finger up your thumb while you take a long breath in.
- Next, breathe out slowly, while bringing your finger to the inside of your thumb.
- Continue until you get to the bottom of your little finger
- Repeat as long as you need to relax.

Breathing techniques can help relax your body as well as helping you to think more clearly.

GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

5

THINGS YOU CAN
SEE



4

THINGS YOU CAN
TOUCH



3

THINGS YOU CAN
HEAR



2

THINGS YOU CAN
SMELL



1

THING YOU CAN
TASTE



Wellbeing Apps, Services and Websites

Daylio is a free private journal app, without the need to type! Choose from emojis to represent your mood and activities you have been doing. Over time you can notice patterns and understand your habits better.



Insight Timer is a free, wellness app offering a large library of guided meditations, music tracks, and specialized sleep aids to help manage stress and anxiety.

Calm Harm is a free app designed to help people resist or manage the urge to self-harm. It has the option of being private and password protected. Using the app you can track your progress and notice change.



Calm is a free app for meditation and sleep, including guided meditations, mindfulness, sleep stories, breathing programs, masterclasses and relaxing music. Some content is only available through an optional paid subscription.

MindShift is a free, scientifically based anxiety tool based on cognitive behavioural therapy to help you learn to relax and be mindful, develop more effective ways of thinking and use active steps to take change of anxiety.



Clear Fear is a free app providing ways to manage worry and anxiety. It uses a cognitive behavioural framework to help you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses. It also has helpful resources and a grit box to boost resilience. It is recommended for the ages of 11-19 years.

Wellbeing Apps, Services and Websites



BUZZ US is a confidential text messaging service for help, information and advice about mental health and wellbeing for children aged 11-18 in North Yorkshire. To use the service text 07520 631168 or visit <https://www.compass-uk.org/buzz-us/> to find out more.



FRANK is a website that provides information about drugs and alcohol, their effects and the law. There is also a support phone line, text service, email service and live chat service for friendly, confidential advice.



Child Line is a free, confidential service for anyone under 19 in the UK, where you can talk about anything. Whatever your worry, whenever you need help, you can talk to childline online or on the phone, any time.

Beat is a website that provides information about eating disorders, recovery and support services. Beat also provide helplines for adults and young people offering support and information.



The Mix is a support service for young people aged 13-25, there to help you with any challenges, e.g. mental health, money issues, homelessness, break-ups or drugs. The website provides information, articles and video content. You can also talk to them online or through a free, confidential helpline.

Papyrus is the national charity dedicated to the prevention of young suicide. They provide confidential support and advice to young people and anyone worried about a young person, through their website and helpline.



Reading Well - Interactive book list with suggested reading to help you feel better.

Wellbeing Apps, Services and Websites

Young Minds are there to ensure young people get the best possible mental health support. They have an informative website and a parent helpline plus a Young Minds Crisis Messenger service for young people experiencing a mental health crisis.



NHS 111 is a service that you can use if you have an urgent medical problem and you're not sure what to do. They have a website and a helpline. You can ask for a translator if you need one.

Samaritans is a charity dedicated to reducing feelings of isolation. They offer a helpline and email service for anyone who needs someone to talk to. They listen, don't judge, and don't tell you what to do.



Stonewall campaigns for the equality of lesbian, gay, bi and trans people. Their website offers help and advice and they also have a telephone information service.

Support Children's Mental Health with Free, Printable Activities Help children understand their feelings, build resilience, and navigate life's challenges with our free wellbeing activities—designed for use at home or in school.



EWV Recovery College – For young people (has various courses aimed at young people). <https://www.recoverycollegeonline.co.uk/young-people/>

The Go To is a website which brings together information and service available on wellbeing and mental health for young people in North Yorkshire. <https://www.thegoto.org.uk/im-a-young-person/>

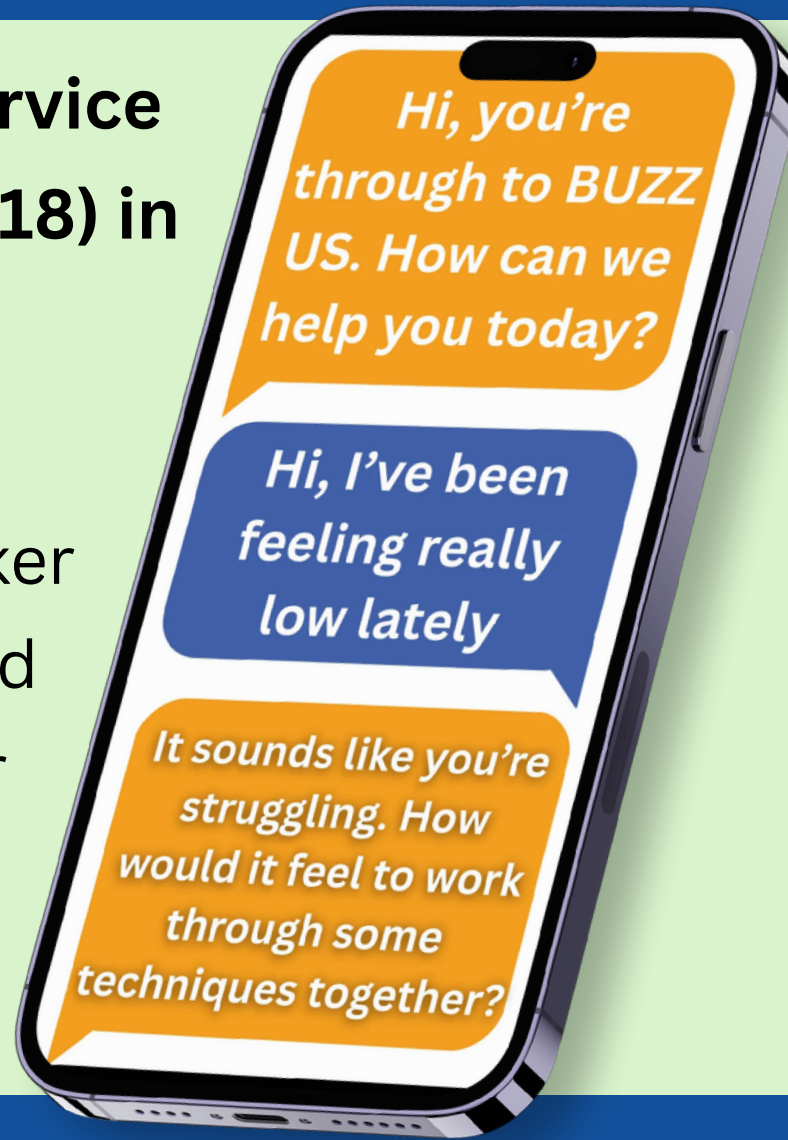


The Sleep Council/Sleep Charity – Support for helping sleep routine and sleep hygiene.

BUZZ US

A confidential text service for young people (11–18) in North Yorkshire.

Chat on text with a Compass Phoenix worker for advice, support, and signposting for all your mental health and wellbeing needs.



Text us on 07520 631168



Scan the QR code to be taken directly to the BUZZ US contact number.

BUZZ US

MEET THE TEAM

BUZZ US is a confidential text messaging service for young people (aged 11-18) in North Yorkshire.

If you need support or advice concerning your mental wellbeing, talk to one of our team today.



Clare



Alice



Pip



Jasmine



Scan the QR Code to text one of the team!



Text us on 07520 631168