



Greater Manchester
Mental Health
NHS Foundation Trust

WIGAN MHST Newsletter

Issue 3: November 2024



HELLO!

Take a moment
to ground yourself.

Think of:



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



MHST Padlet

Scan the QR code
above to access useful
information,
signposting, and
referral forms.

Welcome to the November issue of the Wigan MHST Newsletter!

This month we're offering advice on how to handle stress by looking at ways to empty your '**stress bucket**.'

We're also focusing on **Anti-Bullying Week** which takes place from 11th November to 15th November 2024. This year's theme is '**Choose Respect**.' We will take a look at how to identify the signs that someone is being bullied so that support can be offered in a timely manner. Bullying can have a significant impact on a young person's self-esteem so with this in mind this issue also highlights some techniques which help young people to focus on the positives, and challenge unhelpful thinking.

Please note that Wigan MHST are unable to offer 1:1 support where bullying is the primary concern. If recent or ongoing bullying is the cause of the presenting problem then this should be addressed by the school setting, and counselling should be considered where appropriate.

Don't forget that Tuesday 12th November is **Odd Socks Day**. Staff and students should be encouraged to wear odd socks to celebrate individuality in support of anti-bullying week.



THIS MONTH'S WHOLE SCHOOL APPROACH OFFER

- Parent stress workshops
- Psychoeducation workshops
- Sleep hygiene workshops
- Exam stress workshops (Y10 and Y11)

Contact your school's allocated practitioner to find out more.

THE STRESS BUCKET

EVA CURLESS (TRAINEE EMHP)



Stress is a normal experience which we all have to deal with every day. The human mind can only tolerate a certain amount of stress. Imagine that the human mind is a bucket, and all of our stress is held inside. The size of this bucket might vary from person to person. For some people, the bucket is large enough to carry a great deal of stress. For others, the bucket might overflow very easily. This is completely normal: we are all unique individuals, and we cannot change the size of our stress bucket.



Whilst we cannot change the size of the bucket, we can change the levels of stress that flow into it. Imagine the daily stresses of life gradually filling up the bucket: it could be exams, friendship issues, homework, deadlines, being late, a flat tyre on your bike or trying to find a part-time job. Even the largest bucket is going to overflow at some point; there is only so much the human mind can deal with. So, how do we stop our stress buckets from overflowing? We release the pressure by puncturing them.



How do we make holes in them? Well, we use coping strategies. Coping strategies are ways of looking after ourselves and relieving stress; they help us to stay mentally healthy. It could be as simple as getting more sleep, drinking enough water, getting daily exercise or eating a balanced diet. It could be doing more of what we enjoy: video gaming, going out with friends, watching our favourite Netflix series, having a brew with a family member or taking the dog for a walk. When we use coping strategies, this punctures a hole in our stress bucket. The more strategies we use, the more holes we make. This allows the stress to gradually empty out. Think about those activities that fill you with joy: how often are you doing them? How often are you making time for yourself? If the answer is 'not a lot', then your stress bucket might be at risk of overflowing.

ASKING
— for —
HELP
IS OK

The aim is to reach a stage where the stress empties from the bucket at the same rate that it pours in. This is a sign that we can cope with the normal stressors of life. It is important to remember, however, that some stresses in life are so overwhelming that they pour into our stress bucket faster than our coping strategies can drain them away. This could be a family breakdown or a bereavement. Sometimes we need help from others to deal with these stresses and it is important that we reach out for support.

ANTI-BULLYING WEEK

WHAT IS BULLYING?

“The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.”

Anti-Bullying Alliance

SPOTTING THE SIGNS

Significantly more or less time spent on their phone/ device

Trouble sleeping or bed-wetting

Unexplained bruises, cuts, or marks

Missing items or money

Torn clothes

Acting out at home or fighting more with siblings



Changes in usual behaviour

Falling out with their usual friendship group

Unexplained stomach aches or illnesses at certain times e.g. before school

Reluctance to go to school or skipping classes

Becoming more introverted or withdrawn

Source: <https://www.bbc.co.uk/bitesize/articles/zbyb9ty>



Thursday 14th November 4-5pm

Practice Sharing Online Event for Schools with the United Against Bullying pilot schools

Hosted by Anti-Bullying Alliance

Sign up here:

<https://www.eventbrite.co.uk/e/anti-bullying-week-2024-practice-sharing-event-with-uab-programme-schools-tickets-1041077740547?aff=oddtcreator>

BOOSTING SELF-ESTEEM



Create a jar of positivity

Decorate a jar, bottle, or box.
Add in positive traits,
compliments, good
memories, or anything that
makes you smile.



Make a habit of
identifying
3 good things
every day.



Create a **positive**
qualities record
which focuses on
identifying positive
traits.



Encourage independence

Set small tasks
Try new things



Give lots of **praise**
Praise the effort



Repeat **positive**
affirmations to
improve confidence
and self-belief.



Challenge unhelpful thoughts by taking them to trial!

What is your evidence to prove this thought?
What is your evidence to disprove this thought?
Reframe your thought into something more helpful.



ANTI-BULLYING SUPPORT



**ANTI-BULLYING
ALLIANCE**

<https://anti-bullyingalliance.org.uk/>



<https://actagainstbullying.org/>

BulliesOut[®]

<https://bulliesout.com/>



Childnet
International

<https://www.childnet.com/>

IN THE NEXT ISSUE:

Healthy Lifestyles

Five Ways to Wellbeing

