

# Finding Your Feet

## In Year 7



**Nyrso Ysgol | School Nursing**

BIP Caerdydd a'r Fro | Cardiff & Vale UHB



**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

# Helpful Tips

## To reduce & prevent stress



Plan your time to give yourself enough opportunity to complete homework, get ready for school, prepare for your day and have time for yourself. Leaving things to the last minute and rushing can increase or add to stress.

Be mindful of your own needs. Mindfulness is a skill that you can practice and you might find it hard to switch off at first. Take time each day to do something you enjoy and find has a positive impact on you. Mindfulness is shown to have help you feel better long term.



Give time for Hobbies. Spend time on activities you enjoy. This might help you develop additional skills, broaden knowledge or act as another form of mindfulness.

Be kind to yourself and others, focus on positive parts of your day.





Recognise how it feels when you are stressed so you can put things in place to try and minimise any future stress. If you do recognise those signs of stress, practice mindfulness and seek support if needed.

Set yourself goals that you know you can achieve without causing yourself stress. Break tasks down into smaller chunks to make them more manageable.



Sleep Routine. Reduce screen time before bed, set an alert for going to sleep. 12year olds need around 10-11 hours sleep. Practice relaxation techniques before going to bed to help prepare your mind for rest. Avoid snoozing your alarm, it is better to set a later alarm that leaves you enough time to get ready, than to snooze several times. Making your bed can help start your day positively.

Seek Support. If you recognise that you need support, it's ok to ask for help. On the back of this booklet are a few examples of who you could contact for support if you need it.



Welcome to our School Nurse Padlet, a friendly, one-stop space for young people, parents and carers to access trusted advice, support, and information on health, wellbeing and growing up.

# How to seek support

## CAV Young Wellbeing

Provide specialist Emotional Wellbeing & Mental Health services to children and young people under the age of 18 in Cardiff and the Vale of Glamorgan.

[cavyoungwellbeing.wales](http://cavyoungwellbeing.wales)

## Meic

'From finding out what's going on in your local area to help deal with a tricky situation, Meic will listen.'

Freephone **0808 8023456**

Text **84001**

[Meiccymru.org](http://Meiccymru.org)

Online chat available

## Childline

'A free, private and confidential service where you can talk about anything.'

Free phone **0800 1111**

[Childline.org.uk](http://Childline.org.uk)

For Me: The Childline App

## Young Minds

'The UK's leading charity fighting for child and young people's mental health.'

Urgent help text YM to **85258**

Free phone **0808 802 5544**

[Youngminds.org.uk](http://Youngminds.org.uk)

## Dewis Cymru

Find local and national organisations and services that can help you.

[Dewis.wales](http://Dewis.wales)

## Samaritans

'We're here, day or night, for anyone who is struggling to cope, who needs someone to listen without judgement or pressure.'

Free phone **116 123**

[Samaritans.org](http://Samaritans.org)

Self Help app available

## School Councillor

You can speak to school staff for help accessing this service.

## Teacher

You can also speak with your teachers or any other trusted adult who will be able to support you. Friends and family can also be a great form of support.

## School Nurse

Ask school office for young person health hub times, to access your school nurse for an apt.