



'Emotional Health & Wellbeing'

Early Help Transition Team Newsletter
Derbyshire County Council

What is Wellbeing?

There are many ways to define wellbeing: For the purposes of our work, we define 'wellbeing' as referenced in the widely accepted World Health Organisation definition of mental health:

"Mental health is defined as a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community".¹

Definition of Emotional Resilience?

The word 'resilience' comes from the Latin word 'resilio' which means 'to bounce back'.²

What is resilience? Why is it important?

Resilience does not eliminate stress or erase life's difficulties, but allows you to tackle or accept problems, live through adversity and move on with life. Resilience embraces the ability to deal more effectively with stress and pressure, to cope with everyday challenges, to bounce back from disappointments, adversity and trauma. It allows individuals to develop clear and realistic goals to solve problems, to relate comfortably to others and to treat oneself and others with respect.¹

Emotional Resilience.

As a professional you can support children and young people through participation and inclusion to build emotional resilience,³ where they can learn how to make themselves feel better when things seem like they're starting to become too much to handle, take a look at the Five Ways to Wellbeing.

Five Ways to Wellbeing

				
Connect	Be Active	Take notice	Keep learning	Give
Spend time developing and nurturing relationships with friends, family, neighbours and colleagues. - Volunteer for Befriending services	Try to find an activity that you enjoy, and that keeps you active. - Walking - Swimming - Cycling - Playing football	Being more aware of the present moment, the world around you and your own feelings and thoughts, can help you feel positive how you're feeling about life.	Learning new skills can boost confidence and give you a sense of achievement. - Adult Education - Bright Side Courses	Helping others out and volunteering improves your self-esteem and your emotional health. - Volunteer near you

(1) <https://www.mentalhealth.org.uk/publications> - (2) <https://positivepsychology.com/emotional-resilience/>
 (3) <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

Wellbeing definition:

Well-being is the experience of health, [happiness](#), and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress. More generally, well-being is just feeling well⁴.

Please find below a selection of resources to support early help services, professionals, parents and carers.

Resources and links:

Everyone, including families:

[Take 5 steps to wellbeing](#) tools and resources, includes English and 11 translations.

Most of us know when we are mentally and physically well, but sometimes we need a little extra help to keep well. This leaflet and poster outline five simple ways in which people can maintain and improve their mental wellbeing.

[Derby & Derbyshire Emotional Health & Wellbeing](#) - Transforming Health and Wellbeing for Everyone, this link is a signposting website for Derby and Derbyshire, which contains local and national links and resources to support Covid-19, for Professionals, Parent/Carer and child/Young Person.

[NHS COVID-19 latest advice](#) - these tips can help improve your mental health and wellbeing if you are worried about the coronavirus outbreak.

A self-care kit for your child, Sheffield's Children's Hospital have developed a [self-care kit with some great ideas](#) for activities to do. They've also developed a range of other very helpful resources.

SEND: [Anxiety Related Absence: A guide for practice](#) - this guide is intended for practitioners supporting autistic children and young people who are anxious about attending school, and their families. The information may also be useful to families looking for ways to understand why their child is anxious and think about approaches which might help.

Young People, Self-help:

[Self-care is about the things we can do to look after our own mental health](#) - here is a list of strategies young people can use for self-care, the resource also has a self-care plan including [advice for young parents and carers on looking after their wellbeing](#).

Adults:

Ted Talks [7 ways to practice emotional first aid](#), Psychologist Guy Winch lays out seven useful ways to reboot your emotional health ... starting right now. Funny and inspirational.

(4) <https://www.psychologytoday.com/gb/blog/click-here-happiness/201901/what-is-well-being-definition-types-and-well-being-skills>

Health information for schools and professionals:

[Public Health Agency](#), all health publications, leaflets for children, young people and their families.

Schools:

[Emotional and Mental Health](#) - this is a toolkit and a resource for schools, with a school audit tool kit, case studies and wellbeing assessment tools, which can be used in assessing different approaches in the school environment.

[Supporting Pupil Wellbeing Government Guidance](#) - this guidance is part of remote education practice for schools during coronavirus (COVID-19). The Department for Education has been working with schools to develop this series, based on the current experiences and practices of teachers and school leaders.

Secondary school: [Academic Resilience](#) - here are some tools and resources which we find useful in working on resilience in schools, in this document you will find an introduction to Academic Resilience, what it is, and how it can work for you.

Primary school: [Building Resilience](#) - resilience is a key factor in protecting and promoting good mental health. This whole school programme aims to look at ten different things that can help support children to develop resilience, including assembly, class and parent, carer information.

Training:

[Mental Health First Aid](#), flyer, what is Mental Health First Aid? Mental Health First Aid (MHFA) is an internationally recognised two-day training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

Early Help Transition Teams Contact Information:

For more information, please contact:	
Chesterfield & High Peak Adam Cope Early Help Transition Project Officer Mobile: 07827 313821 Email: Adam.cope@derbyshire.gov.uk	North East & Bolsover and Amber Valley Debbie Hadley Early Help Transition Project Officer Mobile: 07866 216 961 Email: Debbie.hadley@derbyshire.gov.uk
Erewash and South Derbyshire Nusrat Sohail Early Help Transition Project Officer Mobile: 07827980617 Email: Nusrat.sohail@derbyshire.gov.uk	