

# 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.



# How to seek support

## Chat Health

Text your school nurse for confidential health advice and support - [07520615718](tel:07520615718)

## 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](tel:08088023456)

Text [84001](tel: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](tel:08001111)

[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](tel:85258)

Free phone [0808 802 5544](tel:08088025544)

[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](tel:116123)

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

Self Help app available

## School Councillor

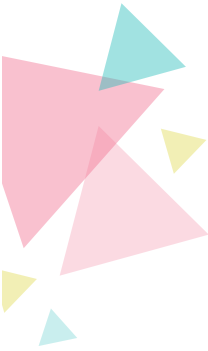
You can speak to school staff for help accessing this service.

## 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

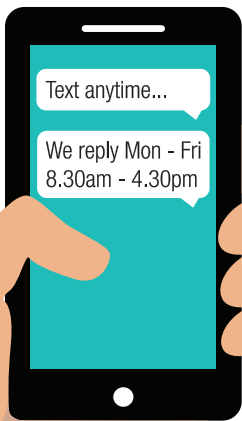
Ask school office for young person health hub times, to access your school nurse for an apt.



IF YOU'RE 11-19 YEARS OLD  
TEXT YOUR SCHOOL NURSE ON  
**07520 615718**

FOR CONFIDENTIAL ADVICE AND SUPPORT

We help young people with all kinds of things like...



**BULLYING HEALTHY**  
**SMOKING EATING**  
**RELATIONSHIPS**  
**FEELING SAD OR ANGRY**  
**EMOTIONAL DRUGS**  
**WELLBEING ALCOHOL**  
**EXAM CHANGES TO**  
**STRESS YOUR BODY**

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.





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