



PRE TEEN/TEENAGE WELL-BEING

Sale High School Counselling Service

Jody Timms & Natalie McNamara

HOUSEKEEPING

- Mobile phones on silent



- Fire Exits



- Respect the views of others, listen to what others have to say



Q & A SESSION

- Introduction to who we are
- Discuss wellbeing for teens
- Q&A from Parent's/Caregivers



WHO ARE WE?

Jody and Natalie are Counsellor's employed at Sale High School.

We have previous experience working within education and are both Parent's.



Jody

- We offer 121 counselling sessions, workshops and supervision sessions for staff.
- Our role is to support, empower and give student's an opportunity to explore and understand themselves and any difficulties that they might be facing, in a safe and confidential environment.



Natalie

WELL-BEING DEFINITION

“A state in which every individual realises his or her own potential, can cope with the normal stresses of life”

“The state of being comfortable, healthy and happy”



WHY IS TEENAGE WELL-BEING IMPORTANT?

Having good wellbeing can help your children to:

- ▶ Manage their emotions
- ▶ Cope with stress/life changes
- ▶ Enjoy positive relationships with friends and family
- ▶ Apply themselves at school
- ▶ Participate in activities that interest them
- ▶ Understand and manage their emotions
- ▶ Enjoy life



5 STEPS TO WELL-BEING

WINNING WAYS TO WELLBEING

- CONNECT**
TALK & LISTEN,
BE THERE,
FEEL CONNECTED
- Give**
Your time,
your words,
your presence
- TAKE NOTICE**
REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY
- KEEP LEARNING**
EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF
- BE ACTIVE**
DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

SIGNPOSTING

If you need further advice or support:

www.nicolamorgan.com

www.charliewaller.org

www.youngminds.org.uk

www.mind.org.uk

www.nspcc.org.uk



