

SECOND EDITION

COOL HEADS

stresscentral

Beat Stress! Don't Panic! Stay Cool! Beat Stress!
Panic! Stay Cool! Beat Stress! Don't Panic!
Stay Cool! Beat Stress! Don't Panic!

COOL HEADS • stresscentral

This booklet is designed to help you keep up the fight in the battle of life!

There's loads of stuff in here to help with various traumas you might be facing or might have to in the future.

Or maybe one of your mates is having bother and you'd like to know how to help them?

You'll also find lots of cool things to do to keep your head clear and in good working order as well as plenty of tips on beating stress.

Look out for the icons dotted about to lead you to related information elsewhere in this booklet (each section has an icon as well as a title).

If you can't find exactly what you're looking for in here, check out the Cool Contacts section at the back for other sources of information, help and advice.



CONTENTS

- | | |
|----------------------------------|---|
| INTRODUCTION | Read it now if you haven't already |
| 2 STRAINSPOTTING | Find out if you've got stress |
| 3 SPIRAL OF WORRY | Stress and worry send you down and down - break the spiral! |
| 4 BUGS LIFE | What's getting your goat? Steps to sorting it out |
| 6 HOME HICCUPS | Dealing with arguments at home, parental break-ups Tips for home harmony |
| 8 BULLY BEEF | Being bullied, being a bully, getting help, ways to stop it happening |
| 10 TEST AND EXAM TRAUMA | Get your head prepared for those all-important tests and exams |
| 12 UNDER PRESSURE | Peer pressure - Smoking, Sex, Drugs, Alcohol - get clued up |
| 14 LOVE AND RELATIONSHIPS | Lads and Lassies - crucial tips |
| 16 DUMPED? | Get out of that post girl/boyfriend rut! |
| 18 BODY IMAGE | Learn how to like yourself and why it's important |
| 20 EAR EAR | How to be a good listener and a good mate |
| 21 MENTALK | Talking and listening for guys |
| 22 BODY OR MIND? | Stuff to take care of both of them |
| 23 DO SOME RELAX | Go on! Find out how here. How to stop panic attacks |
| 26 THE LOW-DOWN | The bottom line when it comes to your head |
| 27 THE SIMPLE THINGS | Make sure all the basics are covered |
| 28 COOL CONTACTS | Details on how to access other information and help |
| 32 JARGON | Find out what those big words really mean |



Stress affects the way we feel and behave.

How many of these fit the way you are at the moment?

Short Temper/Snappy

Not sleeping properly

Churny guts

Not bothered about food

Don't want to go out

Difficulty concentrating

Stiff shoulders/neck

Head going round in circles

strainspotting

1-2 **Something's up.** Keep an eye on yourself and take plenty of time to relax.

3-5 **Life isn't much fun.** Find out what's bugging you and try to sort it out. Get help if you need it.

5+ **You can't go on like this.**
DO SOME RELAX right now and get help as soon as possible.

Once you've calmed down a bit, it's much easier trying to sort out the cause of your stress. **BUT FIRST!** Get the basics right - sleep, regular food, shelter and security





Spiral of Worry

Ever noticed when you're stressed out or worried your body feels crap?

It's a vicious, downward spiral: worry and stress make you feel bad and make it more difficult to deal with the worries. Then you start to worry about feeling bad all the time which makes you feel worse. Feeling worse, it's even harder to deal with stuff . . . and on it goes.

Meanwhile, whatever it was that was causing the problem in the first place has got totally lost!



STEP 1 in getting sorted out is to **break the spiral.**

- get some serious chill time!



- change the scene **and get out for a walk**

- **DO SOME RELAX**



- Get Talking 

- pamper yourself

- **Get some exercise**



- **binge**  on your fave crap telly programme _____

- Listen to some tunes

Bottom line - **do something that makes you feel good.**



BODY OR MIND?
P.22

ICON LINK



If it's not one thing then it's another!



STEP 2 in getting yourself sorted is finding out exactly where the problem lies:

BULLY BEEF?



TEST AND EXAM TRAUMA?

HOME HICCUPS?



bugs



life



LOVE AND RELATIONSHIPS?

BODY IMAGE?



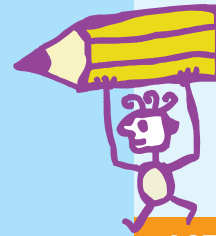
UNDER PRESSURE?

Find info and tips on these things elsewhere in this booklet. If you can't find what you need here, check out the **COOL CONTACTS** (P.28) section for other sources of help and advice.





- Everybody is different so what's bugging you might not be a hassle to the next person.
- Just because you seem to be the only person having a problem with something doesn't mean you should ignore it.
- Whether it looks like it at the time or not, you're almost definitely not the only one . . .



DATE WHAT'S GETTING YOU DOWN?

FIXED?

ACTION STATION



WHY NOT MAKE A BUGS LIFE DIARY?

Make a note of what's getting you down and when.

Tick things off as you get them fixed.

Write down how you cured the problem.

Look back to see what progress you're making.

Check out how you coped the last time if the same thing ever bothers you again.

Use it to help mates if they have the same trouble.

HELP!
iCON LINK



GET CONNECTED: Freephone 0808 808 4994 (1pm - 11pm) - call to find out about help and support in your area - they'll even put you through for free
www.youth2youth.co.uk - confidential email helpline run by young people for young people



home hiccupS



COMMUNICATE!

Keep your folks posted on what's going on in your life. They might give you more space and/or help if they know you're having a hard time.

ARGY-BARGY

Nobody gets it all their own way at any time in life - even parents! You've got rights too but getting shouty/slamming doors when they're being difficult won't help. Talk through what you want calmly. Be prepared to compromise and make deals.

ACTION STATION: EDUCATE 'EM!

Be aware of your parents' fears about your safety and the stuff you get up to. If they're stressing about something in particular, why not get some handouts for them, recommend a website or another adult you know who can explain things in a way they'll understand?

BREAK-UPS

Arguments, moving house, changing schools and the prospect of seeing less of one or both of them make parents breaking up especially tough on you. It can seem like you are the last person anyone is thinking about.

HELP!
iCON LINK



CHILDLINE: Freephone 0800 1111 at any time - information and telephone counselling for children and young people

PARENTLINE PLUS: Freephone 0808 800 2222 at any time - information and support for parents

www.childline.org.uk - Childline website - fact sheets and links



ACTION STATION

- **Make sure your wishes are heard. Let them know how you feel about what's going on.**
- Talk about how much you want to see each of them.
- **Speak up if you feel anything they've got planned for you isn't on.**
- Make sure your school knows what's going down at home. They may make allowances if your grades are slipping.
- **It's normal to feel angry, sad and generally hung up about the whole deal. Get extra support from other relatives, mates and teachers.**
- 'Numb' is normal too. It could take a while before you figure out how you feel about these changes. Take it a day at a time.

HARMONY TIPS

- **Don't end up being a go-between** or try to do the talking for them. You've got enough on your plate.
- **Don't go blabbing one parent's secret stuff to the other** - you'll only lose someone's trust.
- **Try not to blame either of them or yourself** for what's happened. If anybody is to blame, it certainly isn't you.

FACT: One quarter of all children in the U.K. see their parents divorce

STEPFAMILIES

Getting used to mum or dad being with someone else, new ways of living and new 'family' members is hard. Try to remember that it will all get easier to cope with in time. Take plenty space for yourself and get support where you can. **Stepfamily Scotland: info@cls.dircon.co.uk**

FACT: One in ten young people live with one 'natural' parent and one step-parent

HELP!
iCON LINK



STEPFAMILY SCOTLAND: 0131 225 5800 (11am - 5pm Mon - Wed, 1pm - 5pm Thu, 9am - 11am Fri) - info and support for anyone living as part of a stepfamily
www.stepfamilyscotland.org.uk - Stepfamily Scotland website
www.youth2youth.co.uk - confidential email helpline run by young people for young people



Bullying isn't just about violence.

It's anything that's intentionally meant to freak someone out or make them feel bad. Just because there's no bruises to show for it doesn't mean it isn't hurting.

Nobody has to put up with this from anyone

Adults sometimes bully children - parents, teachers, big sis and bro included.

Tell another adult you trust and know will listen.



FACT:

**68% are bullied at some time
in their school career**

BULLY



**HELP!
iCON LINK**



CHILDLINE: Freephone 0800 1111 at any time - information and telephone counselling for children and young people
www.childline.org.uk - Childline website - fact sheets and links
www.antibullying.net - information, advice and links on bullying
www.bullying.co.uk - information, advice on bullying



BEING BULLIED

- don't give up
 - **it's not your 'fault'**
 - always tell someone
 - **don't bully back**
 - is there enough supervision around school at break times?
If not, get together with other pupils and put pressure on your school to sort it out
 - **think about what you want to say when the bully strikes and practice saying it**
 - organise with others - there's strength in numbers
 - **keep an eye on each other and tell someone immediately you see a bully in action**
 - talk to teachers about helping to set up a Peer Support group
 - **bullies are people with feelings and worries too. Try being nice to the bully - sometimes it helps them to stop.**

YOU ARE THE BULLY

- it's easy to live up to your reputation but it takes real guts to break out and be a different person
- **get help - Childline is a good place to start. Nobody will know you've called them. The people who work on their helpline won't judge you**
- don't give up - you *can* change!

A large, stylized logo for 'BEEF' in a bold, purple, outlined font. The letters are set against a background of a large, stylized yellow bee with a purple outline, which is partially obscured by the text. The bee has a large white eye with a purple pupil and a purple outline.

TEST AND EXAM

Part of the reason for setting tests and exams is to see how well you cope with the pressure. 'Butterflies in the stomach' are just part of the experience.

The key to success? Get those butterflies flying in formation!



DON'T -

- **PANIC!** Whether you're swotted up to Brain of Britain standard or not, you can do better if you **keep a Cool Head**
- cram your revision into the few days before the test - there's only so much you can take on board at once
- stick your head in the sand and pretend it'll be okay.



TRAUMA

GET PREPARED:

- get or make yourself a wall chart covering the months before the exams. Mark clearly where each D-day falls. Use it to plan your homework attack
- **get help from teachers on how to divvy up the work into manageable chunks**
- you might need extra help with revision. Tell your teachers them where your problem areas are
- **study somewhere quiet and away from the telly**
- let the other folks in the house know you're studying so they can give you extra space
- **no peace at home? Local libraries are great for P and Q**
- take regular breaks to keep up your concentration levels: relaxation exercises will get oxygen to your brain and your blood moving again when you've been sitting for ages (see section '**DO SOME RELAX!**' P.23).

ON THE DAY. . .

- get a good night's sleep and have a decent breakfast
- if you are panicky, do some breathing exercises. There's some good ones nobody will notice you doing - even during the exam!
(see section '**DO SOME RELAX!**' P.23)



Under pressure from mates and other folks around you to do things you're not sure of? **DON'T BE.**

They might act like they know all about it, but do they? **DO YOU?**
Get clued up before you make any moves.

Under Pressure

SEX

THE MINIMUM LEGAL AGE FOR SEX BETWEEN MALES AND FEMALES IS 16

THE MINIMUM LEGAL AGE FOR SEX BETWEEN MALES IS 18

Are you really ready? Having sex with someone for the first time is a powerful experience, and it only happens once - you can't undo it! Do you love that person enough to share something that special with them? Remember, the older you are the easier sex is to deal with emotionally. **What about protection?** Girls can get pregnant *even on their first time*. Could you handle being a parent? Would you want to right now? And what about sexually transmitted diseases? Is sex really something *you* want or is it just what your mates reckon is a good idea? If someone threatens to leave you if you don't have sex with them, it's not really *you* they're interested in. Find someone else!

FACT

Lots of people who've had sex under age say they wish they'd waited

Scotland has one of the highest rates of teenage pregnancy in Western Europe

**HELP!
ICON LINK**



SEXUAL HEALTH INFORMATION LINE: Freephone 0800 567 123 (at any time) - information and advice on anything to do with sex

KNOW THE SCORE: Freephone 0800 587 587 9 (at any time) - information, support and counselling on any drugs issue

www.healthy-respect.com - advice on sex, contraception, diseases and deciding when to have sex

www.caledoniayouth.org - info and advice on sex and contraception, details of Caledonia Youth centres

www.mindbodysoul.gov.uk - information on issues affecting young people



DRUGS

Do you know what's being offered to you? Do you know what all the side-effects are - long and short term - and are you prepared to live with them (e.g. being an addict)? **Do you know how to reduce the risks?** Hash, Whizz, Es, Acid, Coke, Smack, Jellies and Crack are all illegal - do you know what the penalties are for getting caught and can you face them if you are? It's not impossible that you have an allergy to a drug (especially Es and Whizz) - for some folks the first time is the last time.

FAGS

Ever heard someone say 'I wish I'd never started'? Cigarettes contain the drug nicotine. Nicotine is highly addictive. It's easy to start but very difficult to stop. **Smoking causes cancer, heart disease, strokes, smelly breath, stinky clothes and empty wallets.** If you're a Lad, smoking can make you impotent later in life (can't 'get it up'). Smoking while you're young stops your body developing properly.

FACT
Scotland has the highest rate of lung cancer and heart disease in Britain

BOOZE

It's illegal to buy alcohol before your 18th birthday.

Alcohol is an addictive drug. In some places (e.g. Glasgow) it's illegal to drink in the street or park. Alcohol affects young people more than adults. **It damages your liver and kills off brain cells.** It lowers 'inhibitions' (your natural ability to say 'no' to stuff) and affects your judgement and reaction times. Using alcohol as an 'escape' or to relax with is a bad plan - things always look worse through a hangover. Drinking too much is very dangerous and can cause Alcohol Poisoning - a potentially life-threatening condition.



GET INFORMED - make the right choices for the right reasons. It ain't gonna hurt anybody as much as it will hurt you if you make a bad one.

BE THE BOSS - doing something just to impress folks around you or to 'fit in' are no reasons at all.

HELP! ICON LINK



ACTION STATION

Write down some comeback lines so you've got something to say when folks are hassling you.

DRINKLINE: Freephone 0800 917 8282 (9am - 11pm Tue - Thur and 9am Fri until 11pm Mon) - information, support and advice on anything to do with alcohol

ALATEEN: 020 7403 0888 (10am - 10pm) - for young people (12+) affected by someone else's drinking - call to find a support group near you

SMOKELINE: Freephone 0800 84 84 84 (12 noon - 12 midnight) - advice and support on giving up smoking

Lads

So your mates have done everything in the book? Not likely.

Even if they have it's no reason for you to copy them till you feel ready. Girls are well into talking, being with someone and getting to know them rather than physical stuff right away (or even at all). So are loads of boys - even if they don't like to admit it.

Always ask if it's okay before touching someone. It's a good idea to talk about the physical stuff rather than storming straight in - respect! - and anyway, you might put them right off you otherwise. Getting somebody drunk or high to get them into bed definitely isn't cool (it's called 'date rape'). 'No' means just that - 'No'. If you're going to have sex with somebody, **always use a condom.**

Friendship, being able to talk openly and supporting each other are far more important to lasting relationships than getting physical. Girls sometimes pressurise boys into having sex - don't feel you have to just because you're the bloke. Love *isn't* the same thing as sex, and just because you love each other doesn't mean you should be doing it. You might have feelings about members of your own sex. That may or may not mean you're gay. Whatever, it's what's right for you that matters.

FACTS: the minimum legal age for sex between males and females is 16. For sex between men it's 18.

And remember, if you're going to have sex with somebody, always use a condom.

Hit your teens
you have to
whole new wor
It's that lo

Love and Re

Crushes, peer pressure, getting
about your sexuality - i
exploring relationships an
of an amazing teenage adve
for you can take years (s
so take it slow, a

Stay



and suddenly
deal with a
ld of emotions.
love-thang!

Relationships

ing dumped and wondering
t's all there. Meanwhile,
nd falling in love are part
nture. Finding what's 'right'
sorry if this is a shock!)

take it easy and

Cool!



Lassies

Lads are only interested in one thing? Get real! They have feelings too (even if they won't admit it). Try talking.

Love *isn't* the same thing as sex and just because you love each other doesn't mean you should be having sex. Talk about how far you want to go before you get into a pash and stick to it. There'll be plenty more 'passion moments' later on. If a guy is pressing you or threatening to leave if you don't let him have sex, you might wonder if he actually cares about *you* - or whether it's just what's in his trousers that's bothering him. Don't let mates decide when you're ready - it's *your* decision. Remember, the minimum legal age for sex between men and women is 16. If you decide to have sex, don't forget - **always use a condom** (even your first time). In the end, good friendship and being able to talk to and support each other is far more important than getting physical.

Maybe you'll have strong feelings for other girls. That might or might not mean you're a lesbian. Either way, it doesn't make you a freak.

www.brook.org.uk - information and advice on sex and contraception

www.mindbodysoul.gov.uk - information on issues affecting young people

www.lgbtyouth.org.uk - info and support for gay, lesbian, bisexual and transgendered young people

www.caledoniayouth.org - find local sexual health services for young people

HELP!
iCON LINK





DUMPED?

Going out with someone gives us a boost in confidence.

If you've just broken up with that special person then your life can feel like it's in tatters.

**you're just
as good as the
next person**



ACTION STATION

Give it time.

It's normal to feel angry, upset and generally down.

- Give yourself space and time to recover

Work out that anger

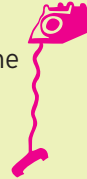
- scream into pillows or go boot a ball around



DO SOME RELAX (p23)
and plenty things you enjoy

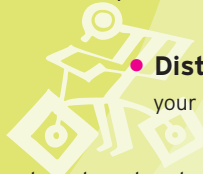


- Get talking to mates or call a helpline



- **Avoid the person for a while**

so you don't have to cope with the funny vibes



- **Distract yourself** with homework or anything that fills your head up (reading a book, surfing the web, doing sport)

- **Write it down!**

- getting stuff out of your head and onto the page often helps

Spend some time finding out how you can be happy as a single item.

Relationships normally work best when both people in them are happy about themselves as individuals.



body

If you're a lass then you're supposed to be thin as a rake with 'curves in all the right places'.

Wrong!

It's unfair to expect your body to conform to these ideals when it's still growing.

Loads of folks go 'out a bit' then 'up a bit' for a few years during their teens.

- Very few people ever fit the supermodel/action man mould so why beat yourself up about it? Look around you - see? All different shapes 'n' sizes.
- **Dieting** (unless your doctor tells you to) **is a bad plan.** While your body is growing it needs properly fed!
- If you do want to 'tone up' a bit, **take more exercise.**
- **Keep regular mealtimes,** eat healthy and try not to snack in between.
- **Don't be fooled** into thinking the 'perfect' body will get you love.

Learn to be happy with yourself the way you are and the confidence it gives you will show. People who are relaxed with themselves always appear more attractive.

HELP!
ICON LINK



CHILDLINE: Freephone 0800 1111 at any time - information and telephone counselling for children and young people

EATING DISORDERS ASSOCIATION: lo-call 0845 634 7650

(4pm - 6.30pm Mon - Fri) - information and guidance for young people affected by eating problems - they can call back so you don't have to pay

www.edauk.com - information and advice on eating disorders (bulimia, anorexia, over-eating)

www.childline.org.uk - Childline website - fact sheets, links and email support

www.youth2youth.co.uk - email helpline run by young people for young people



image

If you're a lad you've got to be built like Arnie, six-pack and all. Right? Wrong!



BODY DECORATION

Making changes to the way our bodies look can be one way of getting to like them better.

BUT permanent changes need to be though through properly - you don't want to end up regretting them later.

TATTOOS

The Law says you have to be 18 to be tattooed. If you're thinking of having a tattoo, think carefully. Tattoos are permanent and what you're into now might not seem so funky when you're 20 or 40! Keep that design in mind and wait - if you're still into it in a few years time you'll know it's the one for you. Never try to do it yourself or get a mate to do it. Real tattoo artists spend years in training and must use surgically sterile needles and special inks.

BODY PIERCING

Putting holes in people's bodies is a skilled job - always go to a qualified and reputable piercing specialist (even just to get your ears done). Piercings need to be cared for in special ways to stop them becoming infected. Always make sure you keep them clean in the way your piercing specialist has told you and only ever use sterile jewellery to put in them. Never share your hoops, bars or tunnels with anyone else and always use new ones, never second-hand.



There's nothing worse than seeing a mate going through something and feeling you can't help.

ear ear **you can!**

Just being around for them to talk to can be a major hand up.

Listening to someone else's woes can make you feel better about yourself as well.

TIPS FOR LISTENING

People talk when they're ready. Gentle encouragement is good but don't push too hard - it might freak them out.

Find somewhere where you won't be disturbed.

It's hard to talk when your head's in a mess - don't interrupt.

Make sure you really know what they're getting at before you start yakking away yourself.

Advice can be great but just listening is often best. Friendly silences and lots of sympathy can work wonders.

Unless it's something really serious you need to tell someone else about (like abuse or a suicide attempt) **KEEP SCHTUM!** This person has trusted you to keep their private life private. Don't go blabbing to anyone unless they clearly ask you to - even to mutual friends.

... and if there's something bothering you then get talking.

Sharing your worries is a big step towards facing up to them and getting them sorted out.



“It’s easier for girls”

“they talk to each other all the time”

“talking about personal stuff is for cissies”

“real men keep it under their hat”

Mentalk?

RUBBISH!

Why should girls get all the easy breaks on talking?

Keeping stuff bottled up inside solves nothing. Talking through stuff really can help. Remember that while folks will only talk when they want to, lads generally need more encouragement before they feel comfortable enough to ‘let it out’. Give assurances that whatever they say will go no further.

If they won’t talk but you really think they **should**, suggest someone else they could talk to (another mate, a cool teacher – someone *you* would trust) or get them to call Childline or another helpline.



ACTION STATION

- Find out what services there are locally for young people in difficulty (Youth Enquiry Services for example). Yellow Pages is a good place to start.
- Talk to teachers or youth centre staff about setting up a Peer Support Group.

HELP!
iCON LINK



BREATHINGSACE: Freephone 0800 83 85 87 (6pm - 2am) - confidential listening and support for men 12 years old and up - call if you're down, anxious or just want to talk
CHILDLINE: Freephone 0800 1111 at any time - information and telephone counselling for children and young people
www.childline.org.uk - Childline website - fact sheets, links and email support
www.youth2youth.co.uk - email helpline run by young people for young people



body or mind?

Body, mind - what's the difference?

The fact is that so long as you're alive **they're both part of the same thing - YOU!**
What you do to one always affects the other.

Look after your head and your body will thank you.
Look after your body and your head will give you less grief.
SIMPLE BUT TRUE.

Any of the stuff below work for you? TICK the ones that do...

Listening to tunes

Watching telly

Walking

Yoga

Reading

Dancing

Playing footy

Meditating

Painting

'Working out'

Climbing trees

Re-arranging your space

Long baths

Writing poems

Seeing films

Having a massage

Swimming

Nattering with mates

ACTION STATION

Make a chill-list of your own. Try for **five that involve your body** and **five that are more to do with your head**. When you're feeling dodgy you can look back at it to remind yourself how you can cheer up and/or simmer down.





When you find you've got some stress on you, do something about the symptoms as a starter to sorting yourself out. **BUT** You can keep your stress from building up in the first place if you take the time every day (that's right - not just the dodgy ones!) to relax.

DO SOME RELAX

Relax? What's that?

Anything that makes you feel good and takes your mind off things. **NOT** drugs and alcohol - they only make things worse.

Get Physical!

Worry and stress give you tense muscles and make your breathing sketchy. Toxins build up in your system and make you feel worse because they're not being flushed through properly. Physical activity gets things moving again. The **bonus with doing physical stuff to relax** is that while it helps with the symptoms of stress it also distracts you from all the things bothering you 'upstairs'. Time spent away from worries always makes them seem more manageable when you have to get back to them.

Breathe!

EXERCISE 1

GOOD FOR general relaxation, beating panic attacks, boosting concentration

DO IT anywhere! - exams, interviews, in your room, walking down the street

HOW TO

Dead simple - Breathe in gently for ten seconds, hold it for two then breathe out gently for ten. Repeat at least three times. Use a watch to time yourself or count like this: "One hundred and one, one hundred and two" etc.

WATCH IT If you suffer from asthma or other breathing problems. **Don't push it - you know your limits.**



EXERCISE 2

The Squeeze

GOOD FOR beating muscle tension, getting blood flowing, boosting concentration

DO IT anywhere - sitting down or standing up

HOW TO Start at the bottom and do each step three times before moving on.

1. Scrunch your toes tightly for a sec then relax.
2. Bend your feet up so your toes leave the ground then relax.
3. Push down on the floor with your feet so your calves tense up then relax.
4. Tense your thighs then relax.

5. Clench your bum together then relax.
6. Tense your tummy muscles then relax.
7. Squeeze your arms into your sides then relax.
8. Hunch up your shoulders then relax.
9. Clench your fists then relax them.

Repeat three times.

WATCH IT if you've got any strains, injuries or physical disabilities. You know your limits.



"There's nothing like a long hot bath to clear your head and sort out your problems"

CLAIRE, 14

"Just kicking a ball against the back door is good for giving you time to think and getting rid of any aggression..." DAVE, 15

OTHER MELLOW TACTICS

Keep your 'worky' stuff separate from the things you enjoy and do to relax. Make a special time every day to do fun things. If you can, try to do them away from the space where you work or study:

- **get sweaty - play sport/dig the garden/have a 'work-out'**
- get massaged
- **change the scene - get out for a walk**
- get yourself some nice smells - aromatherapy
- **get some real peace** - go to bed early and get up before everyone else
- take a long bath
- **empty your head** - try meditation
- get bendy - try some yoga
- **go dancing**
- watch a movie.

Whatever you choose to do, do it to the Max!

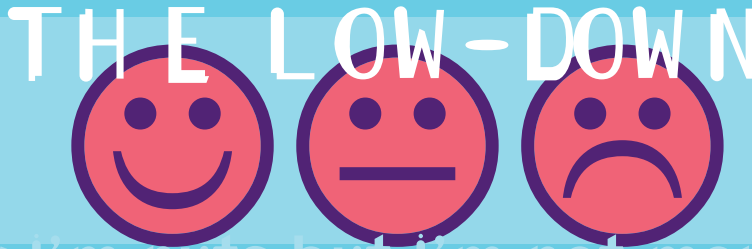
avoid . . .

coffee, tea, cola or any other drinks with stimulants in them, smoking, drinking alcohol or doing drugs



it's Not Just About 'Nutters' and 'Psychos'

More than one in ten children and young people have a mental health 'problem'. At least one in four adults in the U.K. suffer a problem every year. Over a lifetime, you'd be incredibly flukey if you didn't have to deal with a dodgy head at some point. Get the right life skills and you can avoid the worst of it and/or be able to cope better and recover quicker when trouble strikes. Most people do recover or find a treatment that lets them lead a normal life. **Everything you do affects your head in one way or another.**



"I know I'm nuts but I'm not mentally ill"

WHAT IS MENTAL HEALTH?

Feeling good about yourself and emotionally balanced. Being free of too much stress, worry or depression.

WHY IS IT IMPORTANT?

The same way that it's important you look after your body - life's a bummer when it doesn't work properly.

WHEN IS IT A 'PROBLEM'?

We all have to deal with stress, anxiety or a dose of 'the blues' from time to time. Life does this to us. It's a problem when they go on too long, stop us getting on with our lives or doing the things we want to.

IT COULD BE YOU!

Head problems can affect anyone at any time. Spare a thought for those who are suffering and don't make their life worse by making fun of them or shutting them out. Be careful what you say - someone might be suffering close to you and you might not realise.

**HELP!
ICON LINK**



www.rethink.org/at-ease - interactive site to explore feelings and worries
www.readthesigns.org - learn about mental illness and how to spot it
www.penumbra.org.uk - information on mental health with a special section for young people
www.samh.org.uk - information on mental health and links



Good night's sleep?

Secure space of your own?

Someone you can talk to?

Time to chill out and relax?

Decent, regular meals?

Mates?

The simple things in life are the most important ones. We all struggle with the details but what chance do we have if the basics aren't seen to? **These things are the foundations of a hassle free existence.** How many can you check off this list?

TIP

Check the list above regularly to stop yourself getting into too deep a hole. It's easier if you only ever have to make up a few things rather than all of them at once.



'everything's covered'

Great! No doubt you have things to deal with but you've got the right ingredients to make it easier on yourself.



one or two missing

You're struggling a bit. You can cope without these things for a little while but to be happy you'll have to sort them out.



more than two missing

Life's tough. You can't expect to feel better until you fill in the blanks. Get help and get cracking - this stuff won't wait.

HELP!
ICON LINK



www.mindbodysoul.gov.uk - information on issues affecting young people
www.bbc.co.uk/radio1/oneLife - information and advice on all aspects of modern living



None of us can cope alone all the time and we all need help sometimes. Getting it isn't a sign of weakness - it can take real guts to shout up and say you need a hand. Plus, the sooner you get help for a problem the easier it is to sort out.

So, **TAKE A DEEP BREATH, GET ON THE PHONE OR THE INTERNET AND MAKE A START GETTING YOURSELF SORTED.** You owe it to yourself . . . (yes you do!)

EMERGENCIES - call the police on **999** or **Textphone 18000**. Ask for a 'child protection police officer' if you're worried about abuse.

ALATEEN - 020 7403 0888 (10am - 10pm)

For young people (12+) affected by someone else's drinking. Call to find a support group near you.

BREATHINGSPACE - Freephone 0800 83 85 87 (6pm - 2am)

Confidential listening and support for men 12 years old and up. Call if you're down, anxious or just want to talk.

CARERS SUPPORT SERVICES

Support for people caring for a relative who is unwell or in need of care. Check the Phone Book business section under 'Carers' for local projects.

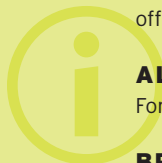
CHILDLINE - Freephone 0800 1111 (any time)

Free Textphone 0800 400 222 (9.30am - 9.30pm Mon - Fri, 9.30am - 8pm at weekends)

Confidential advice, support, information and protection to any young person facing any problem.

CRUSE BEREAVEMENT CARE - Freephone 0808 808 1677 (9.30am - 5pm Mon - Fri)

Listening service for young people affected by the death of a friend or relative plus details of Cruse projects in your area.





DRINKLINE - Freephone 0800 917 8282 (9am - 11pm Tue - Thur and 9am Fri until 11pm Mon)
Information, support and advice on anything to do with alcohol.

EATING DISORDERS ASSOCIATION - Lo-call 0845 634 7650 (4pm - 6.30pm Mon - Fri)
Information and guidance for young people affected by eating problems. They can call back so you don't have to pay for the call.

GET CONNECTED - Freephone 0808 808 4994 (1pm -11pm)
They'll listen to what you need to sort out then suggest local or national services that can help. They can make a free connection for you to other services and text important information to your mobile phone.

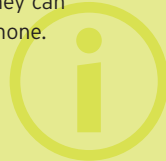
KNOW THE SCORE - Freephone 0800 587 587 9 (any time)
Information, support and counselling on any drugs issue.

LGBT YOUTH SCOTLAND - Lo-Call 0845 113 0005 (7.30pm - 9pm Tuesdays only)
Information, advice and support for lesbian, gay, bisexual and transgendered young people. Can also find a group or service close to you.

PARENTLINE PLUS - Freephone 0808 800 2222 (at any time)
Information, support and advice for parents.

SANELINE - Lo-call 0845 767 8000 (12 noon - 2am)
Information, support and listening service for anyone coping with mental ill health, either in themselves or in friends or family members.

SCOTTISH ASSOCIATION FOR MENTAL HEALTH - 0141 568 7000 (2pm - 4.30pm Mon - Fri)
Information on mental health issues and details of local SAMH projects.





SEXUAL HEALTH INFORMATION LINE - Freephone 0800 567 123 (any time)

Information and advice on anything to do with sex.

STEPFAMILY SCOTLAND - 0131 225 5800 (11am - 5pm Mon - Wed, 1pm - 5pm Thu, 9am - 11am Fri)

Information and support for anyone living as part of a stepfamily.

SMOKELINE - Freephone 0800 84 84 84 (12 noon - 12 midnight)

Advice and support on giving up smoking.

THE LINE - Freephone 0800 88 44 44 (3.30pm - 9.30pm Mon - Fri, 2pm - 8pm Sat & Sun)

Information, counselling and messages home for young people living away from home.

WHO CARES? SCOTLAND - 0141 226 4441 (9am - 5pm Mon - Thu, 9am - 4pm Fri)

Advice, information, advocacy and local support for young people living in care or who have been in care.

YOUTH2YOUTH - 020 8896 3675 (6.30pm - 9.30pm Mondays and Thursdays)

email: help@youth2youth.co.uk **chat online:** www.youth2youth.co.uk (6.30pm - 9.30pm Mon and Thu)

Confidential telephone and email helpline run by young people for any problem or worry. The helpline will call you back so you don't have to pay for the call.

YOUTH ENQUIRY SERVICES AND YOUTH INFORMATION PROJECTS

Information on other local services for young people and support. Check Yellow Pages for your nearest.

WHY NOT . . .

. . . check the yellow pages under 'Youth and Community Groups' for other local services and activities?

www.stepfamilyscotland.org.uk - information about living as part of a stepfamily

www.childline.org.uk - Childline website - fact sheets, links, email help, problem pages and more

www.bullying.co.uk - information and advice on bullying

www.antibullying.net - information, advice and links on bullying



- www.edauk.com** - information and advice on eating disorders
- www.homeworkhigh.co.uk** - on-line help with those tricky homework questions
- www.bbc.co.uk/radio1/online** - info and advice about all aspects of modern living
- www.bbc.co.uk/education/revision** - subject-by-subject revision help or ask a teacher on-line
- www.healthy-respect.com** - funky site with advice on sex, contraception, sexually transmitted diseases and deciding when to have sex
- www.brook.org.uk** - info and advice on sex and contraception
- www.caledoniayouth.org** - info and advice on sex and contraception, details of Caledonia Youth centres
- www.lgbtyouth.org.uk** - support and info for gay, lesbian, bisexual and transgendered young people
- www.knowthescore.info** - all you need to know about drugs
- www.samh.org.uk** - information on mental health and related sites
- www.mind.org.uk** - information on mental health plus downloadable leaflets
- www.penumbra.org.uk** - information on mental health, excellent section on self-harm
- www.readthesigns.org** - learn about mental illness and how to spot it
- www.mindbodysoul.gov.uk** - information on all kinds of issues affecting young people
- www.channel4.com/health** - fun site dealing with all kinds of health issues
- www.youth2youth.co.uk** - email helpline run by young people for young people plus chat online
- www.rethink.org/at-ease** - interactive site for young people to explore feelings and worries
- www.teenagehealthfreak.com** - health information and an online 'ask the doctor' service
- www.rd4u.org.uk** - info and advice if someone close to you has died, message boards and email support

No access to the Internet at home? Local libraries have Internet PCs, as do many community centres.

ALWAYS SURF SAFELY - never give out your real name, address or telephone number on-line.

Note: NHS Health Scotland cannot guarantee the quality of information on web sites run by other organisations.





Stress

The result of living with things that are difficult to cope with.

Anxiety

Feeling 'keyed up' or worried about something, 'freaked out'. Churny guts. Not being able to sleep properly.

Depression

In a rut, The Blues, feeling low, being negative about yourself and life, lost interest. Perhaps having thoughts about taking your own life.

Manic Depression

Constantly swinging between the worst lows (depression) and the highest highs (mania) and not being able to stop or 'level out'.

Hypomania / Mania

Feeling invincible/superhuman, can do anything, 'on top of the world', apparently not needing sleep or rest, not being able to calm down.

Panic Attacks

'The shakes' and/or difficulty breathing properly and/or being sick as a result of a rush of fear about something.

Phobias

Fear of anything: wide open spaces, small spaces/crowds heights and spiders are a few of the common ones. Fear is normal but is seen as a 'problem' when it stops you going about your normal business.

Self Harm

Cutting, burning or injuring yourself in any way because you don't like yourself.

Obsessive Compulsive Disorders (O.C.D.s)

Always having to do a specific thing or set of things because of a fear that something bad will happen if you don't. Common ones are: hand washing (hygiene), counting things, making sure doors are locked (security) and things to do with food (see Eating Disorders).

Eating Disorders

Bulimia: Eating but then making yourself sick right after and not being able to stop it.

Anorexia: Eating too little or nothing at all and not being able to stop it.

Over-Eating: Eating too much all the time and not being able to stop it.

Schizophrenia

Name given to a range of symptoms (every sufferer has different ones) including hearing voices, seeing unpleasant things that aren't there or having unpleasant thoughts that won't go away. Some sufferers feel that the whole world is ganging up against them ('Paranoid Schizophrenia'). *Not* 'split' or 'dual' personalities.

Psychiatrist

Doctor who specialises in mental health. Expert at deciding what the problem is and giving the right drugs, treatment and care.

Psychologist

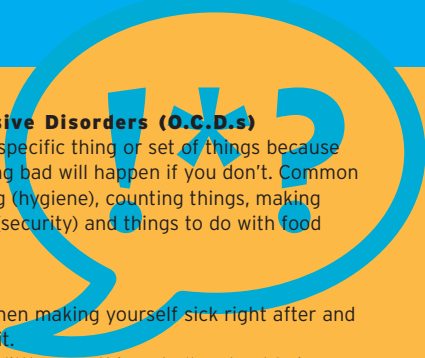
Expert in human behaviour. Can help in working through feelings around the way we act in different situations.

Counselling

Talking to a trained or experienced listener about what's bothering you.

Peer Support Group

People of the same age giving each other help, advice and support when they need it.



Thanks to Scott Porter Research and Marketing for testing the water and gathering responses. Thanks also to the Task Group for keeping us pointed in the right direction. Extra special thanks to all the young folks who let us know what's what - without them this book would be very different (and not half as good)!

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HEBSWeb www.hebs.scot.nhs.uk

"It's things that teenagers would experience and stuff"

JIM, 16

"You can make it a book for you - your own personal book"

EMMA, 12

"There are some really good tips in it . . . they really affect me"

PETE, 15

"I don't want to be told how bad things are - I want to be told how to fix it"

ANGIE, 14

"Most of the books you get at schools it's like adults have written - like the way they would think - but this is more for teenagers"

MAC, 13