

# You've Moved Skills Book

Dorset Mental  
Health Support  
Teams in  
Schools



**NHS**  
Dorset HealthCare  
University  
NHS Foundation Trust

# Starting a new school

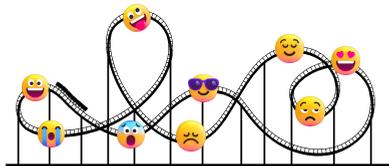
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Starting a new school is an important step that can be exciting, worrying and, at times, tiring!



Transition means the period of time when you are moving from one situation to another. Examples are moving from one lesson to the next, moving house, and moving schools. This can be a time when things are uncertain and when things that we are used to start to change.

Change is not always easy, but it is something that we all need to be able to cope with as it happens a lot throughout our lives. It can be exciting and allows us to experience new things but it can also cause us to worry as we are unsure what might happen.



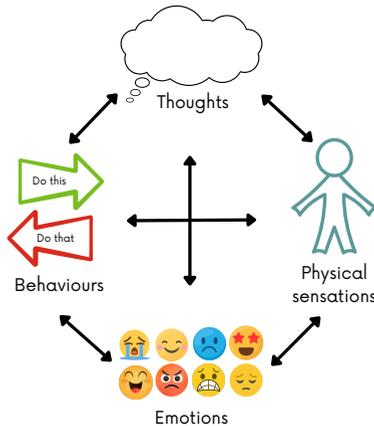
This booklet is designed to give you ideas and tools to help you through times of transition, especially moving school.

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# Coping with Change

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Sometimes change can make us feel worried or anxious and we may start to have thoughts that are negative which can make us low, unmotivated, or fearful. We may start to avoid doing things we would like to, or seek out other people to help us more than normal.



We may notice our bodies react when we are anxious. You may notice that you are more tired or tearful or that you have little energy. You may notice that you feel tense or shaky or that you have a racing heart.

These changes in our bodies are normal reactions to anxiety and fear that prepare our bodies to react - our fight, flight or freeze response.

Use the diagram on p.3 to think about a time you feel/felt anxious

What thoughts am I having?

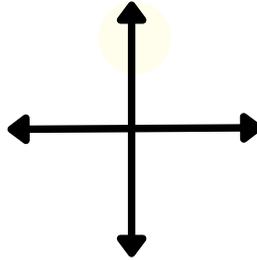
Thoughts



What am I doing or have stopped doing?

Behaviours

Physical sensations



Emotions



# What can I do when I feel overwhelmed? - STOPP!

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The STOPP skill is a great skill and is easy to remember!

This is a technique that allows us to put some distance between thoughts and feelings, and take us out of our fight, flight or freeze response. It helps us to find some calm to help us think more logically and rationally.

## S - Stop!

Just pause for a moment and give yourself time. Say it to yourself in your head.

## T - Take a breath

Notice your breathing and slowly breathe in through your nose and out through your mouth.

## O - Observe

What is happening? What are you thinking?  
What do you notice in your body? Do you feel like reacting in a certain way?

## P - Put in some perspective

**DON'T BELIEVE EVERYTHING YOU YOU THINK!**

- What is the bigger picture?
- Is there another way of looking at this?
- What would you say to a friend?

## P - Practice what works

What is the best thing to do right now?

Is this in my control or out of my control?

What coping strategy can I use?



# What to do with Worries

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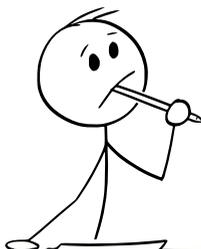
Worries can often be put in to two categories:

Worries that are related to real situations happening right now and can be solved, for example "I've forgotten my PE kit", "I've got a lot of homework to do", or "I keep missing the bus!".

Worries that are about possible situations that cannot be controlled or fixed. For example: "what if everyone laughs at me", "what if don't make any friends", or "what if I get an answer wrong?".

When you notice yourself worrying about something, it can be helpful to ask yourself "Can I do anything about this?"

We can use **Circles of Control** to help us decide if the worry is something in or out of our control.



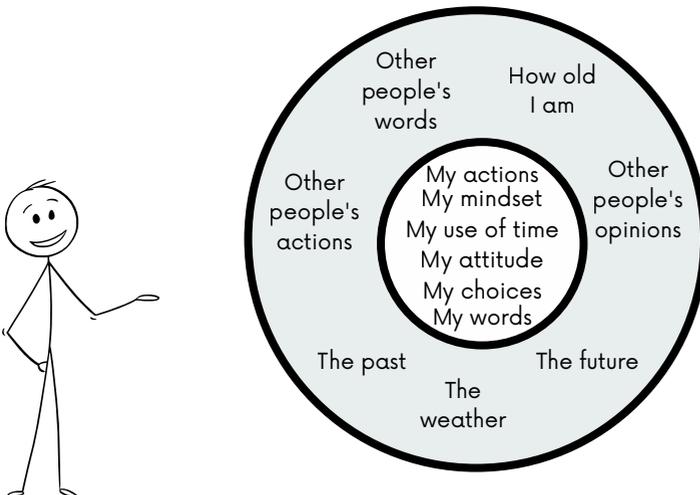
# Circles of Control

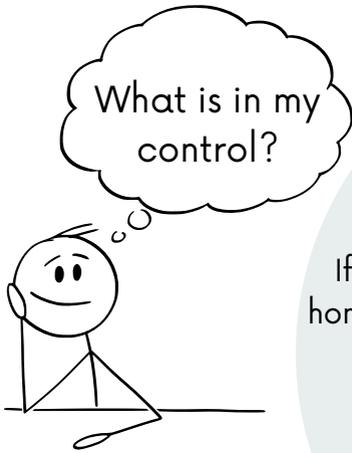
Understanding that we cannot control everything around us is a helpful step in accepting change.

Circles of Control can be a helpful tool for lots of people to understand how they can only control **their** actions, **their** words, **their** mindset, **their** choices and **their** use of time. Everything else is out of their control.

By accepting that other people will say, do and act in ways that we cannot control can help us manage unexpected changes or disruptions to our days differently, as it can help us to let go of worries about things that are out of our control - we can't change anything about them anyway!

Page 7 has some examples of things that might be in or out of your control. Fill in your own on p.8.





My words

Who my friends are

How much I look after myself

If I do my homework or not

The amount of effort I put in

If I follow rules or not

How I treat others

How I handle difficult emotions

My actions

What other people say

Who wants to be my friend

How much others look after themselves

Other people's choices

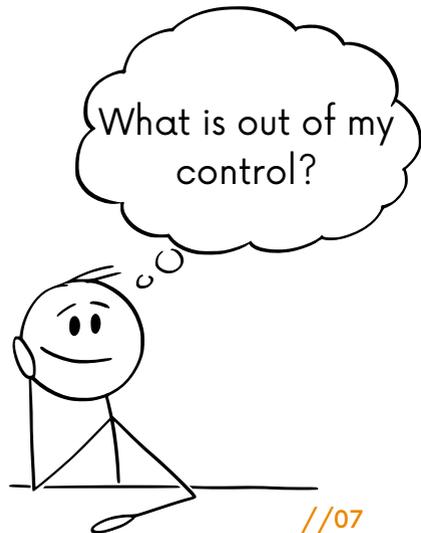
What other people think

How other people treat me

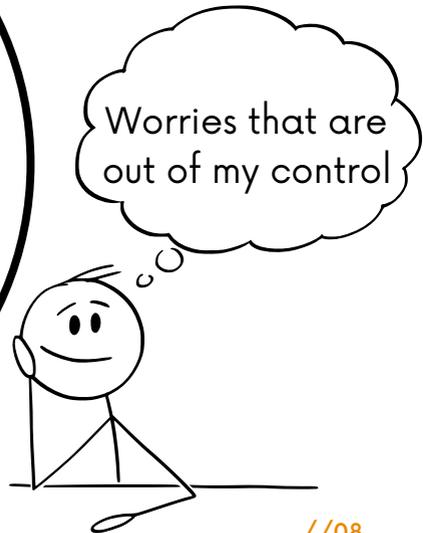
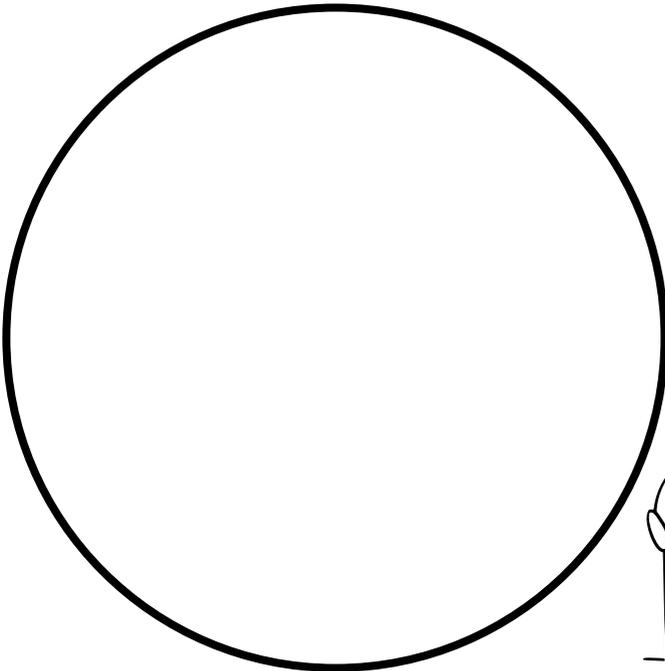
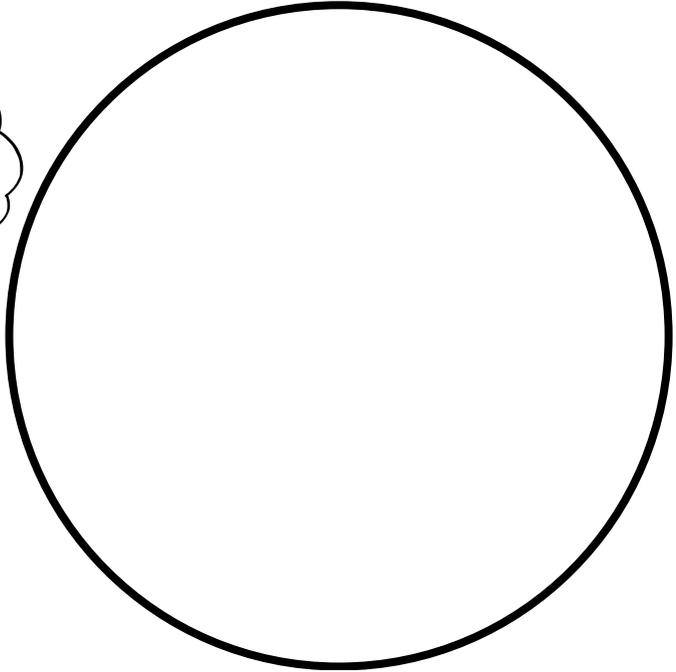
The weather

Decisions I made in the past

The school rules

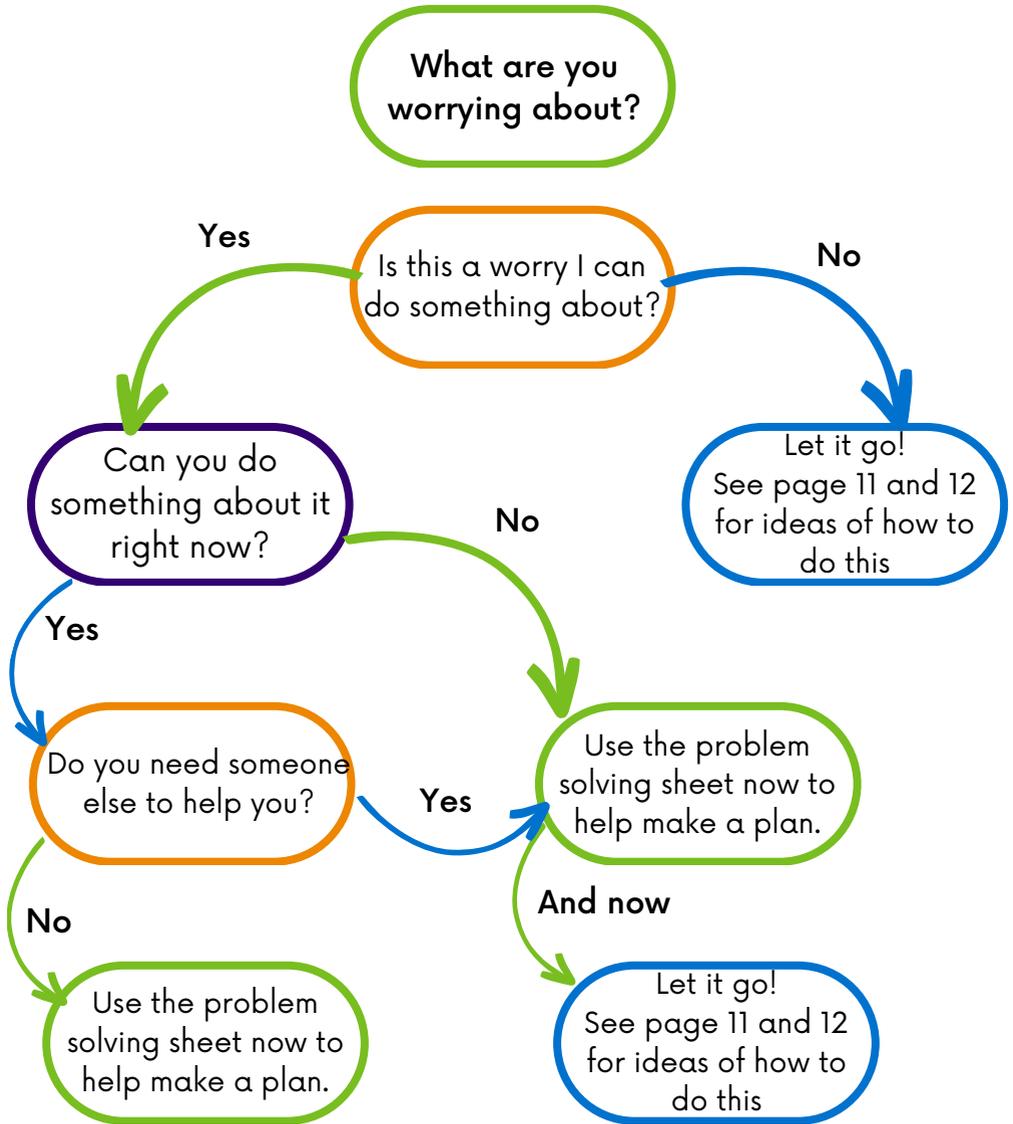


Use this page to sort your worries!



# Worry Tree

The Worry Tree is another great way to decide how to manage the worries we have.

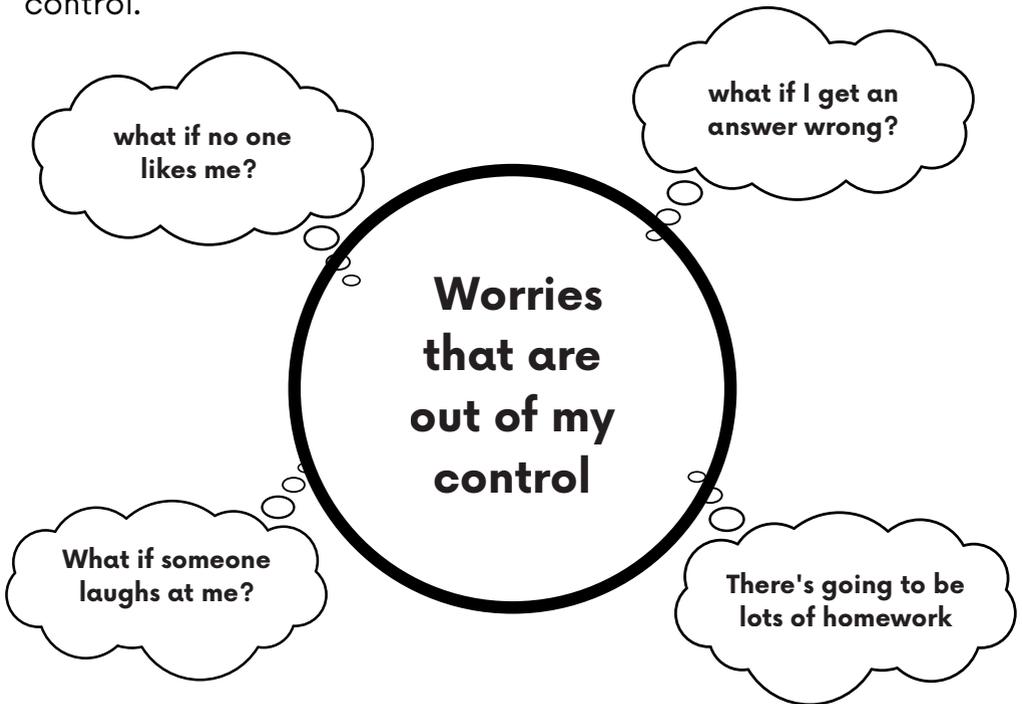


# Worries that are out of our control

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Many of the worries we have are out of our control. They can start to take up a lot of space in our minds so we need to let them go.

Once we recognise and accept that some things are out of our control, it can reduce feelings of overwhelm and anxiety and free us up to concentrate on the things in our control.

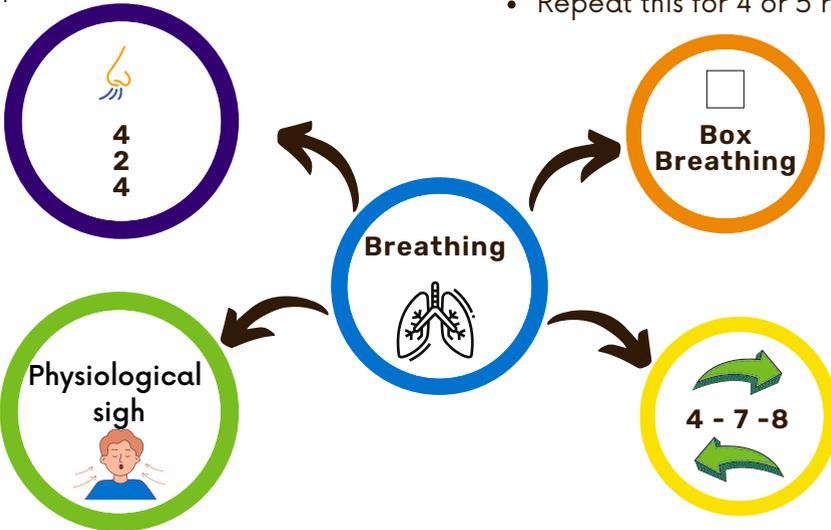


Pages 11 and 12 have some ideas to help you refocus your attention and let go of the worrying thoughts that are outside of your control.

# Breathing Techniques

- Sit down on a chair with both feet on the ground
- Take a breath in through your nose slowly for 4 seconds
- Hold this breath in your lungs for 2 seconds
- Breathe out through your nose for 4 seconds
- Repeat this for 4 or 5 rounds

- Sit down on a chair with both feet on the ground
- Breathe in through your nose for 4 seconds
- Hold this breath in your lungs for 4 seconds
- Breathe out through your mouth for 4 seconds
- Hold this breath for 4 seconds
- Repeat this for 4 or 5 rounds



- Inhale deeply through your nose.
- Take a second, smaller inhale through your nose.
- Exhale slowly and completely through your mouth.
- Repeat this process one or two times.

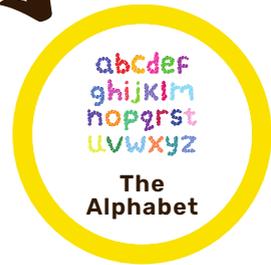
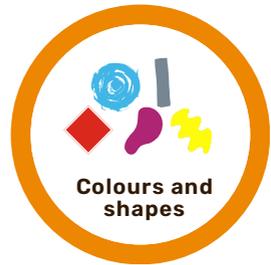
- Sit down on a chair with both feet on the ground
- Breathe in through your nose for 4 seconds
- Hold this breath in your lungs for 7 seconds
- Breathe out through your mouth slowly for 8 seconds
- Repeat for 3 or 4 rounds

# Grounding Techniques

Can you name:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you want to taste

- How many different colours can you see in this room?
- How many different shapes are there?
- Can you find one object for each colour of the rainbow?



- Look around you.
- What can you see?
- Describe it.
- What does it look, feel, sound, taste and smell like?

Can you name:

- One object in this room for each letter of the alphabet?
- A country beginning with each letter of the alphabet?
- A famous person beginning with each letter of the alphabet?

## Worries that are in our control

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Worries that are within our control can be solved. This is great - but, how do we work out what the solution to our worry is?

A tried and tested method of dealing with these types of worry is Problem Solving. Below are the steps to use:

Step 1: Identify the Problem - Ask "What is the problem?". Define it, describe it in detail, get out all the parts and be as specific as you can.

Step 2: List **ALL** the Possible Solutions - Come up with all the possible solutions, no matter how wild and wonderful or serious and realistic - this isn't a place to decide if something will work, just make a big list of everything that could possibly help.

Step 3: Consider the Consequences - For each of the possible solutions, look at the pros and cons. What is the benefit of doing one solution over another? Does it hurt anyone else? Is it safe? Is it do-able?

Step 4: Pick the Best Solution and Try it Out - Make a plan of how you are going to try out the solution you think will work best. Break it down into smaller, more realistic chunks if needed. Do it.

Step 5: Review your choice - Ask "Is this working?" "Is there another way?" If needed, go back to Step 2 and choose an alternative solution, add more ideas if needed and start again.

# Problem Solving - give it a go:

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What is the problem? Write it down in full. Explain all the nitty gritty bits - the whole story!



What could I do?	What would happen if I did this? How easy would this be to do?	
	Pro's	Con's

## Mental Health Support Team in Schools

Step 4

What is the best idea? Is it reasonable and realistic?

Make a plan:

what do I need to do?

when?

how?

Does it need breaking into smaller steps? Do I need help?

1.

2.

3.

4.

5.

Can I do this now? If not when?

Step 5

Review it - What happened? What went well, what didn't?  
Do I need to do something different?

## Name the emotion and “I” statements

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Naming the emotion you are experiencing gives you more control over it. When we know exactly what it is we feel and need, we can work out how to deal with it.

For example: worry can be broken down into so many different levels of intensity - from unsure right up to anxious or even scared.

Not being clear about how we feel can lead to other people not understanding and jumping to the wrong conclusions.

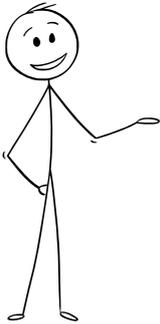
By having a clear and simple way of expressing what we feel and need, means that we then have the tools to talk to other people about it so they understand. If we just have a meltdown, no-one really knows how to deal with this.

By stating it clearly, it enables ourselves to start to identify possible solutions. We can do this using “I statements”.

# Name the emotion and "I" statements

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An "I statement" might look something like this....



"I feel worried when I forget to hand my homework in because I might get into trouble. I would like help to make a plan to remember to do my homework".

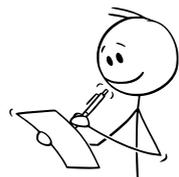
You can write your I statement using the structure below. To start with you might find it useful to write it out so you know what you want to say. Do this when you are calm.

I feel.....

when.....

because....

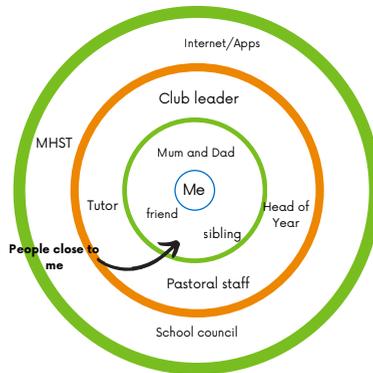
I would like / want....



# Need some help?

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Many children and young people have times when they need a bit of extra support. Like the planets in the solar system that circle our sun, we have people around us that can help. There will be some people closer to you who you can talk to about anything, and others who may be able to help you with specific worries or when you need to talk confidentially.



Use the space on the next page to think about who you might ask.

Who would you talk to when you are feeling sad or worried about things?

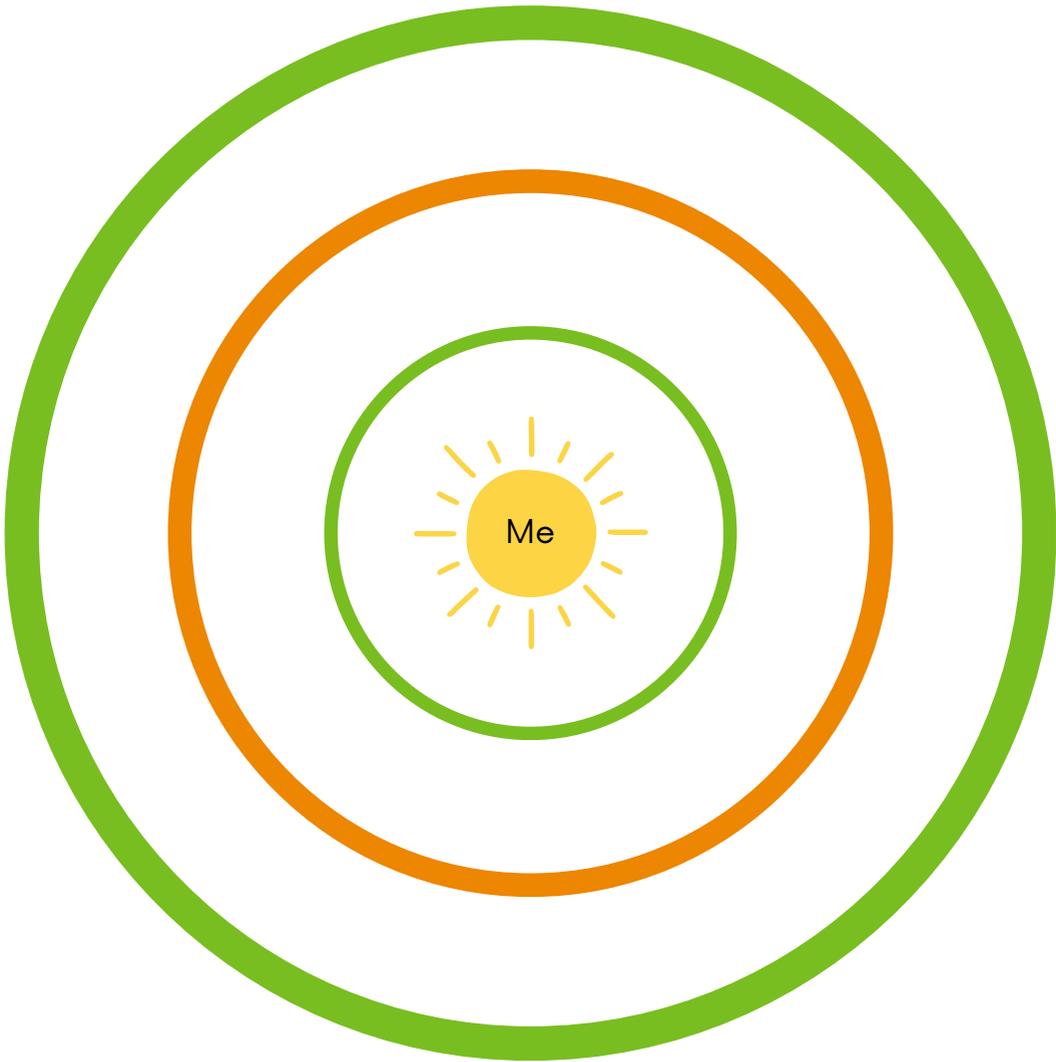
Who would you turn to in school if it all gets too much?

Who would you talk to outside of school who can support you in difficult times?

On the last page are some websites and helplines that support children and young people.

# Need some help?

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## Further support for children and young people:

If you're under 19 you can confidentially call, chat online or email about any problem big or small.



<https://www.childline.org.uk/>

Helpline: 0800 1111

Online chat: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>



Available: free, 24 hours a day

More info: [giveusashout.org](http://giveusashout.org)

Text CONNECT to 85258 to contact Shout



Free, 24/7 text support for young people across the UK experiencing a mental health crisis.

<https://www.youngminds.org.uk/>

Text: YM to 85258



UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional well being in young people. Call line: HOPE247 0800 068 4141



Connection (DORSET) – a 24/7 telephone helpline (0800 652 0190) for people of all ages that links to NHS database.

If you are worried about the safety of yourself or someone and need urgent advice, call **999** or **go to A&E**



**Dorset HealthCare  
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2022

## Contact us

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