

Federation of Holistic Therapists (FHT) Annual Congress Saturday 19 July 2014

Workshop - IMPACT Wellbeing for teenagers

Presented by Anne Crease (Touchline Training Ltd.) and Donna Davis (Go Wellbeing CIC)

This workshop provided an opportunity for FHT members to experience a typical school based stress management and well-being session - 'Chill Skills for Students'. These help teenagers understand how their bodies react to stress. They learn simple, adaptable and effective relaxation techniques, all designed for use in the classroom and home.

20 attended this workshop which used relaxation techniques and resources from the IMPACT Wellbeing Programme (Workplace Wellbeing for young people and adults), a FHT accredited short course.

Aim of workshop: To provide knowledge and skills that will be of use in the examination and transition period and beyond (the first of several workshops).

Objectives:

- To understand causes of students' stress
- To understand how stress can affect the body and mind
- To experience some relaxation techniques that may be of use now and in the future
- To find out how to get the 3 Cs (calmness, concentration and confidence)

Practical activities included:

- Relaxation breathing (first aid for anxiety)
- Soapy water hand and arm relaxation
- Relaxation countdown and up with visualisation

Theoretical activities included:

- Students attitudes to forthcoming examinations and transition to FE
- How the body feels when someone is stressed
- Understanding that the body's reaction to stress (fight or flight) is normal
- How relaxation techniques can help manage stress

Workshop evaluation

15 evaluation slips were returned rating the practical activities.

| Rating | 1 (Low) | 2 | 3 | 4 | 5 (High) |
|--------------------|------------|----------|----------|----------|-------------|
| Aspect | | | | | |
| Interesting | 0 | 0 | 1 | 6 | 8 |
| Useful | 0 | 0 | 3 | 4 | 8 |
| Relaxing | 0 | 0 | 3 | 2 | 10 |

Participants' comments:

- Very impressed, I learned 3 techniques. I can see how to apply to teenagers. I know some of this already. Well planned and delivered. Thanks.
- A very calming and informative talk and very useful for myself as a parent to two teenagers, to prepare them for their GCSEs
- Very clear and concise
- Really good and interesting, thank you.
- I have done things like this before. I found it very helpful. Well planned and delivered.
- I don't really like role play, but was pleasantly surprised and some good techniques have been learned.

Note: The IMPACT Wellbeing Programme can support the educational curriculum; Personal, Social and Health Education (PSHE), Secondary SEAL (Social and Emotional Aspects of Learning), Science and other aspects. It is also used for staff wellbeing.

IMPACT Workplace Wellbeing can be used by young people and adults of all ages. The programme is simple, adaptable to meet different people's needs and is effective. It uses NHS promoted relaxation techniques and has online resources to download. It is currently being used in education, health and social care.

For further information see
www.impact4wellbeing.co.uk
www.touchlinetraining.co.uk
www.gowellbeing.co.uk

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