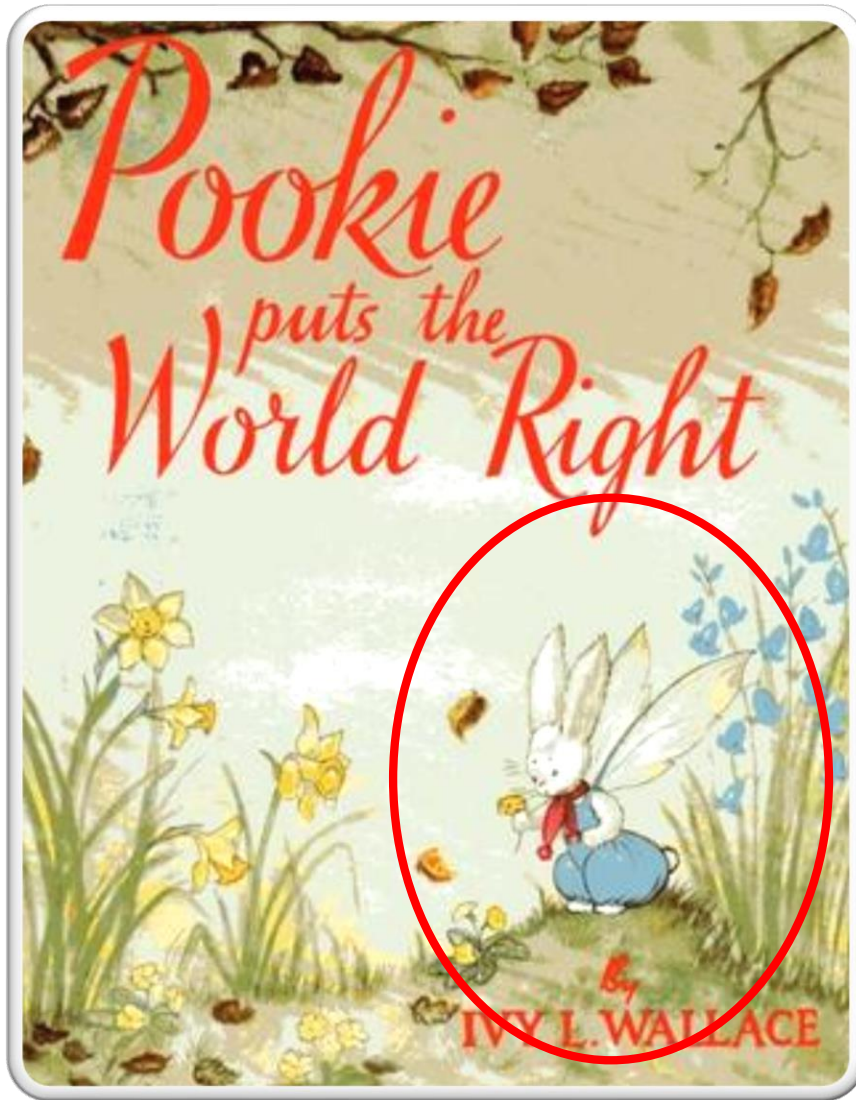


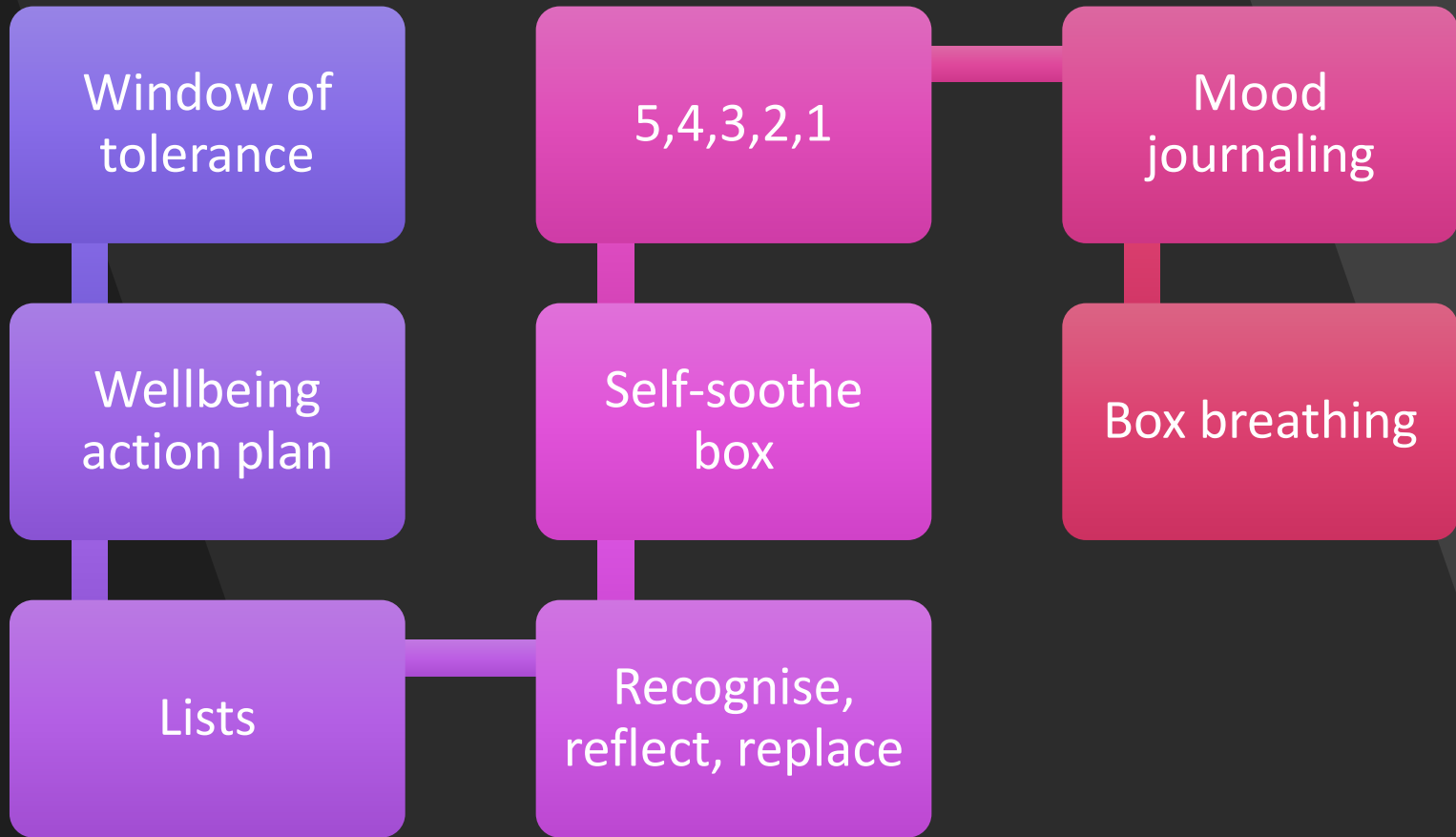
# 8 Practical Strategies to Support Students who are Struggling

Dr Pooky Knightsmith  
@PookyH



- Vice Chair – children & young people’s mental health coalition - UK
- PhD in child and adolescent mental health
- Focus on practical strategies..
- ...& policy change
- Lived Experience

# 8 Practical Strategies to Support Students who are Struggling





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# 1. Window of tolerance

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# Window of tolerance



Hyper-arousal – flight or fight


Optimal Zone  
how can we stay here?



Hypo-arousal - freeze



Ideas  
to  
calm



Optimal Zone  
how can we stay here?

Ideas to  
activate



## 2. Wellbeing action plan

# Wellbeing Action Plan

Wellbeing toolbox

Every day I will / I won't

Triggers and challenges

Warning signs

Next steps



Recommended  
Resource

**Daily maintenance plan**  
Things I can do for myself every day to keep myself feeling as well as possible:

**My wellness toolbox**

The first thing we need to do is to think about all the different things that help to make us or keep us well. These things make up our 'wellness toolbox' which can be a jumble of all sorts of different things. Nothing is too silly to put in your wellness toolbox - if it keeps you well or makes you smile. It should go in...

**Getting active**

I love to just get my blood pumping; it's a great way to

**Getting outside**

Just being in outside space, camping and scouting, road trips and sunrises, walks, walking the dog, mindful walk.

**Wellbeing action plan**

A simple, ever-evolving resource to help you keep yourself well and take appropriate action if things start to go less well.



[www.cwmt.org.uk/resources](http://www.cwmt.org.uk/resources)



# 3. Lists



*What about at home?*

Way in

Accessible

Identify  
issues

Identify  
positives

Ranking

Context

*If you put these in order, which would come first?*

## **5 Times I felt calm**

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

## **3 times I felt Angry**

- 1.**
- 2.**
- 3.**

## **5 people who can help**

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**



4. Recognise, replace, reduce



# What need is this meeting?

**Control**

**Calm**

**Care**

## How else can we meet this need?



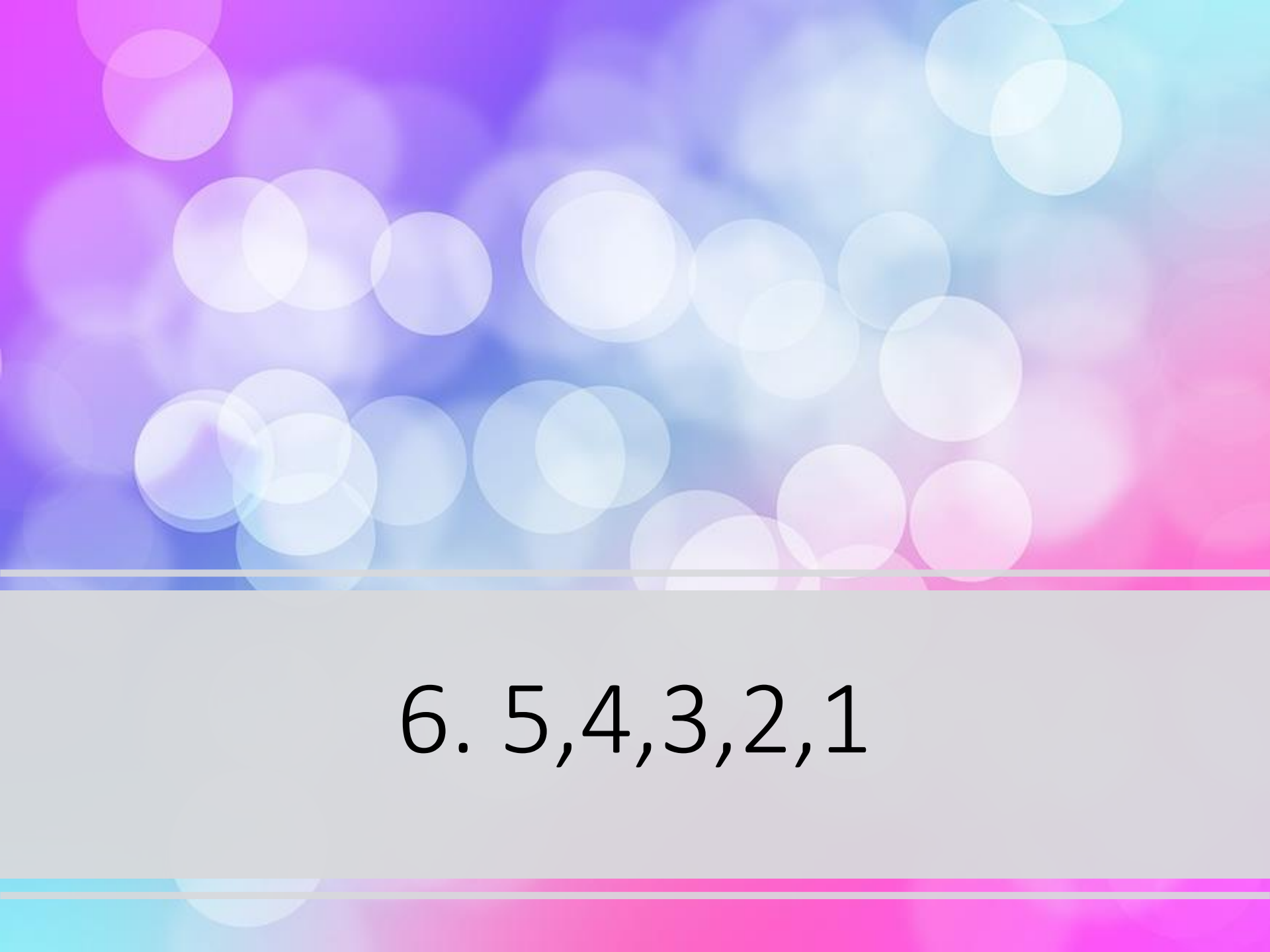
# 5. Self-soothe box



# Self Soothe Box







6. 5,4,3,2,1

5 things you can  
**SEE**


4 things you can  
**HEAR**

3 things you can  
**TOUCH**

2 things you can  
**SMELL**

1 deep slow  
**BREATH**

5,4,3,2,1..



# 7. Mood Journaling

# Mood Journaling

Name: ..... Day and date: .....

Time:		Where are you:				Who are you with:			
What is happening:									
Current mood: Very calm <span style="float: right;">Very anxious</span>									
1	2	3	4	5	6	7	8	9	10
Notes									

## In a typical day

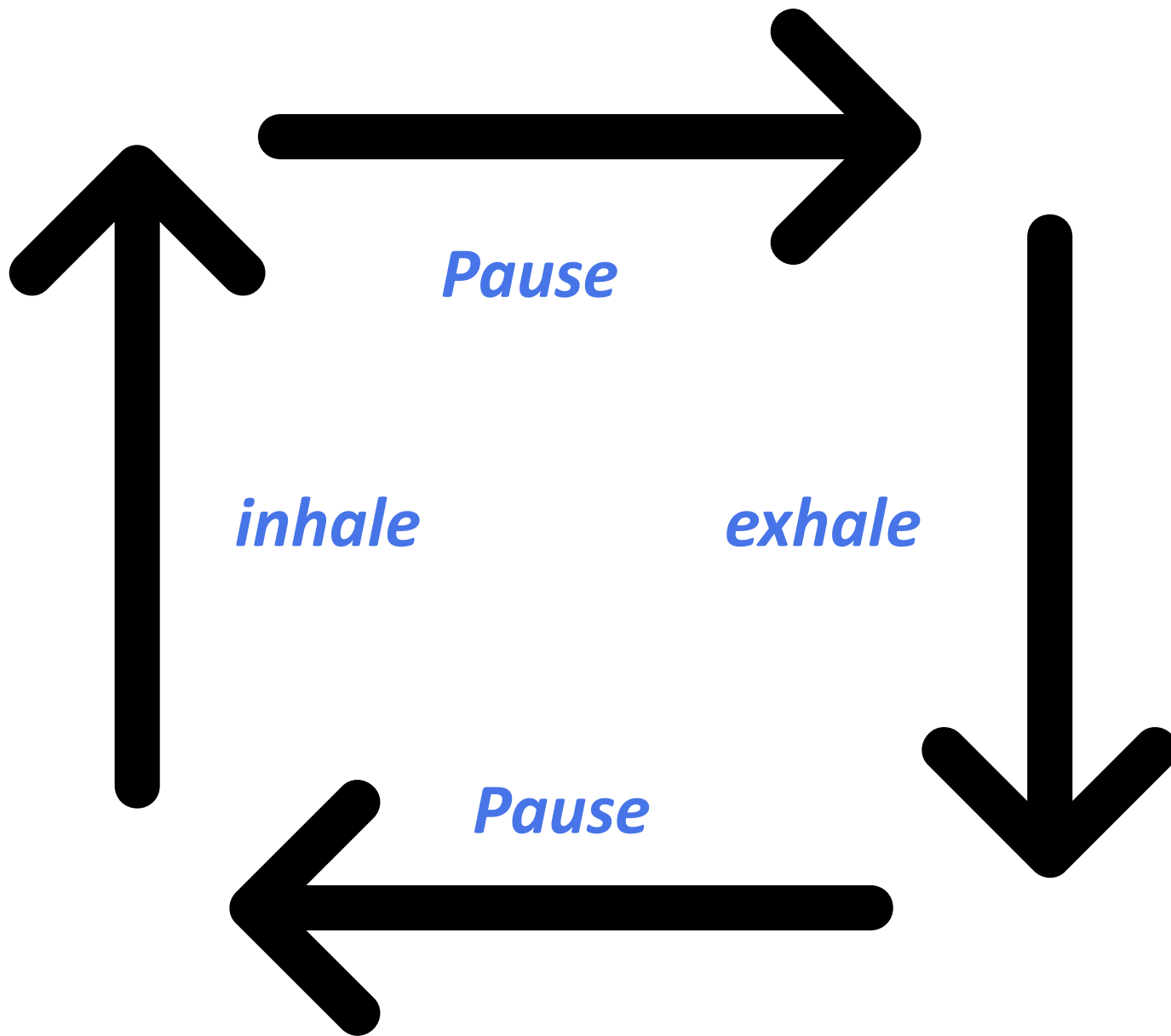
- What are the good bits?
- What can we learn from these?
- What are the bad bits?
- Can we avoid or manage these?
- What practical steps can we explore?

Help me, don't just tell me...

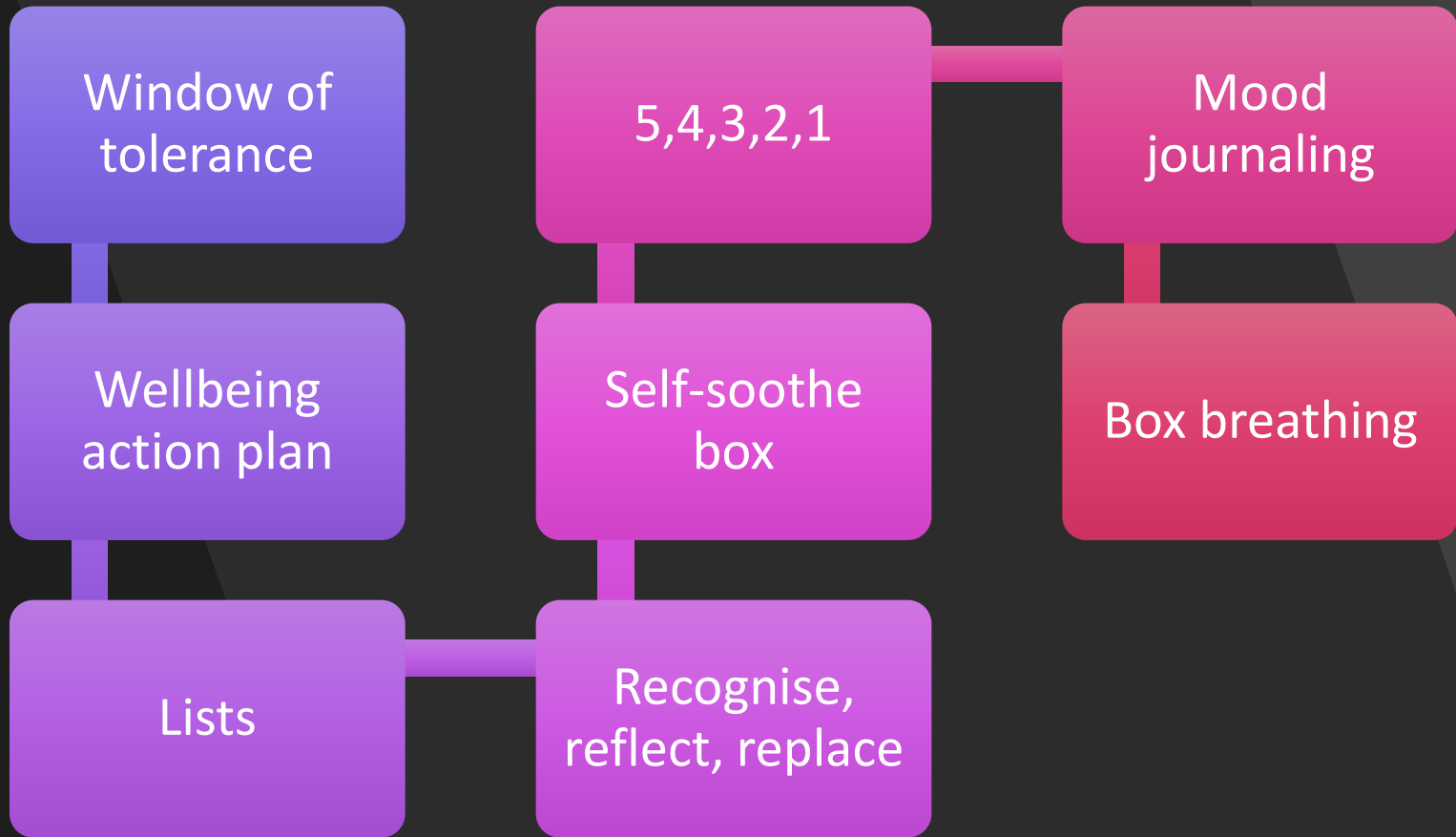




# 8. Box Breathing



# 8 Practical Strategies to Support Students who are Struggling







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