

Suggested Apps for Young People

Headspace:

For all ages with a variety of meditations and all at different lengths. Can help with stress, focus, sleep and to be healthier and happier.

Smiling Mind:

For young people to boost calmness, contentment and clarity.

Take a Chill:

To help teens to manage stress and can be good for Year 6 during tests.

Stop, Breathe & Think:

For ages 5-10 to help you feel strong, connected and inspired.

Dreamy Kid:

For young people to help with relaxation and sleep.

Relax Melodies:

Listen to relaxing sounds for young people.

There are lots of other apps as well and also YouTube videos, the best thing to do is try a few and see which ones you prefer.

There are lots of story books, journals and diaries out there to support wellbeing, understanding how to be mindful and techniques to support stresses and anxieties for a variety of ages and abilities either for adults to learn how to support young people or for young people to read or use themselves...

Just search: # for children...

#mindfulness, #kindness, #happiness, #feelings, #behaviours, #thoughts, #breathing, #the senses, #affirmations, #meditations, #yoga, #relax.

Suggested Reading List for Care Givers

Mindfulness-Based Cognitive Therapy for Anxious Children. A Manual for Treating Childhood Anxiety:

To help children with anxiety and manage symptoms and triggers on how to respond more mindfully. It has a 12-week programme with guidance and support for professional to support young people.

CBT Toolbox for Children & Adolescents:

200 worksheets for support workers and professionals for young people with Trauma, ADHD, Autism, Anxiety, Depression and Conduct Disorder.

The Mental Health and Wellbeing Handbook for Schools:

How schools can make a start in becoming mentally healthy for staff and pupils.

Calm Kids, Help Children Relax with Mindful Activities:

By Lorraine E Murphy, meditations, guidance and advice for care givers to use with the young people in their lives with a particular focus on additional needs and adaptations.

Make your Worrier a Warrior, A guide to Conquering your Child's Fears:

By Dan Peters, As Dan puts it "worry is like a rocking chair. It will give you something to do, but it won't get you anywhere". Includes the Worry Monster for strategies and how to make a step by step plan together.

Sitting Still Like a Frog:

By Eline Snel, Mindfulness exercises for kids and their parents, and introduction into mindfulness and also has CD's with guided practices.

Suggested Reading List for Adults

Mindfulness: A Practical Guide to Finding Peace in a Frantic World: By Mark Williams & Dr Danny Penman. An 8-week mindfulness stress- based reduction programme with simple and effective practices that can be used daily and can help understand and break the cycle of stress and anxiety.

Mindfulness for Health, A Practical Guide to relieving pain, reducing stress and restoring well-being:

By Vidyamala Burch and Dr Danny Penman. Simple mind-body practices for daily life to help with pain, stress and well-being.

A Mindfulness Guide for the Frazzled:

By Ruby Wax. An insight into her journey through life and into mindfulness. Very funny and also very insightful with a 6-week programme to follow. Ruby has lots of great books to read around mindfulness and the brain.

Calm: Working through life's daily stresses to find a peaceful centre: By Fearne Cotton. Personal examples and guidance on how to help with stress, the chaos of life and external and internal pressures.

Also Fearne's book Happy: Finding joy in every day and letting go of perfect.

Breathe, The New Science of a Lost Art

By James Nestor. Explaining the science behind breathing and the patterns we live with in the modern day with techniques to restore an effective breathing pattern for the body and mind.

Suggested Reading for Young People

Mindful Kids:

By Dr. Sharie Coombes, A number of books including lots of fun and interactive worksheets for young people to work through. Titles include No Worries, Hello Happy, Letting Go and Be Positive.

My Hidden Chimp:

By Professor Steve Peters, to understand the processes of the mind and thoughts in a child friendly way, lots of visuals and techniques to help.

Calm: Mindfulness for Kids:

By Wayne Kinder, focusing on a child's mind so they can start to notice and appreciate the day to day and learn techniques, with helpful parental notes.

Suggested Reading for Teens

The Stress Reduction Workbook for Teens:

Based on the mindfulness stress-based reduction course, there are lots of examples of real-life scenarios, additional information and mindfulness strategies and practices.

Mindfulness for Teen Anxiety:

Help book for teens to work through about anxiety at home, school, in the social world, performing and feeling under pressure.

The Mental Health and Wellbeing Workout for Teens:

Based on Acceptance Commitment Therapy (ACT) and Cognitive Behavioural Therapy (CBT) techniques. Supporting good mental health and appropriate strategies.

Blame My Brain, The Amazing Teenage Brain:

Appropriate for teenagers and their life transitions, understanding brain development and how this affects things like decisions, emotions and relationships.