

# Company



GET ACTIVE



30 MINUTES



PREPARATION  
NEEDED

# WHEN THE GOING GETS TOUGH



## AIM

How do you deal with a tough day, week or period in your life? What are your coping strategies and how can you help to improve your mental health during difficult times? Link to Children's Mental Health Week (6<sup>th</sup> to 12<sup>th</sup> February).

## WHAT YOU'LL NEED

- > Coping Strategies Brainstorm Sheet
- > Stress Bucket Video
- > Projector/Large TV & Speakers
- > Stress Bucket Activity Sheet

# GET ACTIVE: WHEN THE GOING GETS TOUGH

THEME: ME & MY WELLBEING



## LEADER PREPARATION

A leader will need to access the YouTube video for this activity and have means of showing it to the group. The Stress Bucket Activity Sheet will also need to be printed.



**Stress Bucket Activity Sheet & Coping Strategies Brainstorm Sheet**



## GETTING INTO THE ACTIVITY

- 1 Everyone has tough periods of their life, so it's important to find ways to deal with things that stress or worry us, in a healthy way. These can be called 'coping strategies'.
- 2 As a group have a chat about different things they do to help them cope with a tough day/week etc. Use the 'coping strategies' brainstorm sheet to record all the different methods. This might include talking to someone, exercising, going for a walk, playing games, watching a movie etc.
- 3 After the group have listed all the things they do, get them to try and think of more coping strategies that other people may use. We've provided an example sheet to help you with some ideas. How many can you come up with in total?
- 4 A good resource you can have for your mental health toolkit is being aware of what's called our 'Stress Bucket'. This is an imaginary bucket that is filled with our stresses and worries. If left as it is, this bucket will fill up and overflow. Our coping strategies therefore become like taps on the side, helping to release the pressure and stop us overflowing. Watch '**Stress Bucket**' by Braive to explore this more (<https://youtu.be/1KYC5SsJjx8>).
- 5 Finally give each young person a copy of the stress bucket sheet. Spend some time thinking about what things are contributing to their stress bucket (i.e school work, lack of sleep, changes etc) and what their top three coping strategies for dealing with them are.



### DID YOU KNOW?

- **20%** of adolescents may experience a **mental health problem** in any given year.
- **66%** felt most stressed about **homework and/or exams**.
- **47%** of young people have felt significantly stressed by **body image and appearance**.
- **39%** were stressed most by what **other people think of them**.



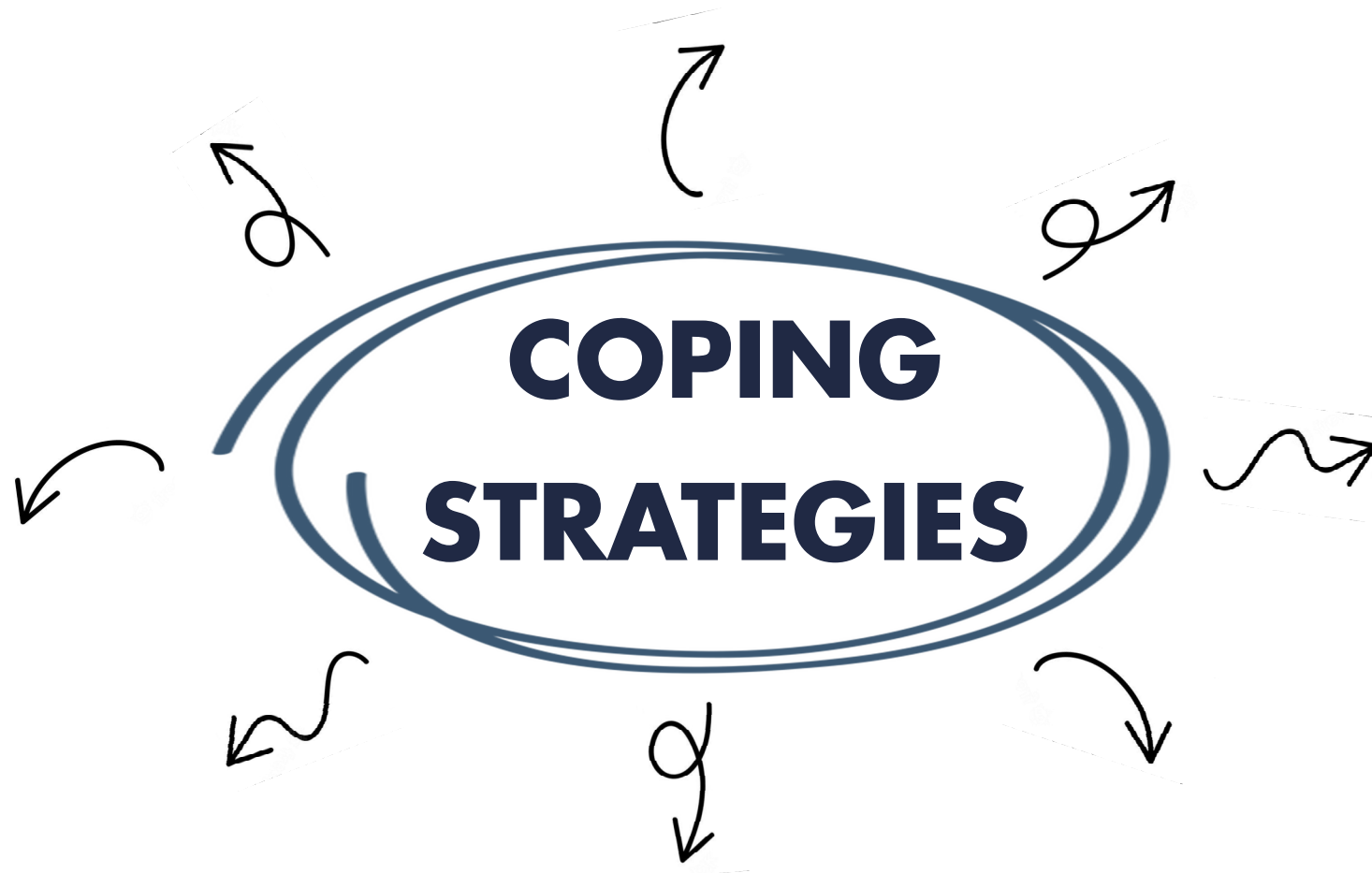
## IDEAS TO TAKE THIS FURTHER...

For more resources on dealing with mental health visit <https://youngminds.org.uk>, <https://NSPCC.org.uk>, or <https://NHS.uk>



## KEEPING EVERYONE SAFE

Talking about mental health may be difficult for some young people. Don't force anyone to talk if they don't wish to and be ready to adapt the activity should a young person struggle or become upset.



## WHEN THE GOING GETS TOUGH: COPING STRATEGIES

# WHEN THE GOING GETS TOUGH: COPING STRATEGIES

## ACTIVE COPING STRATEGIES

- Go for a walk / run
- Play a sport such as football or rugby
- Go for a bike ride
- Put on some music and dance
- A trip to the gym
- Yoga

## RELAXING COPING STRATEGIES

- Listening to calming music
- Taking deep breaths
- Thinking of a calm or happy place
- Having a break or rest
- Close your eyes and count to 10
- Taking a bath or shower

## CREATIVE COPING STRATEGIES

- Playing an instrument
- Playing with Lego
- Drawing / painting
- Adult's colouring book
- Song writing
- Writing a journal / Vlog

## SOCIAL COPING STRATEGIES

- Calling a friend
- Facetiming mates
- Playing a game / sport with others
- Playing with a pet
- Trip to the cinema / coffee shop with friends

## MINDSET COPING STRATEGIES

- Thinking of something positive
- Focusing on something you are grateful for
- Think about something that makes you laugh
- Focus on things you can control

# WHEN THE GOING GETS TOUGH: THE STRESS BUCKET

Things That Add to My Stress Bucket

Things That Reduce My Stress Bucket

