

Teenagers and Wellbeing

**By Emma James,
Assistant Head of Secondary**

Thank you for attending our workshop

This workshop is for parents of children aged 11-18 and will explore how we can support the wellbeing of our children.





Today's Agenda

- Wellbeing at BISS
- The science behind the teenage brain
- Wellbeing through a healthy lifestyle
- Recognising anxiety and stress with some practical tips to support teens
- Reflection time
- Q&A



A little bit about me

- Shanghai, 2015-2021
- My teaching experience, 1999-2021



Pastoral Team at BISS

Assistant Head – Pastoral, Emma James

Heads of Year

- Y7 Kyle Moffett
- Y8 Rebecca Symonds
- Y9 David May
- Y10 Alex Kolb
- Y11 Eimear Reen
- Y12/13 Katherine Rose

Form tutors – 3 to 4 supporting each year group

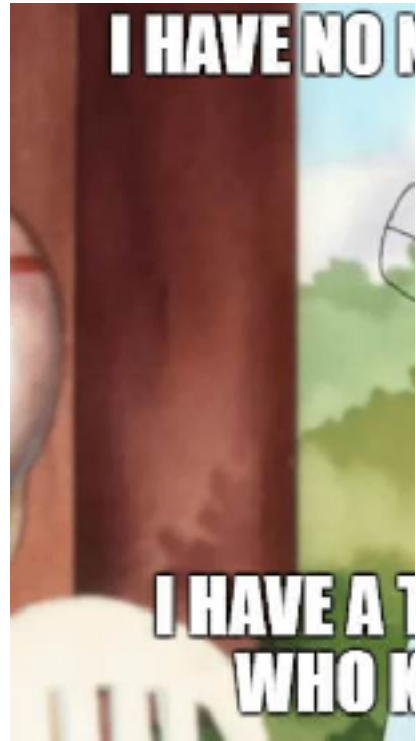


What do the pastoral team do at BISS?

- Registration with form tutors
- Meditation
- Assemblies
- Buddy system
- Drop down sessions
- 1-1 and small group mentoring
- Student Council
- Parent/school communication
- Advocate for wellbeing – Marlon Devonish



A typical teenager



We've got plans tomorrow, so you'll need to wake up early.

What, like 10am?!



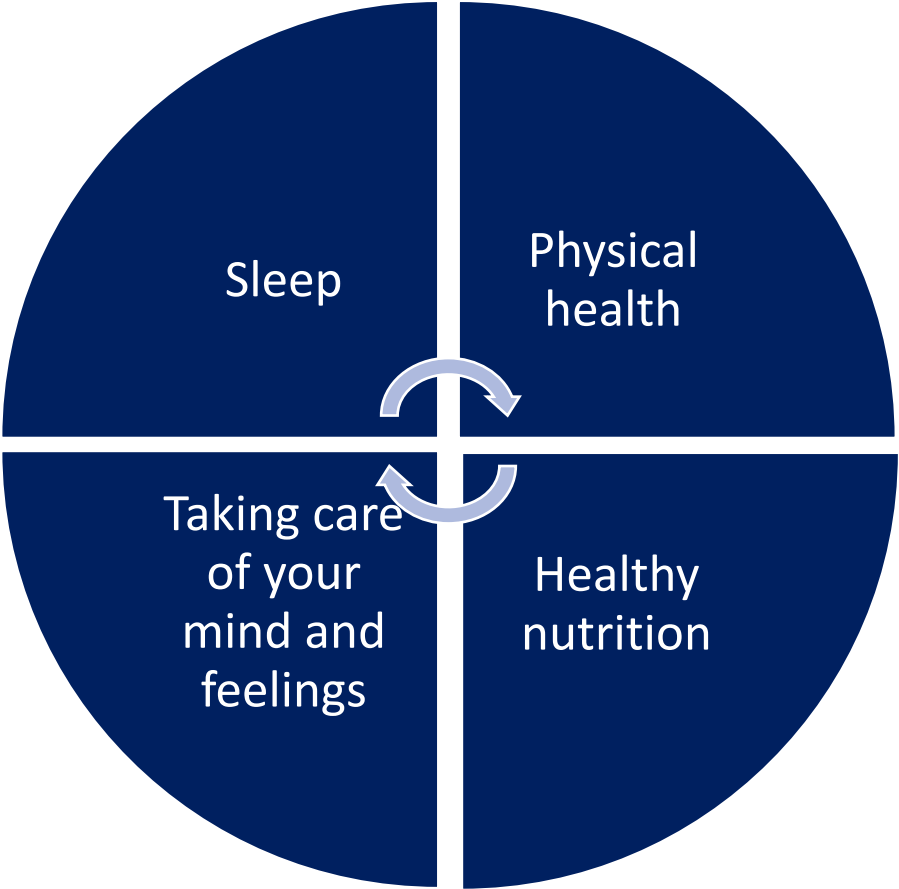
What is wellbeing?

Wellbeing comes from physical, mental and emotional health.

It's also about understanding our emotions, taking part in different activities, having good relationships and social connections, finding meaning in life and feeling that you're doing well.



Cornerstones of a healthy teen



A typical teenager ...?



Impulsive



Melodramatic and/
or moody

Takes risks



Hypersensitive



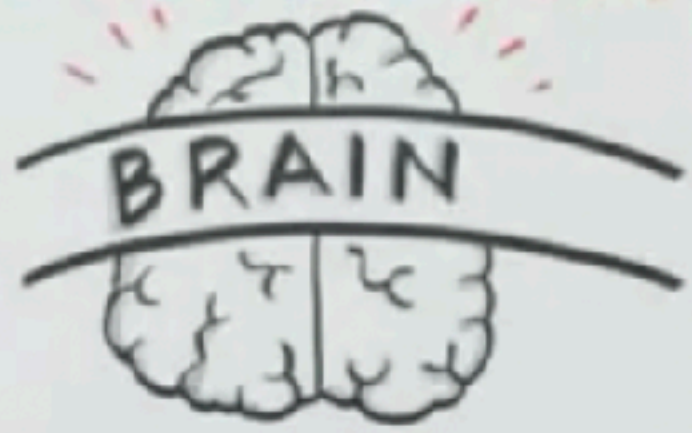


Frances Jensen, MD
Professor, University of Pennsylvania

DAN SIEGEL

and the

ADOLESCENT



the random acts
of **Kindness** foundation



1 IN 3 ADULTS DO NOT
GET ENOUGH SLEEP



SAM

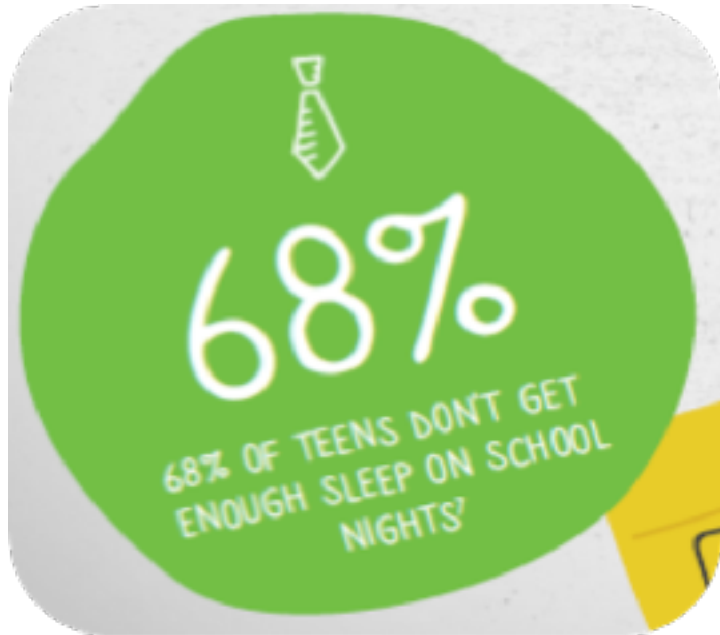


CREATED USING
POWTOON

“SLEEP”



Sleep duration - recommendations



How Much Sleep Is "Enough"?

Sleep is one of the cornerstones of health. Sleeping too much or too little can have adverse effects on your health. Sleeping less than 5 hours per night can double your risk of heart disease, heart attack, and stroke. There is also a persistent relationship between lack of sleep and weight gain, insulin resistance, and diabetes.



AGE GROUP

RECOMMENDED NUMBER OF HOURS OF SLEEP

Newborns (0-3 months)

14-17 hours

Infants (4-11 months)

12-15 hours

Toddlers (1-2 years)

11-14 hours

Preschoolers (3-5)

10-13 hours

School-age children (6-13)

9-11 hours

Teenagers (14-17)

8-10 hours

Young adults (18-25)

7-9 hours

Adults (26-64)

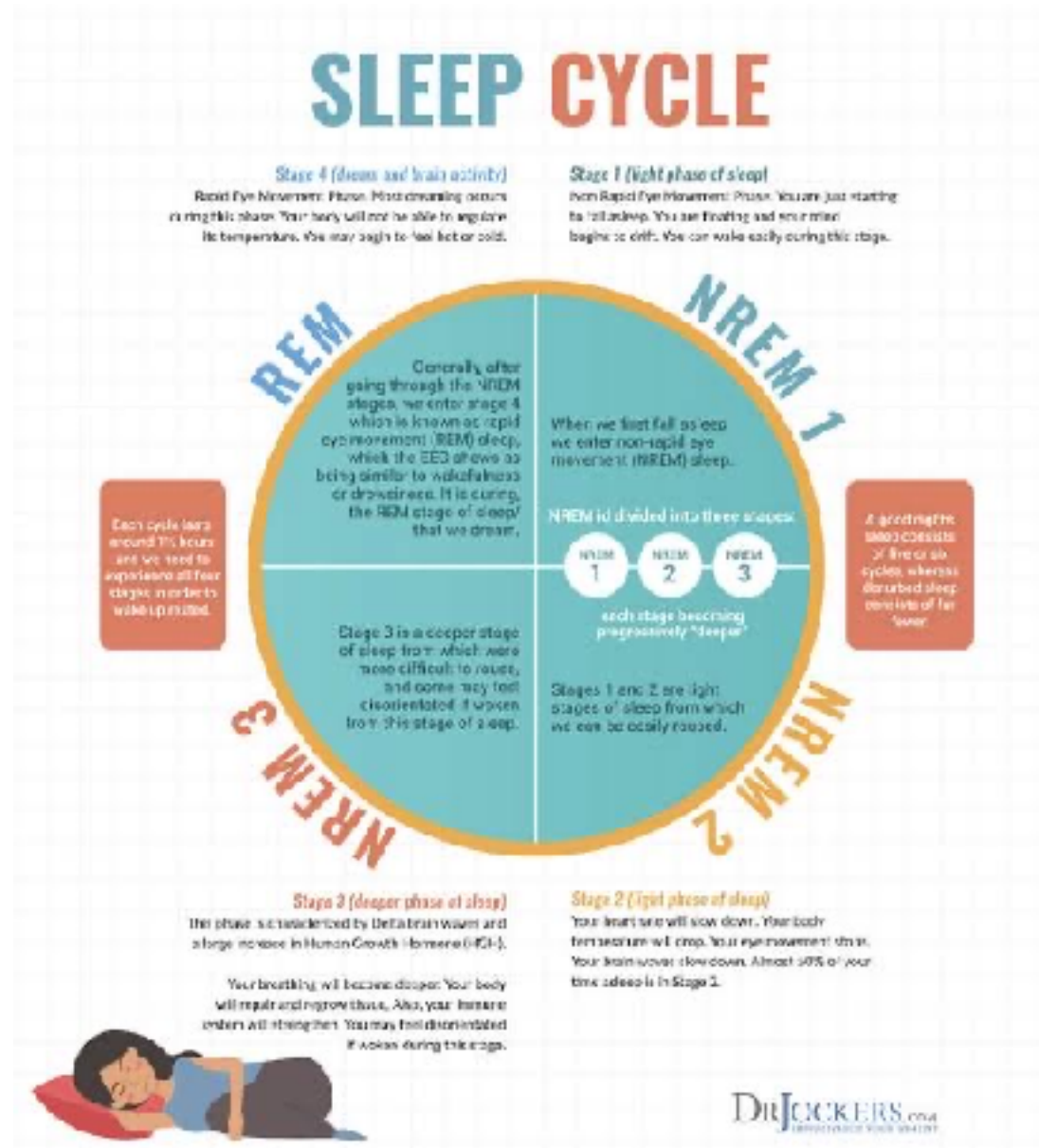
7-9 hours

Seniors (65 and older)

7-8 hours



Sleep duration - recommendations



It's not called 'beauty sleep' for nothing!

How does sleep help us?

- Helps to maintain a healthy weight – controls the appetite and reduces craving for sugary junk food.
- Hormones are released and repair cells– support different functions including growth, strength and boost our immune system.
- Easier to concentrate and remember things.
- Consolidates learning and memories.
- Restorative function in 'recharging' the brain at the end of the day.
- Strengthens immune system.
- Manage and cope.
- Cardio vascular system.



It's not called 'beauty sleep' for nothing!

What can we do to support our teenagers with sleep?

- Consistent routine and conditions in the room.
- Recognising and sorting sleep problems.
- Work vs. sleep environment.
- Remove technology from the bedrooms.
- Internal body clock – 'circadian rhythm' – genetically programmed so may follow the parent – know for when trying to improve. (have a go-worksheet)
- Limit power naps.
- Light and dark (light gives boost of melatonin).
- Don't cram into the night for exams – a good night sleep is the best revision tool.
- Screen time before sleep.




Activity for parents

CHAPTER TWO | THE AGENCY BY

LARK OR NIGHT OWL?

Select the answer to each question that applies to you most. There is a tally at the end to help you work out whether you are a lark or night owl.



1. Which statement best describes your preferred wake-up time?

- A) I like to be woken early, before 7.00am
- B) Between 7.30 and 8.30am, I don't want to wake on the day
- C) Definitely after 8am, I don't like to be woken

2. How easy do you find getting up in the morning?

- A) Very easy, I get up with no problems
- B) I don't find it particularly easy or difficult
- C) Really difficult, I prefer to stay in bed as long as possible

3. Thinking about a typical school/college day, do you need an alarm or something else to wake you?

- A) No, I'm generally awake
- B) Yes, I'm dependent on being woken up
- C) Definitely or I would be unlikely to wake up and I would be late

4. Imagine you have nothing planned tomorrow and no need to get up in the morning. What time would you choose to go to bed compared to your usual bedtime?

- A) Same time as usual
- B) An hour or so later
- C) I'd stay up several hours later

5. How alert do you feel for the first half hour after you're woken?

- A) Very alert
- B) Somewhat alert
- C) Not at all alert, I'd like to go back to sleep

6. If you had to take an exam, what time of day would you prefer to take it at?

- A) 9am
- B) 11am
- C) 3pm

7. If your favourite series was launching a new season but it wasn't being shown until 11pm, how would you feel?

- A) Grrrr, that's far too late, I'll have to watch it the next day
- B) It's a bit late for me but I'll watch it
- C) Phew, that is the ideal time for you to watch it

Answers

Mostly A) You tend to be more of a lark, getting up in the morning isn't a problem for you. You are most likely to be at your best earlier in the day. An all-round, you are probably find it easier to get up for school in the morning but may struggle to complete your homework or revise later in the evening. Aiming to do your studies when you get to school could be helpful.

Mostly B) You are not showing a strong tendency to be either a lark or a night owl.

An all-round, you are more adaptable to changes in your sleep schedule. You are able to get up early when needed, for example to attend an early class, but you can also function well later on in the evening, finding it easy to revise late into the night and continue with friends on social media. Be sure to stick to the same time going to bed and getting up in the morning to strengthen your body clock and making it easier to get good quality sleep.

Mostly C) You are more of a night owl, you are at your most alert later in the day. Mornings can be a challenge though! Mornings are not your friend! You are a night owl - happier and more productive later in the day. This is when you have most energy and may find it easier to complete your studies. You will have no problems staying up and watch the latest series on TV but make sure you know an hour before bedtime without any screens and make sure you nail your wind-down routine - it's really important for sleeping well. You will probably find getting up for school in a morning difficult so using a light box or getting up and outside first thing may be helpful and make you feel more alert and awake.

Illustration of the owl is just for fun. There is however a special seat used by professionals across the world called the 'Hippogriff' (Hippogriffus) Quadrant chair.



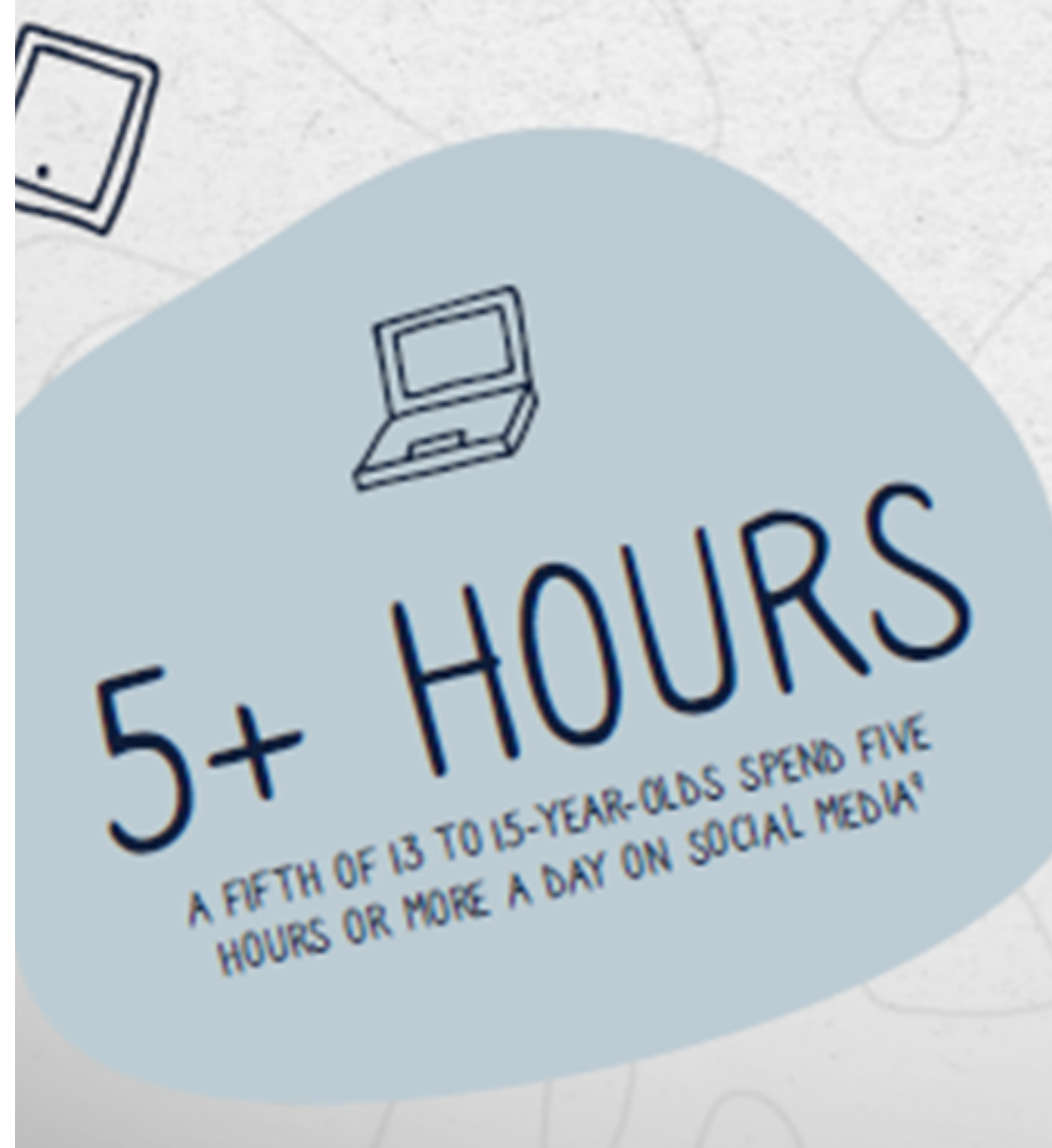
You only need 4 minutes of daylight to stop producing melatonin. Getting up and going outside in the morning for some exposure to natural daylight can really give you a boost for the day.



Screen 'Time Out'

Link to sleep

- How much screen time do you have daily?
- What is the daily recommendation for teenagers?



Screens too close to bedtime are bad! Why?

- Emit blue light – frequency mimics sunlight, sending signals to brain to suppress melatonin.
- Visually stimulating.
- Doubles time to get to sleep



What can you do?

- Ditch your tablet, phone etc. at least one hour before bedtime
- Unplug the Wi-Fi
- Set time limits or manage screen time
- Role model
- Put devices out of the bedroom
- Turn off notifications (if need as alarm - do not disturb)
- Work-life balance



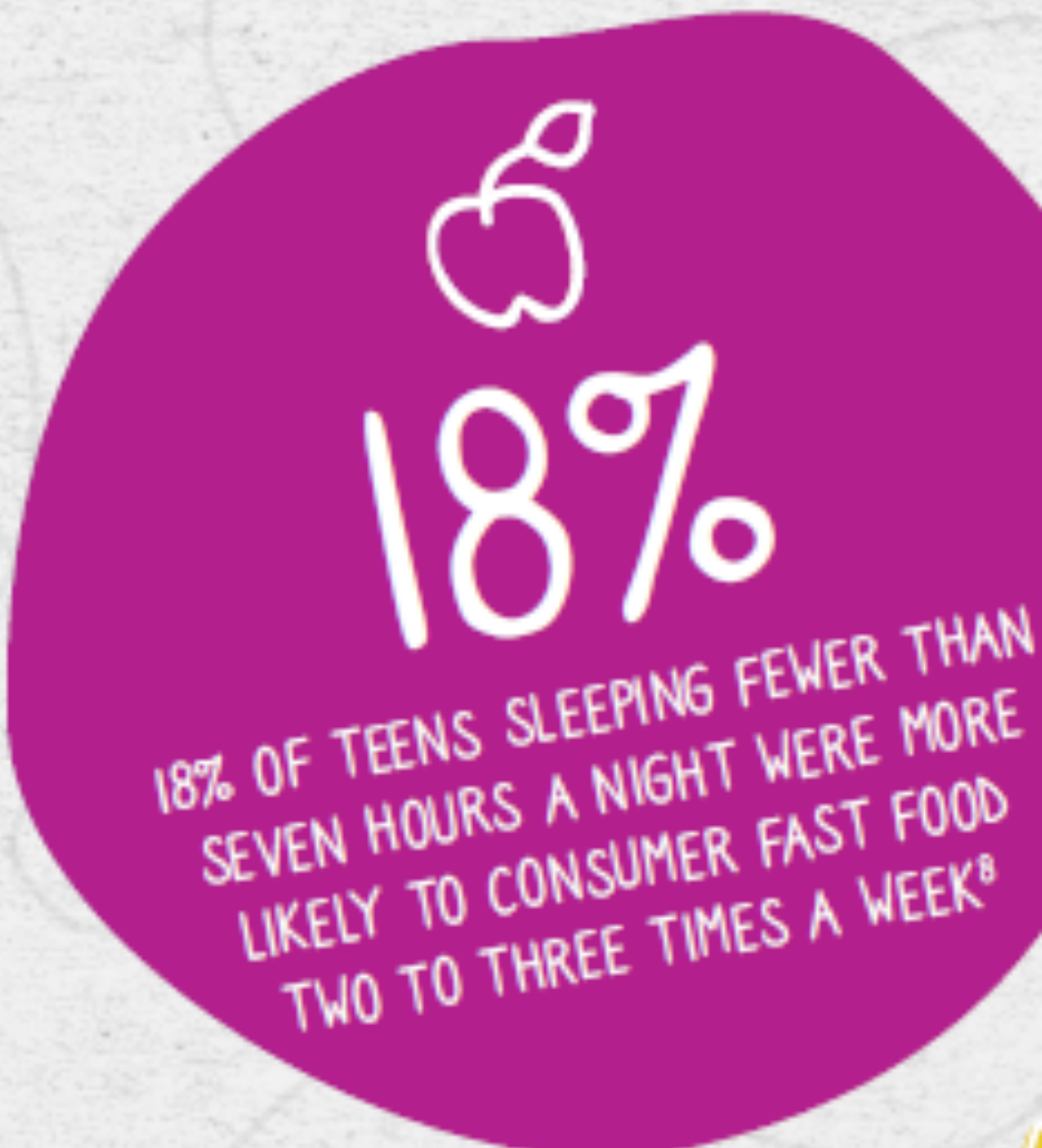
Healthy Nutrition

What are the common mistakes teens make with their diet?



Common Mistakes

- Energy drinks.
- Caffeine - 5 hrs. for half of it to leave your body.
- Sugary snacks affect sleep (good foods to produce melatonin such as bananas, cereal, milk and cherries).
- Skipping meals such as breakfast.
- Lack of water.
- Fast food.
- Lack of fruit and veg.



18%

18% OF TEENS SLEEPING FEWER THAN SEVEN HOURS A NIGHT WERE MORE LIKELY TO CONSUME FAST FOOD TWO TO THREE TIMES A WEEK^B

The Food Pyramid

Healthy Food for Life

www.healthylireland.ie



The Food Pyramid

For adults, teenagers and children aged five and over

Not a source for good health

Foods and drinks high in fat, sugar and salt

NOT every day

! Maximum once or twice a week

Needed for good health. Enjoy a variety every day.

Fats, spreads and oils

In very small amounts

Meat, poultry, fish, eggs, beans and nuts

2 Servings a day

Milk, yogurt and cheese

3 Servings a day
5 for children age 9-12 and teenagers age 13-18

Wholemeal cereals and breads, potatoes, pasta and rice

3-5* Servings a day
Up to 7* for teenage boys and men age 19-50*

Vegetables, salad and fruit

5-7 Servings a day

*Daily Serving Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-12)	Teenage (13-18)	Adult (19-50)	Adult (51+)	Inactive	Teenage (13-18)	Adult (19-50)	Adult (51+)
		3-4	4	4-5		3-4		3
	3-5	5-7	5-7	4-5		4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.

Source: Department of Health, December 2016.

Drink at least 8 cups of fluid a day – water is best

Get Active
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day



Physical Activity – Why is it important?



DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD



Physical activity – why is it important?

A teenager needs at least 30 minutes up to 1 hour per day physical activity to keep body and mind healthy.

- Makes you feel and look better; skin, hair, posture and muscle tone will improve.
- More energy.
- Helps to avoid stress and depression.
- Helps to sleep.
- Helps you to think more clearly.
- Better self-esteem.
- More confidence.
- Help your grades or perform better.



How can you get your teenager to do more physical activity?

- PE at school.
- Encourage ECA sport at school.
- Cycle/walk to school or mall.
- Use the stairs instead of elevator /escalator.
- Join local sport club together.
- Dance/yoga/swim/table tennis/go to the gym.
- Get them to walk with the dog.
- Shopping.
- Jump on the trampoline in the garden.
- Cycle around your compound.



Common Mistakes

Recognising anxiety and stress

58% of 10-14 year olds admitted they felt worried or stressed once a week or more.

- What makes you feel stressed?
- What are your coping strategies to combat stress?
- Are our teenagers any different?

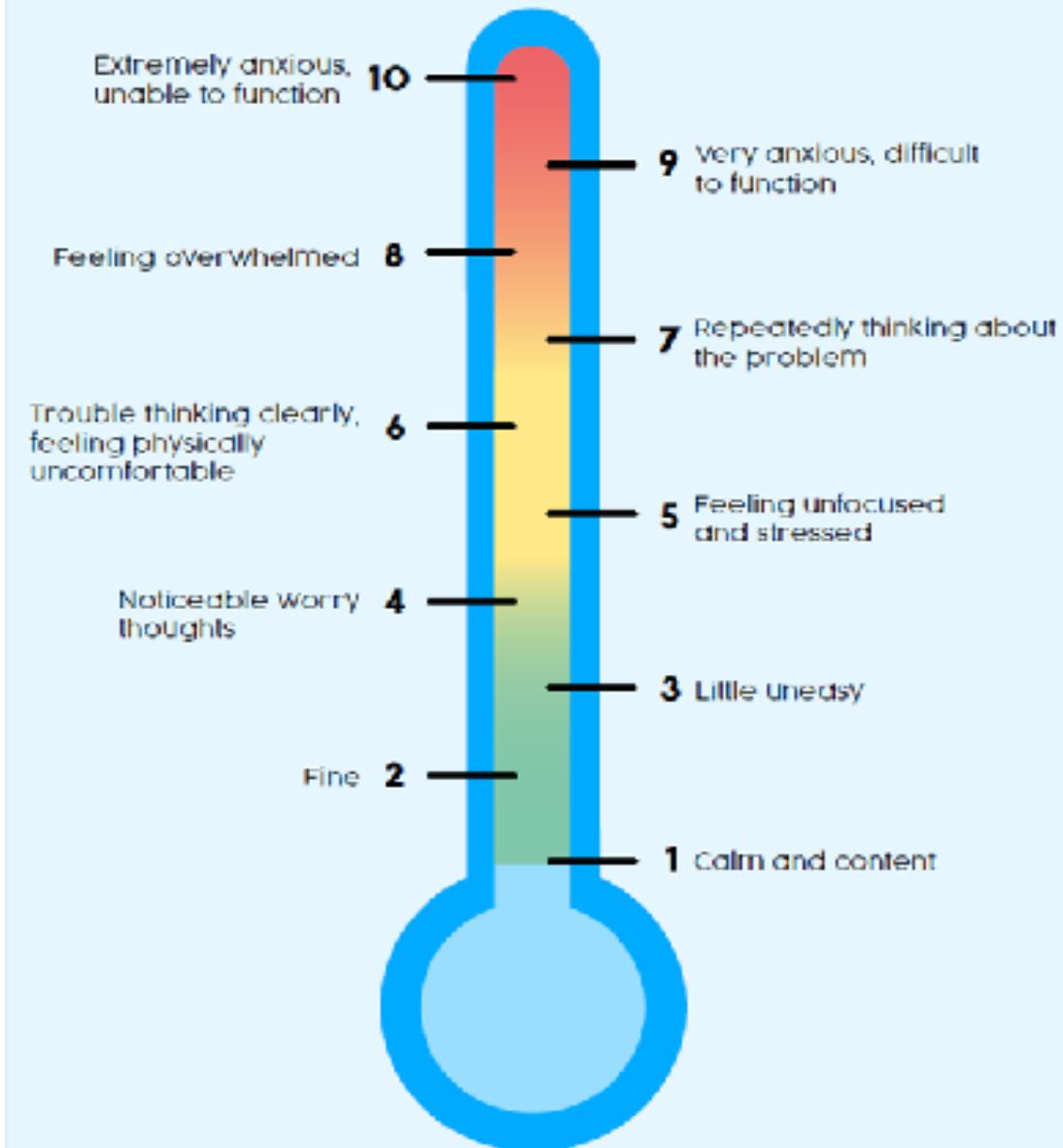


Common Mistakes

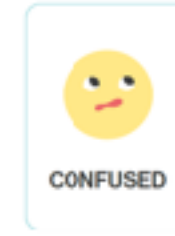
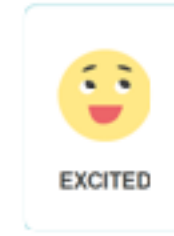
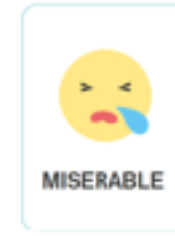
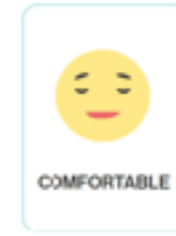
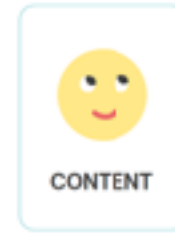
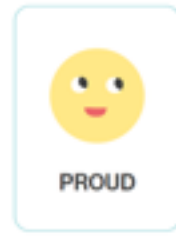
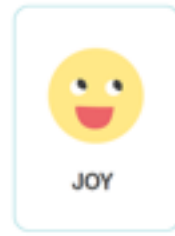
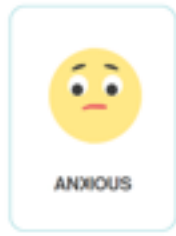
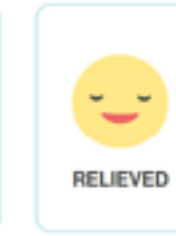
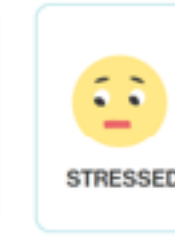
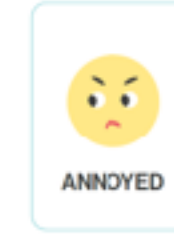
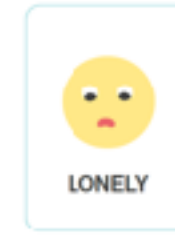
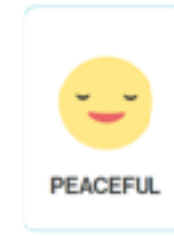
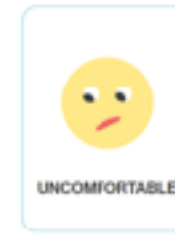
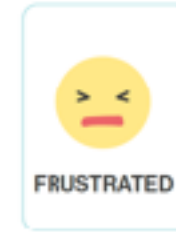
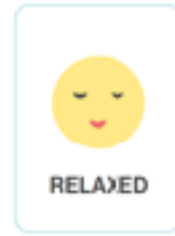
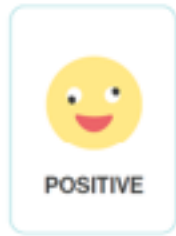
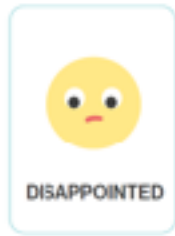
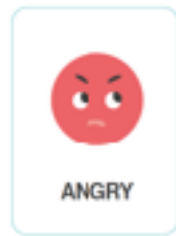
Recognising anxiety and stress

58% of 10-14 year olds admitted they felt worried or stressed once a week or more.

- What makes you feel stressed?
- What are your coping strategies to combat stress?
- Are our teenagers any different?



Track my feelings



Wellbeing – How can we support our teenagers moving forward?

Help teens to notice their own thoughts and feelings or what they are grateful for. Let's give it a go!

- Notice 5 things you can see
- Notice 4 things you can feel
- Notice 3 things you can hear
- Notice 2 things you can smell
- Notice 1 things you can taste



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



Wellbeing – How can we support our teenagers moving forward?

Sometimes our bodies are tense as well as our minds. Progressive Muscle Relaxation can help your body to relax.

- Begin by focusing all your attention on your feet, tighten up the muscles and then relax them.
- Move up to your calves, knees and thighs – tighten and relax.
- Move on to the stomach, chest, shoulders, arms and hands doing the same thing.
- Finally focus on your neck and head, relax all your muscles, feeling the tension leave your body.



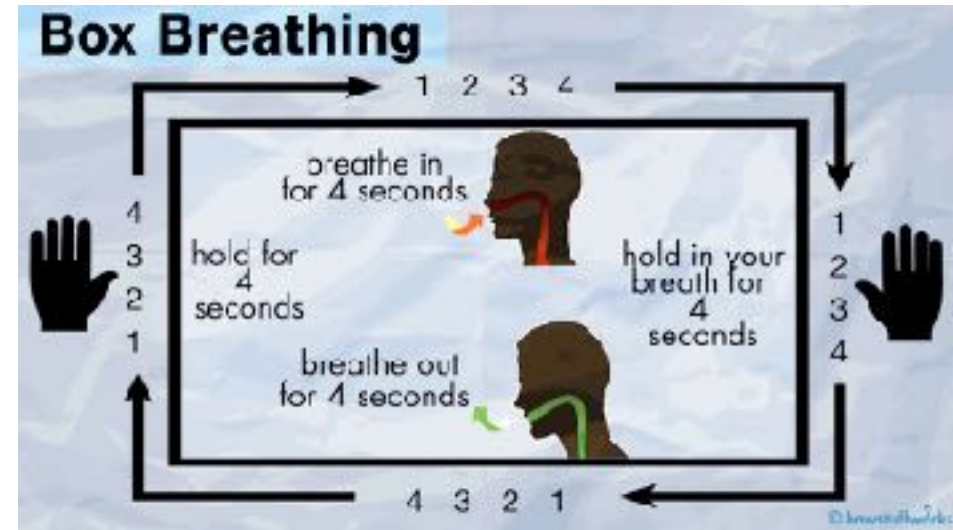
Wellbeing – How can we support our teenagers moving forward?

Meditation and/or breathing

- Calm app
- Headspace app

https://www.youtube.com/watch?v=syQ_nzmgyxk

<https://www.headspace.com/meditation/basic-meditation> (6mins)



How much time do we spend worrying about what can't control?

Control the controllables

- Identify what is in your control/can change.
- Is your teenager ready to take control?
- Handing over some responsibility so that they feel in control.
- Use of bullet journalling.

Tolerate the uncontrollables

- Acceptance.
- Look for elements we can control.
- Manage the distress it causes.
- When we go into 'fight, fright or flight', trick the brain into calming.



Wellbeing – how can we support our teenagers moving forward?



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

Be an active listener

- Think of a time your child last wanted to talk to you about something.
- What was the environment like?
- How could this be improved?

Tips

- Keep focused on them/eye contact.
- Appear relaxed and attentive.
- Keep an open mind.
- Don't interrupt.
- Listen to their words and try to imagine what they are feeling.
- Nod.
- Summarise when they have finished.



Wellbeing – how can we support our teenagers moving forward?

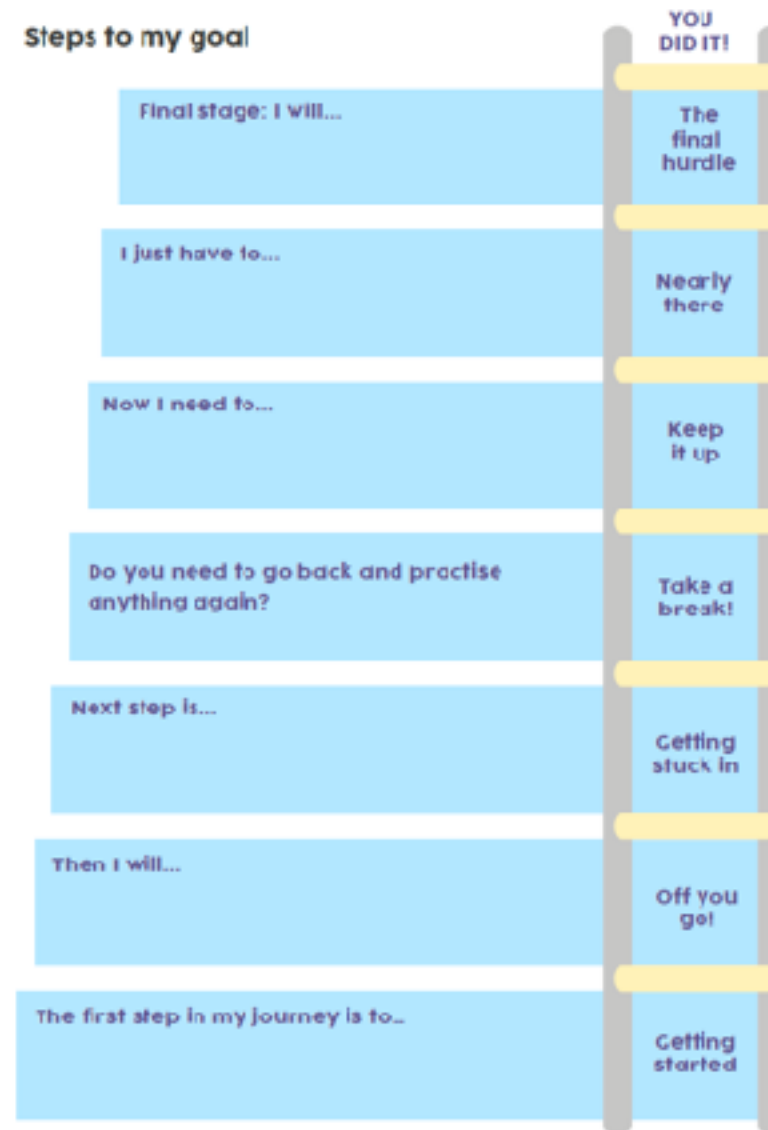
Self-soothe in times of calm.

What would go into your box? Create a 5-senses self-soothing box...

- Touch
- Sight
- Taste
- Smell
- Sound



Resilience ladder



Wrap up



Your time,
your words,
your presence

It is great knowing all of this but what do we do with it now?

- Remember you won't get it right all of the time so be kind to yourself too.
- Be human in your approach; you may get it wrong sometimes so show it is ok to be imperfect.
- Having someone alongside them who cares means their prospects are much better than you may think!
- Good luck, being a teenager is tough!



**MATTHEW
WALKER**

Why We Sleep



Useful Resources

- TED Talks on importance of sleep
- <https://www.youtube.com/watch?v=dqONk48I5vY>
- TED Talks -Sleepy teens – Wendy Troxel
- https://www.youtube.com/watch?v=G0Zj_InJ4BQ
- The Social Dilemma on Netflix
- (This documentary-drama explores the dangerous human impact of social networking)
- Calm app
- Headspace app



**Thank you :)
Questions?**

