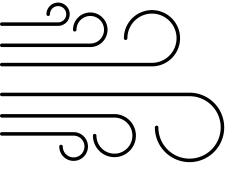


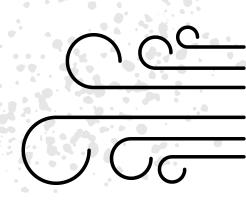
Happiness | Opportunities | Wellbeing

THE KNOW HOW 'SUPERPOWERS'

Unlock your inner superpowers with our free toolkit for young people struggling with anxiety, panic attacks, or low mood

Learn to support your own wellbeing and discover new ways to overcome these challenges







Welcome to...

-the-KNOWHOW

'SUPERPOWERS'

The HOW People have been delivering wellbeing information into schools around self confidence and anxiety for the last two years and have developed workbooks containing fun and helpful exercises and worksheets that teachers and pupils are finding really useful.

As a GP, co-founder Dr Jo Watkins found herself photocopying the exercises from the school workbooks to give to patients. So, as a bit of an experiment they decided to pull together this workbook to give to any young person attending their GP, struggling with anxiety or low mood and to distribute as a free resource to surgeries and schools across the UK.

This 'Superpowers' workbook has been put together by The HOW People Team including a GP, Dr Jo Watkins and Jo Williams, an Occupational Therapist and Psychotherapist in collaboration with Fiona Schreuder, Highly Specialised Respiratory Physiotherapist and our designer, Polly Crook, has made it all look beautiful.

This is not to be used instead of seeking medical advice but as a tool for medics and healthcare professionals to use for patient information or schools to give their pupils if needed.

Once downloaded, you can print it out or use the digital version with a paper and pen or notebook to capture your thoughts.

There are important web links at the back should you need further assistance.

The bottom line is this... Please do not suffer alone. Please ask for help.

Today will be a



Contents of 'Superpowers'



Your Biggest Superpower: Breathing

- How to breathe properly?
- Nose breathing



Just Breathe

- Ten minutes a day exercises
- Panic Attacks



The Seven Sister Superpowers

- Gratitude
- Journalling
- Worries
- Screen Time
- · Celebrating differences
- Kindness
- Positive thoughts



The Anxiety Buster 'AB' List

- Writing your list
- · What to do when you feel anxious
- Important websites for resources



Your Biggest Superpower: Breathing

Your biggest superpower is free. It is easy to use and we have been doing it since the day we were born. Yes. Breathing.

The great news is that we can use our breathing to comfort us, which is a real skill if you learn how to do it.

Recently people are a lot more knowledgeable of the advantages of being aware of and understanding our breathing pattern day to day.

But when our breathing gets out of control it can be really frightening.

This can happen sometimes if you are feeling very anxious or stressed.

There are some things you can do daily to make sure your breathing works like a finely tuned orchestra and help you become aware of how nice breathing can feel.

We don't usually think about our breathing unless we have a problem with it.

It is a good idea to focus on your breathing every day when you are feeling calm and relaxed and get in the habit of doing it.

Focusing on breathing like this can also help you feel more relaxed and can even help you drift off to sleep at night.

It is important that we learn to breathe properly.



How do I breathe properly?

It might sound a bit crazy when you have been literally doing it every day of your life, but there are different ways of breathing and we need to really learn how to breathe properly because it is a free, easy and incredibly effective way of helping ourselves at all times.

Try this to start with

- 1. Start by sitting or lying in a comfortable position
- 2. If you want to, you can close your eyes
- 3. With one hand on your tummy and one hand on your upper chest, relax your shoulders. Keep your lips lightly closed so you are breathing in and out through your nose
- 4. Feel the gentle rise and fall of your tummy as you breathe in and out
- 5. The upper chest shouldn't be moving very much
- 6. Just take normal size resting breaths, not big breaths
- 7. You can picture a rectangle, or follow a rectangle (window, picture frame, door) with your eyes. Breathe in for the short side and out for the longer side. This helps keep a natural rhythm to your breathing.



Do I breathe in through my nose or my mouth?

It is really important to breathe in and out through your nose most of the time.

It is normal to breathe through your mouth when you are exercising.

If you aren't used to breathing through your nose, it might feel uncomfortable to begin with, but try to check in and do some nose breathing every hour, and every time you remember, and it will become second nature.

Like everything new it takes a bit of practice but there is lots of really good scientific evidence out there about the advantages of nose breathing.

The nose gives a more calming breath and gives lots of benefits including cleaning the air you breathe naturally before it goes into your lungs.

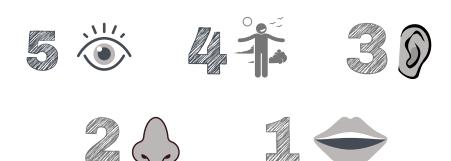
Just breathe

Try some of these breathing or mindfulness exercises for 10 minutes every day.

5.4.3.2.1.*

Sit somewhere quiet. Notice:

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





Mind Garden

Close your eyes.

Picture the garden in your mind. At the moment it is empty. Gently rake the soil back and forth until it is smooth. Imagine yourself planting beautiful flower seeds in the soil. Water the ground. Watch the flowers start to grow. Attach a positive thought to these flowers. Pull out any weeds that grow around it. Continue to water and care for it. Look and admire your beautiful mind garden.

Paradise

Do a breathing exercise to help you relax.

You may need to think about relaxing each of the muscles in your body. Picture a place in your head where you were really happy. Somewhere where you felt content and calm. Imagine every detail around you focusing on all the senses. Enjoy being in that place.



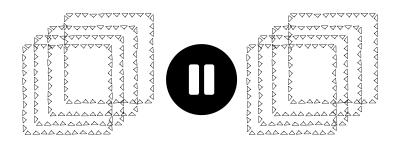
and breathe...

Try some of these breathing or mindfulness exercises for 10 minutes every day.

Colour Breath

Picture a colour that makes you feel relaxed and happy. Imagine that colour surrounding you. As you breathe in for 4, the colour enters your body and fills it. As you breathe out, it stays there taking the place of colours which make you feel less relaxed. Every breath brings more colour into the body.





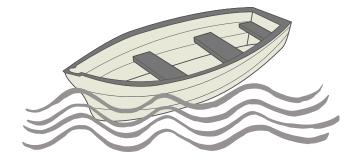
4.4.4

Breathe in for 4 Hold for 4 Breathe out for 4

The Ocean Breath

Put your hand on your tummy and feel the way it rises and falls as you breathe.

Imagine your hand is like a small boat rising and falling on the waves of the ocean.



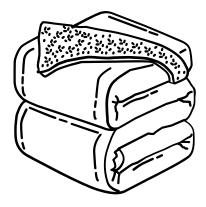
and breathe...

Try some of these breathing or mindfulness exercises for 10 minutes every day.

The Soothing Breathe

Imagine that as you are breathing you are surrounding yourself with a warm, comforting blanket. With each breath fill yourself with kindness, bringing friendliness and love to your being.

Feel how this soothes you, and strengthens you. Stay with this for a few minutes.



Breathe Out Breathe In Breathe In

Breathe Out

Rectangular Breathing

The out breath being longer than the in breath.

Five Finger Breathing*

Sit or stand comfortably with your back straight and feet on the ground.

Open your palm.

Trace your fingers on one hand using your index finger on the other hand. As you go up the finger, breathe in for 3, and breathe out for 3 as you go down the finger, carry on along the thumb and all the fingers one by one.

Do that for each of your five fingers.



Getting out of control?

These are the techniques to try when you feel your breathing is getting away from you, or getting out of control



TRY Five Finger Breathing* (see above)

Sit or stand comfortably with your back straight and feet on the ground. Open your palm.

Trace your fingers on one hand using your index finger on the other hand. As you go up the finger, breathe in for 3, and breathe out for 3 as you go down the finger, carry on along the thumb and all the fingers one by one. Do that for each of your five fingers.



TRY 1,2,3,4,5* (see above)

Sit somewhere quiet or just stop wherever you are and notice:

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



USE 'The Cupped Hand Technique' to try and regain control of your breathing

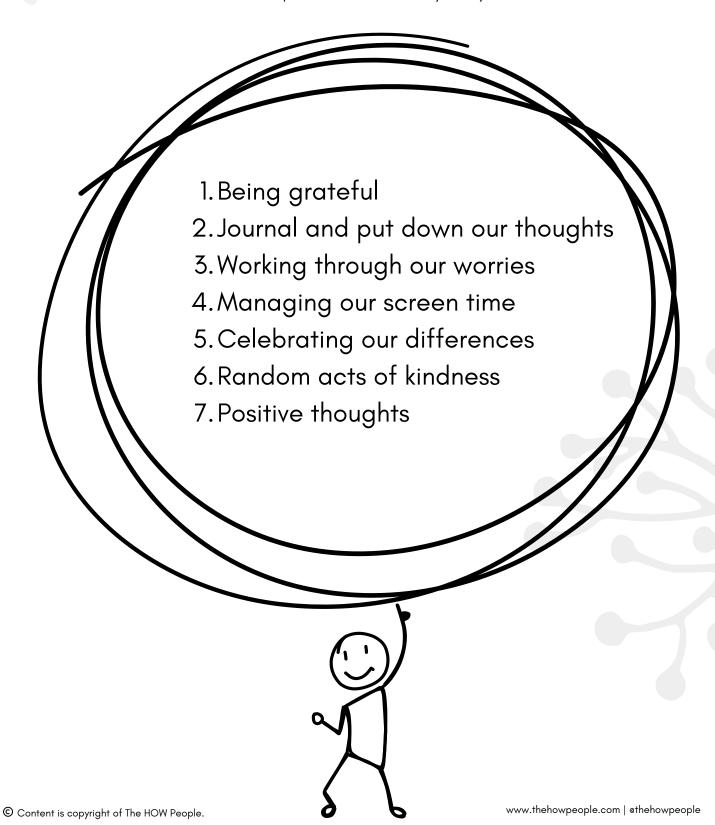
If you start to feel dizzy or get tingling in your fingers and lips, cup your hands over your nose and mouth and take 5 breaths, lower your hands and take 5 breaths, cover your nose and mouth and take 5 breaths, lower hands, repeat until the symptoms go and if they are not going after a couple of minutes please call for help from parents, teachers or an adult who is close by.



The Seven Sister Superpowers

Seven other ways to gain better control over your own wellbeing alongside breathing

There are some really important things like eating a **good diet**, **getting good sleep and getting exercise outside**, what else can help us all to feel better day to day that we have full control over?



What about gratitude? I'm grateful for...

Focusing on the things we are grateful for makes us feel more positive. It really works and is so simple to do. Try doing this last thing at night.

















* Try journalling. Today, I am feeling

The key to journal writing is not thinking too much about it and just jotting down the first things that come into your head. Don't even worry about punctuation and spelling just get it out.
* 1
*

Or you can 'Emoji' those feelings...

On a scale of 1-10 write down how strongly you feel each emotion each day.

*Add your own 2 emotions in the blank spaces.



Its time to get creative! Go with the flow, colour me in, doodle on me, do what makes you happy...

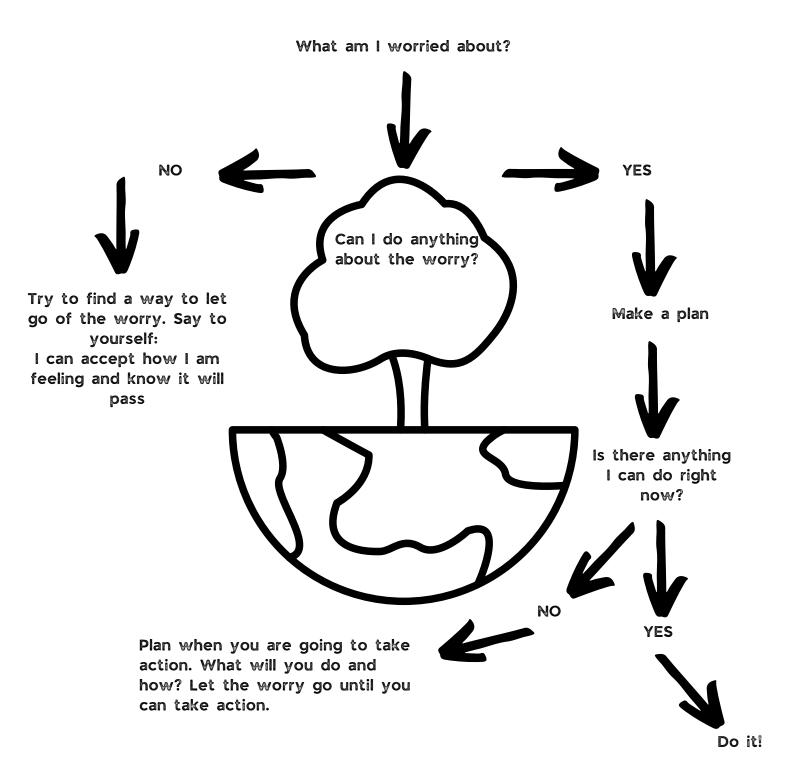






Put it on the worry tree

A useful way to help unravel those messy thoughts that might be in your head. Next time you are worried about something, give it a go.







Best & worst things about social media

How much is my screen time?

I am going to improve my phone habits by...

2 week check in - How is it going?



△△△△ Get the family involved △△△△ Our Family Tech Contract

(your name) and(your parent/guardian's name) ave decided on the following terms of agreement for smartphone/tablet use in our household.			
List terms of agreement below:	Notes:		
	To be discussed next time:		
	To be discussed next time.		
Your Name:	Date:		
Parent / Guardian Name:	Date:		







DIGITAL DETOX VOUCHER

Cut them out, hand them out, and fall in love with phone free freedom

THE HOW PEOPLE

This entitles the holder to demand 30 minutes of screen free time at a time of their choosing

*Valid at any time and applies to the whole household or friendship group

THE HOW PEOPLE

This entitles the holder to demand 30 minutes of screen free time at a time of their choosing

*Valid at any time and applies to the whole household or friendship group

DIGITAL DETOX VOUCHE

THE HOW PE

This entitles the holder to demand 30 minutes of screen free time at a time of their choosing

*Valid at any time and applies to the whole household or friendship group

THE HOW PEOPLE

This entitles the holder to demand 30 minutes of screen free time at a time of their choosing

*Valid at any time and applies to the whole household or friendship group

DIGITAL DETOX VOUCHER

THE HOW PEOPLE

This entitles the holder to demand 30 minutes of screen free time at a time of their choosing

*Valid at any time and applies to the whole household or friendship group

THE HOW PEOPLE

This entitles the holder to demand 30 minutes of screen free time at a time of their choosing

 $\ensuremath{^{\star}}\mbox{Valid}$ at any time and applies to the whole household or friendship group

DIGITAL DETOX VOUCHE

THE HOW PEOPLE

This entitles the holder to demand 30 minutes of screen free time at a time of their choosing

 $\ensuremath{^{*}}\mbox{Valid}$ at any time and applies to the whole household or friendship group

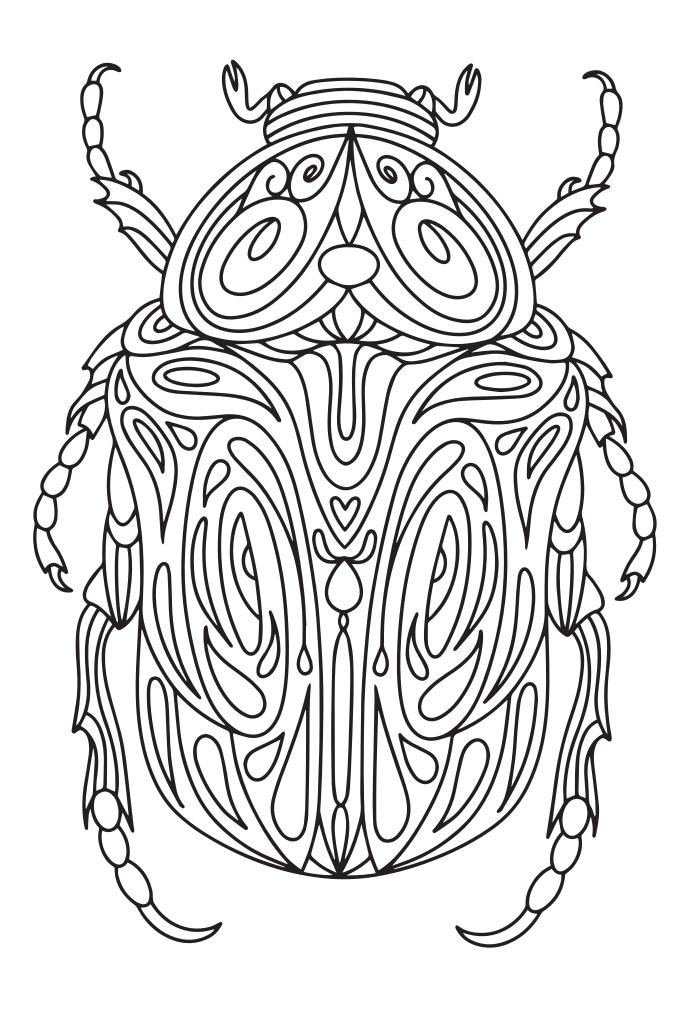
ETOX VOUCHI

THE HOW PEOPLE

This entitles the holder to demand 30 minutes of screen free time at a time of their choosing

*Valid at any time and applies to the whole household or friendship group

IGITAI DETOX VOIICHE



fuelled by happy thoughts

Celebrate our differences 'This or that?'

We are all different and that is the SUPERPOWER of being human. Circle your favourite option. Be quick. Go with your gut!

CHOCOLATE or SWEETS CAKE or CRISPS JAMMY DODGER or CUSTARD CREAM **FOOTBALL or RUGBY** CITY or COUNTRYSIDE FILMS or GAMING ICE CREAM or ICE LOLLY **BROCCOLI or PEAS** DOGS or CATS MORNING or EVENING READING or MUSIC SPRING, SUMMER, AUTUMN or WINTER **BEACH or MOUNTAINS** YOUTUBE or NETFLIX TRAVEL TO THE PAST or TRAVEL TO THE FUTURE PIZZA or SALAD SUNSHINE or SNOW MARMITE or JAM

Shout about your passions, celebrate your talents & embrace the person you are!

The real me

Instructions: Be honest. Be bold. Be the person you really are.

Shout about your passions, celebrate your talents and

embrace the person you are!

What are you really good at?

What is your favourite thing about yourself?

How would you describe yourself in 3 words?

What are the 3 most important things in your life?

What are your hobbies and interests?

Who is your inspiration? And why?

Who is your favourite musician/band?

Write down something your friends may not know about you.

What type of things interest you? Circle as many as you like: Environment Art Crafts
Fashion Politics Influencers
Food Music Sport Dance
Animals Science Home
Celebrities Comedians TV & Film

What would you want your superpower to be?

What is your proudest moment?

What would you like to be doing in 10 years time?

Time to reflect on YOU

Grab a journal or a piece of paper



1 thing you love about yourself



2 things you have done for someone else



3 awesome qualities you have



4 things you have done to thank your body and mind



5 things you have done well



Reflect back on your last week, think about the GOOD things so that you are growing the flowers in your mind's garden and not the weeds



A **Kindness a day...** Keeps negativity at bay! Can you be the first to do all of these kind acts?

— —			
Love your world. Plant something	Chalk a positive note on a pavement	Donate to your local foodbank	
Make positivity pebbles	Teach somebody something new	Offer to help make dinner	
Make a home made gift for someone	Tell your friends why they are amazing	Give someone a compliment	
Tidy your bedroom without being asked	Help the planet. Do a litter pick	Leave a nice note on the bathroom mirror	
Hold the door open for someone	Bake someone a cake	Offer to wash the dishes	
Tell someone they are awesome!	Smile at someone	Send a positivity postcard	What other kind things did you do?
			d ÷
Tell your family why you love them	Help nature. Feed the birds	Give someone a proper big hug	What other kin

Positive thoughts: "I am"

Fill in the blank spaces with more positive statements and look at this every time you need a reminder of how great you are!







The Anxiety Buster 'AB' List

Write your 'AB' LIST of things that can help you if you aren't having a good day. These are things that make you enjoy and make you feel good to try and shift you into a better headspace if you start to feel anxious or worried

This 'AB' list will look different for us because we all like different things, but these are a few suggestions

- Read a book or magazine
- Watch your favourite movie
- Learn new skill (like finger knitting on Your Tube)
- Listen to song you love or make a new playlist
- Go for a walk
- Help a parent with something they need doing
- Sit outside and practice the 5,4,3,2,1 exercise
- Visit a favourite place
- Play with your pet if you have one
- Make a Tik Tok with a friend
- Bake a cake or cookies
- Draw a picture (Try Neurographic Art it is so calming)
- Make a collage (Vision Boarding is a lot of fun)
- Write in your journal about how you are feeling
- Get creative and try to write a song, poem or rap
- Phone a friend don't just send messages
- Have a relaxing bath
- Do a random act of kindness for a neighbour

When you are feeling really stuck, sad or anxious about something then go to the 'AB' LIST. Choose something from your list and do that to try and bring your anxiety level down while thinking about controlling your breathing.



If you start to feel anxious

- Try to recognise the thoughts and stay as calm as you can
- Do some breathing exercises from this book
- Go to the 'AB' list you have made and choose something to do
- Talk to someone about how you are feeling
- Avoid doom scrolling on your phone
- Think about what has gone well over the day
- Doodle or journal your thoughts down
- Get creative to calm your mind
- Do something kind for someone else

Other useful sources of information

- www.mind.org
- www.annafreud.org
- www.givesusashout.org
- www.kooth.com
- www.meiccymru.org
- www.themix.org.uk
- Text SHOUT 85258 in working hours
- Call The Samaritans 116123

NEVER

YOUR DREAMS



Who are The HOW People?

The HOW People stands for Happiness, Opportunities and Wellbeing.

Our mission is to inspire, support and connect the next generation of awesome humans. We offer courses into primary and now some secondary schools in a collaboration with The Princes's Trust.

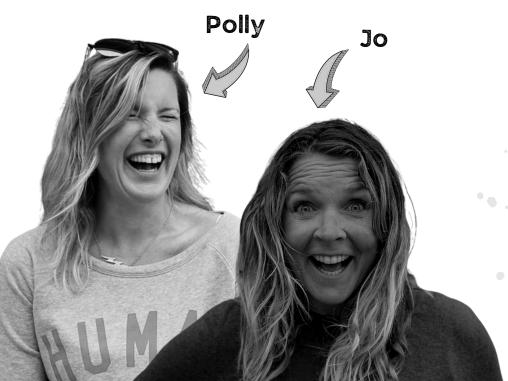
Meet the HOW team

Jo is a GP, business coach for other doctors and mum of four including two teenagers. Polly is a mum of two and a teen mentor, and a volunteer coastguard with a career specialising in building partnerships and communities.

The courses and workshops from The HOW People are run with the support of their team including Emma Clift, a Year 7 tutor and PSHE teacher, and Jo Williams, a psychotherapist with years of experience working with teenagers.

The breathing advice in this workbook has been compiled in collaboration with Fiona Schreuder who is a Highly Specialist Respiratory Physiotherapist.





www.thehowpeople.com @thehowpeople