

KHS WELL-BEING – THE 6 STRANDS



Be Connected

Be Energised

Be Positive

Be Here

Be Open

Be Generous

“Being open-minded means that people are willing to learn new things, step outside their comfort zones, and think of problems in new ways”

Psychology Compass



WHY IS IT HARD TO BE OPEN?

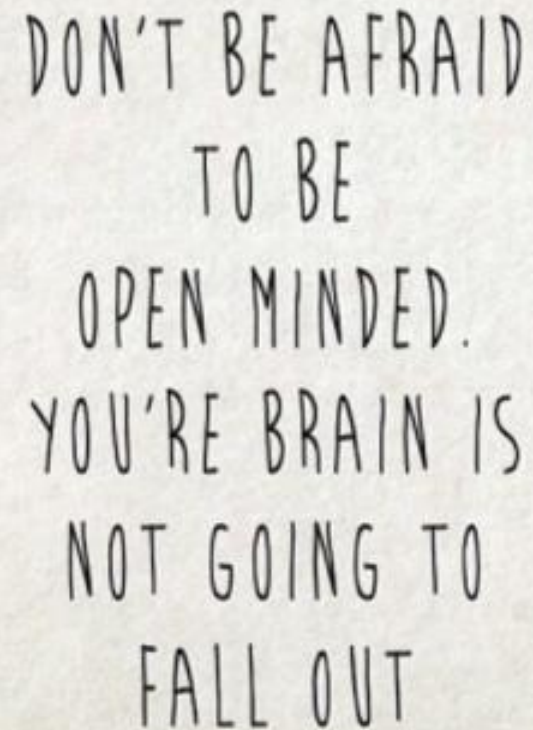
Our minds are geared towards shortcuts and simple reactions

It can be difficult to change

You might have to change your long held views

To be open minded we might have to make mistakes

We might have to take calculated risks



DON'T BE AFRAID
TO BE
OPEN MINDED.
YOU'RE BRAIN IS
NOT GOING TO
FALL OUT

WHAT DO OPEN-MINDED PEOPLE LOOK LIKE?

I'm never sure what's coming next, but I'm an open minded person and I welcome any challenge.

- Sarah Polley



- Curious to hear what others think
- Able to have their ideas challenged
- Don't get angry when they are wrong
- Have empathy for other people
- Think about what others are thinking
- Humble about their own knowledge and expertise
- Want to hear what others say
- Believe that others have the right to share their beliefs and thoughts even if they are different

BENEFITS OF AN OPEN MIND:

Have new experiences

Personal growth

Become mentally strong

Feel more optimistic

Learn new things, learn new skills



HOW CAN WE BE MORE OPEN-MINDED?



Even if it does not come naturally there are things you can do to have a more receptive mindset that leaves you open to new ideas, knowledge, people and experiences.....



New Experiences

What new things could you try?

What new clubs could you join?

What have you always wanted to have a go at?

Be prepared to TRY and FAIL

If we give things a go and have a try we experience more of life.

If we are going to learn, we have to learn to not be perfect and to fail – otherwise how do you know you have succeeded?

Set yourself a goal

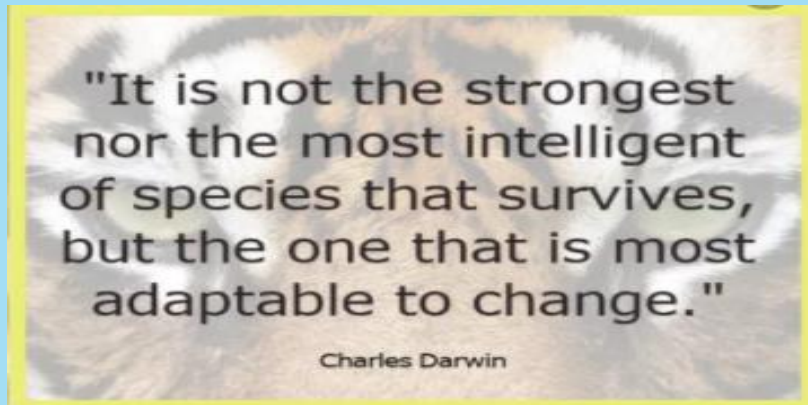
Higher levels of well-being are achieved when we set ourselves targets or goals.

These can be time limited and do not have to be forever. If we work to achieve something we will learn and improve on the journey towards it.

Challenge your thoughts and beliefs

Being able to change and revise outdated or incorrect beliefs is an important part of learning and personal growth.

Being able to assess our beliefs and decide to maintain them after consideration is an important part of learning and personal growth.



Pick a current issue you have an opinion on

Make 2 lists, one reasons for, and one reasons against the issue

Count the number on both lists

Was your personal view easier to complete than the view you don't agree with?

Try adding some more to the list you don't agree with

Has your opinion changed in any way?

It is ok if your opinion hasn't changed. The key to actively open-minded thinking is actively seeking out or considering another point of view!



Listening is so important.
If we don't listen and ask questions about the world around us, the views of others, the experiences of others, how do we learn, grow or develop into well rounded, balanced individuals?



Think of other things

Think of things you used to do as a child – is there something similar you would enjoy trying now?



**Its so important to
'Be OPEN'**





USEFUL LINKS ARE RESOURCES

<https://www.themix.org.uk/get-support>

<https://volunteersuffolk.org.uk/under-18-volunteering>

<https://www.activesuffolk.org/satellite>

<https://www.kooth.com/>

https://search3.openobjects.com/mediamanager/suffolk/enterprise/files/2020-04-29_mental_health_resources_v8.pdf

<https://www.mentalhealth.org.uk/a-to-z/f/friendship-and-mental-health>

<https://www.annafreud.org/on-my-mind/self-care/apps-delivering-self-help-strategies>

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

<http://www.baftakids.org/events>