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# **Emotional Wellbeing**

**An introductory handbook**

**Gillian Shotton & Sheila Burton**

Speechmark



# Emotional Wellbeing An Introductory Handbook

**Sheelagh Leary**



## **Emotional Wellbeing An Introductory Handbook:**

Emotional Wellbeing Gillian Shotton, Sheila Burton, 2018-10-03 This is an essential resource for educators working to support emotional wellbeing in children and young people Written by the team behind the Emotional Literacy Support Assistant ELSA training programme it provides practical suggestions that can be implemented straight away to make a positive difference in the life of the young person The second edition of this bestselling guide has been fully updated and includes a new chapter on resilience as well as additional material on recognising and dealing with anxiety and anger The chapters give a clear overview of each topic underpinned by the latest research in educational psychology descriptions of vulnerabilities as well as case studies and suggestions for practical activities Topics include self esteem friendship skills social skills therapeutic stories dealing with loss and bereavement Designed for use with individuals groups or whole classes this will be vital reading for ELSA trainees as well as anyone wanting to provide the best possible support for the emotional wellbeing of the young people they work with

**Emotional Wellbeing** Sheila Burton, Gillian Shotton, 2011-12-08 This is an essential book for those wishing to make a positive contribution to the emotional ethos of their place of work Written by two popular and experienced authors who offer training to school staff it aims to help people learn about emotional literacy and promote it with individuals groups or whole classes Each section includes a theoretical explanation a description of particular vulnerabilities plus activities resources and a case study Topics covered include recognising and managing feelings active listening self esteem understanding and managing anger friendship skills therapeutic stories social skills

*Emotional Wellbeing* Gillian Shotton, 2018-07 This is an essential resource for educators working to support emotional wellbeing in children and young people Written by the team behind the Emotional Literacy Support Assistant ELSA training programme it provides practical suggestions that can be implemented straight away to make a positive difference in the life of the young person The second edition of this bestselling guide has been fully updated and includes a new chapter on resilience as well as additional material on recognising and dealing with anxiety and anger The chapters give a clear overview of each topic underpinned by the latest research in educational psychology descriptions of vulnerabilities as well as case studies and suggestions for practical activities Topics include self esteem friendship skills social skills therapeutic stories dealing with loss and bereavement Designed for use with individuals groups or whole classes this will be vital reading for ELSA trainees as well as anyone wanting to provide the best possible support for the emotional wellbeing of the young people they work with

Emotional Wellbeing Gillian Shotton, Sheila Burton, 2025-09-15 This is an essential resource for educators working to support emotional wellbeing in children and young people Written by the team behind the Emotional Literacy Support Assistant ELSA training programme it provides practical suggestions that can be implemented straight away to make a positive difference in the life of the young person Fully updated the third edition of this bestselling guide includes a new chapter on trauma and adverse childhood experiences as well as expanded material to support neurodivergent children help

those who struggle with worry and work more closely with parents and carers The chapters give a clear overview of each topic underpinned by the latest research in educational psychology descriptions of vulnerabilities as well as case studies let s get practical ideas and reflective moments Topics include Self esteem Friendship skills Social skills Therapeutic stories Understanding anger and anxiety Dealing with loss and bereavement With fresh colour illustrations throughout this resource will be vital reading for ELSA trainees as well as anyone wanting to provide the best possible support for the emotional wellbeing of the young people they work with It is designed for use with individuals groups or whole classes **ELSA**

**Trainers' Manual** Sheila Burton,2020-09-29 This is a comprehensive staff training resource to support the emotional development and wellbeing of pupils The ELSA Trainers Manual provides a comprehensive five day training and supervision programme designed to enhance the skills of Classroom Assistants and Learning Support Assistants enabling them to work effectively to support the emotional development and wellbeing of pupils Staff who complete the programme are known as Emotional Literacy Support Assistants ELSAs The ELSA programme includes comprehensive training materials ten PowerPoint files facilitator notes and handouts policy documents a pdf file of the participants course book and downloadable resources Topics covered are emotional literacy in schools self esteem understanding and managing anger social skills training friendship skills and therapeutic stories active listening and communication skills working with puppets introduction to Autism and loss and bereavement **Child and Adolescent Mental Health** Cathy Laver-Bradbury,Margaret J.J.

Thompson,Christopher Gale,Christine M. Hooper,2021-05-12 This textbook provides an overview of child and adolescent mental health The text covers all core aspects on the subject from the importance of knowing why mental health in children is important to how to assess formulate and treat a variety of presentations seen in children and young people Beginning with an overview of conditions and the background to emotional and behavioural problems the book examines the different models and tools used to assess and treat children and young people and provides an outline of the practitioners working to help this population Chapters consider the many diverse identities and groups within the population addressing specific problems encountered in children young people and their families from different cultural backgrounds This revised edition addresses issues of current public debate such as gender identity and the role of social media in children s and young people s development and behaviour Featuring authors from a variety of clinical and research backgrounds this fully revised third edition is an important resource for all professionals working with children young people and their families including student and practitioner psychiatrists clinical psychologists mental health nurses and social care specialists **Psychological**

**Wellbeing** Sue Roffey,2008 **Forthcoming Books** Rose Arny,1996-06 **Subject Guide to Books in Print** ,1975

**The British National Bibliography** Arthur James Wells,2001 Rehabilitation for Mental Health Problems Clephane Hume, **American Book Publishing Record** ,2003 **Journal of Biological Education** ,1975 *Australian Language & Literacy Matters* ,2004 **Handbook of School Mental Health** Mark D. Weist,Steven W. Evans,Nancy A.

Lever,2003-01-31 Turn to this book for practical guidance in attending not only to routine mental health needs of students but also in responding quickly and effectively to traumatic events The authors discuss how to build and enhance collaborative approaches among the many stakeholders You ll learn how to ensure that best evidence based practices are used in all systems of care Next the handbook introduces strength based approaches to assessment in schools Finally the authors discuss the latest strategies to help you prevent and manage crises while addressing the unique ethical cultural and legal challenges of school mental health      Activities for Personal Growth Sheelagh Leary,1994 Collection of practical activities suitable for people of all age groups and abilities The activities and therapeutic rationale are relevant to settings in which people are establishing or re establishing their identities getting to grips with or rebuilding their lives Part one covers areas such as self awareness drama art music dance creative writing and verbal communication social and assertiveness skills relaxation and massage In each case the author indicates who the activities will work best for the theory behind them and the required practical organisation Part two is dedicated to the management and leadership in group work The author is an occupational therapist who has written three activity books for children She is currently writing a complementary volume to this book titled Activities for Leisure Work and Self Care      **New Age Journal** ,1997      The Handbook of Counseling and Emotions Michael S. Nystul,2019-05-02 The Handbook of Counseling and Emotions helps students discover greater levels of personal relevancy related to their introductory studies in counseling This dynamic handbook also provides readers with an array of perspectives for understanding and addressing their emotions in daily life ultimately promoting personal growth and assisting them in navigating everyday challenges The handbook is divided into two parts Part I explores how foundational counseling concepts can be incorporated into a frame of reference for daily life and one s emotional world Students are exposed to theories and concepts that can readily be applied to the opportunities and challenges of daily life Part II provides a comprehensive overview of emotions including examinations of how emotions impact daily living the science of emotions emotions in communication counseling strategies and emotions addressing challenging emotions such as shame and guilt and an in depth analysis of anger and happiness The Handbook of Counseling and Emotions was designed to serve as a companion text to the sixth edition of Michael Nystul s Introduction to Counseling An Art and Science Perspective It is well suited for foundational courses in counseling Michael Nystul received his Ph D in counseling from Oregon State University He holds the position of professor emeritus in the Department of Counseling and Educational Psychology at New Mexico State University Dr Nystul has served as a professor mental health counselor school counselor and psychologist in a variety of clinical settings over the course of 45 years He has authored or served as a contributor for more than 100 publications within the field of counseling including journal articles book chapters and books      **Your Guide to Emotional Well Being** Maxie C. Maultsby,1980      *Undisturbed* Adam Oakley,2014-11-21 A book designed to dispel the myths we have about emotions showing how to treat them in such a way that they no longer become a burden We are often faithful to emotions

feeling somehow owned by them when in fact emotions depend on us We need not cling to them or take them so seriously They are energy movements which would not exist if we were not here to witness them This book aims to show that we need not label our emotions in any way We need not regulate or police ourselves We can relinquish suppressing something because we believe it is wrong to feel a certain way this is all just conditioning We can stop distinguishing between good and bad emotions right or wrong feelings feelings I should have or should not have what is spiritual or not spiritual and instead return to pure experience which is untarnished by story telling resistance or personal attachment From here we become aware of the deeper peace available prior to emotional movement where emotions can not stick which is also the source of all useful action

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