RESOURCES & FURTHER HELP FOR BSA DELEGATES


- Department for Children, Schools and Families http://www.dcsf.gov.uk

- NHS: NHS Response Line 0870 1555 455 Ref: Number 406

- A multidisciplinary hand book of child & adolescent mental health, for front line professionals. Dogra, Nisa

- Building resilience in families under stress. Emma Sawyer. Published by National Children’s Bureau 2009

- National Institute for Health and Clinical Excellence – NICE http://www.nice.org.uk/ - Telephone 0845 003 7780

- National Health Services –NHS http://www.nhs.uk/Pages/Homepage.aspx

- For listings of ED Therapist around UK :
  1) National centre for eating disorders. www.eating-disorders.org.uk Tel: 0845 838 2040
  2) Beat. www.b-eat.co.uk Tel: 0845 634 1414

Legal Advice
Member schools of BSA can consult the ISBA or the ISCias (information and advice service) on 0845 7246657

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Balance Chart

Date:

LOVE AND ROMANCE

SPIRITUALITY

HOME

CREATIVITY

MONEY

FINANCE

HEALTH AND FITNESS

RELAXATION

REST AND NUTRITION

SOCIAL LIFE

FRIENDS AND FAMILY

3 highest scoring areas

3 lowest scoring areas
How Do You Feel Today?

aggressive  agonized  anxious  apologetic  arrogant  bashful  blissful
bored  cautious  cold  concentrating  confident  curious  demure
determined  disappointed  disapproving  disbelieving  disgusted  ecstatic  enraged
devourous  exasperated  exhausted  frightened  frustrated  grieving  guilty
happy  horrified  hot  hurt  hysterical  idiotic  indifferent
innocent  interested  jealous  lonely  lovestruck  meditative  mischievous
miserable  negative  obstinate  optimistic  paranoid  perplexed  prudish
puzzled  regretful  relieved  sad  satisfied  sheepish  shocked
smug  stressed  surprised  suspicious  thoughtful  undecided  withdrawn