



Innate health education and resilience training

what if we already have everything we need inside us?

Schools Programme

www.iheartprinciples.com



+ **50%** of mental health problems are established by age 14

+ **25%** of 14-year-old girls across the UK are clinically depressed

+ **20%** of adolescents may experience a mental health problem in any given year

Despite huge investment and allocation of resources, these statistics show no sign of abating.

Our children are suffering and we cannot seem to stem the tide.

Why? Because most existing programmes are primarily addressing symptoms, not the root cause. In order to solve any recurring problem, we have to address that problem at its source.

We need a revolutionary shift in the mindset of our educators, parents and leaders.

The IHEART schools programme, uniquely designed to show young people how change only ever happens from the inside-out, is our response to creating this revolutionary shift.

uncovering resilience in the next generation

IHEART address the problems facing our young people at its source by focusing on:

- Education, prevention and sustainable solutions
- Practically addressing real issues young people encounter on a daily basis
- Mental wellness rather than mental illness
- Learning how to access the innate wellbeing and potential that all people possess
- Understanding the thinking that drives destructive behaviour

Our vision is a step-change in how young people perceive their wellbeing and mental health, empowering them to become resilient adults and contributing members of society.

As young people experience greater hope and increased resilience, we envisage a transformation in the crisis that the national mental health statistics indicate.

the iheart programme

Thoughtfully designed to engage young people with a structured educational programme, each participant is empowered with the built-in knowledge that they **can** manage their challenges and difficulties. This accelerates an increase in wellbeing and resilience in all aspects of personal, social, family, work and communal life.

Consisting of a series of interactive lessons creatively designed to be stimulating to young people, the IHEART curriculum takes students on a journey towards understanding how to access their innate resilience and wellbeing from the inside-out. Trained facilitators run sessions consisting of a mix of interactive discussions, activities, self-reflections, animations, videos and group exercises.

Young people discover how their minds are intelligently designed to deal with whatever life brings by learning about:

- How the mind creates all of our realities, feeling states, moods and behaviours.
- How there is a crucial connection between thought and feeling.
- How they can navigate challenges with greater ease and success.
- How they can have the confidence to make positive changes.



The resources are fantastic and I am excited about teaching them. I also feel mentally stronger myself after the training.

Nikki, Teacher, Thomas More Catholic School

The training has enabled me to see life differently; a life changer.
Anonymous, Secondary School Teacher

Training for Teachers and Facilitators

Our “train the trainer” model is core to our strategy for reaching many more young people. We run an innovative training programme for senior educators, teachers and leaders to become curriculum facilitators. Upon completion, participants receive certification as an IHEART facilitator as well as ongoing mentoring, supervision and further training opportunities.

Meeting Ofsted and Government Requirements

Our project empowers participants with a secure foundation to cope with many of the challenges that they confront in modern society today. The IHEART curriculum provides an excellent approach to addressing the government's requirement to embed British values on a whole school/community level, evident in the following ways:

- **By learning about separate realities**, young people discover how to welcome and accept differences, rather than feel superior, judgmental or discriminatory.
- **By understanding where their feelings are coming from**, young people are better equipped to respond to destructive and extremist viewpoints.
- **By learning about the shared ways in which all people operate psychologically**, young people have an increased respect for others and tolerance for diversity, as well as a greater capacity to reduce conflict and bullying.

Great course, well resourced and structured curriculum.
Zoey, Teacher, Glebe School

Excellent content. Really enlightening course very enthusiastically led by subject knowledge experts.
Ellen, Teacher, Langley Park School

curriculum outline

Part 1

Establishing the Foundation of How Our Minds Work

Introduction to IHEART

Exploring what we mean by our innate health and natural resilience

The Superpower of the Mind: Designed to Perfection

Introducing the highly intelligent, perfectly designed operating system behind the mind

The Source of All Our Feelings

Discovering Thought as the source behind all feelings and why that is so important

The Nature of Thought

Learning about the invisible power called Thought which brings all experience to life

As We Think, We Feel

Understanding the illogic that any other factors besides Thought can create a feeling is the key to eliminating victimhood and blame

Separate Realities

Exploring the barriers to healthy relationships

 *I am extremely impressed by the IHEART curriculum which has been thoughtfully designed to appeal to and inspire adolescents and teenagers. I wholeheartedly believe it has the potential to make a significant improvement to the lives of young people and to encourage them to uncover their innate resilience and wellbeing.* 

Zia Brooks, Assistant Headteacher, Langley Park School for Boys

Part 2

Addressing the Daily Challenges Facing Young People

These sessions have been flexibly designed to be selected according to the needs of the participants and do not have to be taught in a particular sequence.

Stress, Worry & Anxiety

Knowing that anxiety comes from Thought and not from anywhere else demystifies these feelings, empowering the knowledge that we are equipped to handle life's challenges

Appreciating Difference:

What Causes Prejudice & What Makes Acceptance Possible

Learning how we are all created with the same "factory settings" informs us that no person is more or less worthy, enabling the emergence of greater respect for difference and tolerance

Understanding Bullying & Bad Behaviour

Learning that no one has the power to make us feel inadequate, makes it more likely that we will find an appropriate response to the bad behaviour of others

Self-image & Identity: Labels are for Jars!

Understanding that we do not require anything from the outside to feel complete leads to deeper feelings of wholeness and resilience that emerge from within

Using Social Media Without it Using You

We neutralise the hold that social media has over us when we know that our security comes from within

The Drivers Behind Addictive & Compulsive Behaviour

Learning about the factors that create and break addictive habits and compulsive behaviours

Dissolving the Barriers to Learning & Motivation

Seeing that we are all born with an immense capacity to unconditionally absorb and learn means that unnecessary thinking is the only barrier to our innate intelligence and motivation

Dealing with Anger & Conflict

Realising that no person or situation can make us feel angry is the secret to reducing conflict

 *I've learnt how to deal with problems better by not getting offended by what others say and not getting affected by thoughts that overtake me.* 

Harrison, 14

Our Educational Approach

We look at how the mind works... and how it doesn't.

Thought as the constant, creative and causal power behind our psychological system is a life-changing discovery. When we understand that this is the way our minds work, we are ok within ourselves – even when we think that we are not. When we suffer with uncomfortable feelings such as stress or feeling down, it is not because anything is wrong with us, or the world. It is because we have lost sight of the fact that we live in a world of Thought. We might believe that other people, events, and things cause our bad feeling. But this is not actually possible.

If we think it, we feel it. If we think it, it's our reality.

Feelings are brought to life by the power of Thought in the moment. This is the inseparable connection between Thought and feeling, a simple but often overlooked fact that has enormous implications, realigning us with our common sense, creativity and wellbeing.



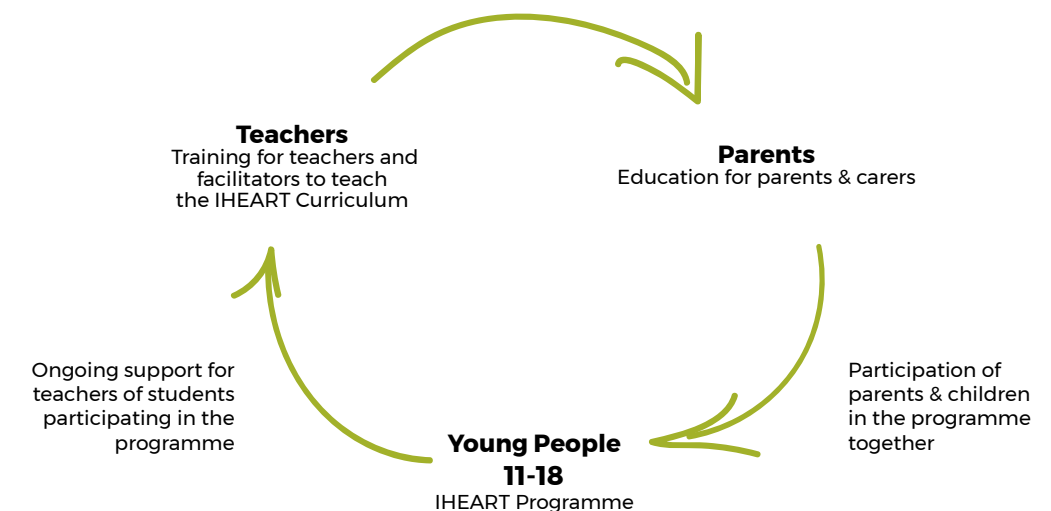
Peer-led learning and sharing

We are committed to training young people to co-deliver the IHEART curriculum and support them taking leadership roles in sharing this understanding with their peers. This helps to embed this learning in the school environment and the culture of social groups and communities in which young people circulate.

Talking to my friends about the connection between thought and feelings is really important because then we all understand what is going on when we get upset with each other.
Simmy, 13

A Young-Person Centred Community Model

By working in schools and with families, we place young people at the centre of their own community and build a common resilience language and culture across entire school communities, organisations and family units.



The Benefits of the IHEART Programme

- More mental health experienced by young people
- Increased resilience – wellbeing and potential irrespective of circumstances
- Improved self-esteem
- Improved capacity to manage low moods
- Improved concentration and motivation
- Improved communication and conflict resolution skills
- Improved relationships with peers, teachers and family members
- Greater respect for difference and diversity
- Greater sense of hope and capacity to make healthier life choices
- Less resources and funds spent on mental health problems

Resilience is revealed when misunderstanding falls away. Realising the inside-out logic and wisdom of how our minds work reconnects us with what is innate. This uncovers more and more resilience.

Terry Rubenstein, Founder, IHEART and Author, *Exquisite Mind*



*Responses from participants in the IHEART programme 2018, received in anonymous, qualitative post-evaluation questionnaires.

building an evidence base

Study confirms positive impact of IHEART on young people

In early 2018, a controlled trial of the IHEART programme was overseen by our Evaluation and Research Committee. This encompassed 148 secondary school students. All respondents completed the externally validated Warwick-Edinburgh Mental Wellbeing questionnaire, pre and post programme. The data analysis was independently conducted and verified by Tera-data, one of the world's leading analytics companies.

The data confirmed that IHEART has made a statistically significant positive impact on participants' mental resilience and wellbeing.

Anonymous qualitative evaluations also revealed that 70% of participants noticed a "positive change in themselves since completing the programme."

The imminent publication in the Journal of Public Health of a study detailing the IHEART programme, co-written by leading academics, is entitled "The Efficacy of Mental Health Education for Improving the Resilience of Middle School Adolescents in the UK".



a new language in mental health...

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IHEART is a project of Innate Health (registered charity: 1173025), a non-profit organisation dedicated to educating young people about their natural resilience, innate health and mental wellbeing.

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