



**it's time to re.think  
mental health...**

**Higher Education Programme**  
[www.iheartprinciples.com](http://www.iheartprinciples.com)

- + **176%** increase in undergraduates disclosing a mental health issue over past 5 years
- + **75%** of mental health problems are established by age 24
- + **27%** of university students report having a mental health problem
- + **95** students took their own lives in England & Wales in 2016/17

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

**Our young people 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 and institutions. The IHEART programme 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
- A whole organisation approach involving students, educators and staff

**Our vision is a step-change in how young people perceive their wellbeing and mental health, creating 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.



*I have definitely changed the way I think - I have stopped overthinking so much and I worry less*

Student, University of Westminster



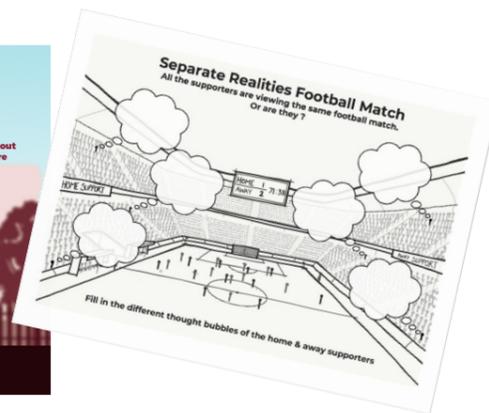
# the iheart programme

Thoughtfully designed to engage students in higher education 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 creative and interactive lessons, 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.

**Students 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.
- How this applies to everyday issues such as stress, anxiety, relationships, self-esteem and addictive habits.



*In the future we can roll the programme out to all of our students, as there is clearly a big need for building resilience and confidence amongst our student body. On a more personal note, I found it very uplifting to work with the upbeat IHEART team.*

Sylvie Bacquet, Senior Lecturer and Senior Personal Tutor  
Westminster Law 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

### Part 2. Addressing the Daily Challenges Facing Young People

#### 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 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

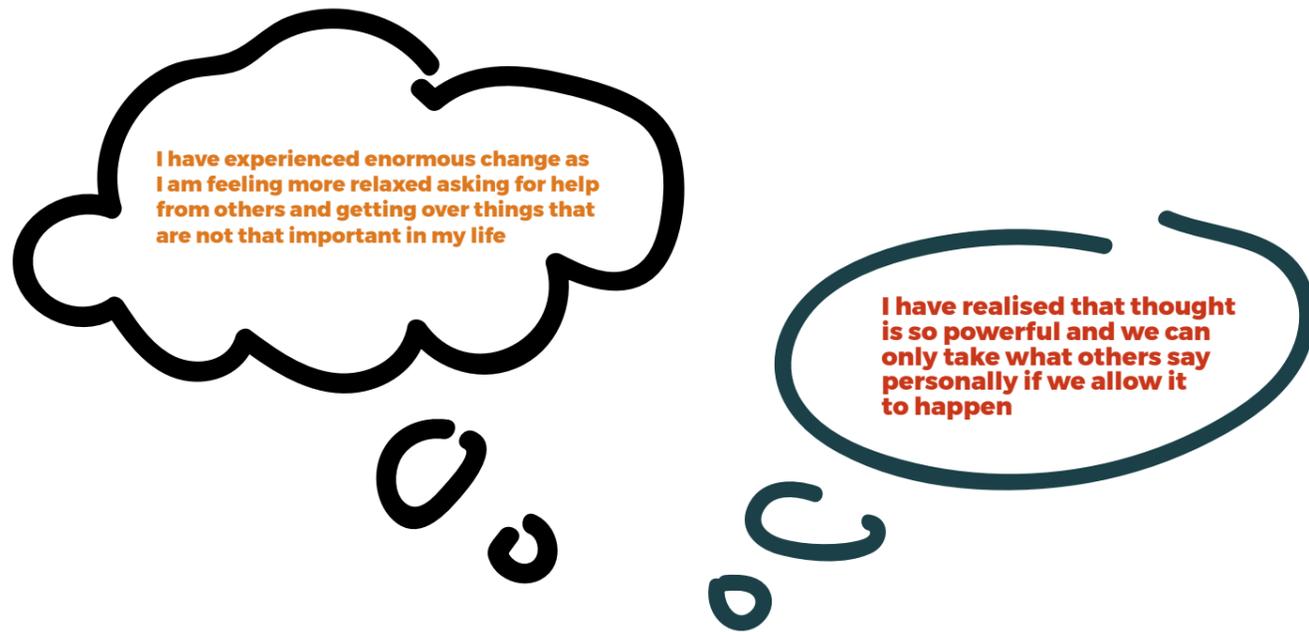
Learning about the factors that create and break addictive habits and compulsive behaviours

#### 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



### Facilitator, Staff and Student Training

Our “train the trainer” model is core to our strategy for reaching many more young people in a sociable, sustainable and flexible way. 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.

### Peer-led learning and sharing

**We are committed to training students 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 university and college environment and the culture of social groups and communities in which young people circulate.

### The Benefits of the iheart Programme

- More mental health experienced by young people
- Increased resilience – wellbeing and potential irrespective of circumstances
- Improved self-esteem and confidence
- Improved capacity to manage low moods
- Improved concentration and motivation
- Improved communication and conflict resolution skills
- Improved relationships with peers, educators 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



\*Quotes taken from University of Westminster, post-programme survey 2018

# building an evidence base

## Studies confirm positive impact of IHEART on young people

Every IHEART programme is rigorously evaluated and academically validated using pre and post quantitative and qualitative tools, including recognised wellbeing scales. Our research committee is led by Professor Anthony Kessel, Director of Global Public Health, Public Health England and Dr. Roz Collings, Deputy Psychology Lead at Northampton University.

In early 2018, a controlled trial of the IHEART programme for young people was overseen by our Evaluation and Research Committee. All respondents completed the externally validated Warwick-Edinburgh Mental Wellbeing questionnaire, pre and post programme.

The data analysis was independently conducted and verified by Teradata, 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.**

In a recent university programme we found that:

- 100%** would recommend the programme to others
- 70%** saw an increase in their confidence to deal with future challenges
- 65%** saw a positive change in themselves within the first week



# what if we already have everything we need inside us?

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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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Innate health education and resilience training