



# The Resilience Toolkit:

**Actionable Strategies to  
Help Kids Master Applied Health-Building!**

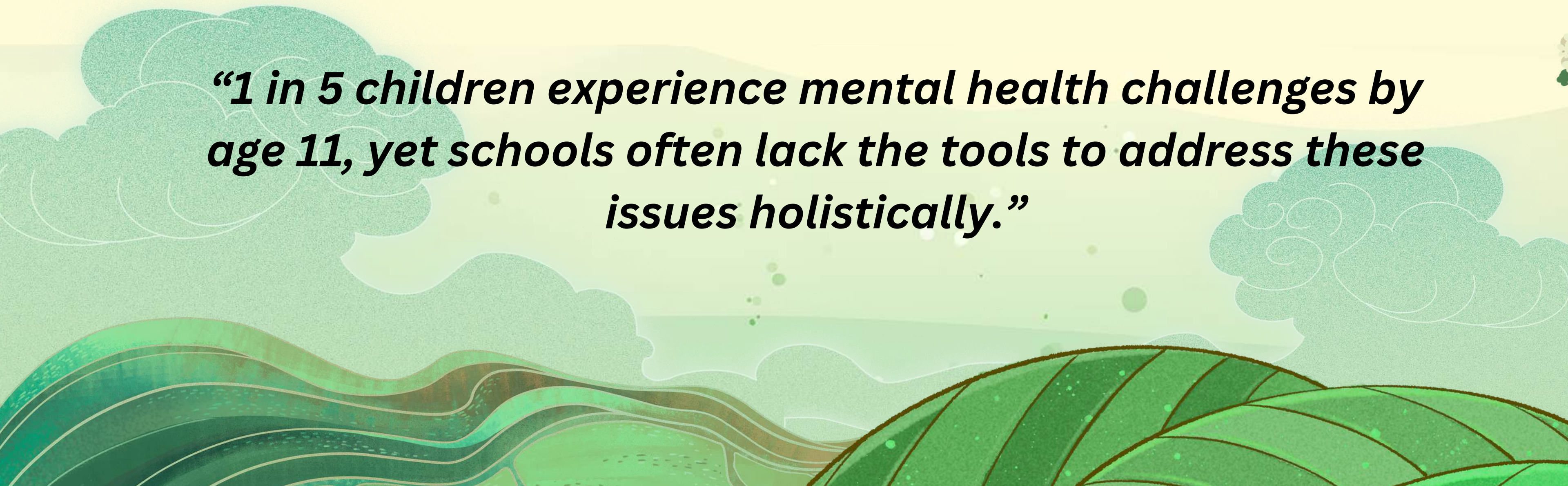




# The Problem

*“The mental health crisis in children is a ticking time bomb”*

***“1 in 5 children experience mental health challenges by age 11, yet schools often lack the tools to address these issues holistically.”***





# Schooling Environment

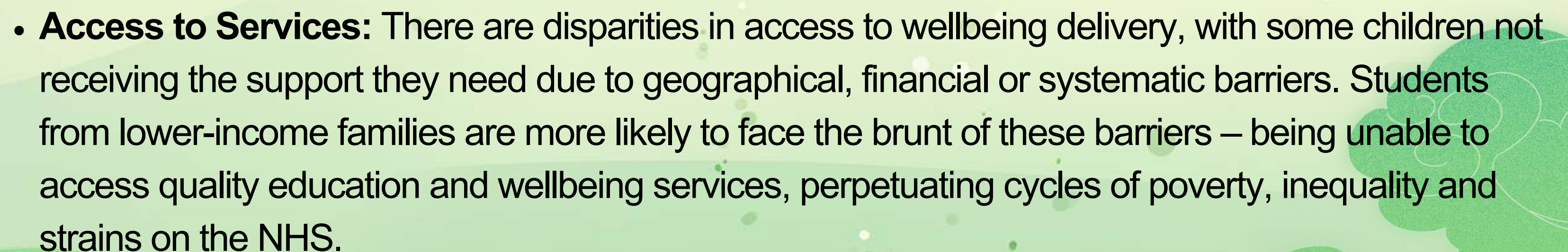
- **Teacher Shortages:** Heavy workloads, administrative burdens and inadequate pay contribute to low retention and job dissatisfaction, especially for core STEM subjects.
- **Curriculum Relevance:** There is ongoing debate about the relevance of curricula, with calls for it to better prepare students for modern life, including digital, financial and health literacy, as well as vocational skills.
- **Funding Cuts:** Budget constraints reduce resources, support staff and extracurricular activities, directly affecting students' learning experiences and opportunities for growth; further widening the disparity between private and public schools.
- **Violence and Bullying:** Persistent aggressive behaviours and bullying impact student safety, mental wellbeing, and overall school culture, creating barriers to a positive learning environment.







# Wellbeing Provision for Children

- **Mental Health Support:** There is a growing need for mental health support for children and youth. Rates of mental health disorders among young people have been increasing and many schools lack resources, trained staff and funding necessary to offer adequate mental health services.
  - **Holistic Health-Building Awareness:** Commonly available information about wellbeing methodology has not yet been sufficiently standardised, resulting in often conflicting or incomplete understanding of wellbeing and health-building.
  - **Access to Services:** There are disparities in access to wellbeing delivery, with some children not receiving the support they need due to geographical, financial or systematic barriers. Students from lower-income families are more likely to face the brunt of these barriers – being unable to access quality education and wellbeing services, perpetuating cycles of poverty, inequality and strains on the NHS.
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# The Solution

At Vibrant Health Education (VHE), we believe health-building education should be as fundamental as maths and literacy. Our mission is to empower schools with applied, evidence-based strategies to help children:

- ✓ Master stress and anxiety regulation through nervous system awareness
- ✓ Build emotional resilience and energy management via grounding exercises, body armouring and visualisation techniques
- ✓ Develop cognitive execution and efficiency through Belief System Hygiene, Brain 'Gymnastics' and lateral thinking
- ✓ Strengthen vision and brain wiring through eye-muscle and optical training
- ✓ Integrate structural alignment into their composure and self-awareness



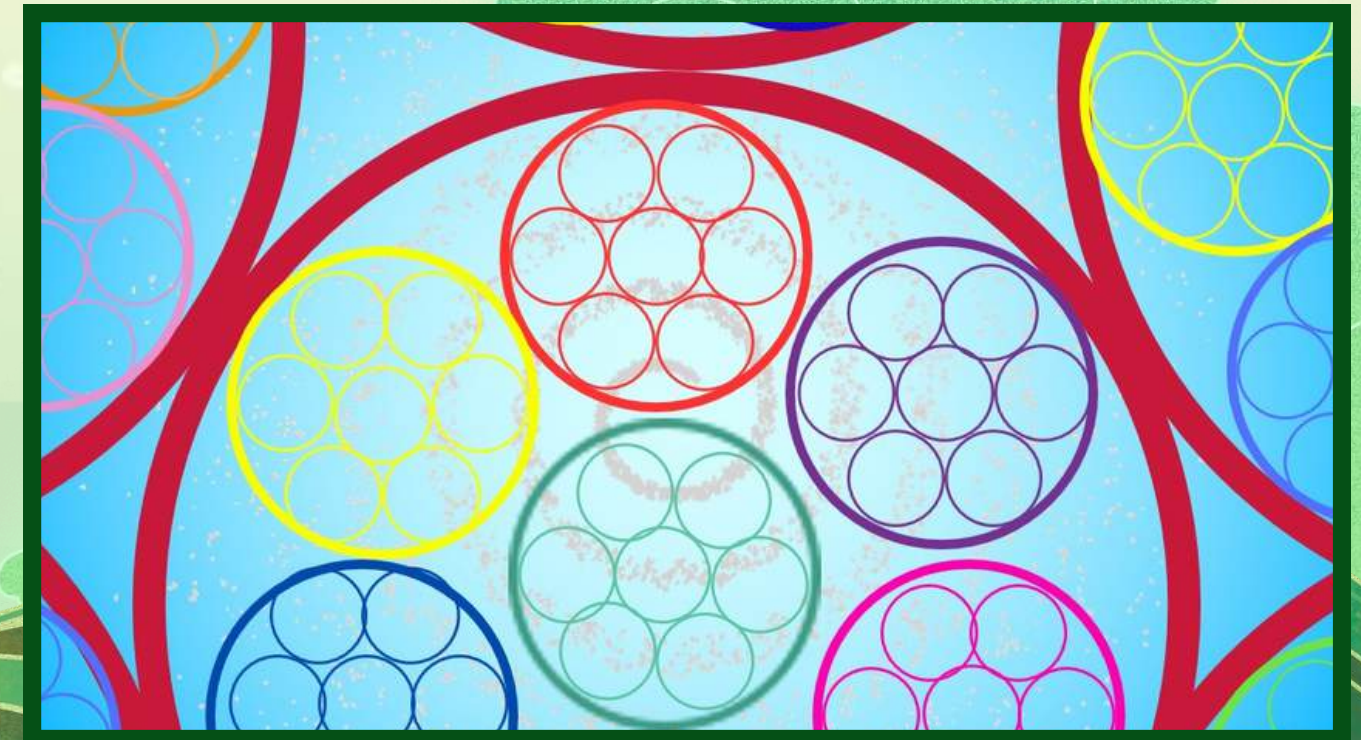


# Program Overview

## Our Evidence-Based Approach: The Science Behind VHE

**At Vibrant Health Education, we believe that true health education must go beyond conventional teaching – it should be dynamic, preventative and empowering.**

**Our programme is built on the pioneering principles of Bioregulatory Medicine, an integrative medical approach that emphasises self-regulation, physiological balance and long-term resilience.**





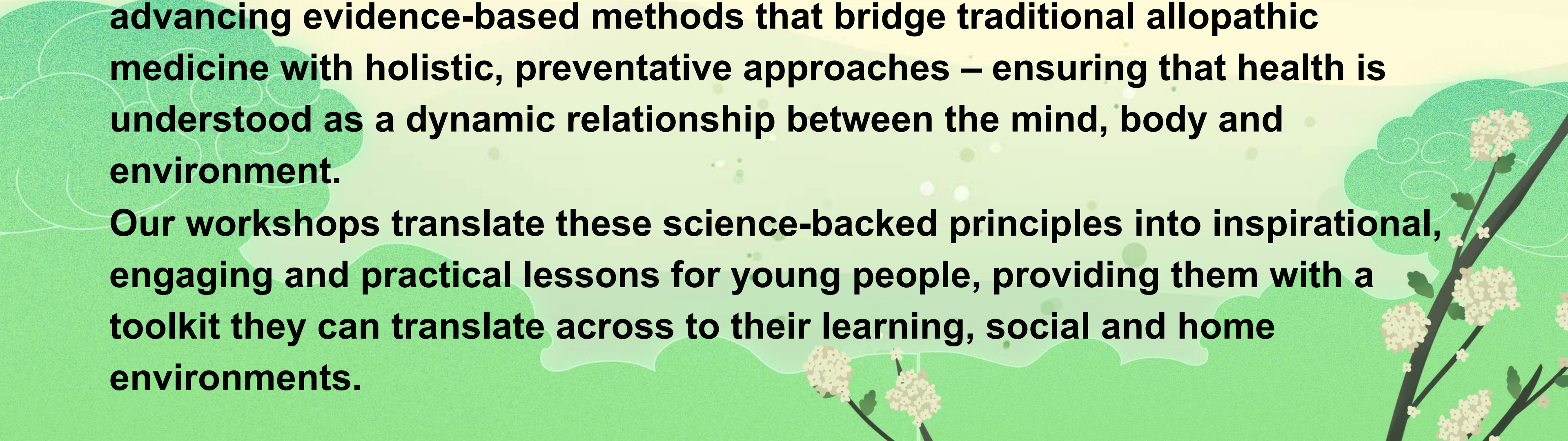


# Program Overview

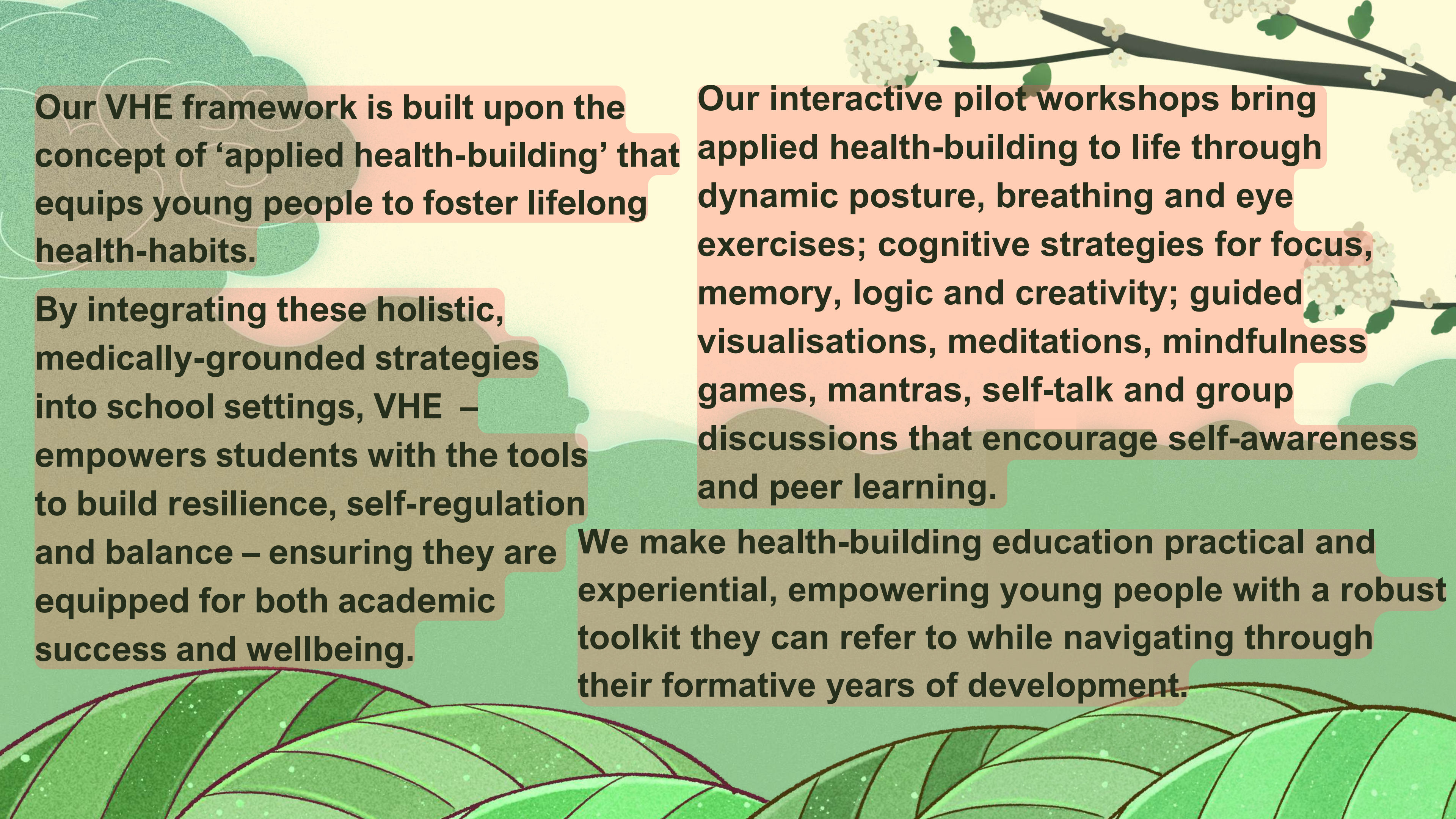
**Our foundation is deeply influenced by the work of the Biomedic Foundation and Dr Tatyana Bosh, MD., a Millenium Award-winning Bioregulatory physician and leading expert in applied integrative health-building.**

**As co-founder of the Biomedic Foundation, Dr Bosh has spent over 40 years advancing evidence-based methods that bridge traditional allopathic medicine with holistic, preventative approaches – ensuring that health is understood as a dynamic relationship between the mind, body and environment.**

**Our workshops translate these science-backed principles into inspirational, engaging and practical lessons for young people, providing them with a toolkit they can translate across to their learning, social and home environments.**







Our VHE framework is built upon the concept of ‘applied health-building’ that equips young people to foster lifelong health-habits.

By integrating these holistic, medically-grounded strategies into school settings, VHE – empowers students with the tools to build resilience, self-regulation and balance – ensuring they are equipped for both academic success and wellbeing.

Our interactive pilot workshops bring applied health-building to life through dynamic posture, breathing and eye exercises; cognitive strategies for focus, memory, logic and creativity; guided visualisations, meditations, mindfulness games, mantras, self-talk and group discussions that encourage self-awareness and peer learning.

We make health-building education practical and experiential, empowering young people with a robust toolkit they can refer to while navigating through their formative years of development.





# Get Involved !

**Click here to enquire about your free personalised VHE health-building programme and join our mission as a volunteering group or institution.**

Or email us at:  
[hello@vheducation.org](mailto:hello@vheducation.org)  
[boet\\_docere@outlook.com](mailto:boet_docere@outlook.com)