

Mental health matters



Do you look after yourself?

Answer yes or no to the following:

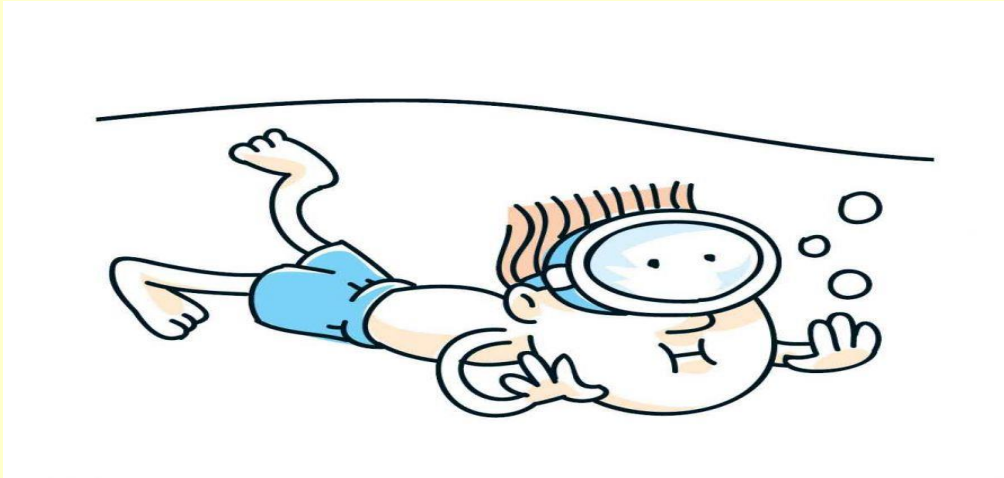
- I brush my teeth daily
- I wash myself daily
- I eat healthy food most of the time
- I get some exercise at least 3 times a week
- I drink water every day to keep hydrated
- My clothes are washed regularly
- I keep my hair clean



**What did all the
previous
questions have in
common?**

Right!!

They were all to do with caring for the human body.
We all learn, from an early age, how to look after our bodies.

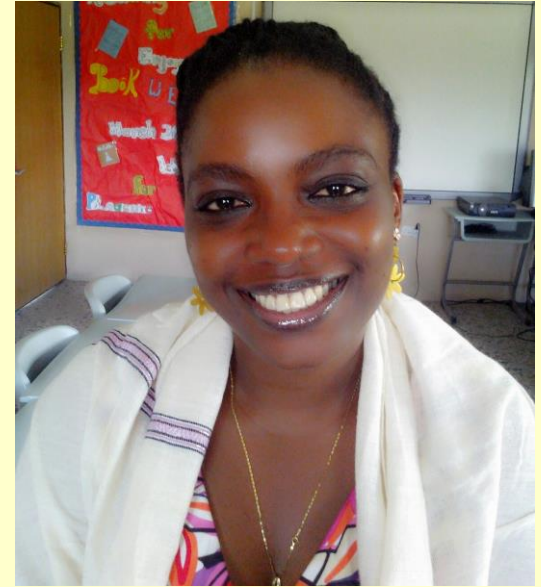


How many times a week do you think about caring for your mind?
Would you know where to begin?



Answer yes or no to the following:

- Do you have breaks in the day, when you can be quiet and still?
- Do you do something you really enjoy daily?
- Are you able to identify how you are feeling?
- Do you talk to someone about how you are feeling?
- Do you ask for help if you need it?
- Do you get enough sleep?
- Do you limit your screen time?
- Are you able to manage your stress levels?
- Do you mostly feel good about yourself ?



**If you answered mostly yes to
the previous questions, your
mental health is probably
positive**



**However, in the same way that the body can become unwell,
the mind can also become unwell.**

*1 in 10 children and young people aged 5-16
have a diagnosable mental health disorder.
That is around 3 children in every class.*

- There was a time when people didn't know how to treat mental illness so they were very frightened of it.
- As neuroscientists discover more about the brain, we are much better at understanding and helping people.

Remember:

- Always ask for help
- Practise the good mental health tips on slide 5 (*Answer Yes or No...*). It will help to prevent mental illness
- It is as important to care for your mind as it is to care for your body
- If you ever feel mentally unwell, you are not alone; up to 90,000 secondary school kids a year in the UK use counselling.

Good mental health looks like this:

- A sense of contentment
- A zest for living and the ability to laugh and have fun
- The ability to deal with stress and bounce back from adversity
- A sense of meaning and purpose, in both activities and relationships
- The flexibility to learn new things and adapt to change
- A balance between work and play, rest and activity, etc.
- The ability to build and maintain fulfilling relationships
- Self-confidence and self-esteem