

Positive Mental Health

**However you do it, make a
conversation about mental health.**

#timetotalk

**time to change
time to
talk day
07/02/19**

It's not mental health discrimination

Everyone has mental health!

- ▶ Everyone has times when they have positive mental health
- ▶ Everyone also has times when they find things more difficult – when the stresses and pressures of life get on top of us, when things go wrong...
- ▶ It is ok (and normal!) to not always be happy!
- ▶ BUT – if we can learn to recognise our emotions, and what affects them, we can look after our mental health better!

Know yourself!

What makes you happy?

What makes you stressed?

What scares you?

What makes you angry?

What makes you sad?

What do you do when you feel any of the negative emotions here?

Stress is good!

- ▶ Everyone has times when they feel stressed and anxious – this is the body's normal reaction to things that we feel are important, and actually helps us deal with the situation!
- ▶ But – if the stress and anxiety get overwhelming, or goes on for too long, our bodies can no longer cope and we start shutting down – imagine trying to sprint a whole marathon!
- ▶ So it is important we find ways of dealing with stress in our lives – because there will always be stressful things that happen!
- ▶ And remember, what one person finds stressful, someone else may not! It's personal, and it doesn't mean there is anything wrong with that!

Resilience – Staying Mentally Healthy

- ▶ <https://www.youtube.com/watch?v=1FDyiUEn8Vw>
- ▶ Resilience is being able to ‘bounce back’ – to handle those difficulty situations that make us feel low, stressed and anxious, and be stronger for it!
- ▶ **What do you do when things are tough?**

How to look after yourself...



Spend time with a friend



Keep active



Sleep well every night



Eat healthily and regularly



Avoid drugs and alcohol



Listen to music, draw, read or write a diary



Speak to an adult (parent, teacher or health worker)



Plan something to do each day

But, it is ok if you need some help sometimes!

- ▶ If you are struggling, or just need to chat, talk to someone! Anyone you trust!
- ▶ The student welfare team – Miss Smart, Mrs Harris, Mrs Burnett, Mrs Davies and Mr Turner
- ▶ Your Head of House or Tutor
- ▶ The Med centre team
- ▶ It's not always easy talking to someone you know, or talking face to face. The Student Listeners – www.studentlisteners.com are here for that!
- ▶ There are lots of charities listed on the mental health display at the bottom of the library stairs

**1 KNOCK
AT THE DOOR
4-LEGGED
COMPANION
4 (VERY)
MUDDY BOOTS
1 DAY CHANGED**

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**1 TRIP TO
THE GYM
25 REPS
4 SMELLY
SOCKS
1 MYTH
CHALLENGED**

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**4 FUNNY VIDEOS
2 SILLY JOKES
1 FRIENDLY SMILE
2 MATES LOOKING
OUT FOR
EACH
OTHER**

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