



Looking after our mental health

This week we are going to be looking at our mental health and wellbeing, which is always very important, especially during these strange and uncertain times.

Have a look at the 'What is Mental Health' slides. Mental health is something that needs looking after, just like our physical health. Sometimes, people find it hard to talk about mental health or are worried about what people might think. But they shouldn't be! Remember the motto 'a problem shared is a problem halved!'

Everyone needs to look after their mental health and everyone can experience mental health issues. Did you know that Canadian singer Justin Bieber has experienced mental health problems? It's nothing to feel bad about.

Here are some tasks that will help you to think about and evaluate your mental health and wellbeing.

- **Making negative thoughts positive** - On one side of the table are negative statements. On the right you need write how you would 'flip' the negative into a positive statement. For example:

'I am not good at maths because I only got 16 out of 20 correct in my test'. Flip this into a positive- 'Wow! I'm really good at maths, I only got 4 wrong in my test'.

Then make some examples of your own.

- **I am an amazing person!** - Fill in the balloons with positive messages about yourself.

- **Colour your feelings** - How are you feeling? Happy? Sad? Frustrated? Using different colours, colour in the heart to represent each emotion.

We can sometimes feel a little bit shy talking about how we feel. Watch the video below - Talking Mental Health - to see how 10 year old Jay dealt with his mental health. <https://www.youtube.com/watch?v=nCrjev3-Js>

Other sources:

<https://youngminds.org.uk/>

<https://www.childline.org.uk/>

Remember - There is also a Place2Be at school, as well as us, your teachers. We will always listen to you if you are struggling in anyway.

Always remember:

