



Looking after your Mental Health

A. Murphy 2020



What is Mental Health?

- Mental health is about the way you think and feel and your ability to deal with ups and downs.
- Being mentally healthy doesn't just mean that you don't have a mental health problem. If you have good mental health, you can:
 - Make the most of your potential
 - Cope with life
 - Play a full part in your family, workplace, community, and among friends
- Some people call mental health 'emotional health' or 'wellbeing'.

Everyone has mental Health

- Mental health is everyone's business.
- We all have times when we feel down, stressed or frightened. Most of the time those feelings pass, but sometimes they develop into a more serious problem, and this could happen to any one of us.
- Everyone is different. You may bounce back from a setback, while someone else may feel weighed down by it for a long time.
- Your mental health doesn't always stay the same. It can change as circumstances change and as you move through different stages in your life.



Stigma

- Unfortunately, stigma can be attached to mental health problems. This means that people feel uncomfortable about them and don't talk about them much. Many people don't even feel comfortable talking about their feelings. But it's healthy to know and say how you're feeling



stand up against stigma

**No Health without
Mental Health**

Ways to look after your Mental Health



Talking!

- ▶ Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.
- ▶ Talking about your feelings isn't a sign of weakness; it's part of taking charge of your wellbeing and doing what you can to stay healthy
- ▶ Talking can be a way to cope with a problem you've been carrying around in your head for a while. Feeling listened to can help you feel more supported. And it works both ways. If you open up, it might encourage others to do the same.





Talking mental health can be as simple as...

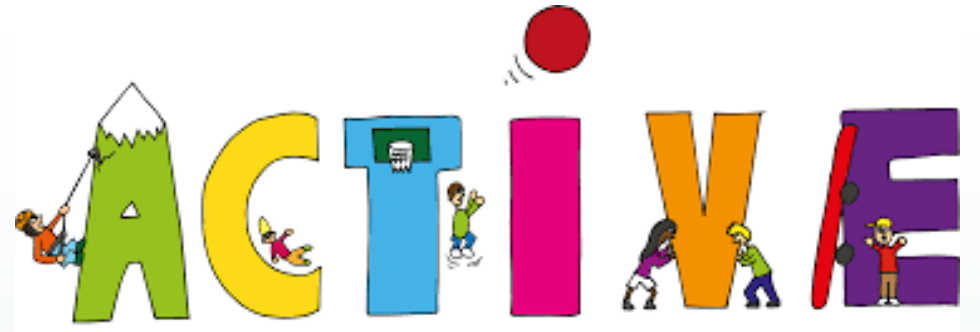
You don't need to sit your loved ones down for a big conversation about your wellbeing. Many people feel more comfortable when these conversations develop naturally – maybe when you're doing something together. If it feels awkward at first, give it time. Make talking about your feelings something that you do.

'Hi, how are you doing?'

'I'm good thanks, glad it's the weekend. You?'

'Bit fed up actually; it just feels like everything I do goes wrong.'

Get Active!!



- ▶ Regular exercise can boost your self-esteem and can help you concentrate, sleep, and look and feel better.
- ▶ Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health
- ▶ A simple 30 minutes of walking outdoors has been proven to boost endorphins which has a “happy” effect on the way that we feel.
- ▶ Any exercise can be good for us. Exercise doesn't have to be going to the gym, even gardening can be very effective so try and fit some into your day.



Eat well – “We are what we eat”



- What we eat may affect how we feel – for example, caffeine and sugar can have an immediate effect. But food can also have a long-lasting effect on your mental health.
- Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.
- ***If we constantly eat rubbish, We'll feel rubbish!***
- Make sure we get a good balance of green vegetables, protein, nuts and fish to give our brains a good source of nourishment.
- Don't forget to hydrate!!

Keep in touch – get connected

- ▶ Strong family ties and supportive friends can help you deal with the stresses of life.
- ▶ Friends and family can make you feel included and cared for. They can offer different views from whatever's going on inside your own head. They can help keep you active, keep you grounded and can help you solve practical problems.
- ▶ There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!



Ask for Help! – You're only human

- ▶ None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan.
- ▶ **“Asking for help can often be a sign of strength, not weakness.”**
- ▶ If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear. Local services are there to help you. For example, you could:
- ▶ Visit www.self-help.org.uk for more information about groups across the UK
- ▶ Online counselling charities such as Shout Crisis Text Line <https://www.giveusashout.org/>

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Take a Break – Get Away from it all

- ▶ A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you.
- ▶ Give yourself some 'me time'. Taking a break may mean being very active. It may mean not doing very much at all. Take a deep breath... and relax. Try yoga or meditation, or just putting your feet up.
- ▶ Listen to your body. If you're really tired, give yourself time to sleep. Without good sleep, our mental health suffers and our concentration goes downhill. Sometimes the world can wait.



Do something you're good at!



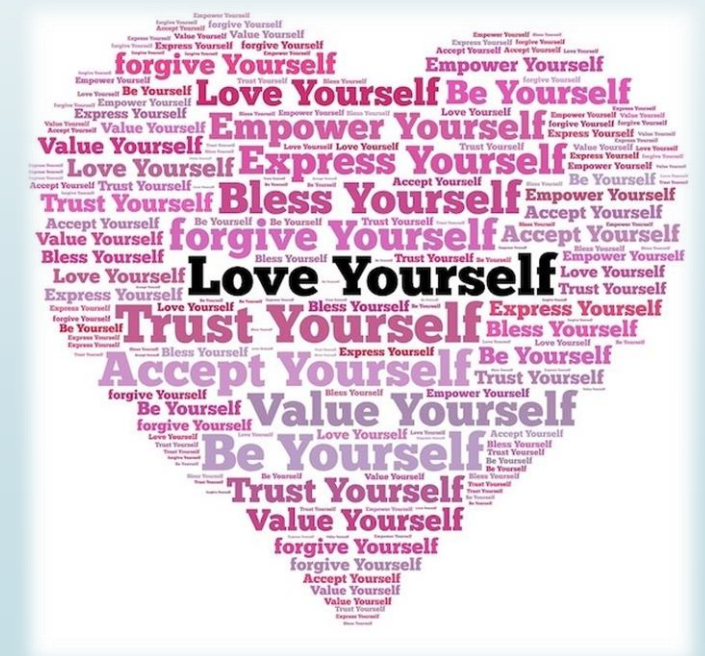
- ▶ What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself can help beat stress.
- ▶ Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem. Concentrating on a hobby like playing the guitar, drawing, cooking or sport can help you feel better about yourself.
- ▶ **'I'm learning the guitar. You have to really concentrate on getting it right so there's no room in my head for worries.'**

Accept who you are!



- Some of us make people laugh, some are good at maths, and others cook fantastic meals.
- Some of us share our lifestyle with the people who live close to us, others live very differently. We're all different.
- It's much healthier to accept that you're unique than to wish you were more like someone else.
- Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.
- Don't judge yourself by what others are doing on social media!!!

‘Being happy with who I am now means I enjoy living in the moment.’



Finally... Care for others



- ▶ Caring for others is often an important part of keeping up relationships with people close to you.
- ▶ It can even bring you closer together. Why not share your skills more widely by volunteering for a local charity? Helping out can make us feel needed and valued, and that boosts our self-esteem.
- ▶ Caring for others also helps us to see the world from another angle. This can help to put our own problems in perspective.

‘Friends are really important... We help each other whenever we can, so it’s a two-way street, and supporting them uplifts me.’



For further advice...

- ▶ The emotional wellbeing is the utmost priority of Ellesmere College. The happiness of its pupils is at the heart of all lessons and activities.
- ▶ Help for pupils can be found with tutors, teachers, house staff and medical staff.
- ▶ For further information on where help can be found please get in touch with a member of staff that you feel comfortable talking to and they can direct you to the appropriate help.
- ▶ If you would like to chat about any issue that's worrying you then you can email alex.murphy@ellesmere.com
- ▶ Other sources of help can be found online at the Frog website or mental health charities.
- ▶ **Please see the next slide for mental health resources.**

Useful Resources

- ▶ **Bee U** (Shropshire Council)- Offers a range of services including drop in counselling sessions in local areas:
<http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=xBNK6TAbGG8&familychannel=0>
- ▶ **Mind** – A mental Health charity: <https://www.mind.org.uk/>
- ▶ **NSPCC** – Children's helpline <https://www.nspcc.org.uk/>
- ▶ **Shout Crisis Text line**- a text based charity that deals with any personal crisis:
<https://www.giveusashout.org/> or text **85258**

