

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The overall composition is clean and modern, with the text centered in the white space.

Mental Health and Emotional Well-being

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Children's Mental Health Week 2022

Monday 7th - Sunday 13th February

Theme : Growing Together

- ▶ Growth in humans can take different forms; it is easy to see our physical growth, but what about our emotional growth and development?



Why do I think it is important you know about Children's Mental Health Week?

- ▶ Your mental health is just as important, and linked to, your physical health
- ▶ Some of you may be struggling and might benefit from looking at the resources
- ▶ Some of you may know someone else who is struggling and could help them to access the resources
- ▶ We are two years into the Covid pandemic, and we may not really understand that this has had a big impact on everyone's emotional wellbeing
- ▶ We want you to know that how you are feeling is important, and show you there are things you can do to help yourself and each other.

The effects on us of the Covid pandemic

The more obvious ones...

- ▶ CHANGE
- ▶ DEATH/LOSS
- ▶ UNCERTAINTY
- ▶ STRESS
- ▶ ANXIETY
- ▶ LONELINESS
- ▶ SLEEP PROBLEMS
- ▶ TOLL ON RELATIONSHIPS
- ▶ POVERTY

Then there is LANGUISHING

- ▶ SOMEWHAT JOYLESS, AIMLESS, EMPTY
- ▶ EXHAUSTED
- ▶ THE SPACE BETWEEN DEPRESSED AND THRIVING - "MUDDLING THROUGH"
- ▶ THE ABSENCE OF FEELING WELL
- ▶ DULLED FOCUS, CONCENTRATION AND MOTIVATION
- ▶ A QUIET DESPAIR THAT GOES UNNOTICED

HOWEVER, EVEN THROUGH HARD TIMES WE CAN STILL GROW EMOTIONALLY...

- ▶ Challenges and set-backs help us learn to cope and adapt to life's ups and downs - it's a time of learning what else works for us
- ▶ Adolescence (the time between young childhood and adulthood) is a time when our brains change and grow RAPIDLY!
- ▶ When we do feel overwhelmed, stuck or like we are going backwards in terms of developing our strengths, this is just a reminder that we need others in our lives sometimes to help us keep growing, people we can talk to and rely on and seek advice from
- ▶ Growth is not always about getting better at something, it is also about making changes that will help us **feel** better

Children's Mental Health Week
(childrensmentalhealthweek.org.uk)

This is the link needed to access the CMHW resources - it will be made available to you on Sharepoint.

Growth stories - eg: teenager, Sky Brown, Team GB Olympic Skateboarder.

Five Ways to Wellbeing

Another resource to improve your emotional
well-being and mental health



TAKE NOTICE

- ▶ Deliberately pay attention to what you are doing - how your body moves when you walk, the texture of the food you put n your mouth, the sound of the bubbles in your bath
- ▶ Purposely pay attention to the person who is talking to you; watch their face and hear their words, not just thinking about how you will respond
- ▶ Use your 5 senses to tune into the world around you - see the sky and clouds, hear the noise of birds or traffic, smell the food cooking or touch the dog's fur

CONNECT WITH OTHERS

- ▶ We are very good at doing this online or by tech these days
- ▶ Spend time with your family at dinner or in the evenings - only 30 mins extra will benefit you.
- ▶ Visit grandparents or neighbours more, if you can
- ▶ Arrange time out of the house with friends
- ▶ Join a group that interests you - can be an activity or something like an activism group that you are passionate about.

LEARN SOMETHING NEW

- ▶ This does not have to be a new skill - like playing an instrument or learning a language - but it can be!
- ▶ Develop knowledge about something we are interested in
- ▶ Learn how to make mistakes and feel okay about that
- ▶ Learn to put up our hand in class
- ▶ Learning to try something we have never tried before

GIVE/BE KIND

- ▶ Smile at someone
- ▶ Compliment
- ▶ Make someone laugh
- ▶ Listen
- ▶ Donate clothes or items
- ▶ Share
- ▶ Invite/include others in our plans
- ▶ Offer someone your seat
- ▶ Help someone do something, like unpack the food shopping

BE ACTIVE

- ▶ This does not have to be sport - but can be!
- ▶ Dancing in your bedroom
- ▶ Going for a walk
- ▶ Walking the dog
- ▶ Washing the car or cutting the grass
- ▶ Playing with younger siblings
- ▶ Stretch
- ▶ Use the park facilities



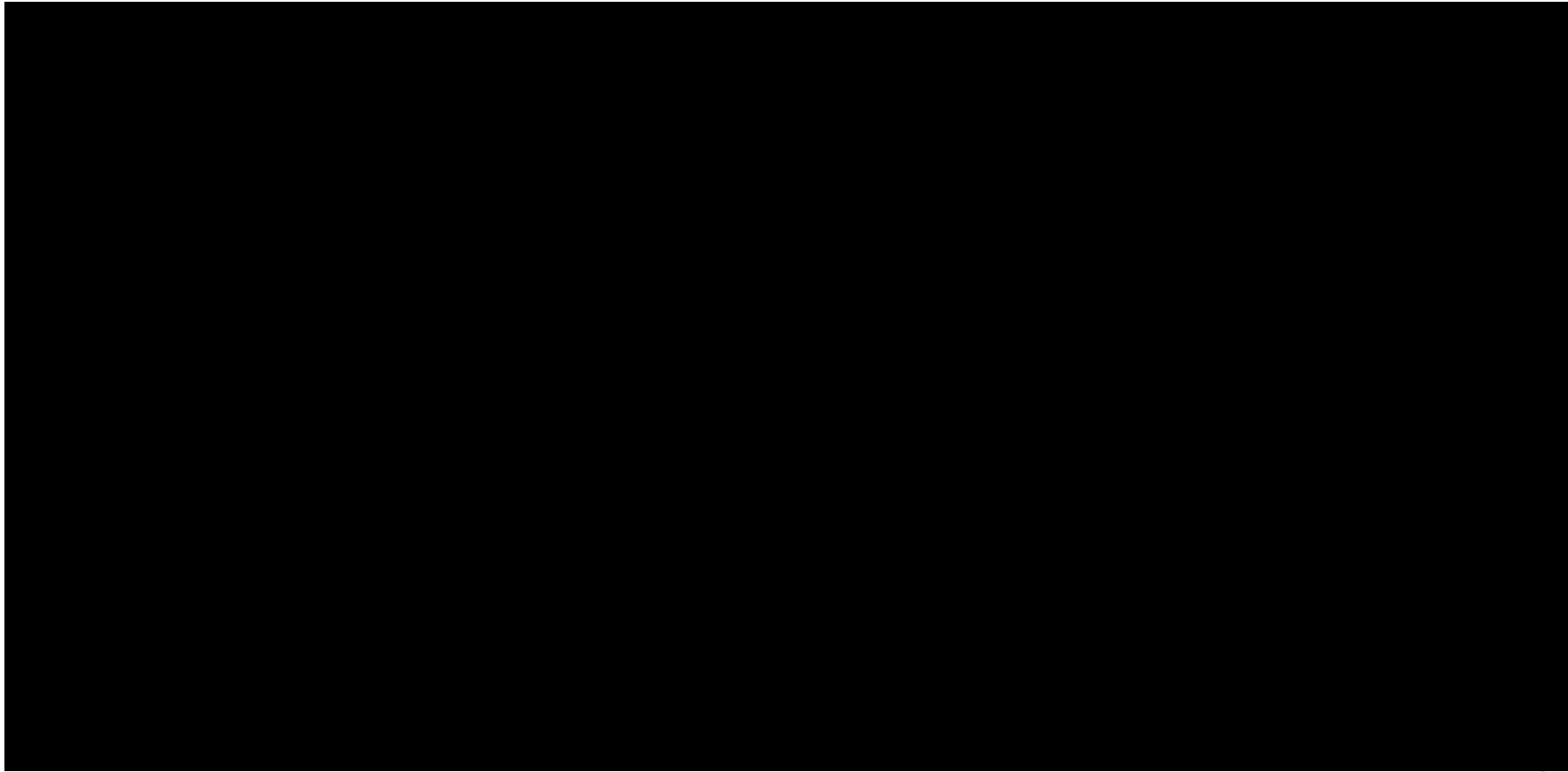
Digital Resources

Apps and Websites

Useful websites



Useful Apps: CLEAR FEAR



Useful Apps



**We are not all in
the same boat. We are in
the same storm. Some have
yachts, some have canoes,
and some are drowning.
Just be kind and help
whoever you can.**

Adapted from a quote by Damian Barr

