

Mental Health

What is it?




Ellesmere Park
High School


Enriching Lives, Inspiring Ambitions

- ♥ It is our emotions and how we feel inside
- ♥ It affects how we think
- ♥ It decides how we cope with stress
- ♥ It decides how we see ourselves and others
- ♥ It decides how we respond to daily life
- ♥ It is our general state of Well-being – which is DYNAMIC!

How can we look after our wellbeing?

 Get plenty of sleep


 Enjoy sunshine
Vitamin D – Bones/Immune

 Write or draw (^{think}out loud)


 Read

 Talk to myself

 Talk to select people

 Walk or bike (^{esp. in}a park)

 Garden

 Get a hug

Which leads us on to...



Our Happy Hormones

So, Let's just imagine that you have made a toastie (or your favourite meal!) and before you eat it – You feel it is more important to take a photo and upload it to social media for everybody to see! You then sit back and wait for the 'Likes' to roll in. Take a moment to ask yourself... Each time you post a photo of something, Are you really wanting the reader to see that photo in particular OR are you seeking acceptance and approval from others?



These 'Likes' release a chemical within us called DOPAMINE – Making us feel happy and popular
But this can be addictive! How would you feel if NO LIKES had come through?

Seek your happiness in other ways – Hugs, Smiles, Acts of Kindness can release **Oxytocin.**

Mindfulness

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.



Notice the everyday

Keep it regular

Try something new

Watch your thoughts

Name thoughts & feelings

*Free yourself from
the past & the future*

What does good mental health look like?

If you have good mental wellbeing, you are able to:

- ♥ Feel and express a range of emotions

All emotions! It's OK to be not OK, It is NOT about being happy all the time!

- ♥ Recognise the good in yourself

- ♥ Feel engaged with the world around you

- ♥ Cope with the stresses of daily life

- ♥ Put things into perspective

A helping hand

Your support network



Map out your own...

Reflection



Why am I *really* in this situation?

Could I have behaved differently?

What can I change in the future?

Do I need to apologise to anybody?

...and finally



"I think probably kindness is my number one attribute in any human being. I'll put it before any of the things like courage, or bravery or generosity, or anything else ...

'Kindness,' that simple word. To be kind – it covers everything, to my mind, if you're kind, that's it." Roald Dahl

Happiness is AMAZING! It is that amazing that it doesn't matter if it's yours or not!

