

## Session 2: Mental health and me

### Objectives:

- Ensure young people have an understanding that we all have mental health like we all have physical health.
- Understand the importance of looking after our mental health and ways we can do this.
- Think about ways we can look after our own mental health.

### Resources:

- PowerPoint presentation.

### Outline:

#### Minutes 1

##### Introduction: slides 1-2

- Anyone can experience a mental health problem, regardless of age, gender, social background, race or religion
- Last week we talked about being in your mates corner but it is also important to make sure that we are in our own.

#### Minutes 2-4

##### We all have mental health: slides 3-4

- **Exercise:** Ask the room:
  - Put your hand up if you have mental health? (may not have very many or some may be hesitant)
  - Put your hand up if you have physical health (will often be more than the previous)
  - Put your hand up if you have ever felt happy
  - Put your hand up if you have ever felt sad
  - Put your hand up if you have ever felt tired
  - Put your hand up if you have ever felt excited
  - Put your hand up if you are missing the summer holidays

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- All of these emotions make up our mental health, and many more. We all have mental health like we all have physical health, and like our physical health we can have days that we are feeling better than others.
- Just like our physical health it is important to look after our mental health. Today we are going to look at some ways we can do this and you can have a think about what might work best for you.
- **Quote:** Which famous footballer said this quote?

## Minute 5-7

### Looking after our mental health: slides 5-9

- **Diet:** Eating certain kinds of food can make you feel lethargic, tired and has been found to be linked to low mood. Examples of the right kind of foods to improve wellbeing are: fish, nuts, avocados, beans, spinach and fresh fruit.
- **Exercise:** There is evidence to show that exercise can help raise self-esteem, help sleep, improve memory and concentration, take your mind off negative thoughts and reduce feelings of anxiety and depression.
- **Take time to relax:** Whether it is listening to music, reading a good book, watching a relaxing film or doing some breathing exercises, making time for you is important.
- **Quality sleep:** Turning off your TV, phone and computer before you go to bed and getting into a regular sleep routine can be really good for your mental health.
- **Share what is bothering you:** Chat to a friend, parent, teacher or someone you trust, just talking something through can really help sort it out in your head.

## Minutes 8-9 (this section could be extended for longer discussion with more time)

### How can you be in your own corner?: slide 10

- **Discussion:** How do you look after your mental health? What could you do to look after it better? Ask them to discuss in pairs.

## Minute 10

### Conclusion: slide 11-12

- **Discussion:** Talking about our own mental health can be triggering or might make you think about how you are feeling. Mental health problems are really common and 1 in 10 young people will experience them this year.
- If you have tried ways to improve your mental health and things are not getting better or if you are worried at all about how you are feeling: speak to a parent, teacher or your GP, speak to a responsible adult who you trust or call Childline on 0800 1111.

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