

**New world**

**New skills**

# Looking after myself

PwC's Primary School Toolkit



# Starter

Create a table and list signs that a person is physically healthy.

Now on the other side - list signs of being mentally healthy.

| PHYSICALLY HEALTHY | MENTALLY HEALTHY |
|--------------------|------------------|
|                    |                  |

## CHALLENGE

Was one of them more difficult to come up with answers? Why?

# Today's objectives

1. To know what “mental health” means
2. To be aware of some ways to look after yourself
3. To know how to support others



# What is mental health?

1



# What do we mean when we say mental health?



# Everyone has mental health

Just like we have physical health, we also have mental health.

Mental health is about our **feelings**, our **thoughts**, our **emotions** and our **moods**.

We all have positive and negative emotions that come and go based on what's happening around us. Feeling sad or anxious, for example about an exam, are normal and healthy emotions. These are **everyday feelings**.

**Overwhelming feelings** are more intense than everyday feelings, they hang around for a long time and change the way we feel, behave and may stop us from doing what we want in life.



# Mental Health Quiz

True or False?



# Mental Health Quiz

1. 1 in 4 people will experience poor mental health in any given year.  
True or false?





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# Mental Health Quiz

1. 1 in 4 people will experience poor mental health in any given year. True or false?
2. Some people who are being bullied can develop feelings of sadness or feeling anxious or fearful. True or false?
3. Once you have poor mental health you will always have it. True or false?
4. When someone is feeling very worried, the best thing to say to them is "Don't worry". True or false?



# Looking after yourself

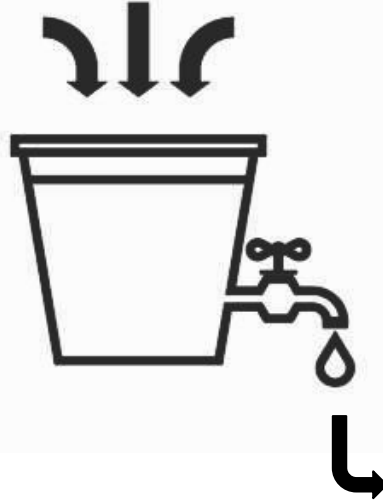
2



# How can you look after your own mental health?

## The Stress Bucket

Things that make worry are...



Some ways to help reduce my worry are...

# Where can I go to for help and support?

- Family
- Friends
- Teachers
- Your Doctor
- School welfare support

# Five ways to support your wellbeing



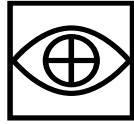
## Connect.

With the  
people around  
you



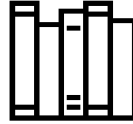
## Be active.

Get outside.  
Play a game



## Take notice.

Of the world  
around you.



## Keep learning.

Try a new  
hobby or learn  
something  
new.



## Give.

Your time.  
Your words.  
Your  
presence.

# Looking after others

3





# How do you know if a person is experiencing poor mental health?

**It is often difficult to spot signs that others are struggling.**

**But any behaviours that you do not normally see might mean that there's something wrong.**

# What can you do to support others' mental health and wellbeing?

## 3 key things you can do:

1. Listen
2. Ask
3. Point them to help and speak with a teacher/adult



# Activity: Scenario discussion

Tom is your friend, Tom is confident and always up for a laugh. One day, Tom tells you that his parents have become ill and he is worried. You listened and assured him that everything will be okay.

A few days later, Tom tells you that the situation has become worse and he looks really sad. He tells you whenever he is not home he feels shaky and awkward around people. He is constantly thinking about his parents and cannot focus at school. Everytime he hears the sound of an ambulance, his breathing gets faster as he thinks that his parents are in the ambulance. He is not eating well nor concentrating in class because he is so worried.



# What can you do to support others mental health and wellbeing?

## **The small things make a big difference:**

- Send a message to say hello
- Keep that person involved in what's going on
- Meet up
- Ask how they are doing
- Just be there.

**Most importantly always encourage your friends to speak with staff at school and home, there is no shame in asking for help.**



# Conclusion

1. We all have mental health.
2. We need to look after our mental health in the same way we look after our physical health.
3. There are lots of things we can do to manage our everyday feelings.
4. It is important to seek help and support if you are experiencing overwhelming feelings.
5. There are a number of resources available: family, friends teachers and so on.

**Most importantly remember...**

**It is okay not to be okay.**



# Any questions?

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