



# Mental Health and Wellbeing

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 Changing States of Mind

# What is mental health?

- Physical health

- Mental health

“...being confident and positive and able to cope with the ups and downs of life...[it includes, emotional health, which is] about sleeping well, feeling energetic, creative, safe, accepted and concerned for others...”

- Mental ill health

- Resilience

“Resilience is the capacity to bounce back from adversity. Protective factors increase resilience, whereas risk factors increase vulnerability. Resilient individuals, families and communities are more able to deal with difficulties and adversities than those with less resilience”

# Why is mental health so important?

- 50% of mental health problems start before the age of 15, 75% before 18
- 1 in 4 children show evidence of mental ill health
- Rates of self-harm in girls and young women increased 3-fold between 2000 and 2014
- Suicide is the most common cause of death for boys aged 5-19

# Prevention is better than cure

Helping young people to build resilience and wellbeing can help them cope with the ups and downs of life.



# **Five** ways to **wellbeing**

# 5 ways to wellbeing

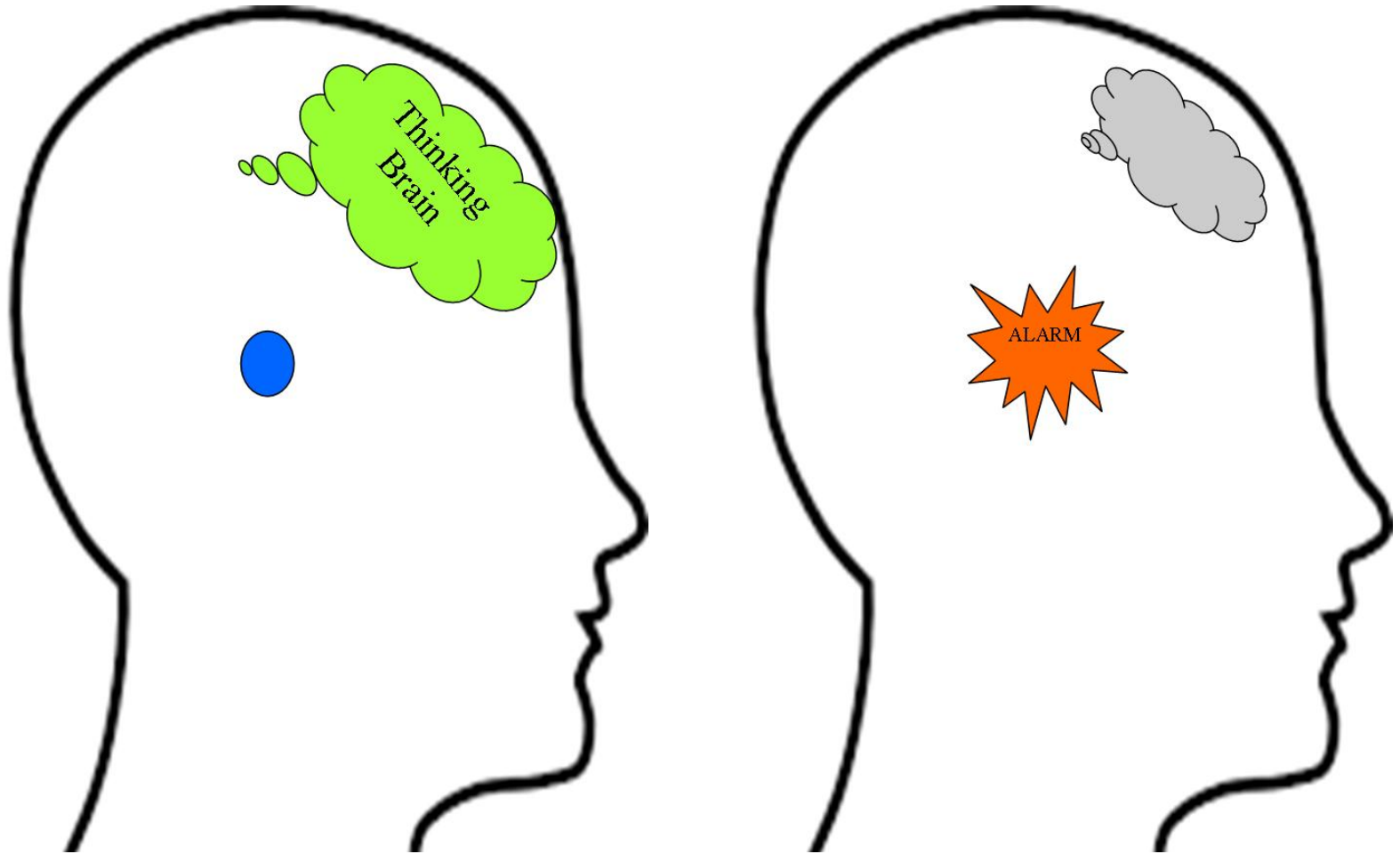
- Connect
  - Family time (play a game, watch a DVD, read, eat), Make a new Friend
- Be Active
  - Walk/cycle to school, Join a team, Find a new hobby, dance, laughter
- Keep Learning
  - Cooking, sport, craft
- Give
  - A smile, an act of kindness, say thank you, volunteer, help at home
- Take notice
  - Pause, walk, eat



Make at least one small change... try it  
for a week... encourage friends to do  
the same



# Building Resilience



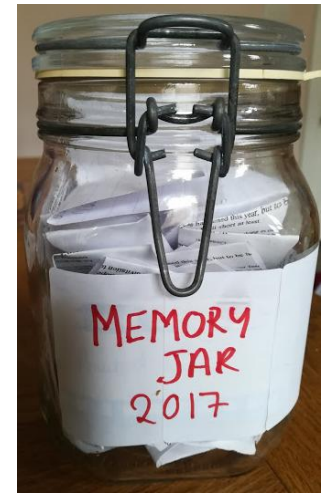


# Building Resilience

- Notice how you are feeling
- Be a role model
- Learn to recognise damaging thoughts
- Build a bank of helpful thoughts
  
- [Myresilience.org](http://Myresilience.org)

# Some ideas

- Memory Jar
- What are you proud of?
- Worry jar
- Positive reflections
- Ask positive questions



What was the most interesting thing you learned today?



What was the funniest thing that happened today?



# Any questions?

The screenshot shows the BBC iPlayer interface for the show 'Trust Me, I'm a Doctor'. At the top, there's a 'Home' button and a 'More' button. Below that is a 'Save' button and a group photo of the five main cast members. A 'Watch now' button is overlaid on the photo. To the right, there's an 'On TV' section indicating the next broadcast on Thursday at 23:15 on BBC TWO (except in Scotland). Below that is a 'More episodes' section with a link to the 'PREVIOUS Summer Special 2016'. At the bottom left, there's a 'Mental Health Special' section with a description: 'Trust Me, I'm a Doctor is back with a special programme on mental health. Michael Mosley runs an experiment to find the best way to beat stress - mindfulness, yoga or gardening. Psychiatrist Dr Alain Gregoire...' and a 'Show more' link. It also mentions '28 days left to watch' and '1 hour' duration.

ONLINE COURSE

## Understanding Depression and Low Mood in Young People

Understand how to recognise depression and low mood in teenagers and learn how to help.



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Overview Topics Start dates Requirements Educators

# Resources:

- [myresilience.org](http://myresilience.org)
- [www.cwmt.org.uk](http://www.cwmt.org.uk)
- [www.youngminds.org.uk](http://www.youngminds.org.uk)
  - [www.mind.org.uk](http://www.mind.org.uk)
  - [www.minded.org.uk](http://www.minded.org.uk)
- [www.time-to-change.org.uk/resources](http://www.time-to-change.org.uk/resources)
  - [www.childline.org.uk](http://www.childline.org.uk)
  - [www.barnados.org.uk](http://www.barnados.org.uk)
- [www.andyresearchclinic.com](http://www.andyresearchclinic.com)
  - [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

# As Christmas approaches...

- Why not try an advent challenger?
- 24 wellbeing challenges in the run up to Christmas...
- <https://changingstatesofmind.blogspot.com/2017/11/the-advent-challenger.html>