A stylized tree with a dark brown trunk and a large, rounded canopy. The canopy is filled with various colorful flowers and leaves in shades of blue, purple, pink, orange, and green. Some of the flowers are simple starbursts, while others are more complex. The background is a vibrant, abstract pattern of overlapping geometric shapes in shades of blue, green, and yellow, with a soft, out-of-focus light effect.

WORLD MENTAL HEALTH DAY

10th October 2020

World Mental Health day

How Are You Feeling?



How Are You Feeling?

Sometimes we can't always explain how we are feeling. That's usually the time someone we know asks us if we're ok.

Sometimes we feel low, anxious or unhappy and we can't think why.

Feeling like this is ok. But sometimes we feel like this for so long that we don't want to do anything at all.



What happens

If we feel unhappy and we can't explain why, sometimes things can get out of control.

Think about a time when you felt out of control.



Did you lose your temper?

Did you throw something?

Did you shout at someone?



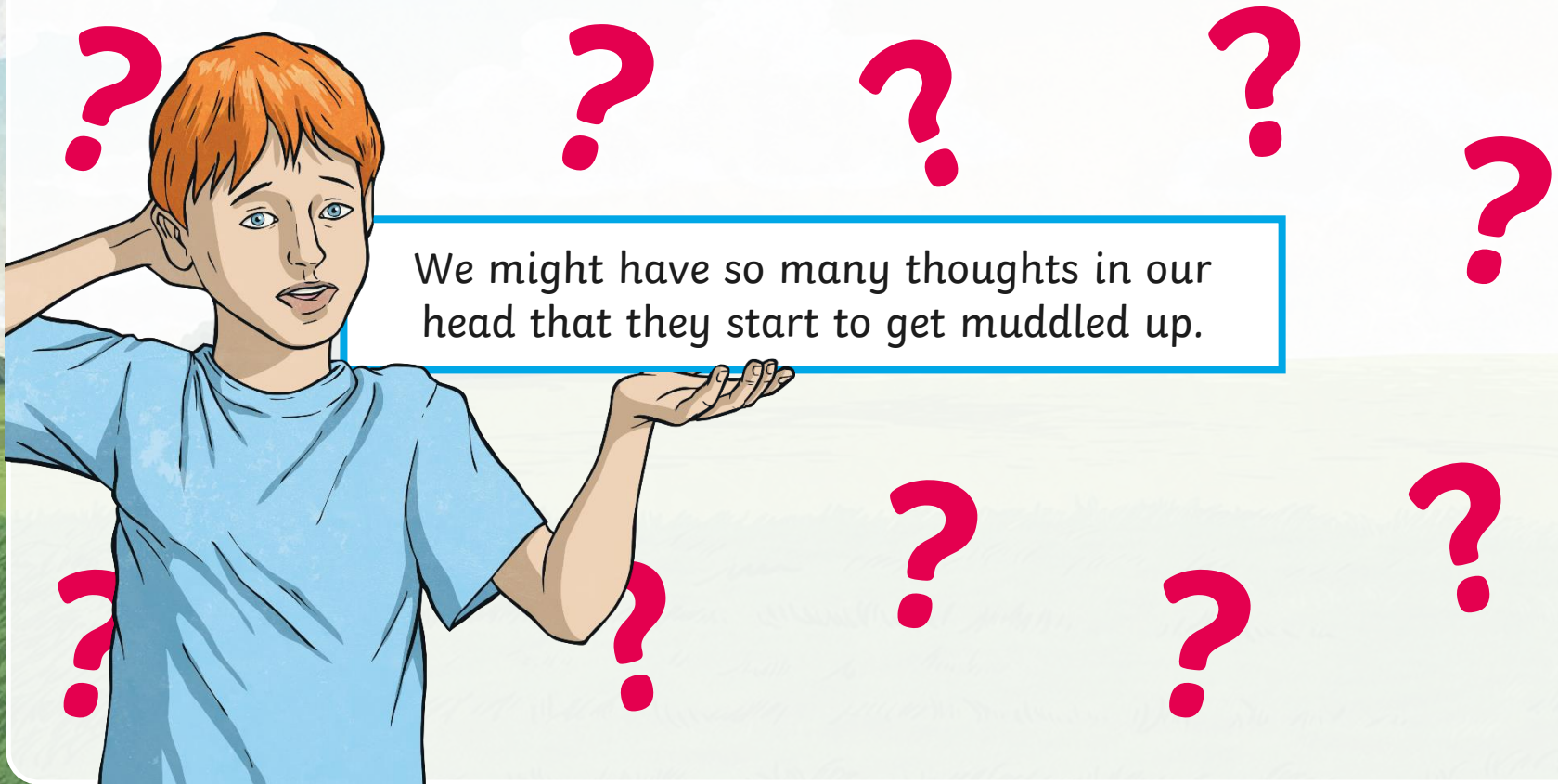
What Might Happen?

If we don't deal with these feelings, things can get very messy. We might fall out with our friends. We might get into trouble at school. Our parents might get angry with us.



What Can We Do?

We often feel out of control of things that happen in our lives. We get told where we need to be, what time we have to leave, who's picking us up, even where we might be sleeping that night.



We might have so many thoughts in our head that they start to get muddled up.

Eat Well, Feel Well

We have all been told about healthy eating, and usually it's to keep our bodies fit and healthy. However, a good diet helps our mental health too.

Don't skip meals. We are designed to have three meals a day with some healthy snacks in between. If we don't eat regularly or healthily, we can feel grumpy, tired, lose concentration and lack motivation to do anything.



Eat breakfast every day. Our bodies and minds have run out of fuel during the night and we need to give ourselves a good start.

Avoid takeaways and ready meals. They are often full of things which don't help our minds to work efficiently.

Drink at least 6 glasses of water a day. It's vital for our brain's wellbeing.



Get Out there!

Exercise is very important for your mental health. Moderate exercise is recommended for up to 30 minutes a day. Have a go! You could:



twinkl

Help Other People

There's nothing like the feeling you get when you are appreciated by other people. Helping them is a great way to do something useful but also feel good about yourself.

Is there a neighbour you can pop to the shop for?

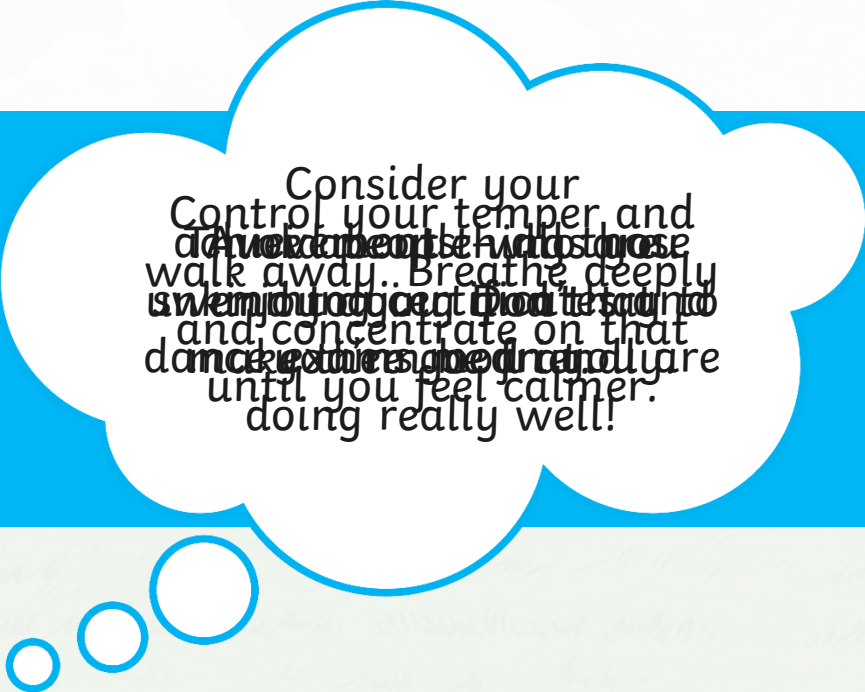
Have you got a Grandma who needs help with making tea?

Do you have a younger brother or sister who you could read to at bedtime?



Think Good Things About Your Self

Thinking positively is tricky when you feel low, but following a few of these tips could help that downward spiral of negativity.

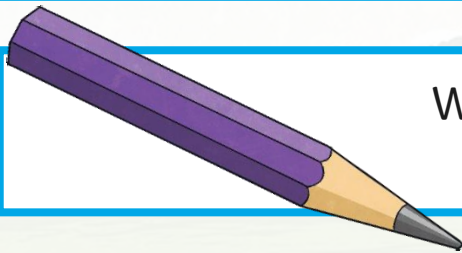
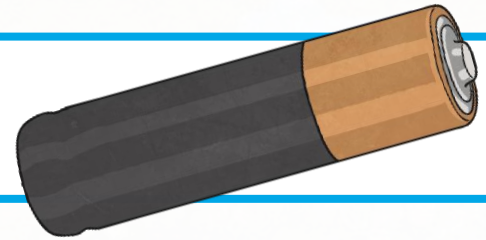


Consider your
Control your temper and
avoidance of the wild side
walk away. Breathe deeply
in and out for 10 seconds
and concentrate on that
dance of the mind and you are
until you feel calmer.
doing really well!

Take Time Out

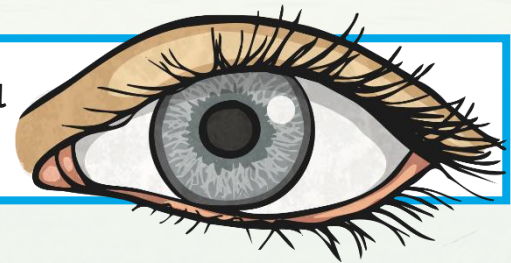
Things get really hectic at school these days and we can be just as busy at clubs and groups we go to after school. When do we make time for ourselves?

Recharge your batteries – even if you just lie on your bed for 10 minutes in peace and quiet.



Write down how you're feeling. It's a good way to get things off your mind without upsetting anyone else.

Think of your favourite place. Remember what you might hear, see and feel like when you're there.



Spend Time With Friends

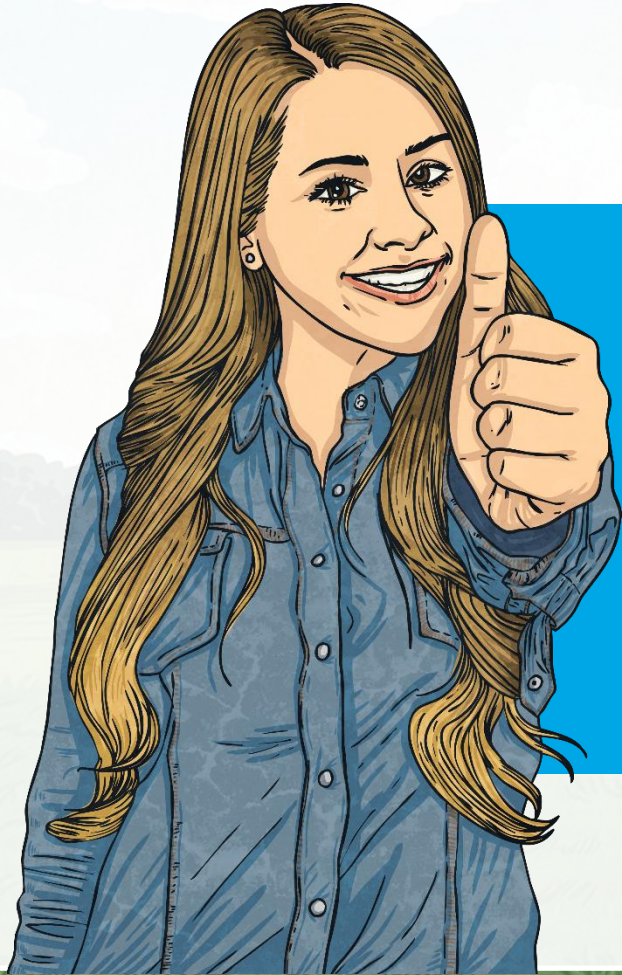
Our friends are called friends for a reason!



Confide in someone you trust. Tell them how you're feeling. You never know, they have probably felt like that too, and might have some good advice.

Ask For Help

There are people out there to help you.



Ask for help.

Here is a word bank to help you fill this in

Sad

Frustrated

Angry

Lonely

Nervous

Irritated

Scared

Stressed

Confused

A letter about how I'm feeling

Dear _____

I have been feeling _____

I have been feeling this way because _____

I have also been feeling _____

Because _____

To help me feel better I think it might help if _____

From _____



Complete the letter.
If you do not want to share some of your feelings, that is OK. Just know that we are always here if you want to talk.

