

L.O.: To learn about what can affect mental health and some ways about dealing with this.

PSHE: Mental health

This week in PSHE, we will be exploring mental health and wellbeing.

What is mental health/wellbeing?

Mental health refers to how you process or think about information. It can be affected by different factors in the brain which can result to depression or a range of disorders.

There are different types of stress or worries people may experience which can cause them to have a negative feeling inside. For example, one may be worried about secondary school or making new friends which may prevent them from wanting to go to school. Worries can be big or small, but they are all equally important to address and know how to cope with.

There are different ways people react upon feeling distressed or worried. Sometimes, having strong feelings may cause people to act in a way they would not usually act; for example, someone may have an outburst or rant because they feel distressed or stressed out. On the other hand, some people may choose to hide how they are feeling or may not want to share their feelings with others at all. Different people have different abilities to manage stressful or difficult situations that arise in their lives. Some people may have bigger worries than others, but it is not necessarily helpful to compare your problems to others as it might make an individual feel worse or as though their feelings do not matter when it does.

It is common to experience or know someone who may be experiencing a stressful or difficult situation which may affect their mental health. Sometimes people have lots of worries and stress on their mind and find it difficult to cope with. If you know someone who may be experiencing mental health problems, it is important that you speak to a trusted adult (such as a parent or a teacher) to get an understanding on what you should do and it is a good idea to encourage the person who is experiencing mental health problems to seek help and support. Remember, although you may want what's best for a person and offer your help, it is not your responsibility to try and solve the problem. In this case, professionals are best to step in and offer the best support possible for the individual.

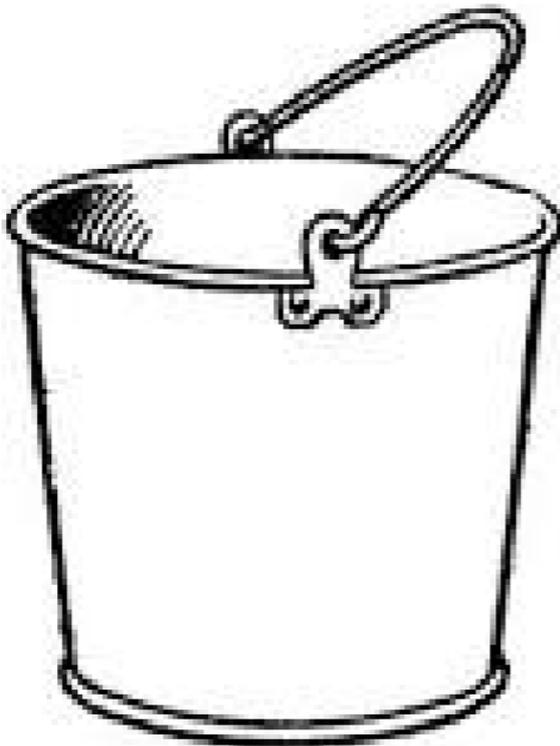
How can we deal with our worries/stress?

There are numerous ways to cope with worries and stress. For example, by taking deep slow breaths, holding a stress ball or special object, counting to 10, imagining a calm and safe place, writing or drawing how they are feeling (and then throwing it away), doodling, hitting/cuddling a cushion, ripping up paper, talking with a friend, telling someone how they are feeling. Sometimes one may struggle to deal with stress and their worries so it may be better to seek professional or medical support such as: information website, helpline, medical or professional help such as a doctor, GP or therapist.

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Task

Your task is to write a diary entry about the things that may worry you and how you can go about things to help you deal with these worries. To help you write your diary entry, start off by using this 'Worry bucket' to list down all the things that may worry you; for example, not being able to see your friends as much due to the lockdown, starting secondary school, not being able to come into school, not being able to take part in your favourite activities like swimming or visiting your favourite leisure places etc.



Once you have listed down your worries, write a diary entry using the format below about your worries and what you can do to help reduce them. Diary entry format:

1. It needs to include a date and start with "Dear Diary..."
2. It needs to be written in first person e.g. "I"
3. Colloquial language (chatty, informal language)
4. It needs to be written in chronological order
5. Include Adverbials
6. Write in the correct tense
7. Remember it needs a lot of self-reflection so include emotive language, thoughts, feelings, opinions, rhetorical questions
8. Make it as descriptive as possible by using figurative language such as hyperboles, similes and metaphors
9. Ensure your work is structured by including clear paragraphs