

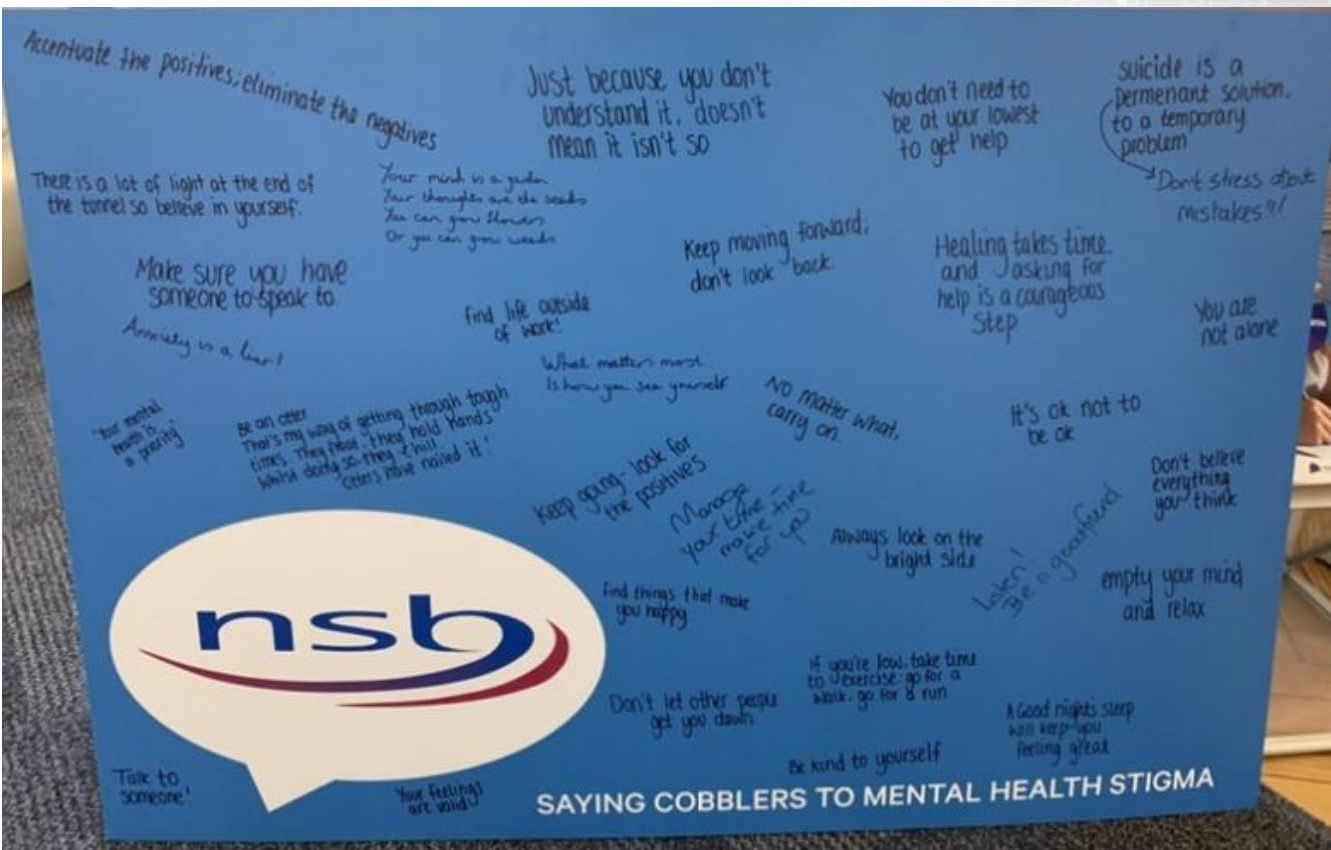



ABOUT MENTAL HEALTH

February 12th 2021

Northamptonshire Mental Health Awareness Day

LAST YEAR - a county mental health awareness wall was created – below is what NSB wrote on their “brick” for the wall.





This year we
want to focus
on...

It's easy to forget to check in with yourself when your mind or life gets busy. Taking a moment to ask, "how am I today?" in order to recognise your emotions (good or bad) will benefit you and your mental health.

ME MOTIONS
ENTAL HEALTH
TIME



HAVE YOU
STOPPED
TO ASK
*“HOW AM I
TODAY?”*



STOP
AND
BREATHE

FOCUS
ON EVERY
BREATH

COUNT
FROM
1 TO 10

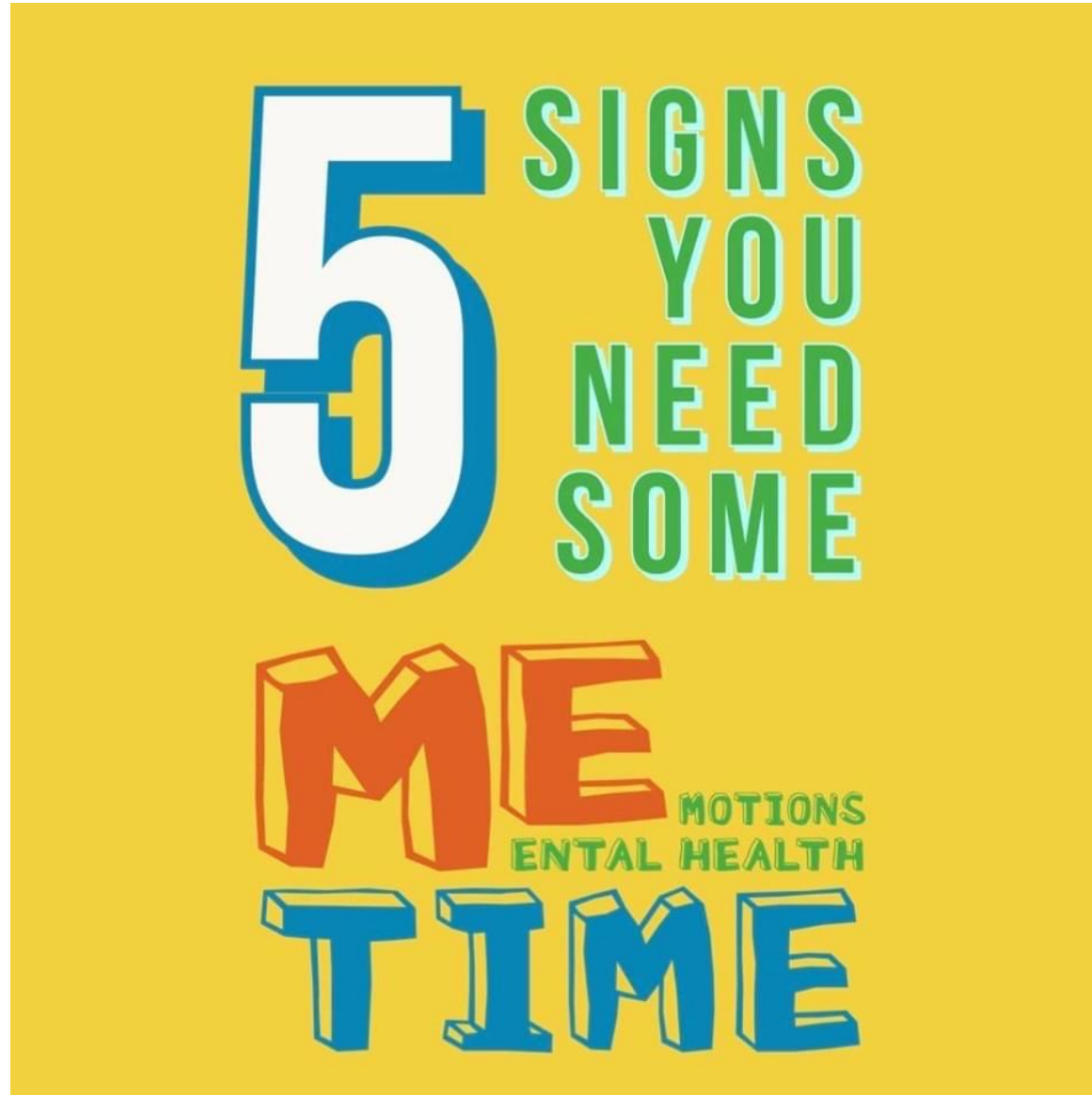
HOW
DO YOU
FEEL?

Look at the following slides.


Any of these sound familiar?

When did you last sit back and think about how you're feeling?

It's important that you keep track of your Mental Health and Emotions (ME).



Take some ME Time and listen to your emotions...



You could go for a walk, if safe to do so or find another form of exercise you like – even walking up and down the stairs can help.

Listen to some relaxing music or relaxation sounds and breathe!

Practise some yoga – see the slides at the end for some simple moves.

Colouring – it isn't just for primary children – adults do it too!

YOU'RE FRUSTRATED EASILY

YOU'RE LASHING OUT AT LOVED
ONES AND EVERYDAY
TASKS ARE TOO MUCH. TAKE A
SECOND, BREATHE AND RESET



Write a lockdown diary

WHAT DID I DO FOR ME TODAY?

SOMETHING THAT WENT WELL TODAY

SOMETHING THAT MADE ME SMILE

SOMETHING I WISH HAD GONE BETTER

SOMETHING KIND I DID TODAY



YOU KEEP CANCELLING PLANS


TAKE A SELF-CARE DAY,
PRIORITISE YOUR MENTAL
HEALTH AND THEN YOU WILL HAVE
THE TIME AND ENERGY FOR OTHERS

We will get through it in the end but it might take time, at the end of the day we shall all be ok again...the sun will shine on you again and the clouds will go away.

Captain Sir Tom Moore sharing his thoughts on the coronavirus pandemic.

We might not have many plans right now but taking a self-care day is still important – trying some non-screen time and maybe avoiding social media and even the news for a day!

- Do something for someone else.
- Send a video message or write a letter!




Express Yourself!
Look at the PPT sent out last week and watch the video links on expressing yourself through art, acting, dancing, writing and creating content. Make music, sing, cook, garden, knit...try out a magic trick or too!

THANK
YOU!

YOU'RE
FEELING
UNINSPIRED

CHANGE UP YOUR ENVIRONMENT, REMEMBER
YOUR INTERESTS OR FIND A
POSITIVE ESCAPE
(THROUGH BOOKS, ART OR MUSIC)



Try a challenge!
Captain Sir Tom Moore's challenge was to walk a 100 laps of his garden before his 100th birthday to raise £1000 for the NHS – he raised nearly 40 million pounds!
Can you do something a 100 times?
100 keepy-uppies? 100 sit-ups...
You did some great challenges during charity week and raised around £7,000 and we had thousands of donations!
You made a difference!

YOU'RE WORRYING TOO MUCH

IF YOU'RE FEELING
OVERWHELMED OR ANXIOUS,
REMEMBER TO TAKE A
BREAK AND BREATHE

Try out some mindfulness:

Breathe in through your nose for 5 and out through your nose for 7 then...

Notice 5 things in your room - really look at them and think what they mean to you.

Touch 4 objects - how do they feel?

Listen out for 3 sounds - what can you hear - how does it make you feel? Is it inside your room, your home or outside? What does it make you think of?

Smell 2 things - preferably nice! How does that make you feel?

Taste 1 thing – how does that feel? Really think about it – keep breathing but do nothing else. Be in the moment!

Choose a time each day when you think about what is worrying you – save it for then – write down the facts about it – what is actually true? Talk to a friend or trusted adult about how you are feeling – a problem shared is a problem halved.

We are often better with routines. Get up at the same time each day. Ensure you are getting enough sleep. Exercise – this can actually energise us! Avoid stimulants before bed – caffeine and screens. Eat healthily but allow yourself a treat now and then.

YOU'RE ALWAYS TIRED

YOUR BODY IS TELLING YOU TO
TAKE SOME TIME OUT.
RELAX AND DO THINGS YOU ENJOY
E.G. SEE A FRIEND,
HAVE A BATH, READ A BOOK OR TAKE A NAP

The Blackboard Method!
If you can't sleep – shut your eyes and imagine a blackboard. You are going to count sheep backwards from a 100! You are going to imagine writing the number in chalk with your eyes, head still, on your blackboard – write a 100 and then from left to right wipe it off with your eyes, then 99 and wipe it off left to right – continue until you're asleep.

FIND THE TIME

FOR YOUR MENTAL HEALTH
AND EMOTIONS

HOW?

DO THINGS YOU ENJOY, TURN OFF
YOUR PHONE, TAKE A BATH, HAVE A
NAP, READ A BOOK, LISTEN TO SOME
MUSIC, FIND A NEW RECIPE, GO FOR
A WALK, MAKE PLANS, PUT ON A FILM,
INDULGE IN YOUR HOBBIES, CHILL.

(NOT ALL AT ONCE, TAKE IT SLOW!)



ABOUT MENTAL HEALTH



And if you need help and support
TALK OUT LOUD
about mental health

Saying "I'm fine" often actually means:

"I'm not feeling good, but I don't know how to tell you what's wrong"

"I'm scared of being judged or pitied so I'll say I'm fine"

"I'm fine is easier and takes less energy to say than how I actually feel"

Instead of masking how you really feel, take the time to talk about your emotions and the feelings of others, show compassion and think about how opening up can help you and those around you.

Helping you to help yourself...

There are different kinds of stresses and strains, that we experience through life.

Some of these are around at a particular time. Others are continuous. While a few come completely out of the blue.

We tend to get better at dealing with difficult issues as we grow older, with experience and practice!

Don't be afraid of trying something again, that didn't work the first time. Or trying it again, in a different way!

Talk and share with others. Friends, family, school and mental health organisations.

Practise self-care!

There is information on the VLE and on the website about mental health and wellbeing.



Information and helplines

Speak to a trusted adult if you are struggling with your mental health – the staff at school are here to help

<https://moodspark.org.uk/talents-and-interests/>

The Child Anxiety Network
childanxiety.net

Shout
Text Shout to 8525
giveusashout.org

Childline 0800 1111
childline.org.uk

Young Minds
Helpline: 0808 802 5544
youngminds.org.uk

HOPELINEUK – 0800 068 4141
papyrus-uk.org

studentdepression.org

The Mix 0808 808 4994
themix.org.uk

kooth.com

Express Yourself - links

[Express Yourself through Writing](#)

[Express Yourself Through Dance](#)

[Express Yourself through Art](#)

[Express Yourself Through Acting](#)

[Express Yourself through Creating Content](#)

- Or through singing, making music, taking photographs, creating, mastering a trick, playing an instrument, cooking, knitting, baking, gardening, building...

CHAIR YOGA POSES

for reenergising between lessons, at break or lunch. Use it at the start of the day or the end or both!

If it hurts – stop!

When taking deeper breaths just be aware that you could initially become light-headed.

Keep breathing! 5 seconds in through the nose and at least 5 out through the mouth – 3 times per pose.

Do both sides – right over left, left over right

Eagle pose



Eagle pose





Do both sides

Keep breathing

Spinal twist



And then
swap to
other leg

C h a i r p i g e o n / h i p o p e n e r



Mind your
head on your
desk!

S e a t e d f o r w a r d f o l d



Keeping the leg position on the left and stretch both arms upwards. Repeat on other side.





Be careful if
your chair is
on wheels!
You might
want to find
a static or
sturdy chair.

S e a t e d c h e s t o p e n e r

Chair pose on a chair!



Chair pose



ME MOTIONS ENTAL HEALTH TIME