

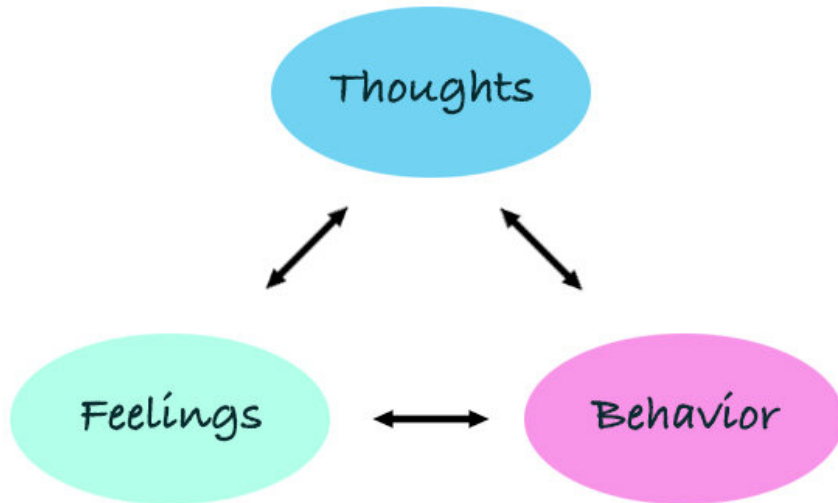
# **Mental Health**

## **October 2020**

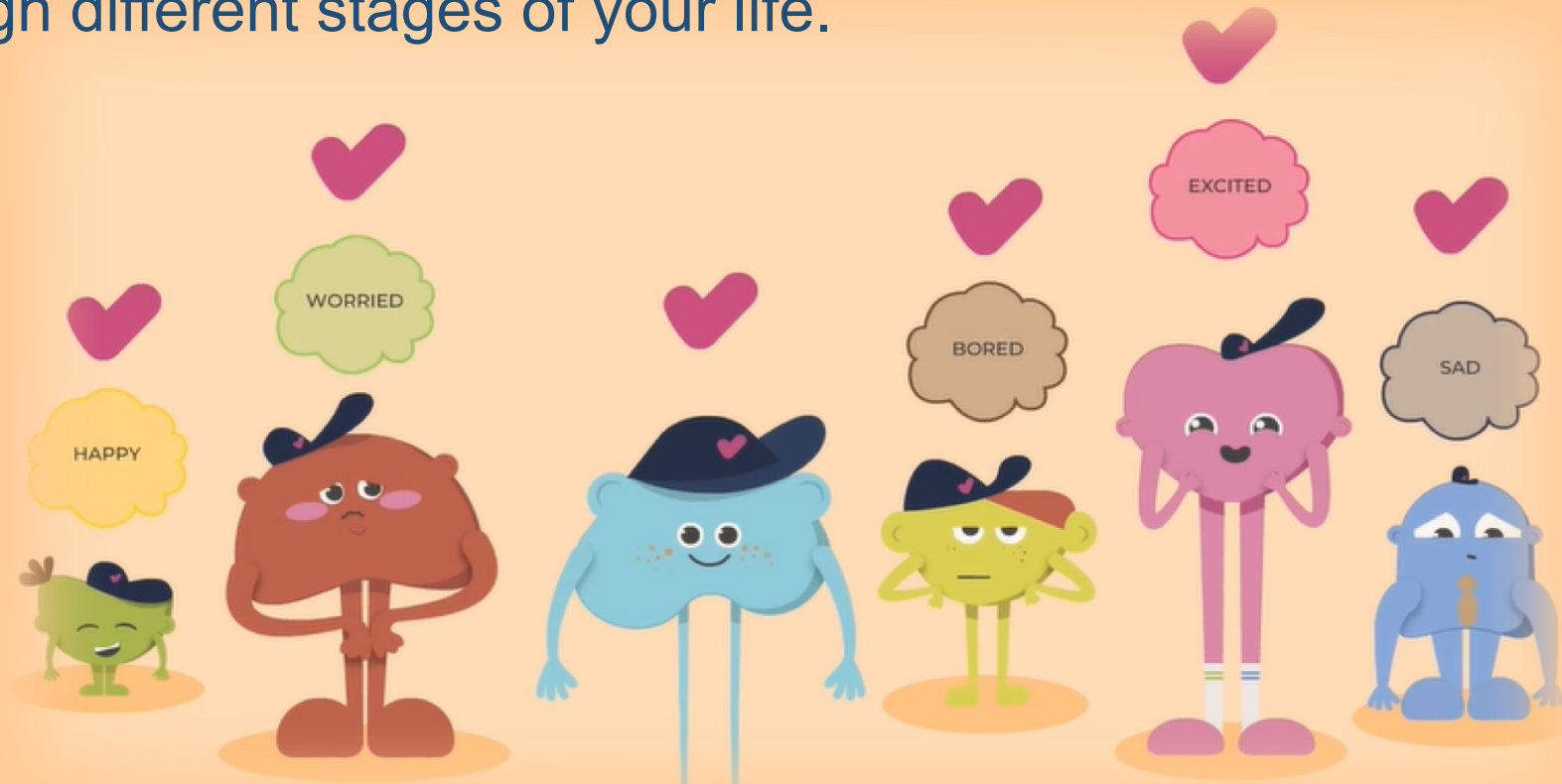
**World Mental Health Day 10 October 2020**



# Mental Health



- We all feel low, stressed or frightened at times. Usually those feelings pass. Sometimes they become a serious issue which could happen to any one of us.
- Everyone is different. Some may bounce back from a setback while others may feel weighed down by it for a long time.
- Our mental health doesn't stay the same. It changes with circumstances and as you move through different stages of your life.





# Communication - the good and the bad!



# Increased Kindness During Lockdown



Do something kind this Mental Health Day



The following link gives you an introduction to the iheart programme that we will deliver to year 8 and year 9 this year.

[https://vimeo.com/456664800/bc3deee65e?inf\\_contact\\_key=a0812019ef15f8f0a8ee38bfefca38a2680f8914173f9191b1c0223e68310bb1](https://vimeo.com/456664800/bc3deee65e?inf_contact_key=a0812019ef15f8f0a8ee38bfefca38a2680f8914173f9191b1c0223e68310bb1)

## We are proud to be an school

**iheart** explains how the mind works and why we think, feel and behave the way we do.

**This will help support you with important aspects of your life:**

- ♥ Stress.
- ♥ Anxiety.
- ♥ Worrying about the future.
- ♥ Getting along well with others.
- ♥ Self-image and identity.
- ♥ Bullying and breaking bad habits.

**'we have everything we need inside us'**

**iheart**, which stands for Innate Health Education and Resilience Training, is a global project helping young people all over the world with their innate mental health and wellbeing.









**[www.iheartprinciples.com](http://www.iheartprinciples.com)**



Innate health education and resilience training



# Form time resources

Kooth	<a href="https://www.kooth.com/">https://www.kooth.com/</a>		Online mental wellbeing community. Chat function, discussion boards and online magazine.
Mental Health Foundation	<a href="https://www.mentalhealth.org.uk/">https://www.mentalhealth.org.uk/</a>		Articles about mental health prevention and dealing with it. Has a help link but only signposts to other sites.
Stem4	<a href="https://stem4.org.uk/">https://stem4.org.uk/</a>		Mental health website aimed at teenagers. STEM4 have the 4 apps shown below.
Young Minds	<a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a>		A range of mental health topics and advice for students, parents and professionals.
Childline	<a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>		A range of counselling topics including mental health to help students, parents and professionals provide support or advice.
Samaritans	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>		A range of counselling topics including mental health to help students, parents and professionals provide support or advice.
Free apps from STEM4 Calm Harm Clear Fear Combined Minds Move Mood	<a href="https://stem4.org.uk/">https://stem4.org.uk/</a>		A range of free apps covering topics such as self harm, anxiety management, low mood management and mental health support for family and friends of those affected.
Shout	Text 85258 <a href="https://giveusashout.org/">https://giveusashout.org/</a>		Text Shout to 85258 to get help with any mental health issues you may have 24/7. Website with help and advice topics.
Mind	03001233393 <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>		Call 03001233393 Website with help and advice topics for those needing support or offering support.

**Go through all the sites in the table. If you have time, click the links in the second column.**

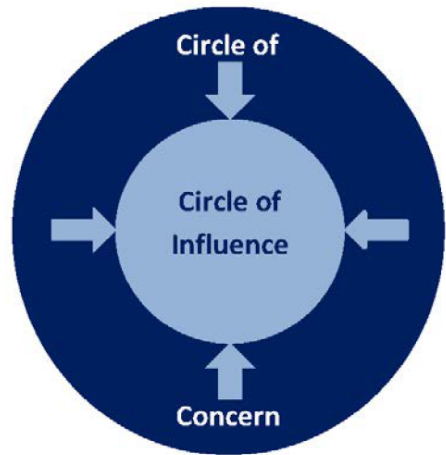


**Use the link below to take you to the top 10 tips for dealing with mental health issues. Click on each of the sections when on the website to be able to go into more detail.**

<https://www.mentalhealth.org.uk/publications/how-to-mental-health>

1. Talk about your feelings
2. Keep active
3. Eat well
4. Drink sensibly
5. Keep in touch with people
6. Ask for help
7. Take a break
8. Do something you are good at
9. Accept who you are
10. Care for others

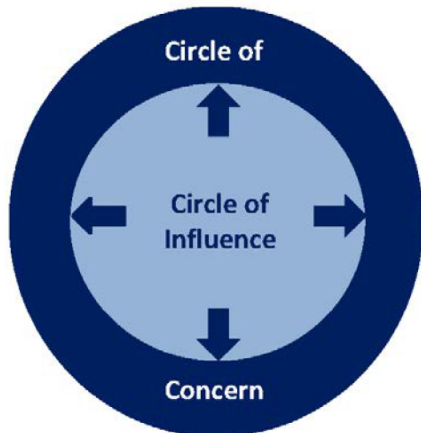
## Covey's Circle of Influence and Circle of Concern.



**Reactive Focus**  
Negative energy reduces Circle of Influence

The first is our circle of concern. This includes a whole range of things – weather, homework, exams, clothing, attitudes in society, the things your friends do. The actual list will depend on the individual, but the important thing to understand is that there may be little you can do about many of these things since they are outside your influence. Devoting energy on them may be a waste of time – the equivalent of shouting at the television or mobile phone – and time and energy once spent cannot be reused.

In the top diagram, our circle of influence will be much smaller. It includes the things we can do something about. The extent of this will obviously be related to your power – the Prime Minister or The Queen may have far more influence than you or me!



**Proactive Focus**  
Positive energy enlarges Circle of Influence

The key is to focus your energy on those things that you can influence – this will enable you to make effective changes. If you do this you will find in the bottom diagram your circle of influence starts to increase – others will see you as an effective person and you will start to feel in control of your destiny. Conversely, if all your energy goes into those things you cannot change your circle of influence will shrink. Not only will you drain your energy, other people may start to see you as unduly negative and critical.

Reactive people find their circle of influence shrinks, while proactive people find that it increases.