

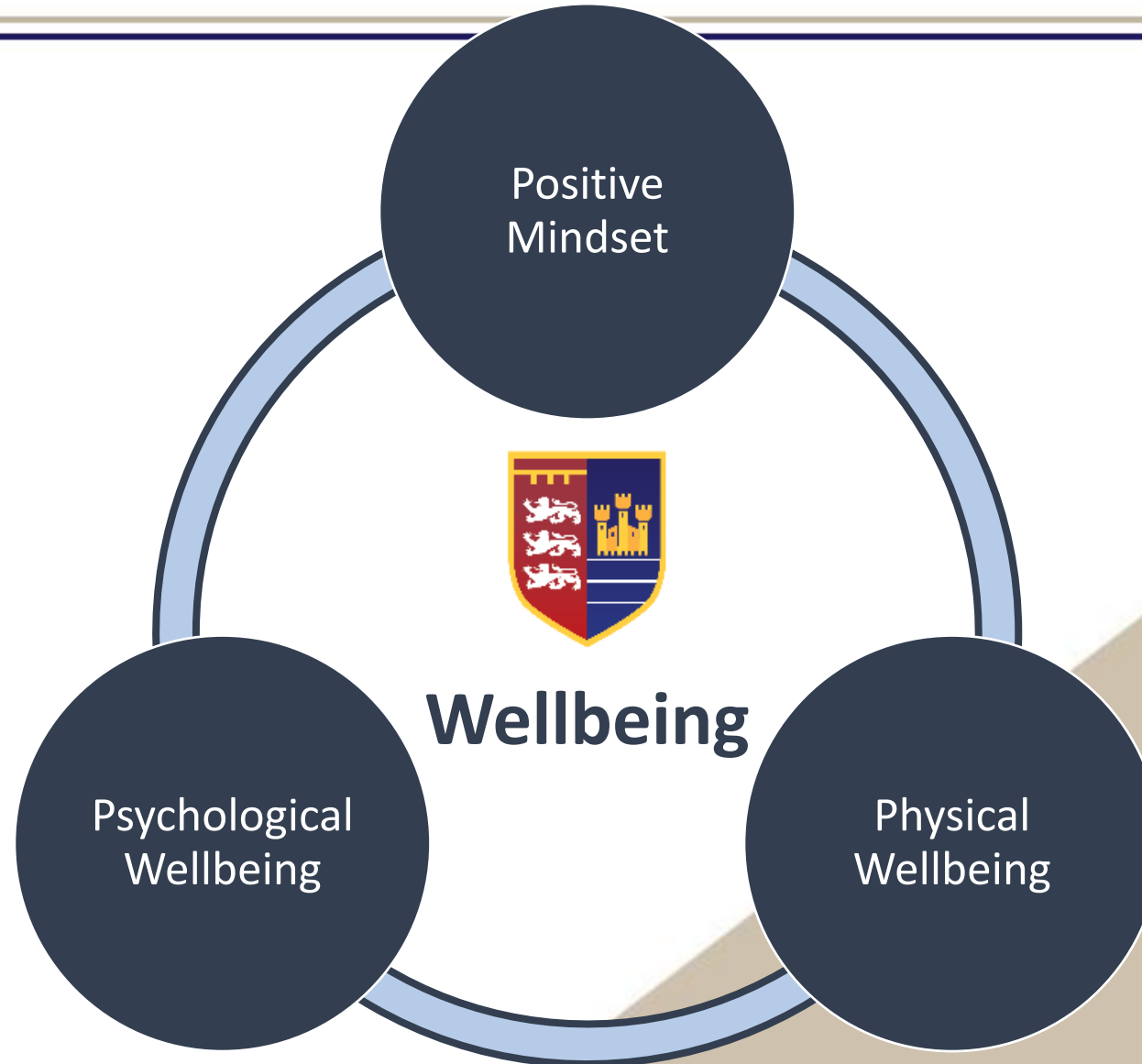
# Wellbeing

## February 2021

**Children's Mental Health Week**



# Wellbeing Wheels



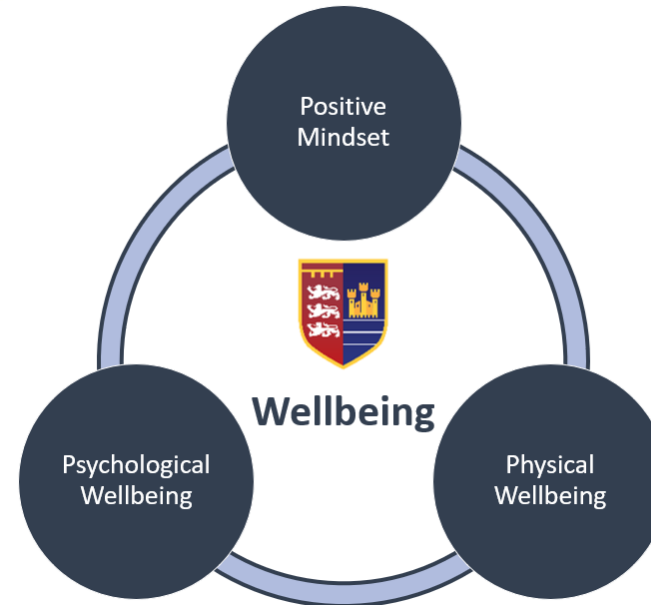


# Wellbeing Wheels



# Jamie Peacock

- 4 strands to wellbeing
  - Positive Mindset
  - Eat Well
  - Sleep Well
  - Exercise Regularly
- This is mainly the physical side of wellbeing
- All have a link to mental wellbeing
- Won't reduce some of the feelings that you have
- For this you need to understand your psychological system





# Our Feelings

- Anger
- Sadness
- Loneliness
- Isolated
- Peer Pressure
- Academic Pressure
- Anxiety
- Fear of failure
- Nervous
- Rejection
- Bullying
- Age
- Weight
- Size
- Appearance
- Money
- Depressed



# You are OK to feel the way you feel

- At that moment in time your thoughts are real... to you
  - To another person that thought may seem illogical
- How many times have you given advice to a friend only to not end up using that advice yourself when you felt the same way?
- How many times have you sat in your room and liked it then at other times you will dislike it? Same room, different thoughts.

*“Thought is not reality, yet it is through thought that our realities are created, it is what we as humans put into our thoughts that dictates what we think of life.”*

Sydney Banks



# Our thoughts do not define us

- We are guilty of fulfilling what we tell ourselves or what we get from our thoughts.
- How many of you say “I’m the sort of person who...”
- You are describing how you think you will behave and it is likely you will then do exactly that.



# Positive Mindset

- I'm worried about...
- This is where the positive mindset gets confused.
- Having a positive mindset helps you overcome and deal with worries.
- It isn't about saying – you'll be fine, grow up, deal with it...
- It is about looking at how to solve the issue.
- What is the cause of your feeling?
- Having a positive mindset allows you to control the feelings you have, they won't go away but you'll be able to deal with them more effectively because of your experiences.





# Psychological

- Break the word psychological down

## Pshyco

Mind

## Logical

Reasonable

Good judgement

Choice

# Psychological Immune System Vs Physical Immune System

- What do we do when we physically hurt ourselves?
- We ask for help
  - Plaster
  - Treatment
  - Parent
  - Doctor
- Most importantly and most regularly it is rest and time that heals us
- We don't poke and prod at what is hurting us...

# Psychological Immune System Vs Physical Immune System

- What do we do when we have psychological feelings that are hurting us?
  - Isolate
  - Stop talking
  - Refuse advice
  - Keep thinking about the problem and poke and prod at our minds
- What heals us physically will also heal us psychologically
- We need time to be logical and not opening up the wound



# Sydney Banks

*“Thought is not reality, yet it is through thought that our realities are created, it is what we as humans put into our thoughts that dictates what we think of life.”*

*“If the only thing people learned was not to be afraid of their experience, that alone would change the world.”*