

# Supporting Our Mental Health and Wellbeing

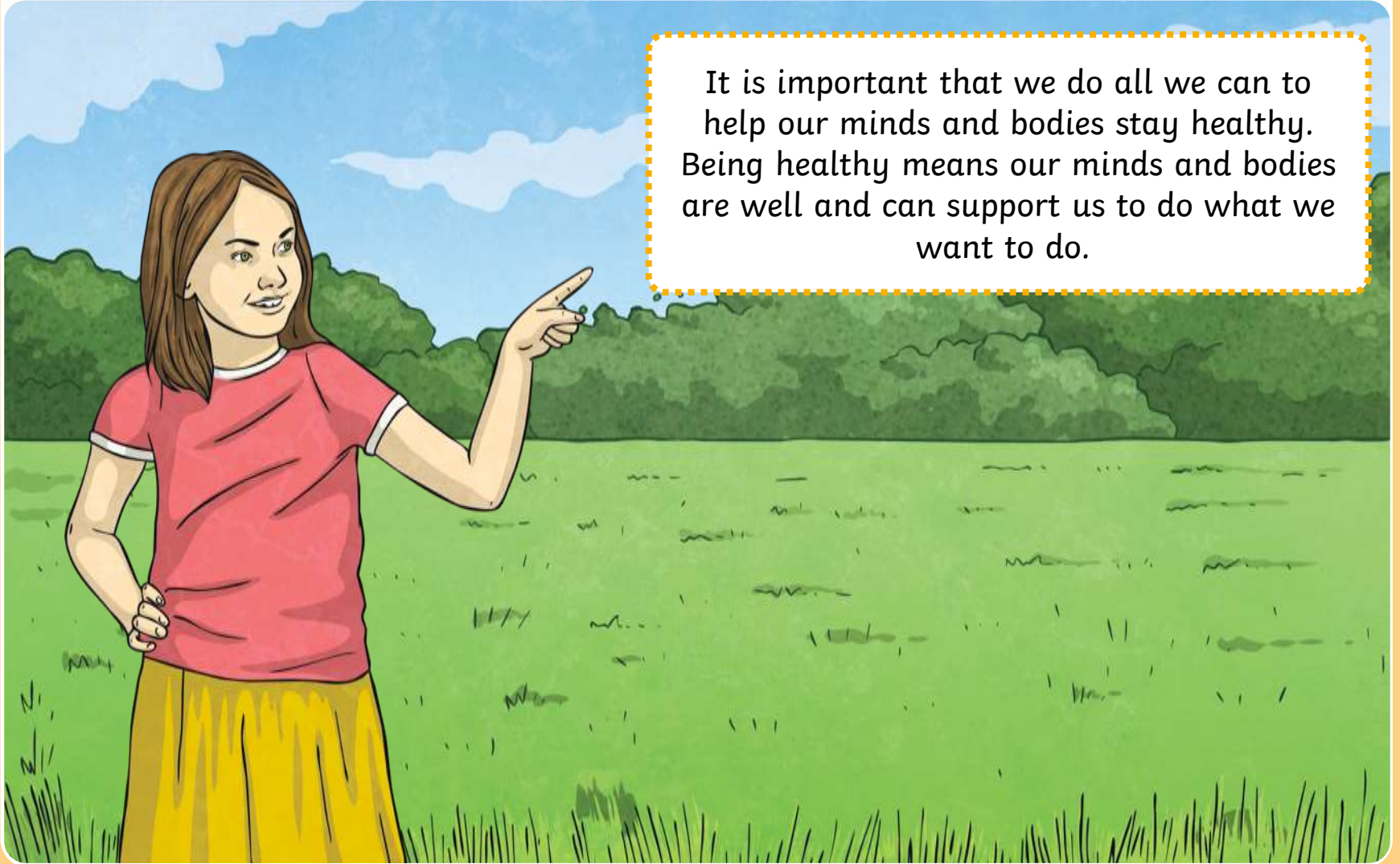
# What is Mental Health and Wellbeing?

Thinking about our mental health and wellbeing means how we are doing and how we feel about ourselves. This can be thought of as how comfortable and healthy we feel.

It means that we do things that make us feel good and have a sense of purpose and engagement. Our mental health and wellbeing can affect how we behave, how we act towards others and how we cope with what is going on around us.

# What is Mental Health and Wellbeing?

It is important that we do all we can to help our minds and bodies stay healthy. Being healthy means our minds and bodies are well and can support us to do what we want to do.



# What is Mental Health and Wellbeing?

This is helped by trying to make choices that keep us physically healthy, such as:

getting enough sleep;

being active;

eating a balanced diet;

practising self-care and good hygiene;

maintaining good oral hygiene;

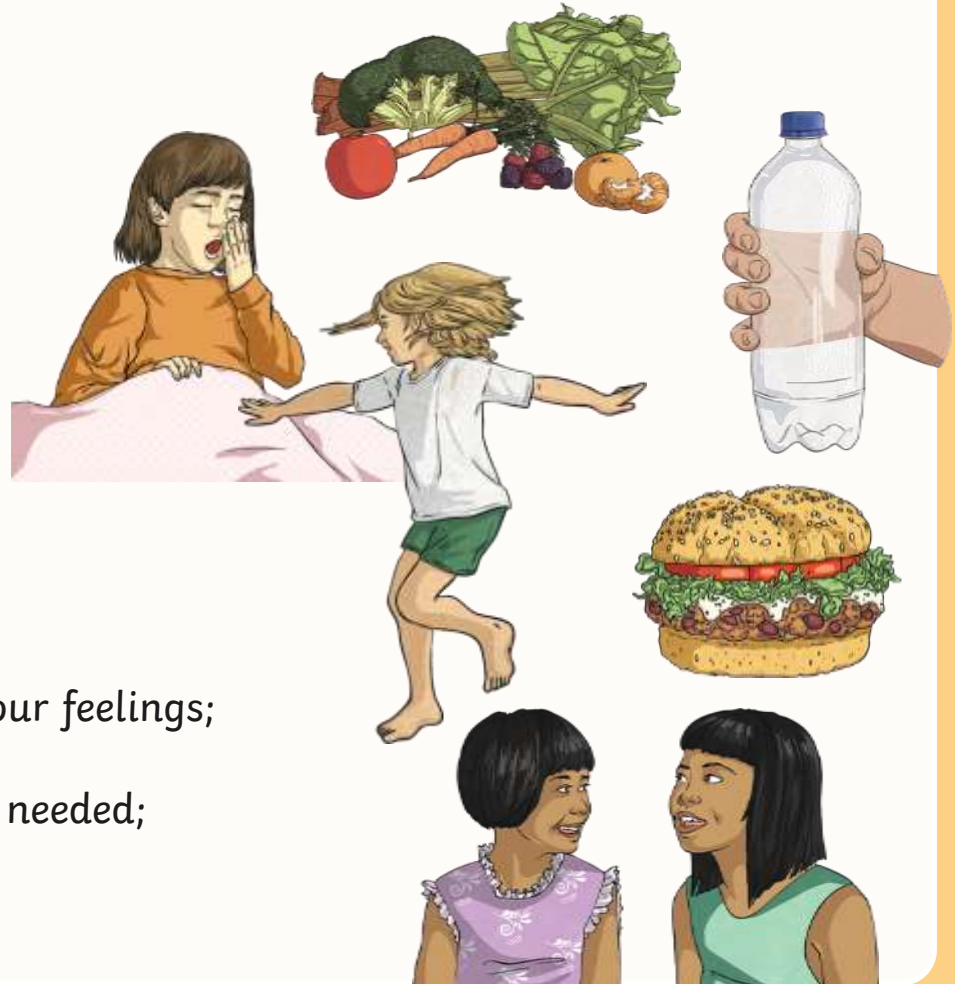
staying safe in the sun.



# What is Mental Health and Wellbeing?

There are many ways we can support our own mental health and wellbeing. These include:

- exercising;
- eating a balanced diet;
- drinking plenty of water;
- getting enough sleep;
- practising good self-care;
- being kind to ourselves;
- talking to people we trust about our feelings;
- asking for help when we feel it is needed;



# What is Mental Health and Wellbeing?

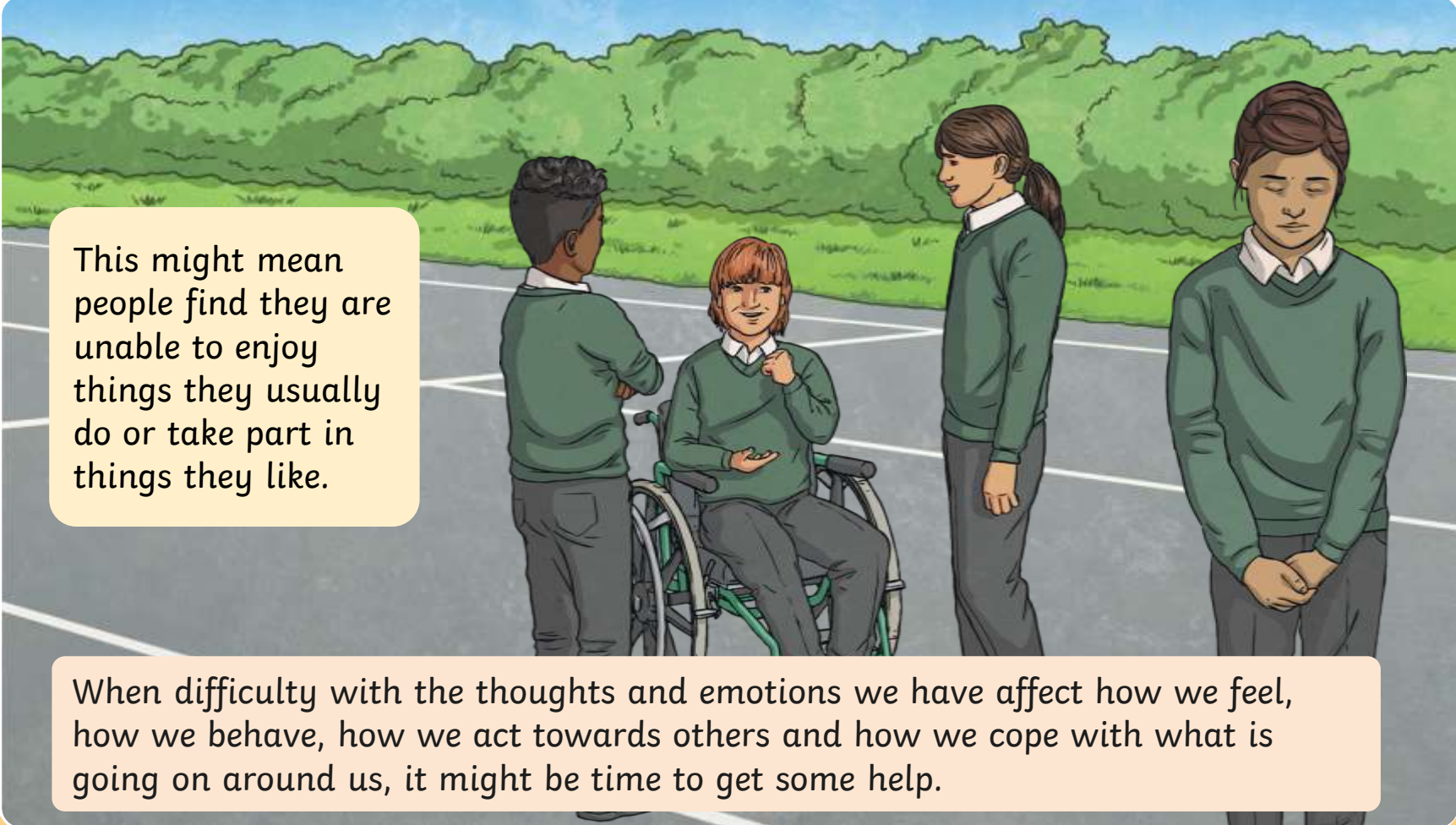
There are many ways we can support our own mental health and wellbeing. These include:

- having some calm, quiet time each day;
- spending time doing things we enjoy;
- spending time outside;
- being creative;
- spending time with people who make us smile;
- being kind to others;
- reminding ourselves of our strengths and attributes;
- limiting time on devices (e.g. watching tv, or on social media).



# When We Might Need Help

Sometimes, people have times when they struggle with their mental health.



This might mean people find they are unable to enjoy things they usually do or take part in things they like.

When difficulty with the thoughts and emotions we have affect how we feel, how we behave, how we act towards others and how we cope with what is going on around us, it might be time to get some help.

# When We Might Need Help

It is important to speak to trusted adults if we feel worried about thoughts, emotions or our mental health. Signs that we may need support might include that we:





# When We Might Need Help

It is important to speak to trusted adults if we feel worried about thoughts, emotions or our mental health. Signs that we may need support might include that we:

lack energy;

are less interested in things that we usually like;

avoid spending time with family and friends;

feel that we are not doing well and feel useless;

have difficulty sleeping or feel we are sleeping too much;

have noticeable changes in our appetite;

have sudden angry or irritable outbursts;

feel anxious and that we are worrying a lot.

# People We Can Talk To:

There are many people around us who we can speak to if we are worried about thoughts, feelings or emotions. These might include:

teachers

adults at school

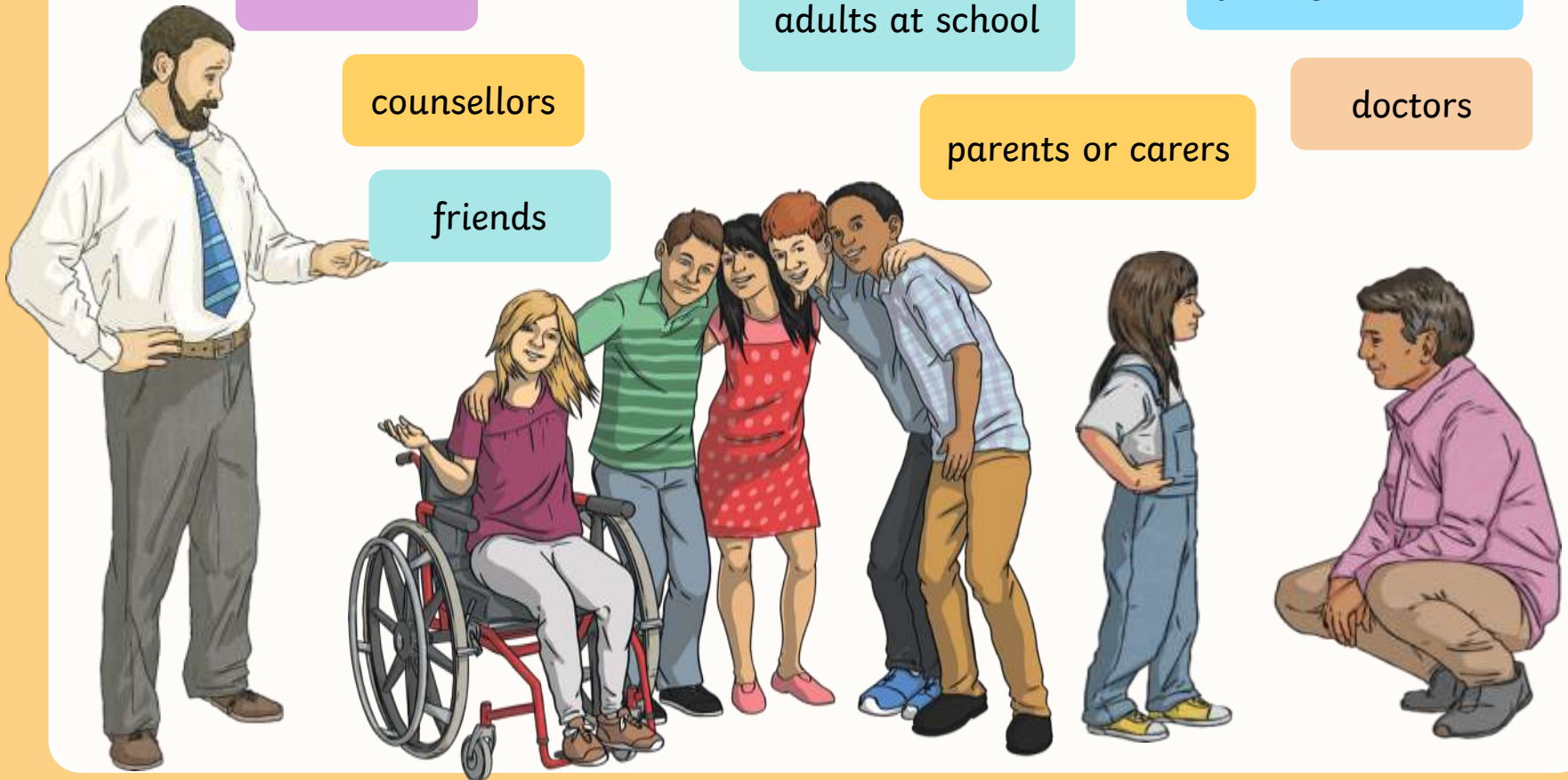
family members

counsellors

doctors

parents or carers

friends



# People We Can Talk To:

Remember, you are not alone. However you are feeling, there are people who can help.

