

Year 10 CPR Home Learning: Mental Health and Emotional Wellbeing

In your CPR lessons, you have been thinking about Mental Health. The aim of this home learning is to bring together and build on what you have learnt so far. You will need to do research for the tasks. It is important that you are careful with how you go about this.

Here are some good websites to use:

<https://youngminds.org.uk/find-help/conditions/>

NHS Website

Mind

Task 1: Stress

Research the causes of stress. Describe at least 3 causes of stress and explain why each of these might result in stress for an individual.

Research the possible effects of stress. List the **symptoms** and **descriptions of effects**.

Research how stress can be managed. Describe at least three stress management techniques and explain how each may be of benefit.

Task 2: Prejudice

Research what prejudice means. Define what is meant by 'prejudice' and describe four forms of prejudice.

Explain three causes of prejudice and three consequences of prejudice, using examples.

How might a person experiencing prejudice against them lead to them having mental health issues?

Task 3: Equal opportunities

Explain what is meant by 'equal opportunities' and describe three instances of equal opportunities either being provided or being denied. What might the impact be on the individual's mental health if they are denied equal opportunities?

Task 4: Mindfulness

Research some mindfulness techniques. You could try some of these out whilst at home (e.g. meditation, colourings, apps). How might practicing mindfulness help someone who is experiencing mental health difficulties?