

# PSHE Mental Health

In this unit of work, we will learn...

- how mental and physical health are linked
- how positive friendships and being involved in activities such as clubs and community groups support wellbeing
- that habits can be healthy or unhealthy; strategies to help change or break an unhealthy habit or take up a new healthy one
- how to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside school
- that health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on
- that anyone can experience mental ill-health and to discuss concerns with a trusted adult
- that mental health difficulties can usually be resolved or managed with the right strategies and support

## Vocabulary

Mental and Physical Health  
Relationships  
Balanced lifestyle  
Screen Time  
Counselling  
Signs of Wellbeing



Anger

Anxiety

Panic Attacks

Depression

