

Building resilience, promoting wellbeing



Mental health

A photograph of two young girls hugging outdoors. The girl on the left has long, wavy reddish-blonde hair and is wearing a light blue denim jacket. She is smiling broadly, showing her teeth. The girl on the right has short, straight blonde hair and is wearing a white, fluffy, textured jacket. She is also smiling and has her arms around the first girl. The background is a blurred natural setting with green foliage and some yellow leaves on the ground.

We all have mental health.

Mental health relates to how we think, feel, behave and interact with other people.

Just as we can develop problems with our physical health, mental health problems will be experienced by many of us over the course of our lives.



Not all mental health is preventable. But there are some things we can do to look after our mental health, for example, promoting **mental wellbeing** and building **resilience**

Wellbeing

This week, you will be focusing on completing activities that will help develop your mental, as well as your physical, wellbeing.

How would you define wellbeing?



The World Health Organisation defines wellbeing as:

'a state of mind in which an individual is able to realise his or her own abilities, cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.'

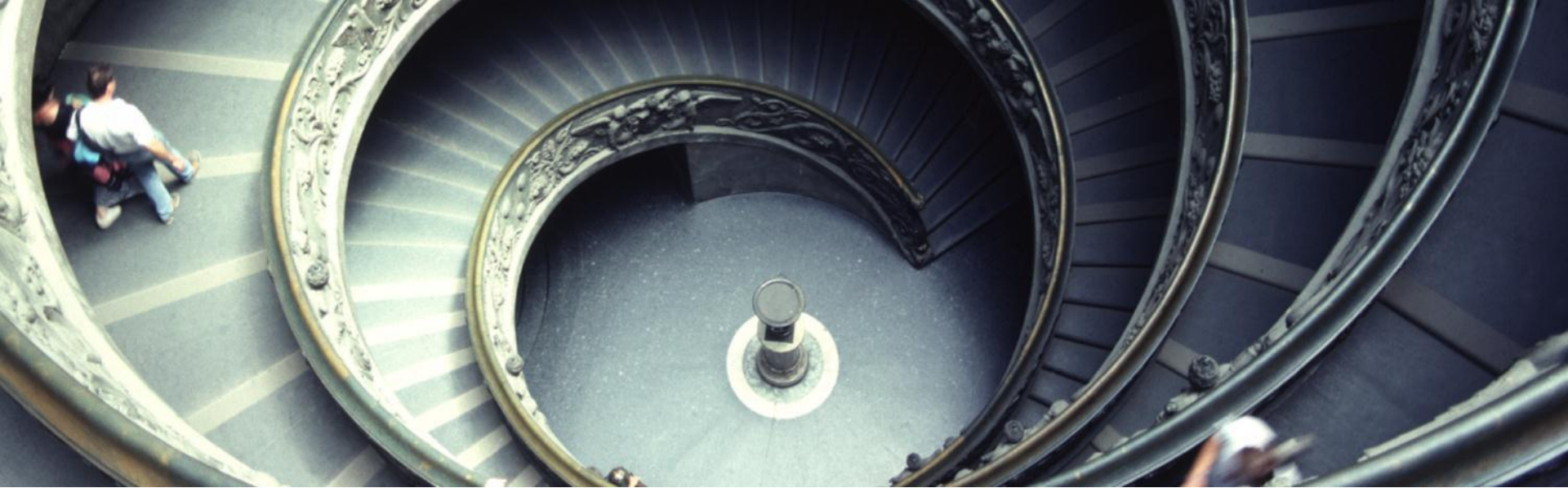
Wellbeing is made up of two key parts:

1. Feeling good

2. Functioning well

An aerial, top-down view of a large crowd of people walking on a light-colored wooden floor. The people are scattered across the frame, some in small groups and some alone, moving in various directions. The perspective is from directly above, showing the tops of heads and the flow of the crowd.

What kinds of things contribute to your own sense of mental wellbeing?



Resilience

Resilience is the ability to cope with life's challenges and to be able to adapt to difficulties.

Your levels of resilience can change over the course of your life.

Why are wellbeing and resilience important?

Resilience is important because it can help to protect against the development of some mental health problems.

Resilience helps us to maintain our wellbeing in difficult circumstances.

Improving wellbeing

There are a whole range of ways that we can improve our wellbeing and resilience.

Health organisations have set out **five things** that we can all do to **improve our wellbeing....**



Connect...

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community.

Building these connections will support and enrich you every day.

You will be completing some activities that will help you to make connections with your teachers, your class and yourself!



Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness. This week you will be completing a daily mile, some outside creative art, PE and games sessions... There will be lot's of activities going on!

Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to school, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Each day, you will have a 'time to take notice' session, where you can quietly reflect about the day... This can be done through words and drawings...



Give...

Do something nice for a friend, or a family member. Thank someone. Smile. Volunteer your time. Often when you help someone else, it makes you feel better.

You will be creating a new resource for playtimes – a Random Acts of Kindness box, that can be used to 'give' people a boost!





Keep learning...

Try something new. Rediscover an old interest. Learn to play an instrument or how to cook new foods. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

This week you will be completing lots of activities that you may not have tried before!

We hope you enjoy the coming week!
You may not find all of the activities that are taking place suit you but you can
delight in trying all of them!
Being resilient means that we are not afraid to F.A.I.L!
Enjoy having a go!

