

Make sure your Learning Pack is out.
Copy the Title & Date below.
Underline title & date with a ruler
Start the Do Now task

Wednesday 10th May 2023

Taking Care of your Mental Wellbeing

Learning Question: What are some of the most important ways to take care of your mental wellbeing?

Literacy Focus

- ✓ Write in full sentences.
- ✓ Use keywords in your work.
- ✓ Substantiate your answers with reasons.

Do now: Complete recall quiz.

Recall & Review

1. Who can diagnose mental illness?
2. What are 3 of the most common mental health challenges people experience in the UK?
3. What are 3 ways to take care of your mental health?
4. What are 2 signs that someone is not coping?
5. Give 2 ways someone could get help for their mental health.

Confident on...	Need to revise...

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Learning Outcomes

- ❑ To describe some of the most important ways to take care of your mental health.
- ❑ To explain why certain factors may negatively affect someone's mental health.
- ❑ To explain how to recognise when you need to make changes to take care of your mental health.



Progress Check

- ❑ What are some of the most important ways to take care of your mental health?
 - ❑ Why may certain factors negatively affect someone's mental health?
- ❑ What are some signs that you need to make changes to take care of your mental health?



Unlocking vocabulary:

Self-Care

Create

Write the word in your own sentence

Discuss

Why does self-care need to consider your physical, mental AND emotional health?

Define

One of his approaches to self-care was going for a run when he felt stressed and overwhelmed.

Write down dictionary definition

A conscious act a person takes in order to promote their own physical, mental, and emotional health.

Healthy Habits: Taking Care of your Mental Wellbeing

1. [How would you define self care?](#)
2. Is there just one way to do self-care? If not - why not?
3. Why is self-care important?
4. List all the different ways you hear mentioned of self-care.

**Why is self care important to be able to live out these values in our life?
Which value do you think it relates to most and why?**



Ambition



Respect



Resilience

Excellence for All

Create your own Self Care Menu

So...what do you need to get through every day?

What do you need to get through difficult, challenging days or weeks?

Physical Self Care

- Are you getting adequate sleep?
- Is your diet fueling your body well?
- Are you taking charge of your health?
- Are you getting enough exercise?

Social Self Care

- Are you getting enough face-to-face time with your friends?
- What are you doing to develop/ improve your relationships with friends and family?

Mental Self Care

- Are you making enough time for activities that mentally stimulate you?
- Are you doing proactive things to help you stay mentally healthy?

Spiritual Self Care

- What questions do you ask yourself about your life and experience?
- Are you engaging in spiritual practices that you find fulfilling?

Emotional Self Care

- Do you have healthy ways to process your emotions?
- Do you incorporate activities into your life that help you feel recharged?

Your Self-Care Menu

1. **What are your main needs?**
2. **What are your main stressors?**
3. **What self-care strategies work for you?**

Types of Self-Care



verywell

Self Care Menu

- Visit a museum Or gallery
- Text a friend or Loved one
- Take pictures of things you love
- Do something kind For someone else
- Declutter your space or clean
- Find a new blog that speaks to you
- Play a game
- Write a to-do or goal list
- Read
- Browse (positive) social media
- Go out for a coffee or tea
- Create something
- Write or journal
- Budget

5 MIN SELF-CARE checklist

- TAKE A FEW DEEP BREATHS
- DRINK A GLASS OF WATER
- WRITE DOWN 7 THINGS YOU ARE GRATEFUL FOR
- LIGHT A CANDLE
- MAKE YOUR BED
- BRUSH YOUR HAIR
- GRAB A FACE MASK
- FIND FUNNY VIDEOS WITH CUTE ALPACAS
- LISTEN TO YOUR FAVOURITE SONG
- DO SOME STRETCHES
- TAKE A QUICK SHOWER
- SPEND 5 MIN ORGANISING
- WRITE DOWN YOUR GOALS

self care MENU

- MEDITATION
- read a book
- DO MY NAILS
- Candle
- hug Pups
- TAKE A BATH
- be Crafty
- LISTEN MUSIC
- TEA
- Go to bed
- NEW SHEETS
- buy something
- buy a ice Coffee
- DRAW SOMETHING
- buy flowers
- TURN OFF PHONE
- TAKE A PHOTO
- do yoga
- PINTEREST
- lay in sun
- bring out loud
- WALK DOGS
- spin/cycle
- SAUNA
- eat something yum

self care for BAD DAYS

- warm bath
- Look at the big picture
- reach out
- cuddles
- take a walk
- validate feelings
- get crafty
- treat yo self
- take a nap

@theself_carekit

Look at these self-care menus - there is no right or wrong; it has to be something which works for you. Create your own!



Progress Check

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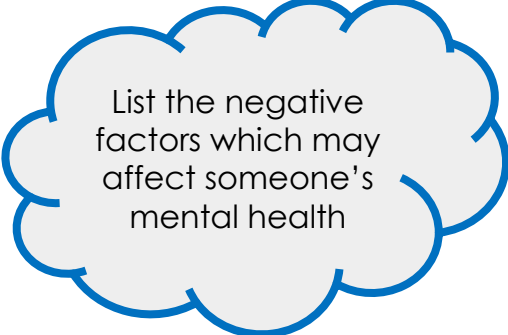


Negative Factors: How can they affect mental health?

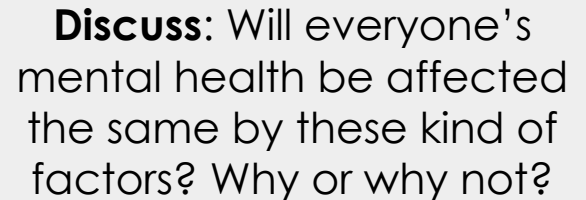
Some examples are:

- Loneliness
- Lack of sleep
- Feeling isolated
- Bullying
- Family stressors
- [Social media](#)

Can you explain how each of these might affect someone's mental health?

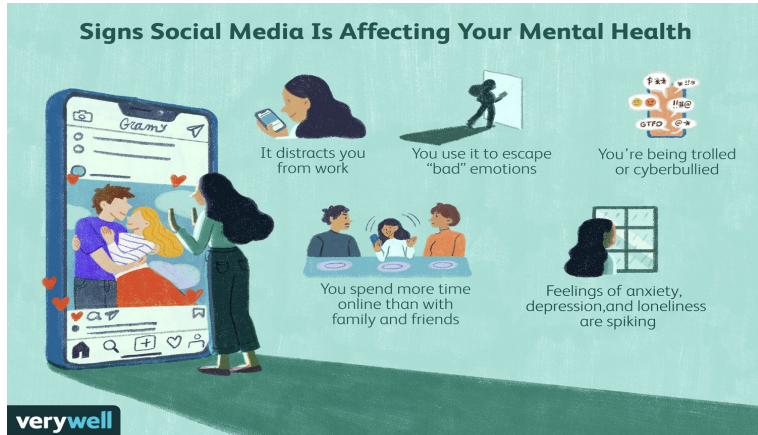


List the negative factors which may affect someone's mental health



Discuss: Will everyone's mental health be affected the same by these kind of factors? Why or why not?

What are some signs you might need to make some changes?



Video 1:
Click [here](#).

Video 2:
Click [here](#).



Know the five signs.



Personality changed?



Agitated?



Withdrawn?



Poor self-care?



Hopeless?

Read the following scenarios and decide what advice you would give to a friend in this situation.

Scenario	How do you think they might be feeling?	What advice would you give them?	Why?
<p>Iram is usually outgoing and quite a happy person. She has become quiet, withdrawn and stopped spending time with her friends and family apart from speaking to her friends on line.</p>			
<p>Harry is usually calm and chilled out; however he has recently lost his temper with you over something really small. He keeps shouting at his mum and has been in trouble a lot at school.</p>			
<p>Kyrha has stopped eating lunch with you; she doesn't seem to have any friends. She has stopped making an effort with her appearance and isn't sleeping.</p>			
<p>Hasma has had really low mood for months; she isn't herself and doesn't seem interested in anything. She has started talking a lot about suicide and hurting herself. She says she is worthless.</p>			

Remember if you or a friend are struggling with your mental health:

Tell a teacher or the DSL.

Speak to an adult you trust at home.

Talk to your HoY about seeing the Mental Health Support Team

Talk to a friend you trust about how you are feeling.

Book an appointment with your GP or in an emergency call: First Response

Use Kooth online or phone Childline.



Kooth is an online and
confidential service
giving help and advice
about emotional health
kooth.com

The Kooth logo consists of the word "kooth" in a bold, lowercase, sans-serif font. The two 'o's are replaced by stylized faces with large eyes and small mouths, one above the other.



Call:
0800 952 1181

If you need urgent
mental health support,
call First Response:

0800 952 1181