



# *Mental Health Awareness Training*

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## ***What is Mental Health?***

*'... the emotional and spiritual resilience which allows us to enjoy life and survive pain, disappointment and sadness. It is a positive sense of well-being and an underlying belief in our own, and others', dignity and worth.'*

***Health Education Authority 1997***



# *What is Mental Health?*



Being able to:

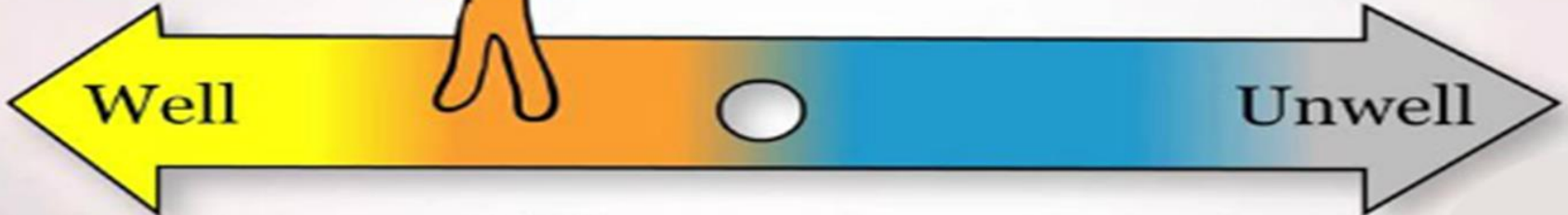
- Develop psychologically, emotionally, intellectually and spiritually
- Initiate, develop and sustain mutually satisfying personal relationships
- Use and enjoy solitude
- Become aware of others and empathise with them
- Play and learn
- Develop a sense of right and wrong
- Resolve problems and setbacks and learn from them

*Mental Health Foundation 1999*



# What is Mental Health?

## Mental Health



Well

Productive  
Energetic  
Coping well  
Sleeping well

Irritable  
Overwhelmed  
Worried  
Forgetful

Angry  
Panicky  
Fatigued  
Restless

Unwell

Aggressive  
Withdrawn  
Depressed  
Anxious

## 5 Ways to Mental Well-being





## ***Early Signs and Symptoms (1)***

- Tiredness and change in sleep routine
- Change in appetite / extreme weight gain or loss
- Lack of concentration
- Physical symptoms – headaches, shaking, jumpy, sickness
- Perfectionist behaviour
- Withdrawal





## ***Early Signs and Symptoms (2)***

- Anger or 'bad' behaviour
- Hopelessness for future
- At school – change in grades, decline in attendance and engagement in class discussions, irritable with friends, spends more time on their own
- Increase in risk-taking behaviour
- Paranoid thinking





# Signs and Symptoms – do we notice?

Stand Up Kid [https://youtu.be/SE5Ip60\\_HJk](https://youtu.be/SE5Ip60_HJk)







## *Mental Health First Aid*

- What works for us?
- Think of a time you recovered from something – note 3 things that helped



## ***Mental Health First Aid***



- Daylight
- Avoiding caffeine drinks
- Healthy diet
- Good sleep habits
- Confronting fears
- Gratitude journal
- Controlled breathing exercises
- Enable the young person to get appropriate help



## What is Mindfulness?

According to Jon Kabat-Zinn, mindfulness is paying attention in a particular way, on purpose, in a present moment and non-judgmentally.

Mindfulness also involves acceptance. This means paying attention to thoughts and feelings without judging or reacting to them.

When you're mindful, there is no "right" or "wrong" way to think or feel in a particular moment.



www.gozen.com

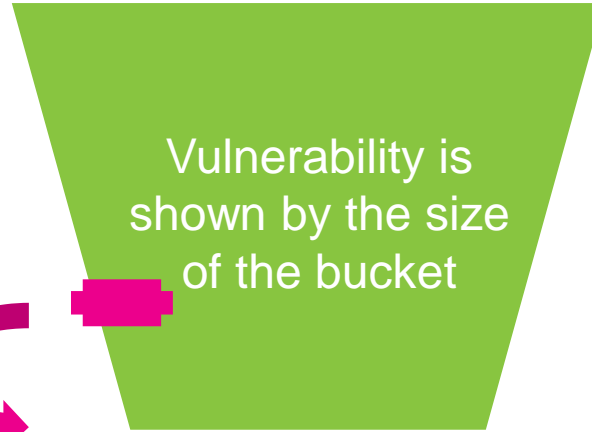
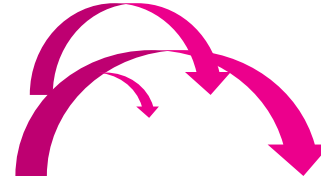
<https://www.youtube.com/watch?v=iBpEYa74w2Y>

Care • Well-being • Partnership





Stress flows into the bucket



Vulnerability is shown by the size of the bucket

If the bucket overflows, problems develop - "snapping"

Source:  
Brabban & Turkington, 2002



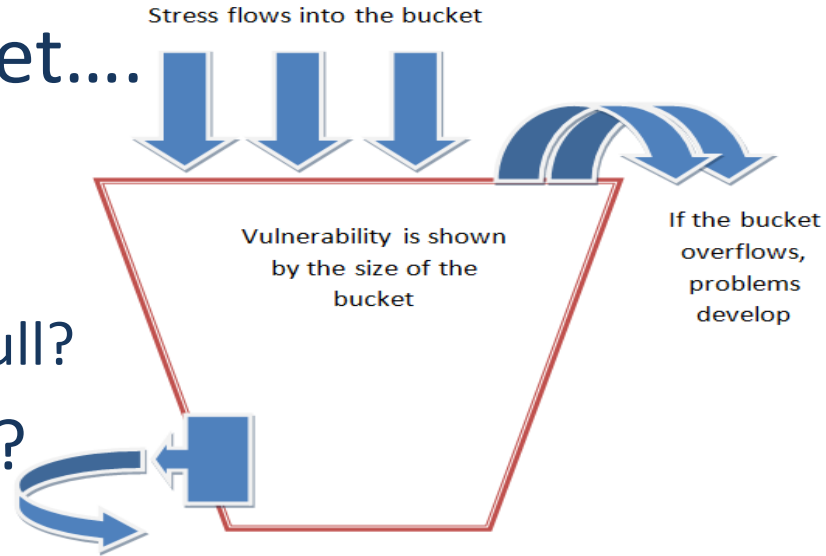
Helpful coping strategies = tap working, lets the stress out

Unhelpful coping strategies = tap blocked, so water fills bucket and overflows



## Group discussion

- Think about your own bucket....
  - What stressors pour in?
  - How do I cope?
  - How do I know when it's nearly full?
  - What happens when it overflows?



**Good coping**= Tap working, lets the stress out.

**Bad coping**= Tap not working, so water fills bucket and overflows.