

Positive Mental Health



Healthy Bodies



Being healthy means that our body and our mind are in good condition and that we feel well.

What can we do to help our body to be healthy, be in good condition and feel well?



Healthy Bodies



Why do you think it is important to make choices and take actions to keep our bodies healthy?

It is important to make healthy choices so our body works as well as it can.

Doing all we can to keep our body healthy can help us to feel happy too.



Healthy Minds

Mental health is all about how we are feeling and the thoughts we are having. It can affect how we behave and the choices we make.



Just like with our body, it is important we do things to help our minds to be healthy, be in good condition and feel well.

Healthy Minds

What can we do to help our minds be healthy?

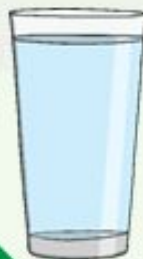
We can keep active.

We can eat healthily.

We can drink enough water.

We can ask for help if something is troubling us.

We can make sure we have time each day when we can be calm and quiet.



Healthy Minds

We can spend time each day doing something we love.

We can spend time outside.

We can be creative.

We can help others.

We can make sure we get enough sleep.

We can spend time with people who make us smile.

We can remember we are special just the way we are.



Healthy Minds



Sometimes, just like our body, our mind doesn't feel well. We might feel very worried, frightened or extremely sad. We might have thoughts which feel uncomfortable and that make us behave in a way that hurts ourselves or others.

Positive mental health is not about being happy all of the time. It is about feeling well, being able to enjoy life and knowing what to do if we have troubling thoughts and feelings.

If you are feeling worried or sad, talking to someone you trust is a good place to start.



Taking Positive Action

There are lots of things we can do to keep our minds healthy and to help us cope and feel better when we have uncomfortable thoughts and feelings.

Beatrice wishes she was more like her friends.



Remember you are special just the way you are.



Rochelle is feeling cross. She has been watching TV all day.



Play outside with people who make you smile.



Junaid feels really sad inside.



Ask someone you trust for help.



Simon has had a very busy, noisy day and is feeling stressed.



Do something calm and quiet.



Sasha is feeling very grumpy because she had a late night.



Go to bed on time.



Adnan is worried about having no one to play with.



Talk to someone you trust about how you are feeling.



WHAT'S IMPORTANT?

Psychologists think you worry less if you focus on the stuff you VALUE in life, more than your aims or goals. You can't fail at a value, or get it wrong, and thinking about what's important to you can help you make decisions and work out who you are.

HERE'S A LIST OF VALUES.
WHICH ONES MATTER MOST TO YOU?

Kindness

Be helpful and
compassionate
towards everyone

Independence

Support yourself, and
find your own way

Adventure

Explore, find,
and experience
new things

Justice

Be fair, and
aware of what is
right and wrong

Power

Influence
people
and be in
charge

Cooperation

Work well with
others, and bring
people together

Comedy

Find the funny side,
and make others laugh

Honesty

Be truthful and
open with yourself
and others

Trust

Be loyal
and reliable

Equality

Treat everyone as equals,
whoever they are

Skills

Improve and
develop your
talents and
abilities

Courage

Be brave, fight
negative things,
and keep going

Spirituality

Feel connected to big
ideas and beliefs

Creativity

Invent, design and make

Hard work

Be dedicated,
committed, and graft

Challenge

Make yourself do new
or difficult things

Curiosity

Discover, ask questions,
explore and learn

Taking Positive Action

It is important that we do all we can to look after our mental health.

Having a healthy mind can help us feel good on the inside and can help us do well in lots of different situations.

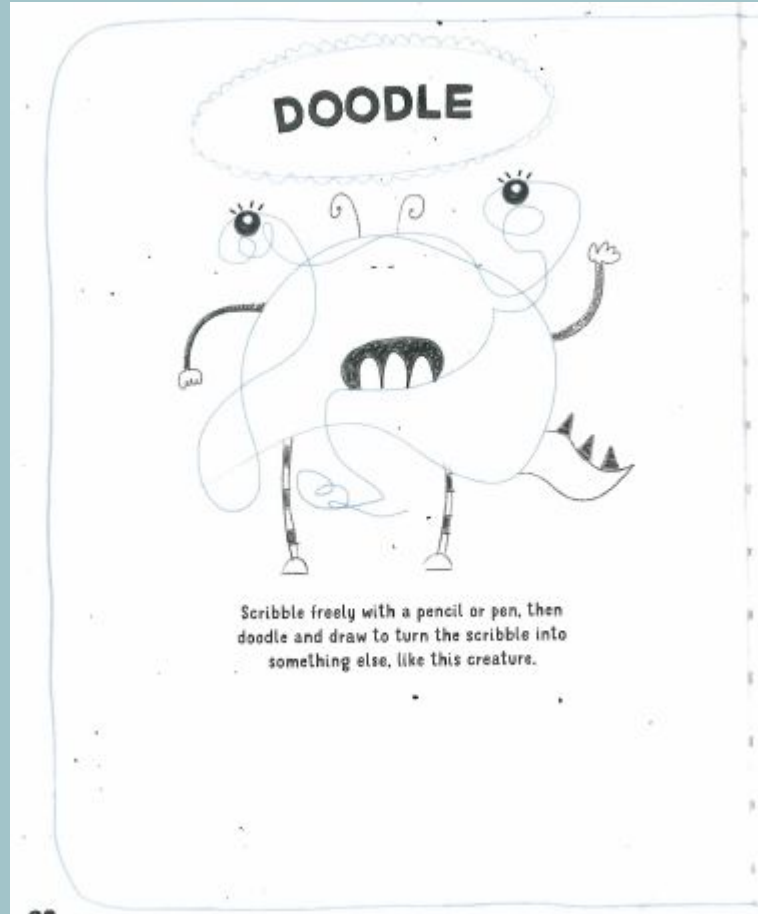
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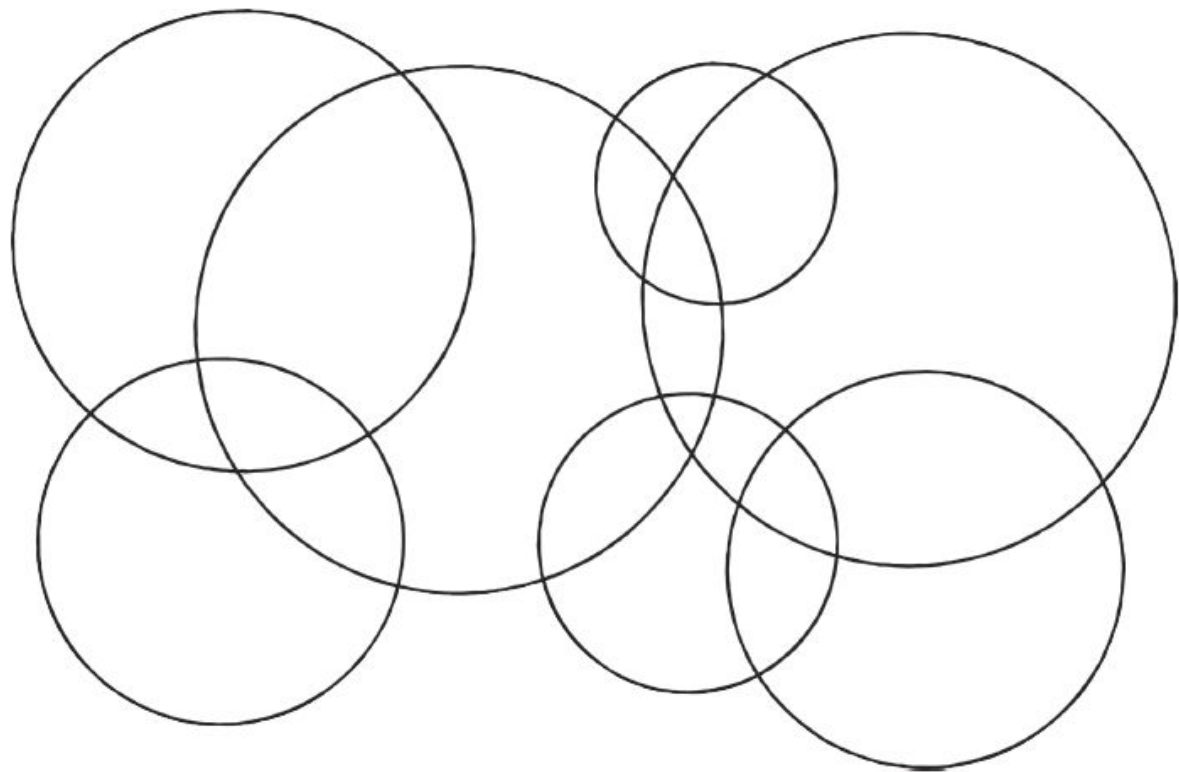
Everybody is different so an enjoyable or relaxing activity for one person might not be for another. So today you have a choice of mindfulness activities.

Pick one of the three activities on the next slides to do today (you can do more than one if you want!)

Send us a photo or a comment about what you did and how you got on.



Mindfulness Doodling





This is a 10 minute guided meditation on Cosmic Kids as part of the 'peace out' programme. There are lots to choose from - this is moon and stars.

They also have 'zen den' which is fab and the yoga adventures we have shared with you before.