



Mental health week

6th -12th February

Year 5 Wellbeing Champions

Mental health

Positive mental health

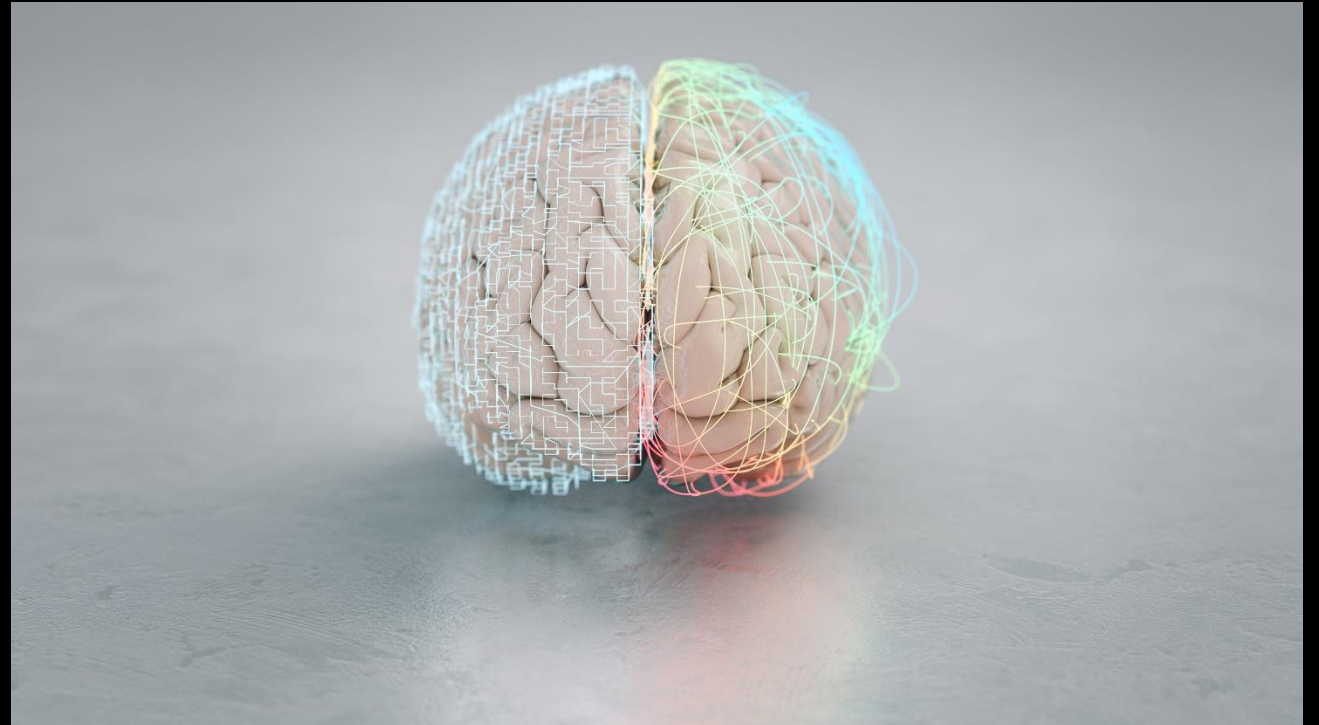
**To have positive mental health it means you have
a happy and healthy mind**

1 in 4 people will experience mental ill
health during their life.

We all experience positive and negative mental
health at times. When our negative thoughts
outweigh our positive thoughts that is when we
need to use strategies to improve our mental
health.

Negative mental health

**To have negative mental health means you are
stressed ,sad and possibly depressed**



EMOTIONS

- It is sometimes scary to share your emotions and how you are feeling but very important .
- Sharing your emotions can show trust and open communication to the person you are speaking to





Respecting other peoples feelings

- When somebody is upset or is going through a difficult time in their life we have to make sure we respect their feelings . If they ask to be alone leave them to have alone time in their own space. If they ask for comfort them make them feel comfortable.
- Listening non-judgmentally is the most important thing we can do.



**KEEP
ACTIVE**

**HOW TO KEEP YOUR
MENTAL WELLBEING
HEALTHY**



**Talk to
somebody**



Do mindfulness



**Be socialable-
connect with
others**

HOW DOES ADHD AFFECT YOUR MENTAL HEALTH

We know that if you have ADHD you're more likely to experience a mental health problem



Depression is when you feel sad and lonely this is quite a common condition . This is a condition that children over 11, or adults can have it is more common for adults though.

Sometimes we use the word depressed to describe an extreme low mood, this does not mean we have the condition depression.

ANXIETY

- Feeling tense, nervous or unable to relax. Having a sense of dread, or fearing the worst. Feeling like the world is speeding up or slowing down. Feeling like other people can see you're anxious and are looking at you.



NSPCC CAN HELP

- IF YOU ARE EXPERIENCING MENTAL HEALTH YOU CAN CALL 0808 800 5000**
- YOUR MENTAL HEALTH IS A VERY IMPORTANT PART OF YOUR LIFE.**



SLEEP AND YOUR IMMUNE SYSTEM

SLEEP HELPS IMPROVE YOUR IMMUNE SYSTEM. WHEN YOU SLEEP YOUR WORRIES FROM THAT DAY WASH AWAY. THE AVERAGE AMOUNT OF SLEEP FOR A BABY IS 8-16 HOURS. THE AVERAGE AMOUNT FOR A CHILD IS 8-14 HOURS. THE AVERAGE FOR AN ADULT IS 6-8 HOURS



NEURODIVERSITY

**NEURODIVERSE BRAINS WORK DIFFERENTLY
TO THE AVERAGE BRAIN THAT IS REFERRED
AS NEUROTYPICAL. MANY PEOPLE WITH
NEURODIVERGENT CONDITIONS ARE MOST
AT RISK OF NEGATIVE MENTAL HEALTH AND
POOR MENTAL WELLBEING**

Strategies to help

- Breathing techniques
- Grounding techniques
- Mindfulness
- Visualisations
- Practising gratitude

