

PCSHE Year 10 - Topic 2 – Emotional Wellbeing and Mental Health

KPI1: Key Definitions

- **Mental Health:** The capacity to live a full, productive life as well as the flexibility to deal with its ups and downs. In children and young people, it is especially about the capacity to learn, enjoy friendships, to meet challenges, to develop talents and capabilities.
- **Mental Wellbeing:** your mental state – how you are feeling and how well you can cope with day-to-day life.
- **Stigma:** Stigma is when someone sees you in a negative way because of your mental illness.
- **Discrimination:** Discrimination is when someone treats you in a negative way because of your mental illness.
- **Body Image:** Body image refers to a person's perception (*understanding*), thoughts, and feelings about their own body. It includes how individuals perceive (*view*) their physical appearance, weight, size, and overall attractiveness. Body image can be influenced by societal standards (*society beliefs*), the media (*TV, social media*), and personal experiences, and it can greatly impact a person's self-esteem and mental well-being.
- **Mindfulness:** Mindfulness is a mental state of being fully present and aware of the current moment without judgment. It involves intentionally paying attention to one's thoughts, feelings, bodily sensations, and the surrounding environment. Practicing mindfulness helps individuals create a greater sense of clarity (*understanding*), calmness, and self-awareness, promoting overall well-being and reducing stress.
- **Bereavement:** Bereavement refers to the period of mourning and grief that follows the death of a loved one. It involves experiencing and processing the emotional, psychological, and social impact of the loss. Bereavement is a natural response to loss and can involve various emotions, such as sadness, anger, confusion, and loneliness. It is a personal and unique experience that requires time and support to navigate.
- **Emotional Resilience:** Emotional resilience refers to a person's ability to adapt and bounce back from challenges, or stressful situations. It involves having the capacity (*ability*) to effectively manage emotions, cope with setbacks, and maintain a positive outlook in the face of difficulties. Emotional resilience allows individuals to maintain their well-being, persevere through tough times, and recover from setbacks more easily.

KPI2: Everyone is different and what affects someone's mental wellbeing won't necessarily affect others in the same way. Everyone will have times when they have low mental wellbeing, where they feel stressed, upset or find it difficult to cope. Common life events that can affect your mental wellbeing include:

- loss or bereavement
- loneliness
- relationship problems
- issues at work
- worry about money

Other influences upon someone's mental health can include factors such as social media, body image, and substances. However, there are times when there is no discernible reason for the way a person feels which can be extremely frustrating.

KPI 3: Strategies to promote emotional wellbeing and positive mental health

- Relaxation techniques like mindfulness and deep breathing
- Following interest in hobbies that provide enjoyable distractions
- Keeping active by walking, cycling, swimming or by doing another favourite sport
- Getting outside into nature
- Spending time with friends and family
- Getting plenty of good quality sleep
- Doing dedicated exercises intended to promote relaxation e.g. yoga
- Online mindfulness, stress and anxiety apps
- Asking for help from teachers, family, friends or online support when things get a bit much
- Set Realistic Goals: Set achievable goals and break them down into smaller, manageable steps. Celebrate accomplishments along the way, which helps to boost self-confidence and motivation.
- Take Breaks and Practice Relaxation: Incorporate regular breaks and relaxation into your daily routine. Engage in activities like listening to music, reading, taking walks in nature, or engaging in hobbies to relax and recharge.

Remember, everyone's needs and preferences are unique. It's essential to explore and find strategies that work best for you and prioritize self-care and mental well-being as a lifelong practice.

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KPI4: Types of Mental Health Problems	What is it?	Potential Signs	Strategies and Treatments	If you need any support...
Depression	It's a feeling of low mood that lasts for a long time and affects her everyday life. It can make you feel hopeless, despairing, guilty, worthless, unmotivated and exhausted. It can affect herself esteem, sleep, appetite, sex drive and your physical health.	<ul style="list-style-type: none"> - Feels like something is 'missing'. - Feel like you cannot cope - Withdrawn, pulling out of activities 	Medication – can provide relief while building other support strategies Cognitive behavioral therapy – practical techniques Activities – Photography and going for a walk Sport/physical exercise	If you need any support... Home/school support: Friends, teachers, tutor, parents/carer, Mr Ogden, Mrs Jones, Mrs Loveridge, Mrs Jones, Mr Hayward. Reputable Organisation: <ul style="list-style-type: none"> - Young Minds – www.youngminds.org.uk - Young Minds CRISIS MESSANGER: Text YM to 85258 - Childline – www.childline.org.uk Phone: 0800 1111 - Samaritans – www.Samaritans.org Phone: 11612 - Young Mind Matters – Text 07480635723 - Kooth – Kooth.com - TIC+ - online text chat – 07977334433 - Self-Harm Helpline Rethink Gloucestershire – webchat: www.gloucestershireselfharm.org Text: 07537410022 Phone: 0808 8010606
Anxiety	What we feel when we are worried, tense or afraid – particularly about things that are about to happen , or which we think could happen in the future. Occasional anxiety is a normal human experience. But if your feelings are anxiety are very strong, or last for a long time, they can be overwhelming. You might also experience physical symptoms such as sleep problems and panic attacks.	<ul style="list-style-type: none"> - Physical symptoms e.g. shaking, heart palpitations, pins and needles, stomach pains - Withdrawn - Seeking reassurance - Perfectionism - Can be linked with depression 	<ul style="list-style-type: none"> - Cognitive behavioral therapy - Yoga and Pilates - Meditation - Diary to reassure that things will pass - Small steps to build confidence - Talking to friends and family - Avoiding researching physical symptoms as this can make things worse. 	Self-help apps: <ul style="list-style-type: none"> - Calm Harm – Managing Self-Harm - MindShift – to help manage anxiety and urges to self-harm - Cove – express your mood with music - Stress and Anxiety Companion – helps to manage stress and anxiety - Chill Panda – relaxation and breathing exercises.
Stress	Stress is the body's reaction to feeling threatened or under pressure. It's very common, can be motivating to help us achieve things in our daily life, and can help us meet the demands of home, work and family life. But too much stress can affect our mood, our body and our relationships – especially when it feels out of our control. It can make us feel anxious and irritable and affect our self-esteem. Experiencing a lot of stress over a long period of time can also lead to a feeling of physical, mental and emotional exhaustion, often called burnout.	<ul style="list-style-type: none"> - Disrupted sleep cycle - False FFF (fight, flight, freeze) responses i.e.. So wired that small stressors provide big reactions. - Can cause depression and anxiety. 	<ul style="list-style-type: none"> - Mind tools - Exercise - Quality sleep - Relaxation - Sharing feelings with friends. 	<p>On the school website, use the following link to report a concern:</p> 