

**NORTHAMPTONSHIRE
MENTAL HEALTH
AWARENESS DAY**

9th February 2018

**THEME: TALKING OUT
LOUD**

MENTAL HEALTH

AWARENESS

- Northamptonshire Mental Health Awareness Day is the 9th February.
- The theme this year is **'Talking out loud'**
- Many children struggle with self-esteem issues.
- When we view ourselves positively, we are able to cope with challenging situations more effectively, and improve our relationships.

WHAT DO YOU KNOW ABOUT MENTAL HEALTH?

- With the person sat next to you, write down on a post it note what you already know about mental health.
- Stick your post it note on the wall at the front of the classroom.



HERE ARE SOME INTERESTING FACTS

20% of children will experience a mental health problem across the course of a year.

50% of mental health problems are established by the age of 14.

Many mental health problems can be improved by exercising regularly and having a healthy diet

Anxiety, Panic Disorder and Depression are the most common mental illnesses.

In your class, there will be at least 3 students suffering from mental illness at any one time.

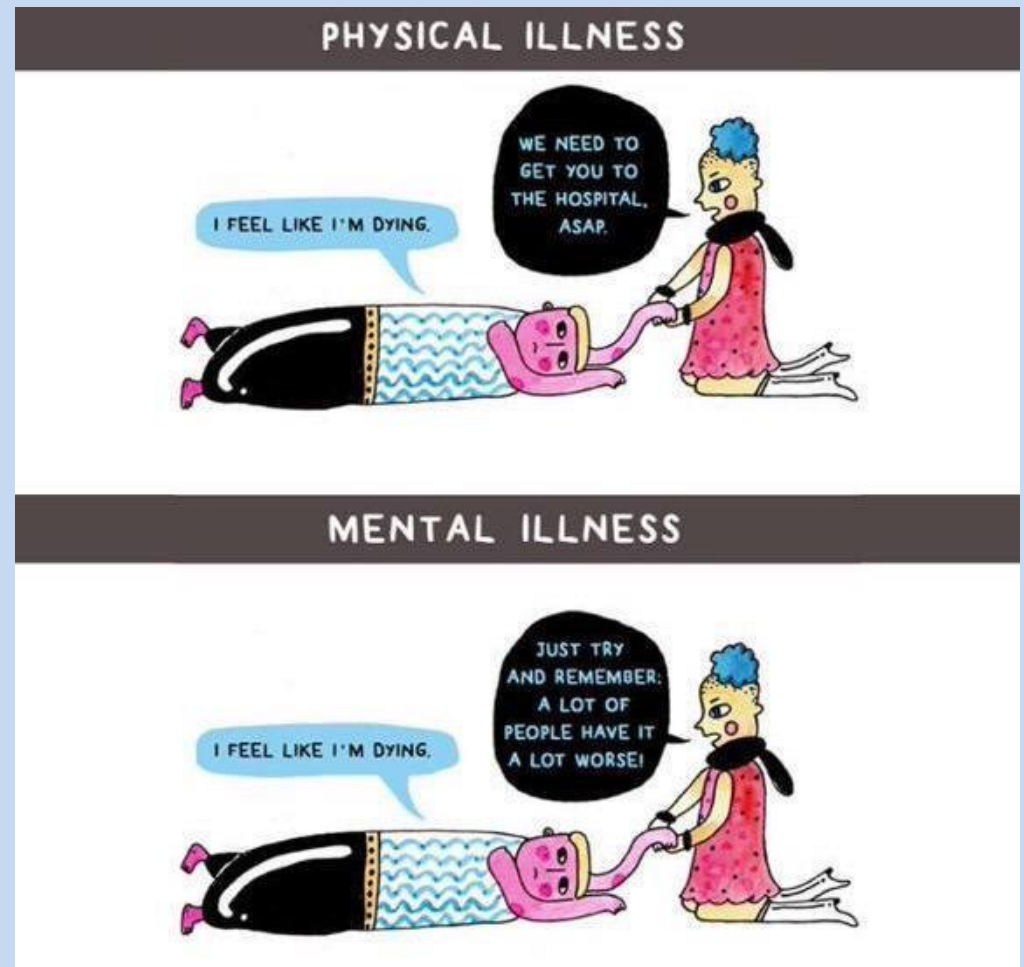
BROKEN LEG V BROKEN MIND

Broken leg v broken mind: What do you think this means?

Look at the cartoon.

Is this helpful?

Should a physical illness be treated differently to a mental illness?



BEING YOURSELF

Why do you think people are sometimes afraid to be themselves? Discuss.



- For fear of judgment
- Afraid of being made fun of
 - Scared they won't fit in
 - Incase people judge them
- They are worried they will lose friends
- Incase nobody else has the same interests or beliefs

BEING YOURSELF

We are all DIFFERENT!

We have different strengths, likes, dislikes, hobbies and interests. If we were all the same- life would be boring!

Being yourself is the prettiest thing a person can be.

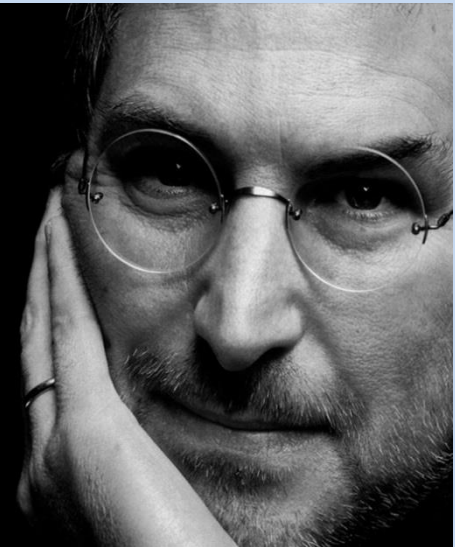
Never fake Yourself
just to look Perfect
because Perfection
is never real and
reality is never
Perfect.

Goluputtar.com

Your **time** is **limited**,
so don't **waste** it living
someone **else's** life.

- Steve Jobs

Goalcast



SELF-ESTEEM

How good is your self-esteem? (your view of yourself)

If you have low self-esteem that you think is impacting on your life, these tips may help:

- Think about what is affecting your self-esteem.
- Avoid negative self-talk.
- Connect with people who love you.
- Learn to be assertive.
- Set yourself a challenge.
- Focus on your positives.
- Take care of yourself.



i am
smart

i am
capable

i am
talented
and **gifted**

i am a
beautiful
human being

i love to
learn

i strive to
improve
myself

every day and in every way
i get **better**
and **better**

i am
successful

i am
disciplined

i am
honest and
trustworthy

the **truth** is
important to me

i am a
leader

i can
achieve
anything

i never
give up

i am
blessed

i am
courageous

i am
calm, relaxed
and **peaceful**

i am a
winner

i am
limitless

i have
persistence
in what i believe

i **believe**
in myself

i am
the best

i am a great
listener

i am **strong**
and **healthy**

i **love**
challenges

i **believe in**
my dreams

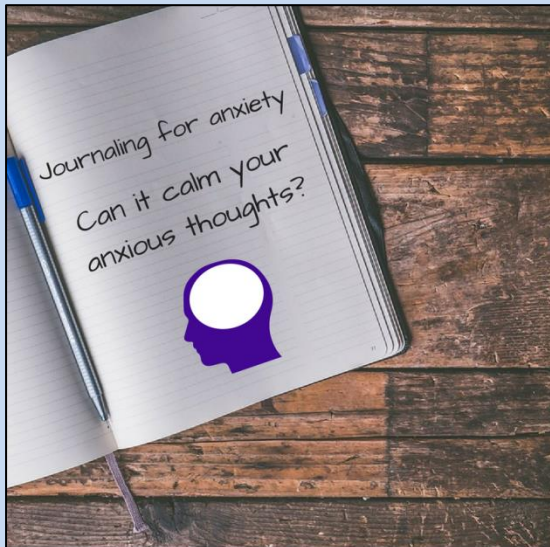
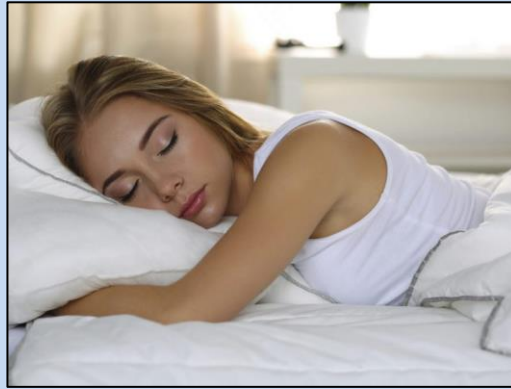
i choose to be
happy

life is beautiful
and i enjoy
every moment

i feel
confident

i am
grateful

TIPS FOR LOOKING AFTER YOUR MENTAL HEALTH



I AM strong. I CAN do this.* I believe in MYSELF.

* I Am doing this.





**Get talking
about mental
health.**