

WHAT IS MENTAL HEALTH?



With Dr. Mike Condra

Mental health spectrum



Adapted from Centre for Mental Health

‘One in ten children and young people aged 5 to 16 has a clinically diagnosed mental health disorder and around one in seven has less severe problems.’ DfE, 2016.

NHS Five ways to wellbeing





- **Connect** – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.
- **Be active** – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.
- **Keep learning** – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?
- **Give to others** – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.
- **Take notice** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

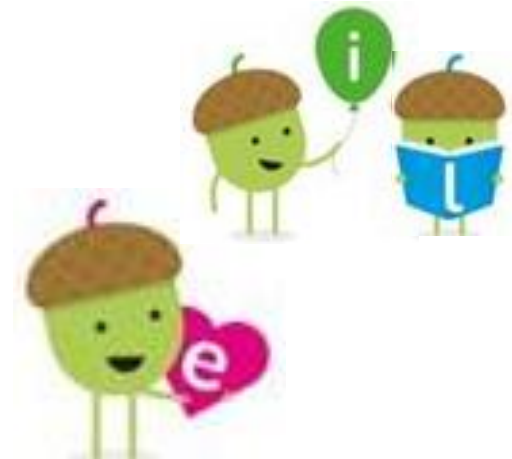
The SMILE Approach

Adapted from the NHS 'Five Ways to Mental Wellbeing'

SMILE

est. Forest Oak School 2014

- Connect → • **S**ocialise
- Be active → • **M**ove
- Take notice, be mindful → • **I**nterest
- Keep learning → • **L**earn
- Give to others → • **E**ngage



“Give me 5 to make me SMILE!”

Through this approach we can actively promote and teach positive coping skills to pupils

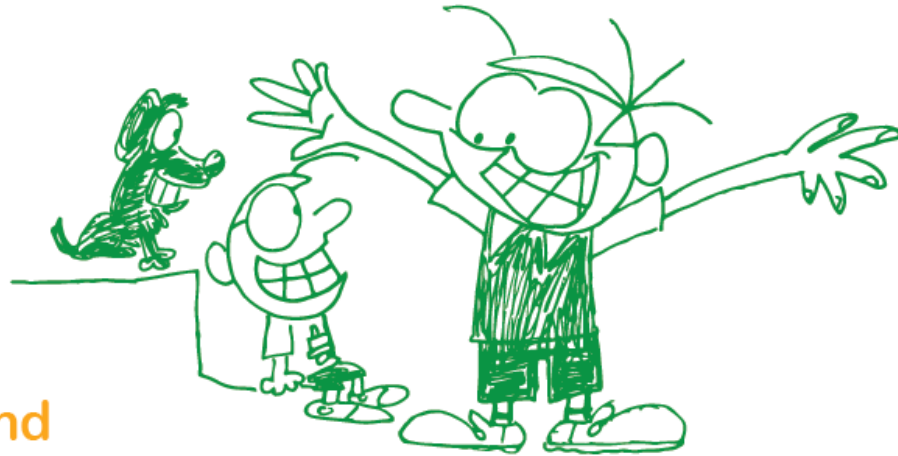


5 ways to wellbeing...what are they?



socialise

connect with others



Talk

Listen

Be a friend

Spend time with family

Say hello and chat



Illustration by Billy O'Brien

Five ways
to wellbeing

Socialise Connect...

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Five ways
to wellbeing

move | get active



Walk

Dance

Skip

Play sport

Exercise how you like



Illustration by Billy O'Brien

Five ways
to wellbeing

Move
Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

Five ways
to wellbeing

i nterest | notice & be mindful



Relax

Use your senses

Be aware of your feelings

Recognise things around you

Focus on your breathing



Illustration by Billy O'Brien

Five ways
to wellbeing

Interest

Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Five ways
to wellbeing



learn | keep learning

Read a book

Try a craft

Join a club

Try something new

Set school and work goals



Illustration by Billy O'Brien

Five ways
to wellbeing

Learn

Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Five ways
to wellbeing



Engage | give to others

Smile 😊

Be kind

Say thank you

Offer to help

Include others

Volunteer



Illustration by Billy O'Brien

Five ways
to wellbeing

Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Five ways
to wellbeing

Caught Being Kind!



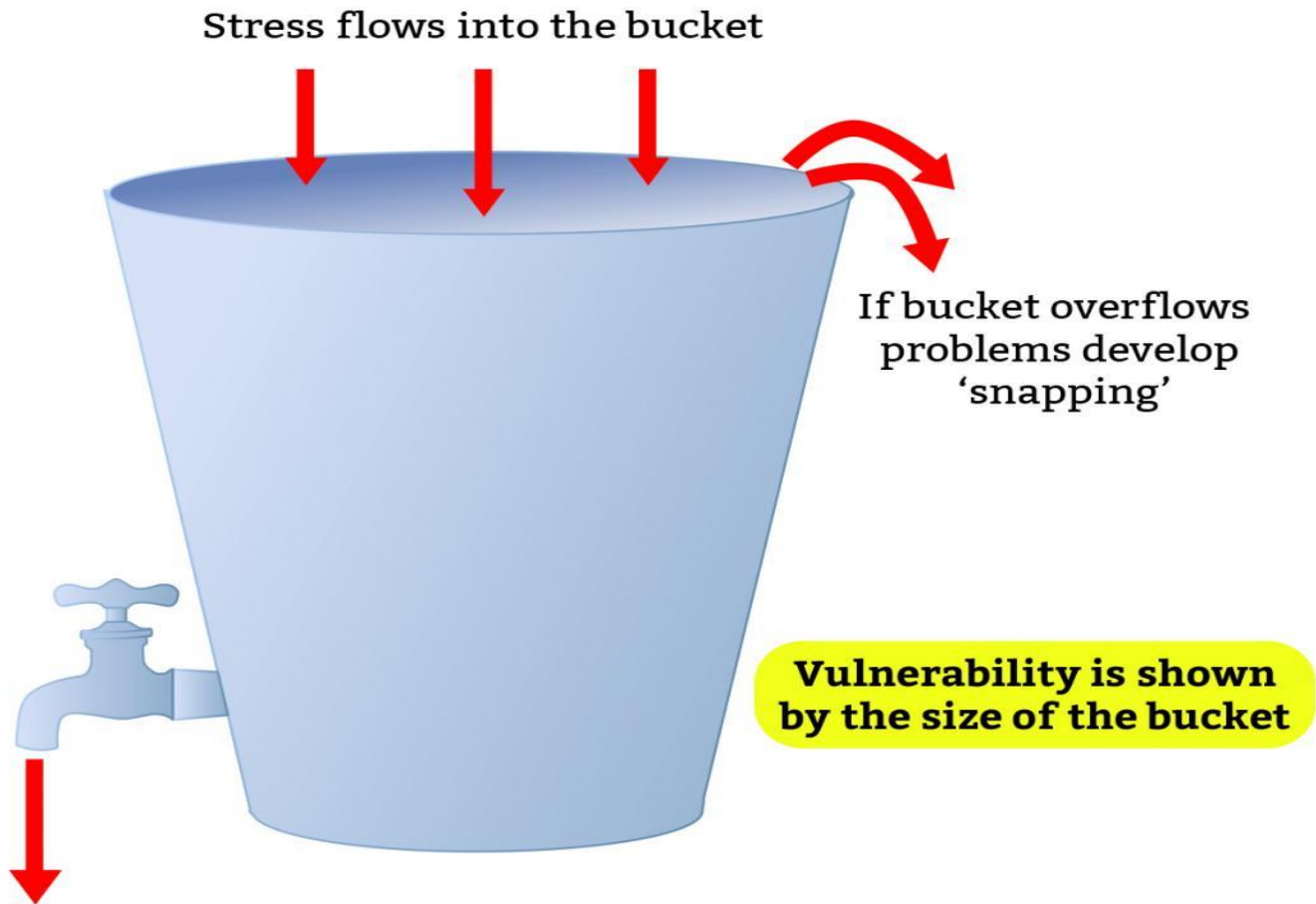
Kind person:

Kind action:

Kindness begins with me... Kindness counts... Pass it on!

Illustration by Billy O'Brien

Add a bit more stress....?!



<https://www.foyoubyyou.org.uk/stress-bucket>

Good coping = tap working let the stress out
Bad coping = tap not working so water fills the bucket

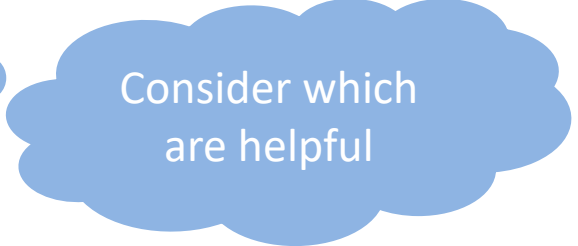
Helpful Or Unhelpful Coping strategies

- Yell at someone
- Not eat for long periods
- Drink excessive amounts of alcohol
- Drink lots of coffee or coke
- Smoke tobacco
- Take part in a Recreational activity
- Kick something
- Drive fast
- Think this is not forever, some things I cannot change
- Bite fingernails
- Socialise with friends
- Scratch or cut self
- Engage in creative activity
- Risky relationships and situations
- Opt out or give up
- Work on puzzles or games
- Read
- Talk to people
- Withdraw from family or friends
- Listen to music
- Swear
- Go to cinema

- Act violently e.g. punch wall
- Meditate and engage in relaxation
- Stretch
- Overeat
- Exercise
- Spend time outside or in garden
- Criticise , gossip, bully or tease others
- Throw something
- Watch television
- Go for a walk
- Take drugs
- Go to gym or swimming
- Steam room or sauna
- Procrastinate
- Create a plan and prioritise work
- Pace up and down
- Engage in hobby e.g. Sing, Cook
- Write down thoughts and feelings
- Pull hair
- Cry
- Scream
- Take tranquilisers



Do we
ever use
these to
cope?



Consider which
are helpful

Wellbeing 'Homework.'

- Just Consider your own stress bucket at moment

- Ask yourself the questions...

Do I have any evidence to support my feelings?

What can I change?

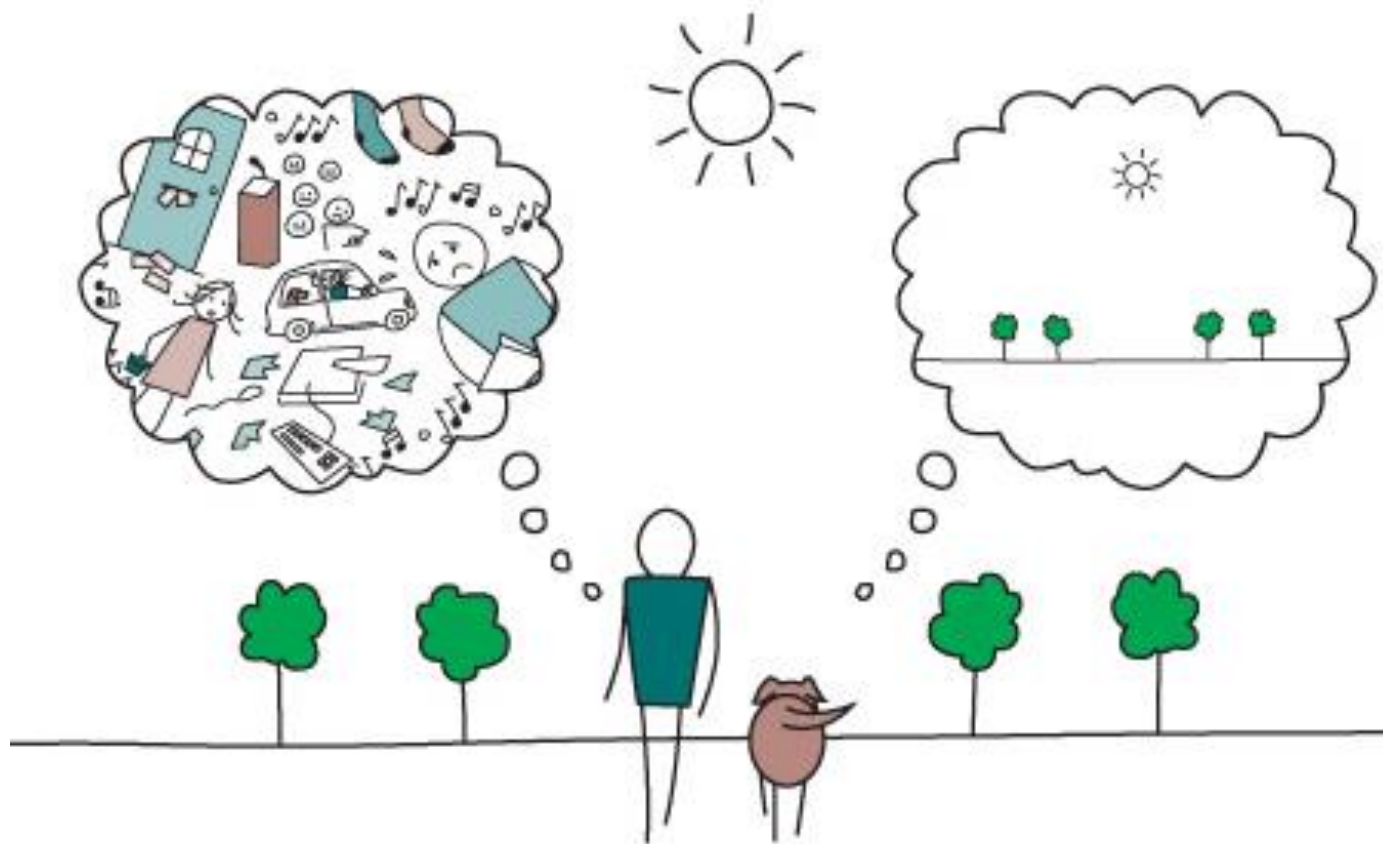
What can't I change and need to accept?

What needs my urgent attention?

Can anyone help me?

- Spend 30 minutes for yourself doing a 'helpful coping strategy' consider each of the SMILE steps to wellbeing for ideas...





Mind Full, or Mindful?

<https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/>