

<p>Define: Mental Wellbeing</p> <p>Mental wellbeing describes your mental state - how you are feeling and how well you can cope with day-to-day life. Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year.</p>	<p>Signs of good mental wellbeing</p> <ul style="list-style-type: none"> • Feeling relatively confident in yourself and have positive self-esteem • Feeling and express a range of emotions • Building and maintaining good relationships with others • Feel engaged with the world around you • Live and work productively • Cope with the stresses of daily life • Adapt and manage in times of change and uncertainty 	<p>Signs of poor mental wellbeing</p> <ul style="list-style-type: none"> • Erratic changes in mood and behavior • Distancing from friends and family. • Loss of interest in things that they used to be interested in. • Excessive sleeping or not sleeping. • Increased alcohol consumption. • Poor concentration and being easily distracted • Finding it hard to make decisions • Feeling overwhelmed by things & tearfulness • Finding it difficult to control your emotions • Irritability and short temper or aggression 	<p>The Importance of Self Care</p> <p>At times people may feel guilty for spending time on themselves. But it's essential for mental wellbeing and can help people to be more resilient.</p> <p>Some self care techniques include</p> <ul style="list-style-type: none"> • Mindfulness • Doing something you enjoy • Relaxation techniques • Get outdoors and fresh air • Exercise <p>If someone is living with a mental health problem, taking steps to look after their mental health can help you improve your wellbeing. Strategies can include:</p> <ul style="list-style-type: none"> • Talking to someone • Knowing triggers and warning signs • Keeping a mood diary • Building your self esteem.
<p>Define: Emotional Literacy</p> <p>The ability to understand and express feelings. Emotional Literacy involves having self-awareness and recognition of one's own feelings and knowing how to manage them.</p>	<p>Things that can affect our mental wellbeing</p> <p>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:</p> <ul style="list-style-type: none"> • loss or bereavement • loneliness • relationship problems • issues at work • worry about money <p>However there are times when there is no discernable reason for the way a person feels which can be extremely frustrating.</p> <p>There are some factors that may make people more vulnerable to experiencing a period of poor mental wellbeing. These may have happened in the past or might still be happening now:</p> <ul style="list-style-type: none"> • Childhood abuse, trauma, violence or neglect • Social isolation or discrimination • Homelessness or poor housing • A long-term physical health condition • Social disadvantage, poverty or debt • Unemployment • Caring for a family member or friend • Significant trauma as an adult, such as military combat, being involved in a serious accident or violent crime 	<p>The Importance of Positive Relationships</p> <p>Connecting with others can help us to feel a greater sense of belonging and can help to challenge feelings of loneliness.</p> <ul style="list-style-type: none"> • Make time for the people you love. Keeping regular contact with friends and family, whether it's face-to-face, on the phone or by text, can strengthen your relationships. • Join a group. Think of the things you like to do, such as drawing, gardening or sport and look for local groups. Meeting others with a shared interest can increase your confidence and build your support network. • Talk about the way you feel. Opening up to a trusted friend or family member can help you to feel listened to and supported. Just acknowledging your feelings by saying them out loud can help. • Use peer support. If you're finding things difficult, talking to people who have similar feelings or experiences can help you to feel accepted. 	<p>Where to get more help and support</p> <ul style="list-style-type: none"> • Parents and trusted family. • School Staff and Wellbeing Team • Your Doctor or Practice Nurse • MIND - https://www.mind.org.uk Help line - 0300 123 3393 open 9am to 7pm, Monday to Friday or Text: 86463 • Young Minds - https://youngminds.org.uk Text: 85258 or Parents Helpline: 0808 802 5544 • Stem4 - https://stem4.org.uk/
<p>Define: Primary Emotions</p> <p>There are 5 primary emotions but over 600 words in the English language for different emotions. The primary emotion groups are:</p> <ol style="list-style-type: none"> 1. Joy 2. Anger 3. Sadness 4. Disgust 5. Fear 			
<p>Define: Mental Illness</p> <p>Mental illnesses comprise of a broad range of problems, with different symptoms. However, they are generally characterized by some combination of abnormal thoughts, emotions, behaviour and relationships with others.</p> <p><i>They can only be diagnosed by a Doctor or Mental Health Professional</i></p>			