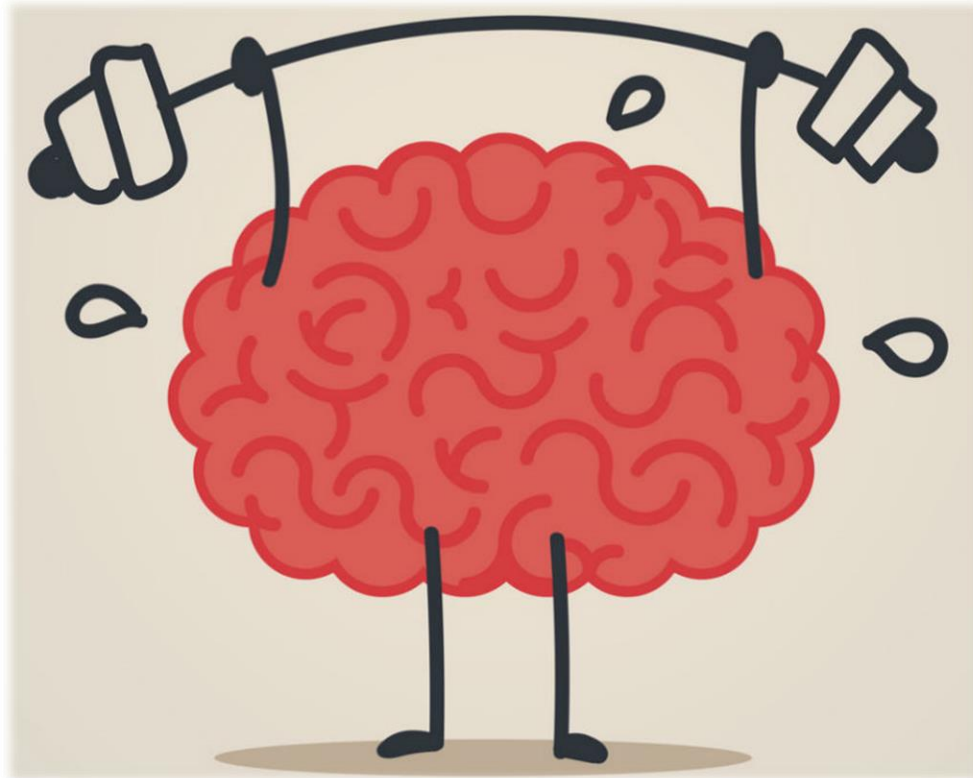


TIMEOUT

FIND YOUR THING



WHAT IS MENTAL HEALTH?





WHAT IS MENTAL HEALTH?

The capacity to lead a full, productive life as well as the flexibility to deal with its ups and downs

In children and young people – the capacity to learn, enjoy friendships, meet challenges and develop talents and capabilities

Young Minds

HOW CAN WE LOOK AFTER OUR MENTAL HEALTH?

Talk to family and/or friends about worries

Do things you enjoy

Exercise

Try to get a good amount of sleep

Eat regular healthy meals

Reduce things that cause you stress

Get professional help if you need it

THE 'STRESS BUCKET' MODEL!!!





MINDFULNESS

Paying attention to and being aware of the present moment

Accepting your thoughts and feelings without judging them

It will not eliminate life's pressures but can help us respond to them in a calmer way

POSITIVE AFFIRMATIONS

When it rains look for the rainbows

When its dark look for the stars