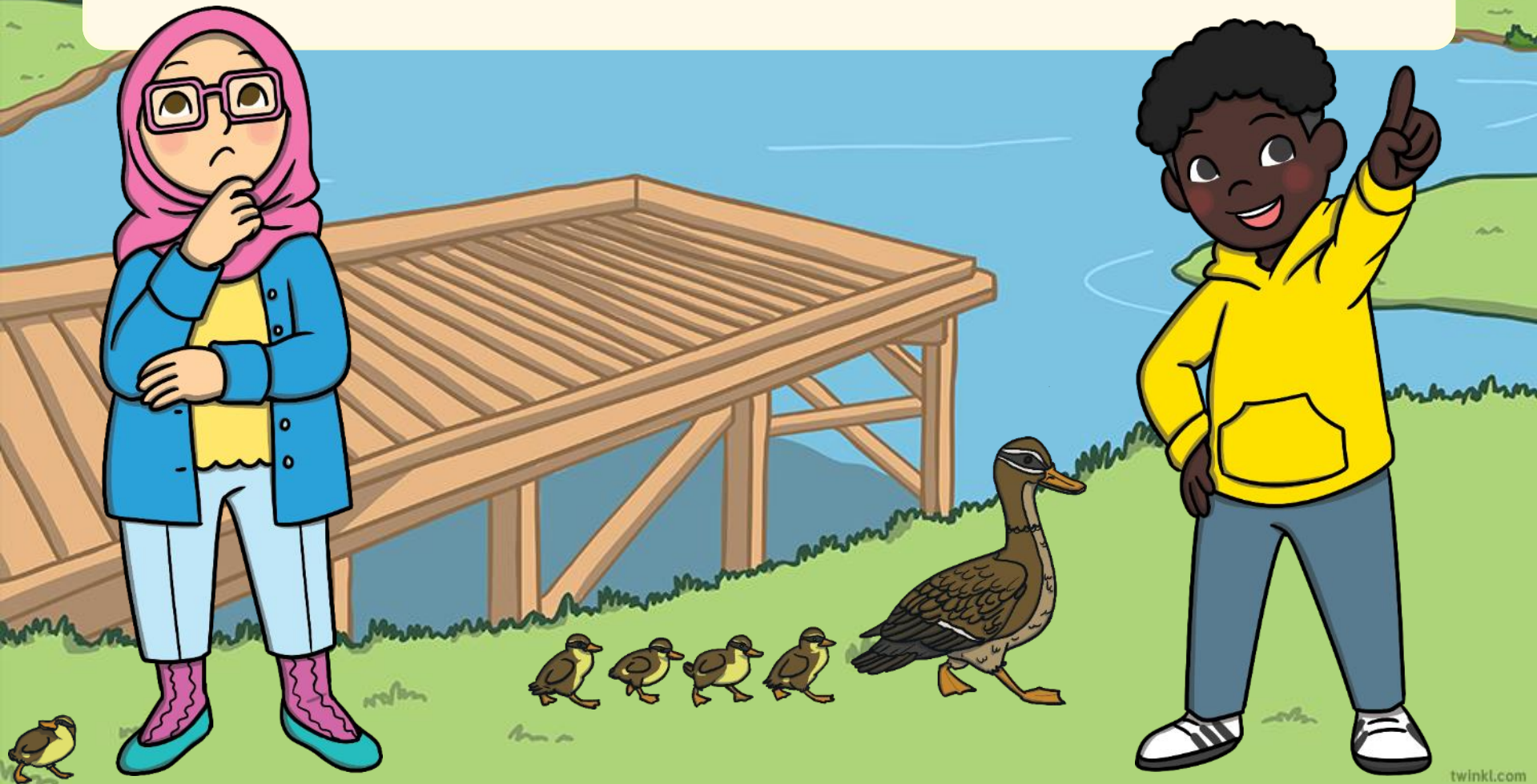# Mental Heath Awareness Week

Mental Health Awareness Week

Aim

- To explore what mental health is, why it is important to look after our mental health and how we can do this.
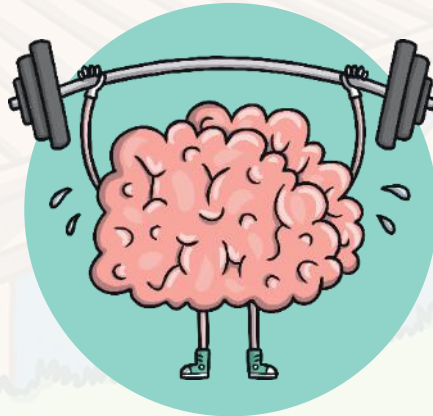
Mental Health Awareness Week

Each year, Mental Health Awareness Week is held to help people of all ages to explore what mental health is, what we can all do to look after our own and each other's mental health and understand that it is good to talk about how we are feeling.
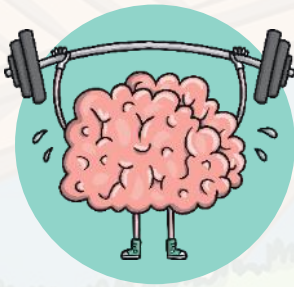
What Does 'Mental Health' Mean?

What Does 'Mental Health' Mean?

Mental health is all about how we are feeling, the thoughts we are having and how this affects the choices we make and how we behave.

It is also how able we are to cope with what is happening in our daily lives.

Let's think about this in a bit more detail!

Mental Health and Me

Looking after our minds is just as important as looking after our bodies.

There is a lot we can do to look after our mental health or to help us feel better if our minds aren't feeling so well.

It is important people of all ages do what they are able to make looking after their mental health part of their daily lives.

Looking after Our Mental Health

How can we look after our mental health?

How can we make it part of our daily lives?

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Nature and Mental Health

Every year, Mental Health Awareness Week has a theme.

This year's theme is '**Nature**' and how it can help us all to feel well.

Being able to access nature and the natural environment is incredibly important in looking after our mental health.

Why do you think nature and the natural environment can help to keep our minds healthy?

Nature and Mental Health

Spending time in nature or bringing nature into our lives in any way we can helps us to:

- feel happy, calm, settled and relaxed;
- manage uncomfortable feelings, such as worry and stress;
- keep our bodies healthy which helps our minds to feel good;
- make connections with others and the world around us;
- learn a new skill or new knowledge and therefore feel good about ourselves.

Nature and Mental Health
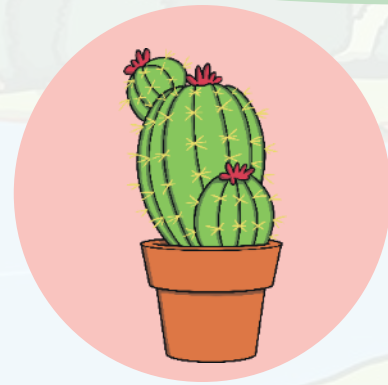
What could you do to help you feel close to nature?

Help to Feel Better

It is perfectly normal to experience a wide range of feelings — some of these feel good and others feel uncomfortable.

However, if uncomfortable feelings affect our thoughts and behaviour in a way that hurts us or others, it is important we take action and make choices to feel better, talk to someone we trust and ask for help.
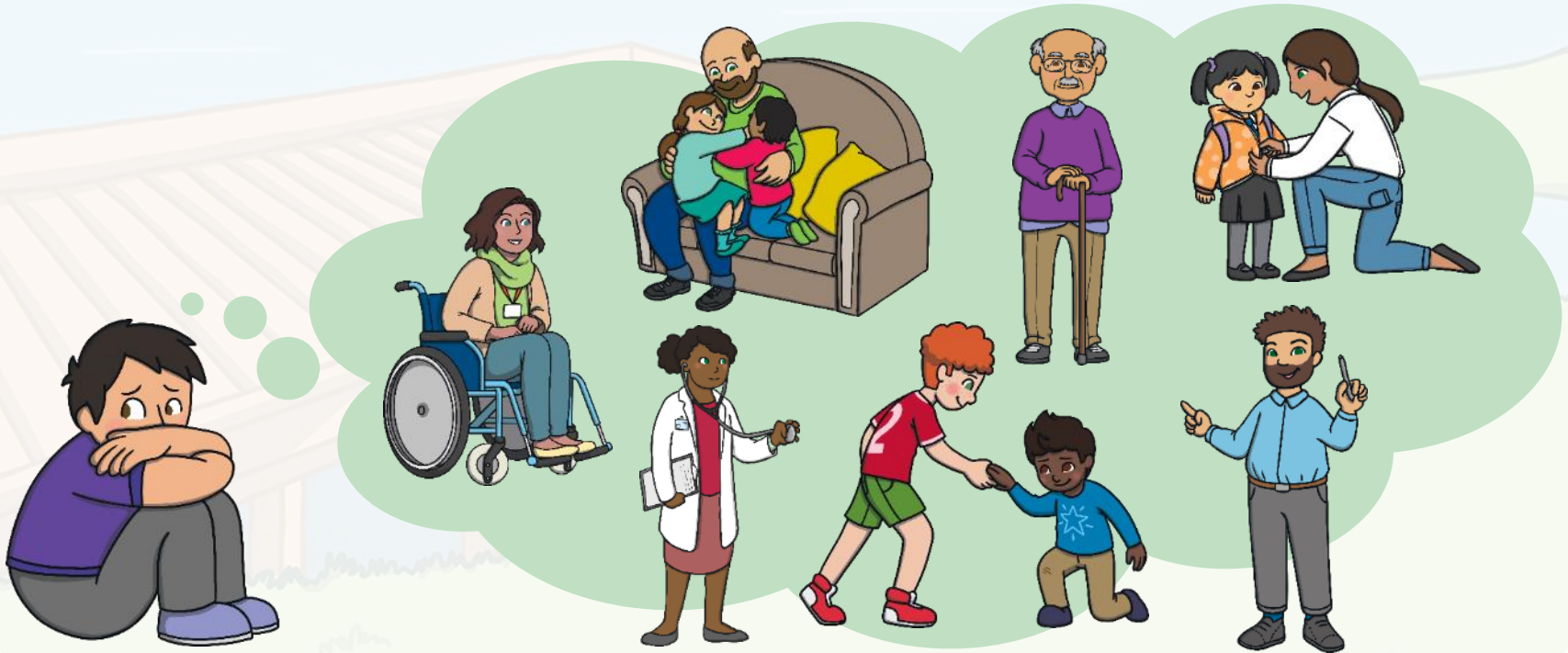
We might also need to ask for help for a friend or family member to feel better too.

Help to Feel Better

Take a moment to think of an adult at home or in school whom you could talk to and ask for help if you needed to. This needs to be someone you trust and feel comfortable sharing things with.

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Reflection

In a moment of quiet, think about your answers to these questions:

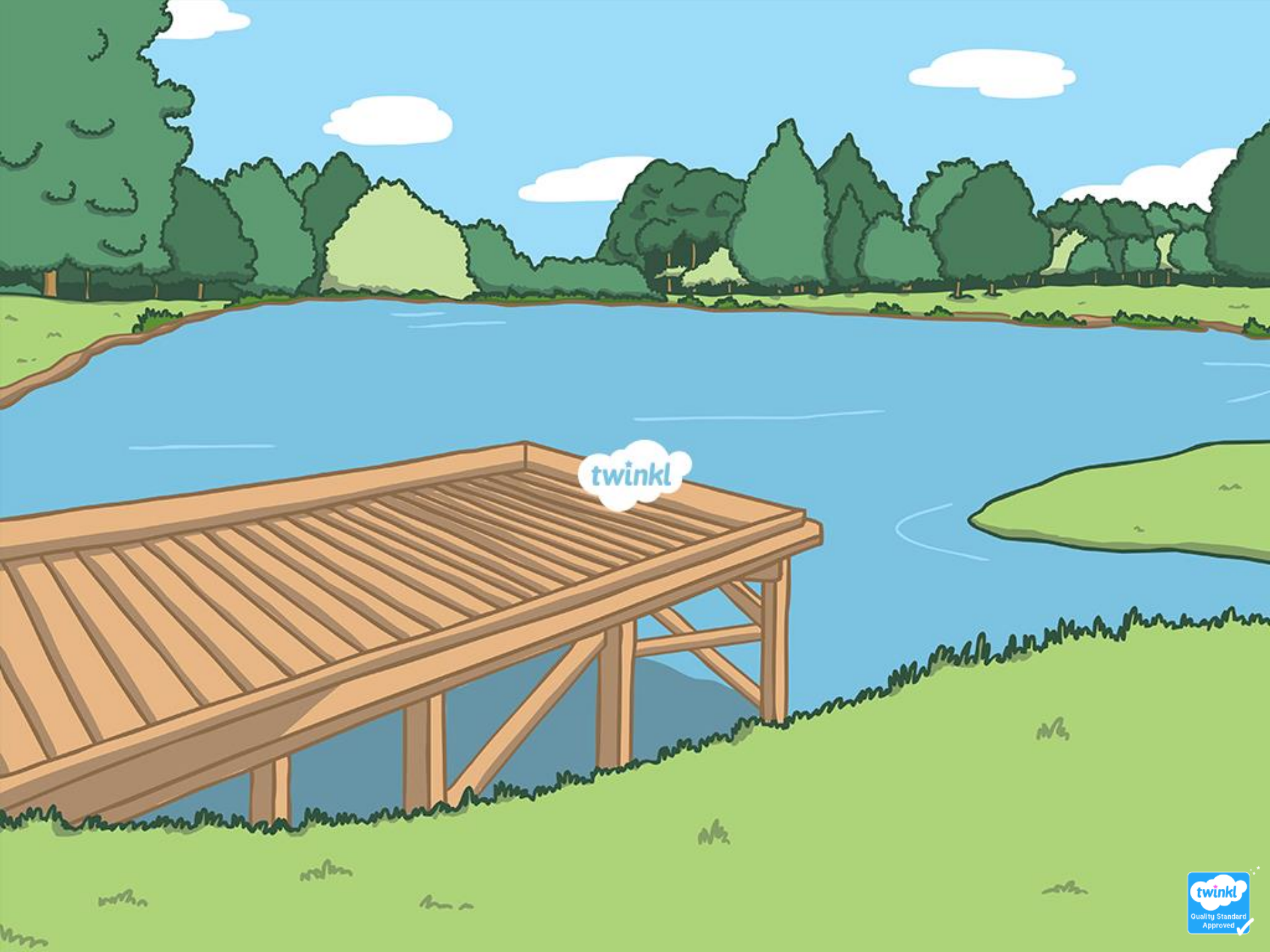How am I going to make looking after my mental health a part of my daily life?

How am I going to encourage the special people in my life to make looking after their mental health a part of their daily lives?

How am I going to show kindness and respect to others to help them feel good on the inside?

Let's look after our own mental health and take care of the mental health of others.