

S1-3 Mental Health & Wellbeing

5th – 11th February



Children's Mental Health Week will take place from 5 to 11 February 2024, with the theme of My Voice Matters. It was set up by children's mental health charity Place2Be and shines a spotlight on the importance of children and young people's mental health.

Use this term to think about how you can support your own mental health and wellbeing.

Think about the following – what small things can you change?

Sleep

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/about-sleep-and-mental-health/>

- Do you need a better sleep routine?
- Do you get enough sleep?
- What are the benefits of good sleep?

Being Active

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-exercise-and-mental-health/how-are-physical-activity-and-mental-health-connected/>

- Are you active enough?
- Do you spend too much time on your phone/games console?
- What can you do (maybe as a family) to be more active?

Guided visualisation

Take some time to relax. Go for a hot air balloon ride. (Lots of other ideas on YouTube too if this one doesn't suit.)

<https://www.youtube.com/watch?v=vlv6Y1tq1sQ>

Grounding Techniques

Simple ideas to help you relax in tense situations:

<https://www.youngminds.org.uk/young-person/blog/the-grounding-technique-that-helps-me-when-i-m-anxious/>

Can help if you are...

- Feeling stressed
- Struggling with panic attacks
- Having difficulty sleeping
- Having difficulty concentrating
- Feeling agitated or anxious
- Struggling to manage your emotions

Be kind to yourself

