



### Signs of good mental wellbeing

- 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

### Signs of poor mental wellbeing

- Erratic changes in mood and behaviour.
- Distancing from friends and family.
- Loss of interest in things that they used to be interested in.
- Excessive sleeping or not sleeping.
- 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

### The Importance of Self Care

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.

Some self care techniques include:

- Mindfulness
- Doing something you enjoy
- Relaxation techniques
- Get outdoors and fresh air

Exercise 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:

- Talking to someone
- Knowing triggers and warning signs
- Keeping a mood diary
- Building your self esteem.

- **Mental Wellbeing** - 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.
- **Emotional Literacy** - 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.
- **Stress** – A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.
- **Mental Illness** - 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. They can only be diagnosed by a Doctor or Mental Health Professional
- **Depression** - People experience low mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration.

## Key Terminology

Stress, Anxiety, Mental Health, Mental Wellbeing, Depression, Emotions, Positive Mental Health, Self Care.

### Things to Remember

- Everyone experiences stress and anxiety at points in their lives.
- Only a Doctor or Mental Health Professional can diagnose Chronic Stress or an Anxiety Disorder.
- There are treatments available and coping mechanisms.
- Having a stress or anxiety disorder is not a sign of weakness and is more common than people think

### Where to get more help and support

<https://www.youngminds.org.uk/>

<https://www.mind.org.uk/information-support/for-children-and-young-people/>