

Mental Health Week

Mental Health is more important now than ever.

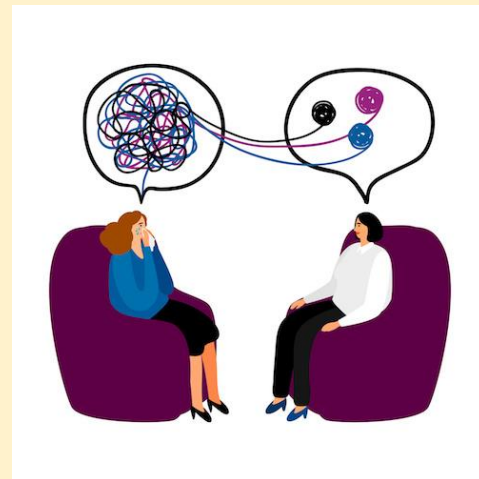
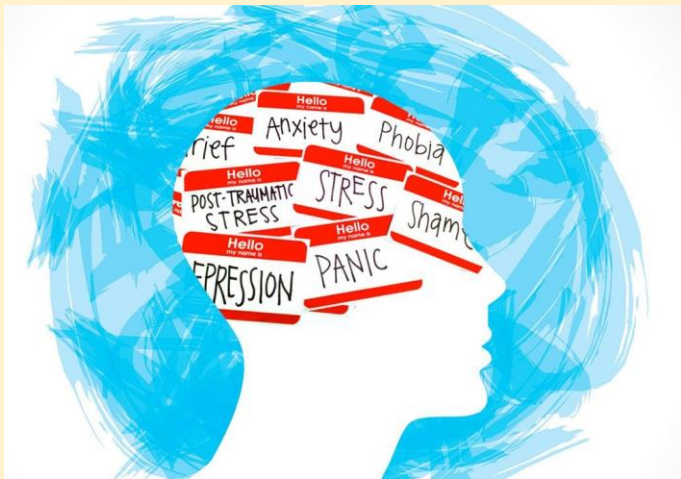
You did some important work in PSHE at the start of the term in dealing with mental health in lockdown, how to promote a positive mental wellbeing, what to do in recognising if you have a mental illness and accessing support.

Remember you can always ask your form tutor or Head of Year for more help here.



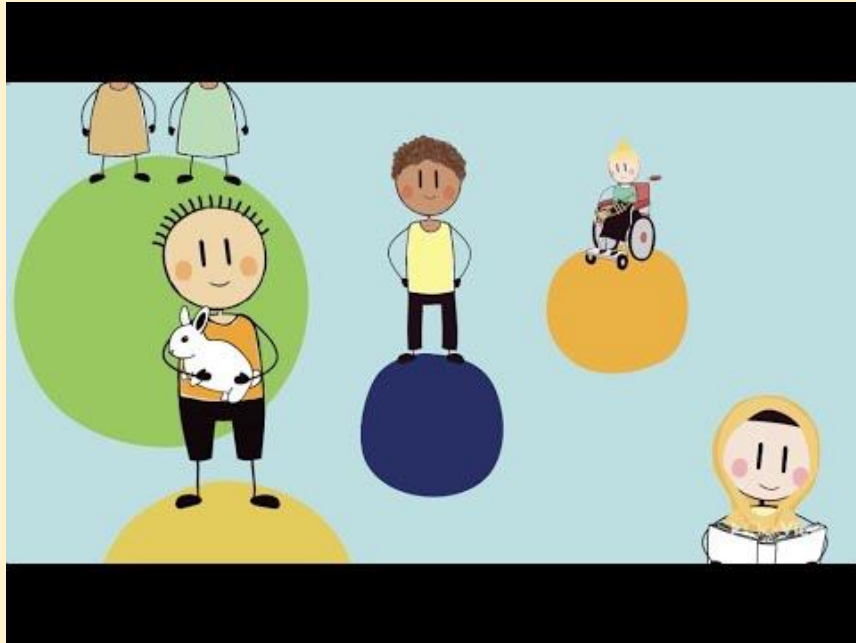
Remember, it's OK to not feel OK or more anxious and worried at the moment. The pandemic is making things really difficult.

Keep practicing positive mental health habits for you (as talked about in PSHE), and remember to keep talking to friends, family, the school, use online support groups like Childline or Kooth (and professionals if relevant) - talking is always better!



One less talked about way to improve mental health is to work on improving our self-esteem and confidence. This takes practice and hard-work - it's not a magic switch we can flip!

Remember things worth achieving in life (like good self-esteem) do take work, but can improve our mental health a lot



Lockdown might be a difficult time to work on your confidence, but we also have more time for self-reflection and thinking about what is important to us.

So spend some time this week sitting quietly and reflecting on/writing down answers to these questions:

1. What am I good at? (Even if it's something you can't do because of lockdown)
2. How do I respond to challenges and failure? Could I improve in this?

