

How can we care for our mental health?



Get enough sleep...



Go to bed at a reasonable time...

Get up early...

Have a good night time routine...

Avoid your phone/electrics before bed...

Eat healthy foods...



Avoid too much sugar...

Get plenty of nutritious food...

**Bananas, chocolate and turkey have high content of serotonin –
our 'happy chemical'...**

Drink healthy drinks...



Water is good for you...

Avoid caffeinated drinks...

Avoid too much fizzy...

Have a warm milk drink before bed...

Learn how to relax and switch off...



Find something to do that relaxes you – have a bath, read a book, watch a movie, take a walk, paint, workout, bake...

Spend time with the people you love – your family and friends...



People that 'get' you and understand you...
Not people who are toxic and make you feel bad about yourself
constantly...

Learn new things everyday...



Those whose minds are open are more likely to see good in learning and are less likely to feel closed in...

Do things to help others...



This will help you feel good about yourself and see yourself in a positive light...

This is how you should see yourself...

Exercise!



The chemicals released in our body during exercise help us to feel good...

A workout will help us forget our worries and make us feel better...

Learn to talk about your feelings...



**It takes great strength to admit you are feeling low... but you
will feel like your problems are halved if you share them...
Find someone you can trust...**

Take notice of those around you...

See, Hear, Feel, Smell Grounding

Put your feet firmly on the ground.
Take a few deep breaths.

Keep your eyes open, look around
the room, notice details of your
surroundings.

Notice 4 things you can see right now.
Notice 3 things you can hear right
now.
Notice 2 things you can feel right
now.
Notice 1 thing you can smell right
now.

**If you constantly focus on yourself you lose sight of the world
around you... you can become self absorbed and this is not good
for you...**

Be thankful for what you have and try to find positives even in the tough times...

Each moment
of gratitude
awareness
reveals
the total
beauty which
surrounds
you.

Bryant McGill

Look at the beauty around you...

**Focus on what you have that is good... family, friends, health,
food on the table, education, fun...**

Challenge negative thoughts...



**We all have them and it is about learning how to manage them...
close them down, focus on something else, don't allow them to
cloud your mind...**

Laugh – a lot...



If there is something that makes you laugh, watch it, listen to it, see it... Laughter gets those happy chemicals flowing!

Get plenty of fresh air...



Leave your phone in the house and walk the dog, 20 minutes brisk walking can make a real difference to you...

Don't spend huge amounts of time on social media...



It's full of fake people and fake situations...
It won't help you feel good about yourself...
It's a source of great pressure for you...
And it isn't important!

Limit screen time and gaming...
These are great hobbies but only when used wisely...



DO'S OF RESPONSIBLE GAMING



Have a good time



Set yourself a Loss limit



Have a realistic goal



Stick within the law



Protect yourself

Have a hobby...



Music, sport, art, knitting, collecting, dancing...
Something you can focus on and enjoy...

Listen to music...



Find a style of music that relaxes you and makes you smile...

Don't compare yourself to others...



**Judge yourself only where you are at, what you are doing and
what you are achieving...**

You are you and you are loved the way you are!

Rest!



BENEFITS OF REST

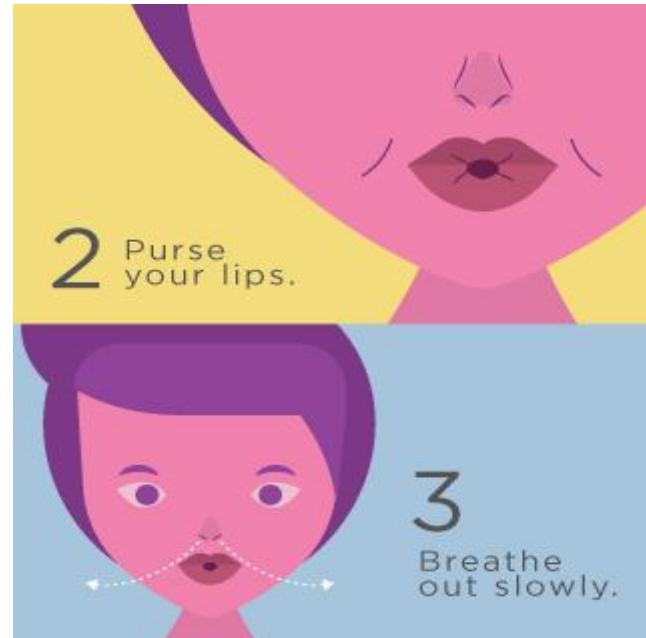
Getting enough rest has the single most important impact on your health.

Quality sleep can improve:

- Concentration
- Memory
- Energy level
- Mood

Learn to manage your breathing...

Anxiety is really helped by slow, deep breathing...

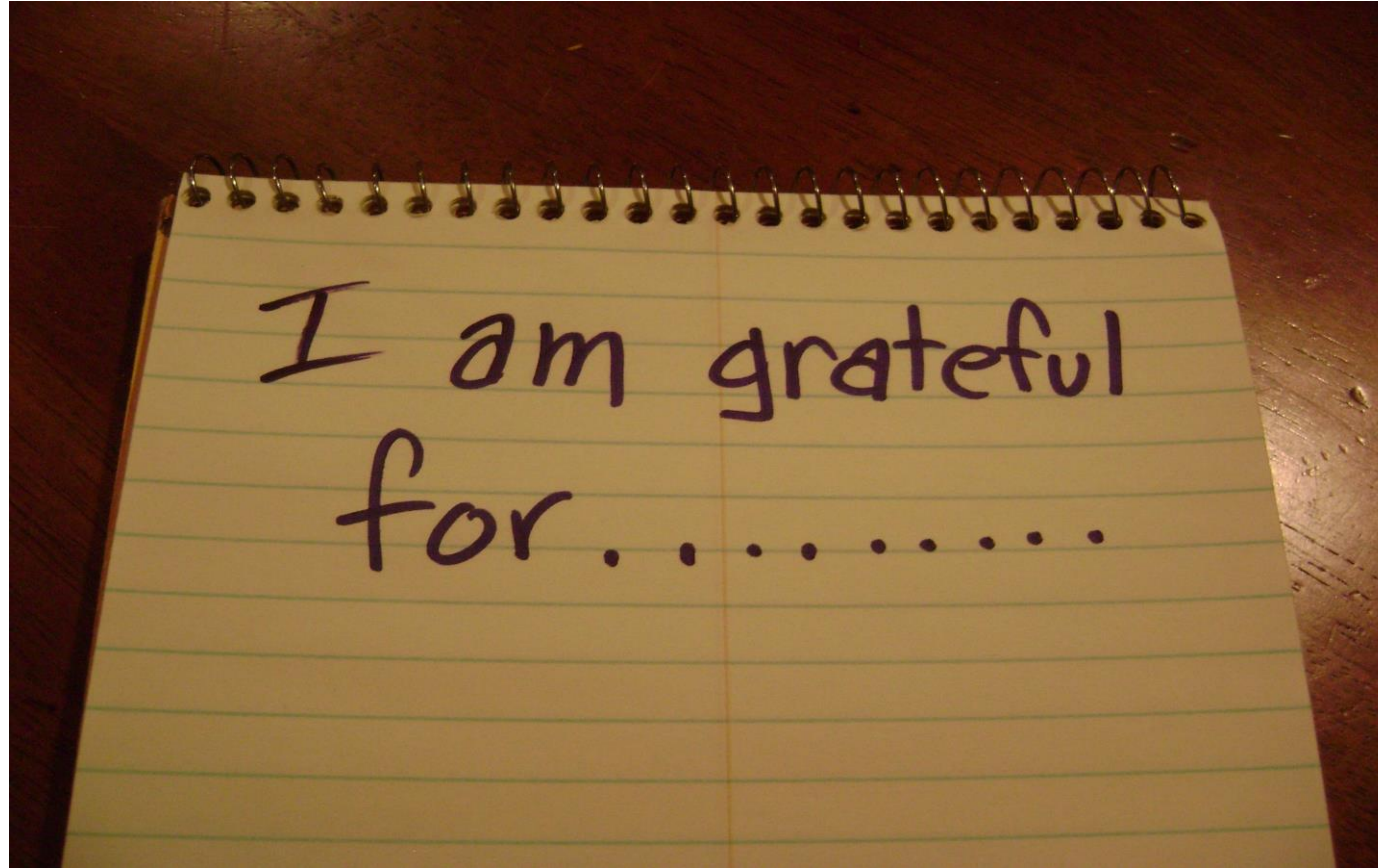


Don't be afraid to ask for help...



There is always someone to talk to...
Teachers, friends, family, youth workers, priests, helplines...

Write down all the positive things that happen each day...



**Get a notebook by your bed and before you close your eyes
write three good things that happened that day...**

Learn resilience...



Don't let every little thing that goes wrong drag you down...

Use failing as a stepping stone to success...

It's okay to make a mistake, learn from it...

Forgive yourself and others...

Bounce back!

HOPE... Things will always get better!



PRAY... God is always listening!



SENDCO:
Mrs Seddon

Mental Health First
Aiders

Safeguarding Leads
Mrs Wilson
Mrs Staniforth

LMT:
Ms Wallace
Mrs Scott
Mrs Staniforth
Mrs Lamb
Mr Pickerill
Miss Teare

Heads of Year:
Y11: **Mr Hancock**
Year 10: **Miss Denton**
Year 9: **Miss Seggie**
Year 8: **Mrs Burton**
Year 7: **Mr Anderson-Fitter**

Your Family Tutors

WHERE TO FIND HELP IN SCHOOL...?

Your Teachers and
Support Staff

GIFT Team

Anti-bullying Ambassadors

Prefects

Student Leaders

Our Mental Health First Aiders at The Barlow:

Mrs Lutman



Mrs Fisher



Mental Health First Aiders

are trained to
spot the signs
of stress and
offer support
and guidance



Find out more at mhfaengland.org



MENTAL HEALTH

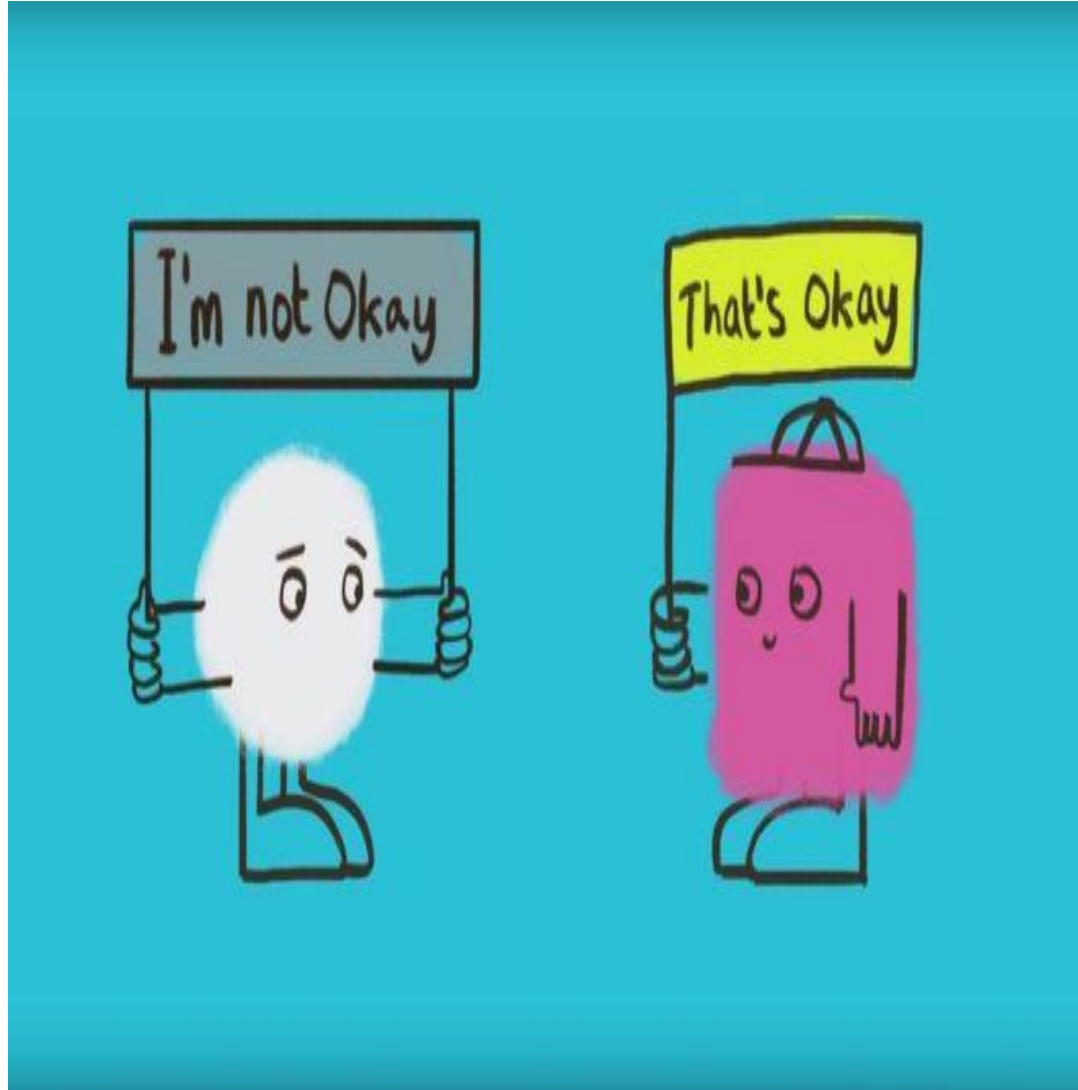
is something we all have.

Like physical health, it can
be good or bad & can change
over time.

1 IN 4

People are affected by
mental illness each year.





it's ok
not to be
okay

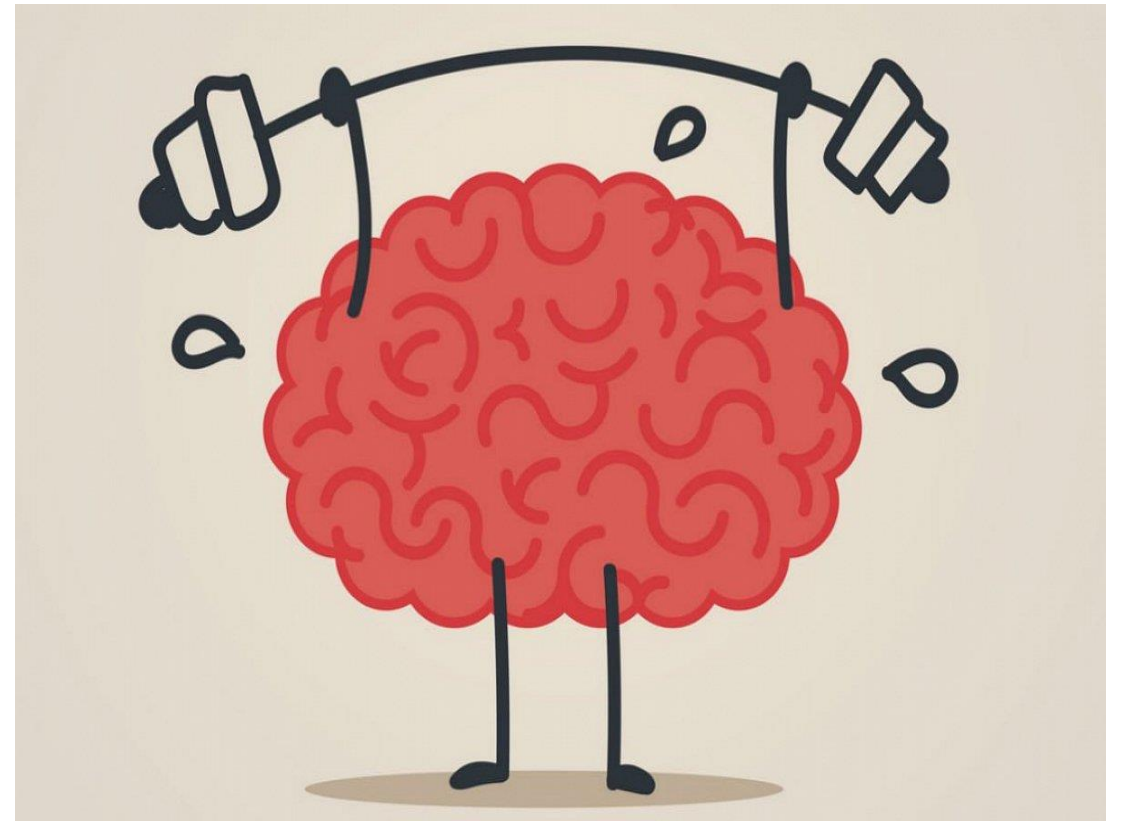


We all have
mental health

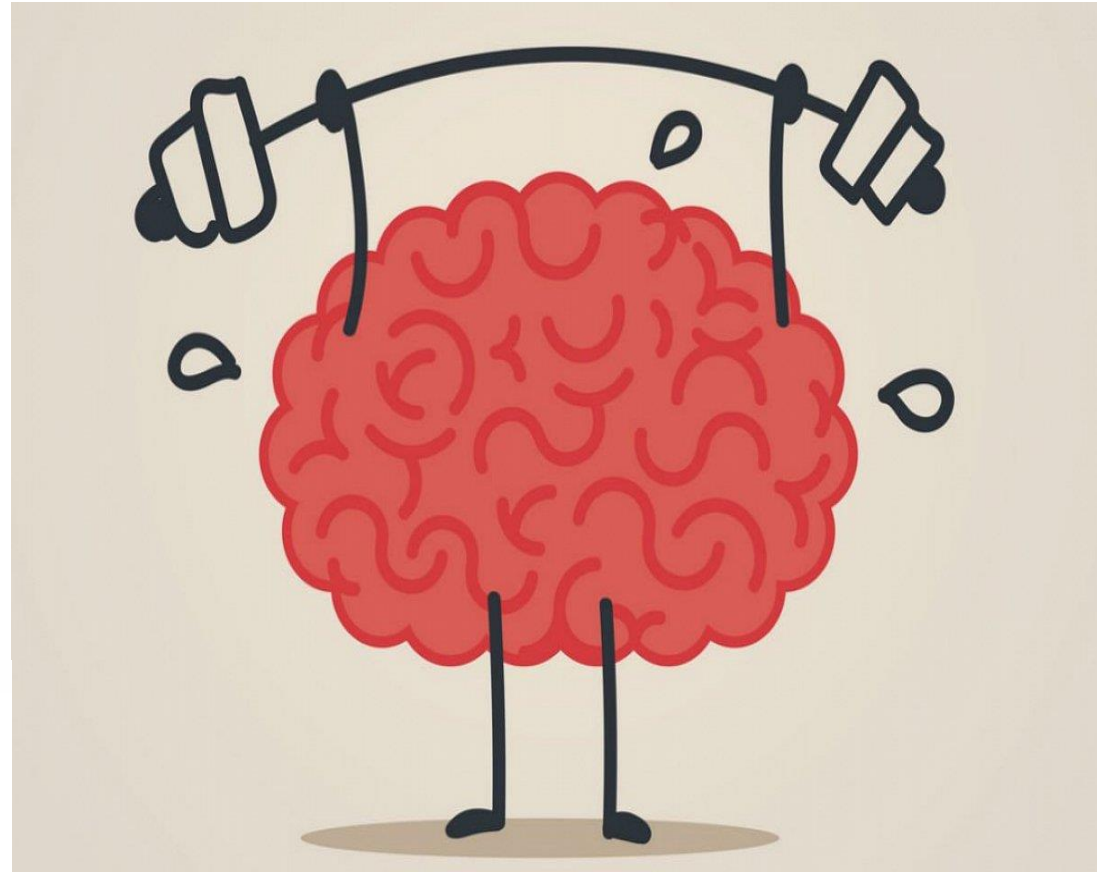
Let's be kind, accept
and support each other!



LET'S COMMENT ON
MENTAL HEALTH
LET'S TALK ABOUT THE FACT
THAT EVERYONE
HAS MENTAL HEALTH
LET'S SHARE KNOWLEDGE &
INFORMATION TO HELP
EDUCATE PEOPLE ON HOW TO
LOOK AFTER THEIR MENTAL HEALTH







Mental

A composite image showing six hands of different skin tones holding up the word "Mental" in large, bold, colorful letters. The letters are: M (red), e (green), n (blue), t (pink), a (yellow), and l (purple). The hands are positioned below each letter, supporting it from underneath.

Health

A composite image showing six hands of different skin tones holding up the word "Health" in large, bold, colorful letters. The letters are: H (green), e (red), a (blue), l (pink), t (purple), and h (light blue). The hands are positioned below each letter, supporting it from underneath.

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| Help us create lasting change



Prevention



Awareness



Treatment







WHERE TO FIND HELP...?



The Barlow RC High School
& Specialist Science College



HEALTHY
MINDS

Got something on your mind?

