



Thinking
Hard:



Be prepared to
feedback your
ideas!

Leaving a space for your title and date, answer the following questions:

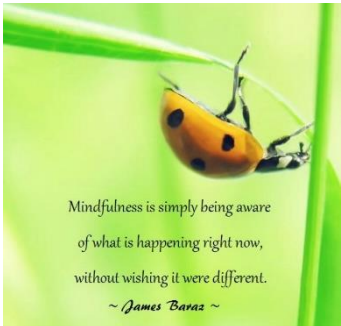
- 1. What is causing these men to have mental health issues?
- 2. Are any of these challenges replicated in schools – could they affect you or others?
- 3. Are these male only issues or are all present potentially at risk?
- 4. Who is responsible for helping students to manage their mental health?

Teachers? Parents? Doctors? Friends? Family? All?

WHY DO YOU THINK THIS?

Mental Wellbeing and Mindfulness

Ambitious
Ready
Kind
Safe



Best: You ensure the mental wellbeing of yourself and others (socially distanced if necessary).

Better: You reflect on what steps you can take to support yourself and those who rely on you.

Good: You understand why mental wellbeing is essential for all, especially in these new, uncharted times.

90%



of school leaders have reported an increase in the number of students experiencing anxiety or stress over the last five years

90%



of the young people surveyed said that they would like mental health to be more important to their school or college



There is clear evidence that emotional wellbeing is a key indicator of academic achievement, and subsequently improved outcomes in later life

80%



of young people saying that exam pressure has significantly impacted on their mental health

study Mental Wellbeing and Mindfulness at School?



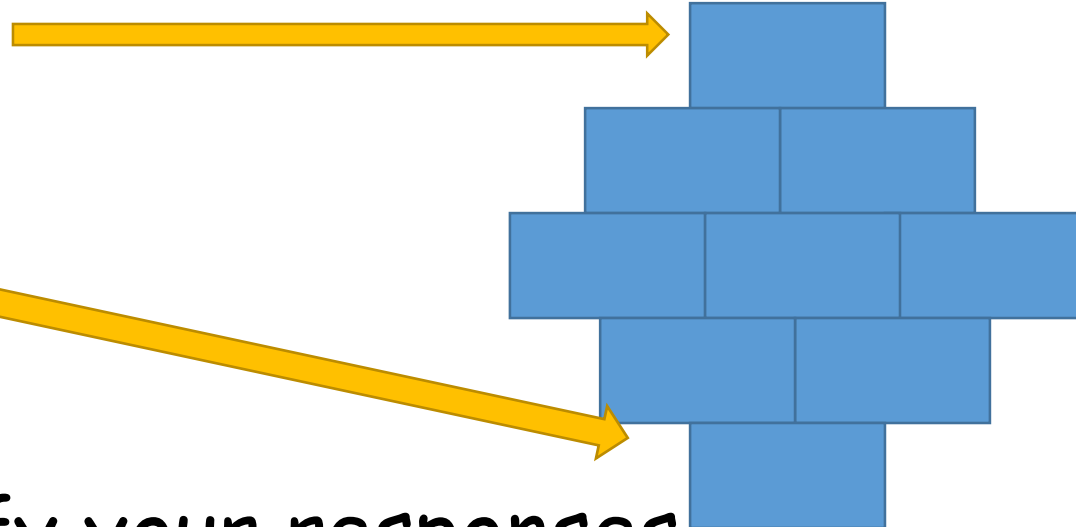
An estimated three children in every classroom has a diagnosable mental health problem

Look at the statements on the next slide.

What things do you think could make young adults your age stressed?

Why?

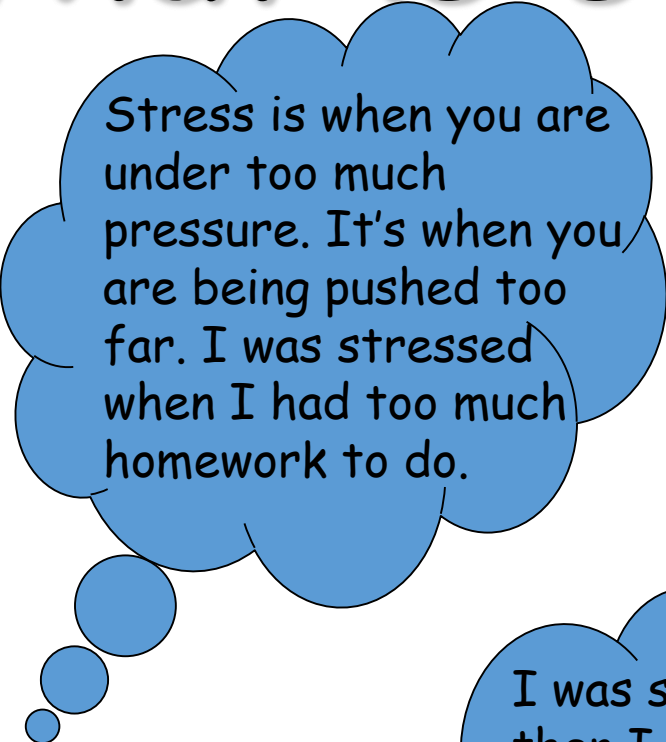
Put them in order
of most stressful
and least.



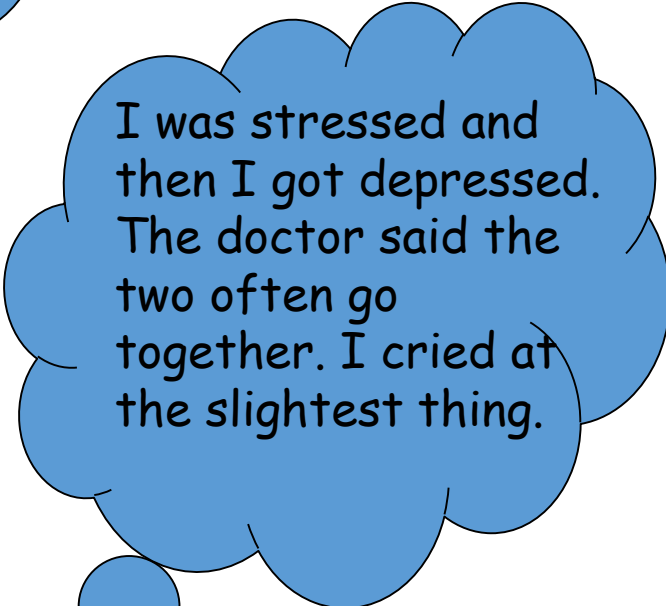
Remember to justify your responses.

Homework	Making friends	Family
Friends	Ability	Looks
Teachers	Being the best I can	Being popular

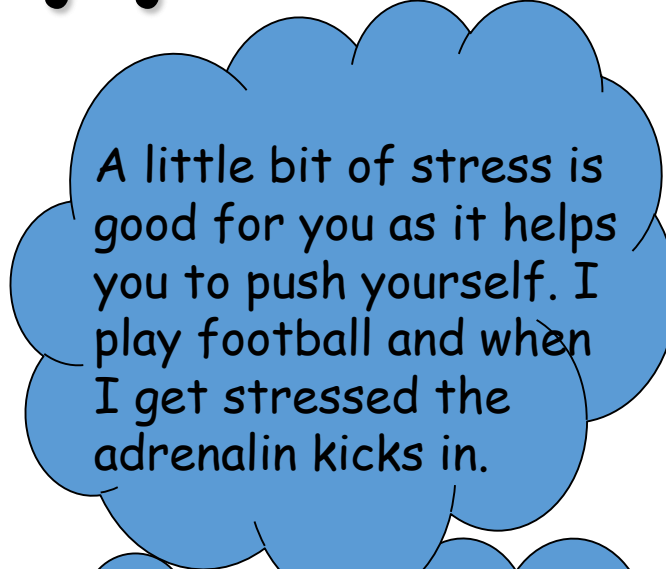
What is stress???



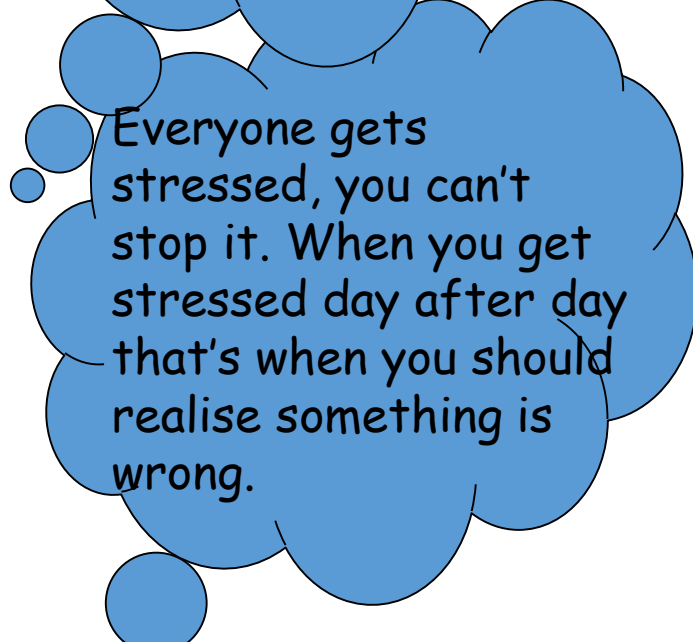
Stress is when you are under too much pressure. It's when you are being pushed too far. I was stressed when I had too much homework to do.



I was stressed and then I got depressed. The doctor said the two often go together. I cried at the slightest thing.



A little bit of stress is good for you as it helps you to push yourself. I play football and when I get stressed the adrenalin kicks in.



Everyone gets stressed, you can't stop it. When you get stressed day after day that's when you should realise something is wrong.

What do you do to try & relax?

- Listen to music?
- Go for a walk (if appropriate)?
- Exercise (at home - search for options online, there are many available)?
- Do another activity to keep your mind off things?
- Watch TV?



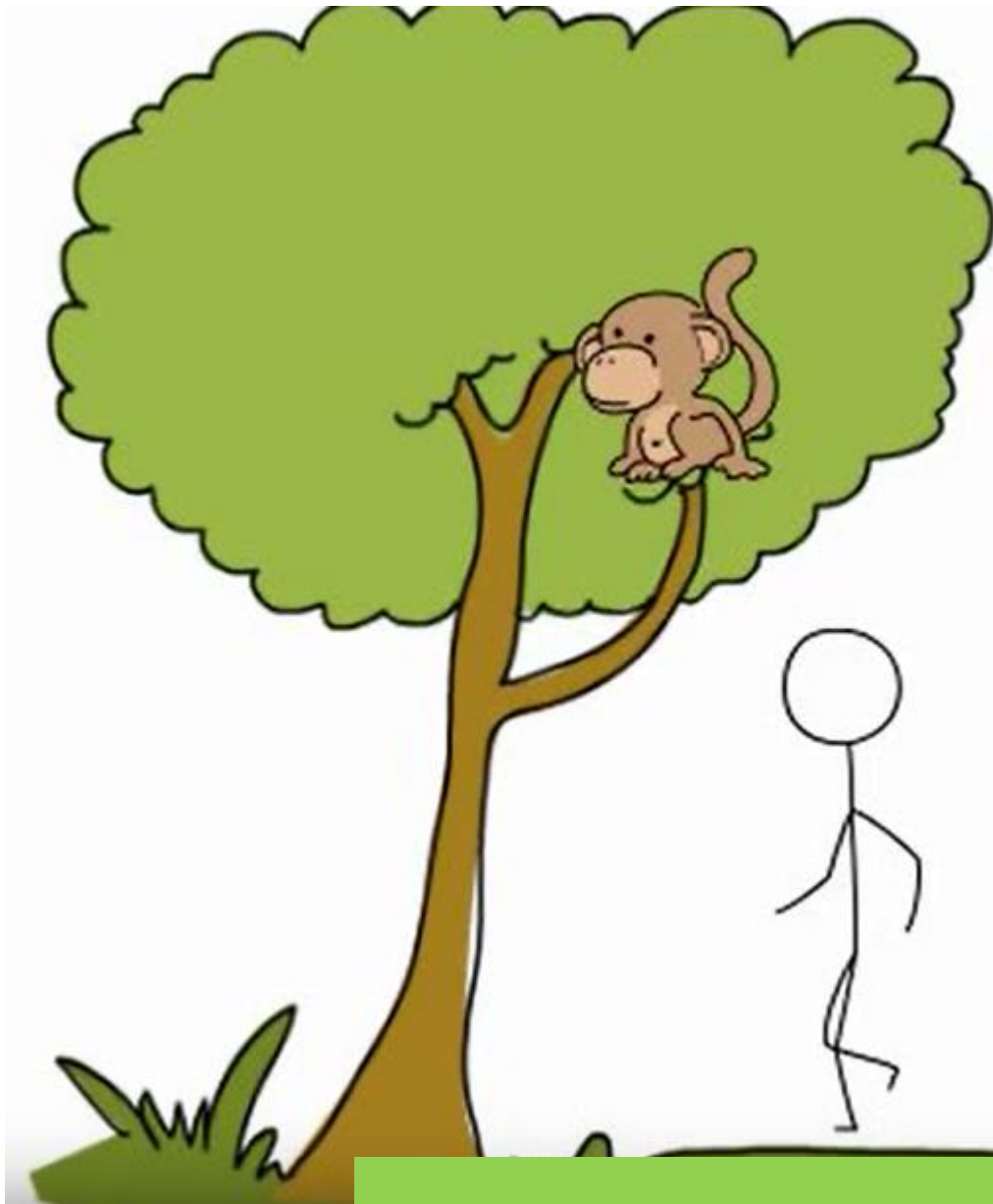
Mindfulness

Often in this busy world we live in, people don't have time to sit still and do nothing.

Many people use relaxation to help chill them out.

Stilling really calms me down. I feel fresh and happy afterwards. I sit comfortably, close my eyes and listen to the sounds around me which makes me feel rested and relaxed. I feel less stressed and wound up.





**AS YOU GO ABOUT YOUR DAY
YOUR MIND TENDS TO JUMP
AROUND FROM ONE THING TO
ANOTHER AUTOMATICALLY. A
BIT LIKE A MONKEY PLAYING
IN THE TREES...**

What is 'Mindfulness' and how might it help you to achieve your full potential?

<https://vimeo.com/285824683>

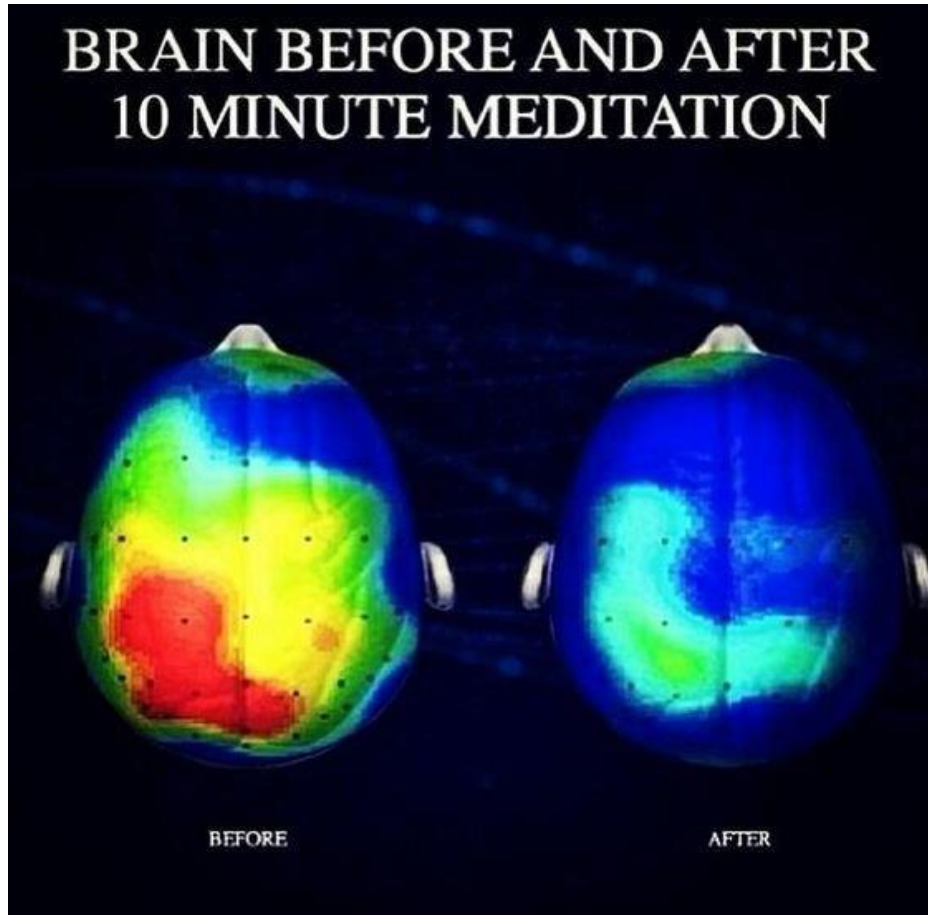


Emily survived the Manchester Bombings of 2017. In this interview she talks about how Mindfulness helped her with her GCSE preparation.



Summarise her message into under 10 words.

And finally ...



MRI Scans have now been used to demonstrate that those who practise mindfulness can benefit from mental improvements associated with:

- Learning and memory
- Emotional regulation
- Greater sense of perspective

All of which will help you to mature into successful young people.