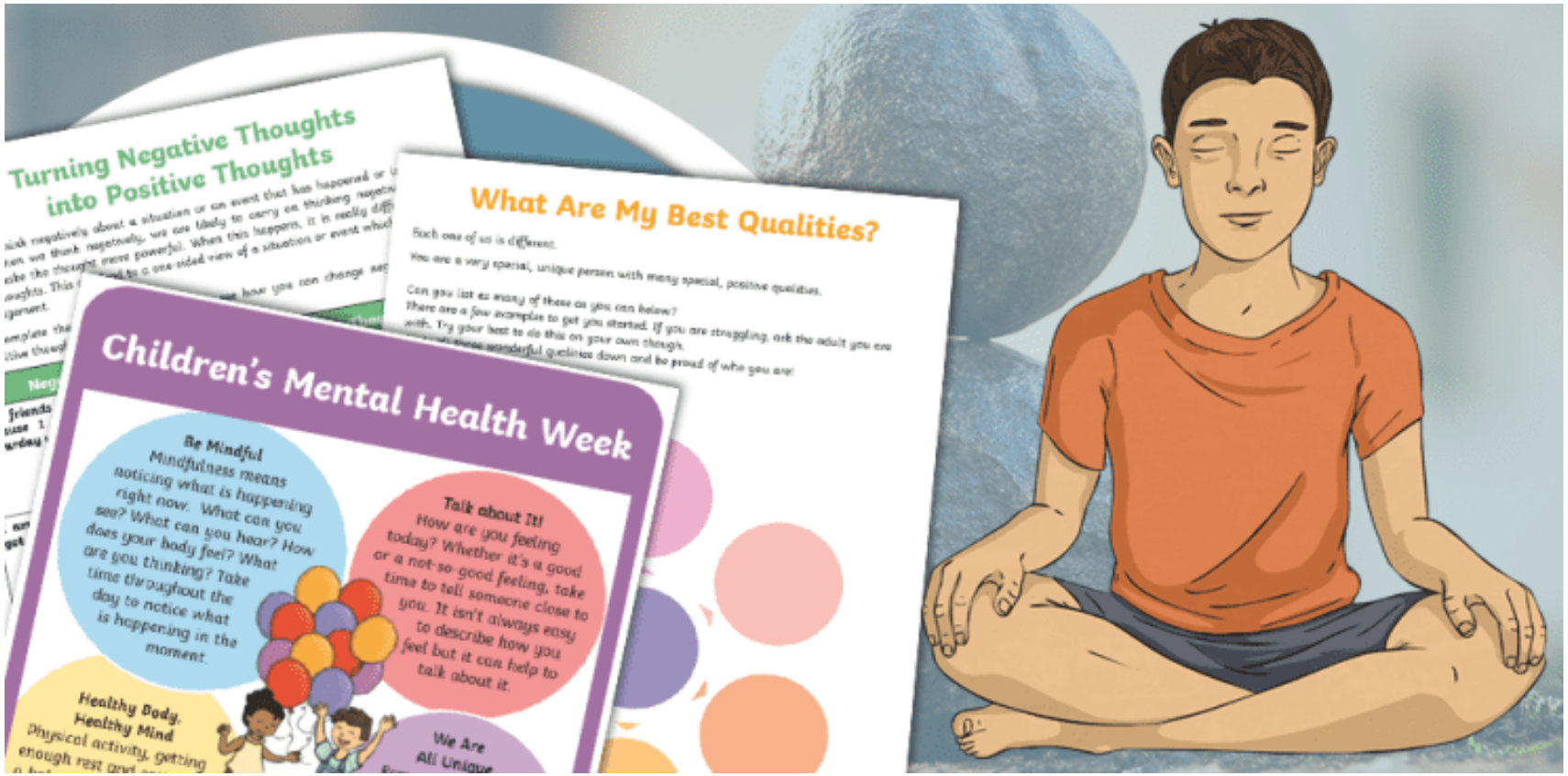
KIRKBY HIGH SCHOOL

Theme: Children's Mental Health week

FIRST TIME, EVERY TIME.

1 – 7 FEBRUARY 2021



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Wednesday, 24 February 2021

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What is mental health?

Mental health, defined by the World Health Organization, is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".

World Health Organization

Statistics

16 million people in the UK experience a mental illness.

Three in four mental illnesses start in childhood and 75% of mental illnesses start before a child reaches their 18th birthday.

More than half of young people link mental illness with alienation and isolation. 56% believe that anyone their age diagnosed with a mental illness would be treated differently and 55% believe they would lose friends.

10% of school children have a diagnosable mental illness. In an average class of 30 young people, three will have a mental health problem.

More than half of young people feel embarrassed about mental illness. 51% of young people believe that anyone their age diagnosed with a mental illness would be embarrassed.

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How can we improve our mental health?

As with our physical health there are lots of ways that we can look after our mental health. Last week we looked at how meditating and controlling our breathing can help us and today we are going to look at how we can express ourselves so we don't supress our feelings and release our frustration in negative ways.

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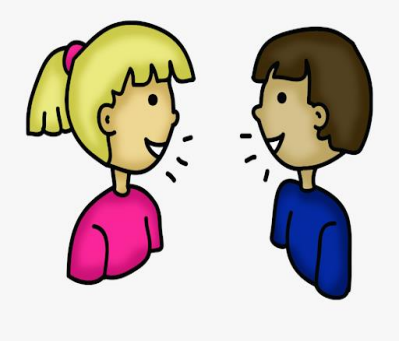
How do I express myself?

The most simplistic form of expressing yourself is verbal communication. Talking to people helps us to share our feelings with others. That may be talking to someone at home, or picking up the phone and talking to a friend. Communication has been essential for everyone in the current climate of the world and will continue to be so.



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Slide 3.

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SEE IF YOU CAN SPOT THE DIFFERENT WAYS PEOPLE ARE EXPRESSING THEMSELVES IN THIS SHORT VIDEO

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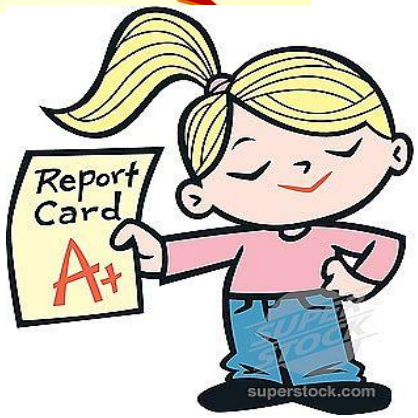
WHY DOES FINDING HEALTHY WAYS TO EXPRESS YOURSELF MATTER?



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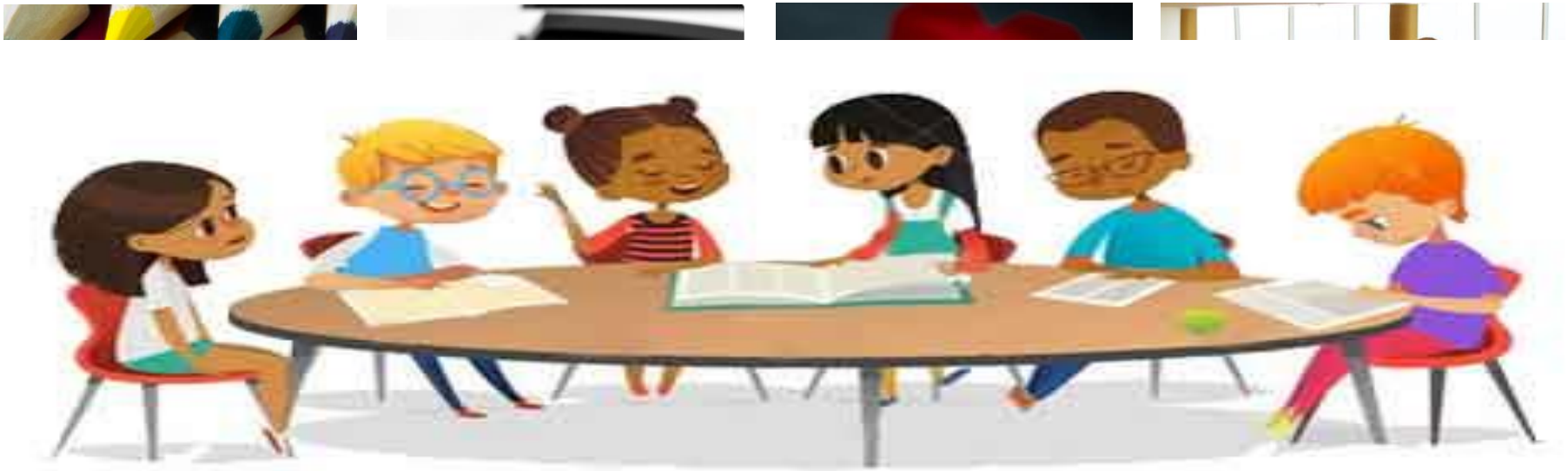
What ways do we as individuals best express ourselves?



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How can you express yourself in the coming days and weeks?

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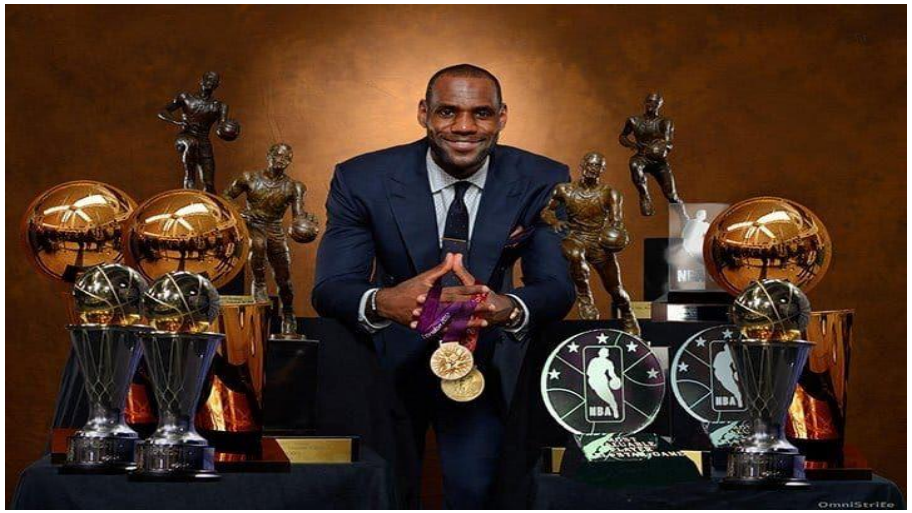
Remember to meditate!

- 1. Pick a quiet space
- 2. Set an alarm (5 minutes?)
- 3. Sit in a chair or cross legged on the floor
- 4. Silence or calming music
- 5. Just focus on breathing
- 6. Belly breathing



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Do you need support?

- **Give yourself time to think about what it is that is making you not feel yourself.**
- **Talk with someone you trust!**
- **Contact the school and ask to speak with the pastoral team.**
- **Visit one of the numerous websites through Google (links provided).**

Place2Be's CHILDREN'S MENTAL HEALTH WEEK 1 - 7 FEBRUARY 2021

School Contact details:
Call:
0151 477 8710
Email:
admin@kirkbyhighschool.net

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B Be active and be healthy - like eating well, dancing, swimming and joining in.

E Enjoy our friends and family and show them we care.

L Love ourselves and welcome the love and support of others. And if things go wrong say yes to help.

O Ordinary things - like choosing where we live, and what we do and share.

N New things to make our lives more interesting - like drama, drawing, singing and sharing stories - with the support we need.

G Give something nice - like our time, our work or a hug everyday.

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