

#HelloYellow

WORLD MENTAL HEALTH DAY

YOUNGMiNDS

10TH OCTOBER 2019

WE ALL HAVE PHYSICAL HEALTH

Physical health is about looking after our bodies to help us grow and stay healthy.

How can we look after our physical health?



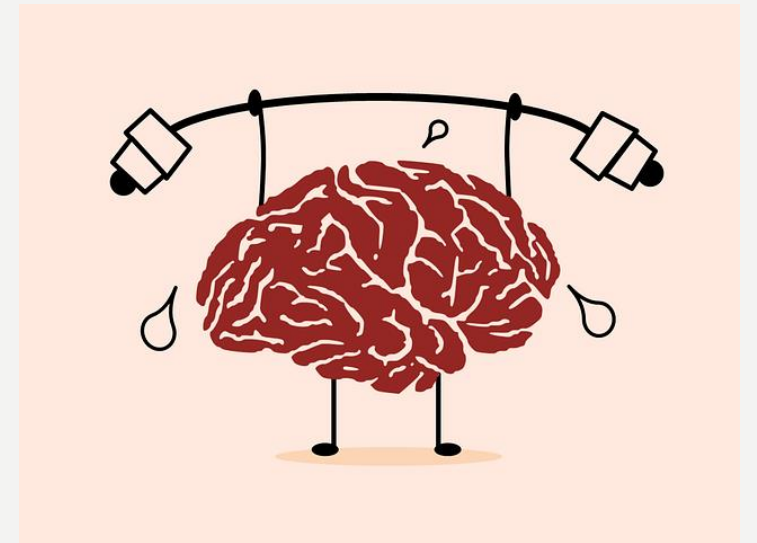
WHY SHOULD WE LOOK AFTER OUR PHYSICAL HEALTH??

- Keeps us healthy
- Helps to keep us free from illness
- Keeps us strong
- Keeps us fit
- Keeps us happy

WE ALL HAVE MENTAL HEALTH

Mental health means keeping our minds healthy.

Having good mental health helps us feel good about ourselves and cope with life's ups and downs.



HOW CAN WE LOOK AFTER OUR MENTAL HEALTH?

- Eating well
- Sleeping well
- Drinking plenty of water
- Talking to people we trust about how we feel
- Doing activities we enjoy
- Having good friends
- Working towards our goals

POOR MENTAL HEALTH

Just like our bodies can get ill, so can our minds.

We can have problems with our mental health - just like our physical health.

That's ok

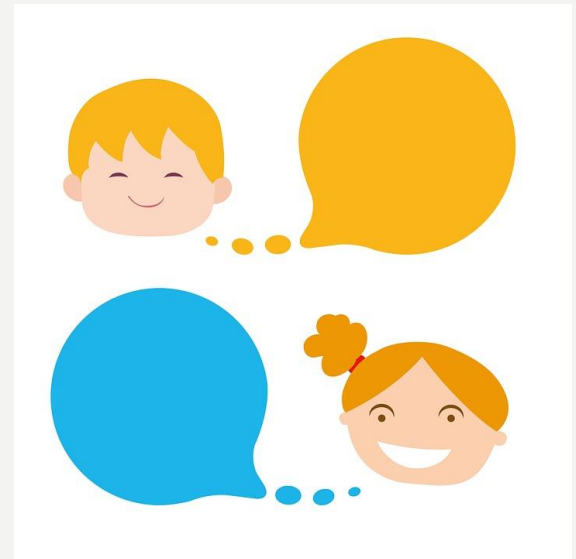




**TALKING
LISTENING
TELLING**

TALKING

- About how we are feeling
- Being honest about our feelings
- Asking our friends if we think something is wrong
- Asking a trusted adult to help us
- Use kind words to others
- Telling somebody that you care



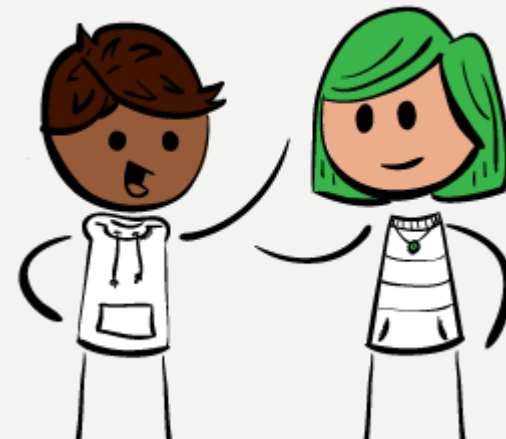
LISTENING

- Being supportive friends to each other
- Taking time to listen to each other
- Being kind to each other and ourselves
- Listening when somebody needs to talk



TELLING

- Telling a teacher or adult you trust if you are worried about something
- Tell someone even if you are not sure
- If something feels difficult to tell, it might be even more important to tell.



LEARN THE ABBEY HILL MENTAL HEALTH CHARTER

Abbey Hill Mental Health Charter



Everyone has days when they feel down or sad for no reason. This is part of our internal emotional roller coaster. Some days we are up and some days we are down. However, when we are feeling low, we may need some help to feel better.

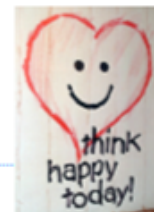
Abbey Hill Academy staff and students are all part of an amazing family and we pledge to help each other when things get tough.

Our Mental Health Charter is here as a reminder that we care about each other and we are loved.

Everyone at Abbey Hill pledges to:

- ✓ Look out for each other at all times. Everyone is fighting battles we know nothing about
- ✓ Always be kind - if we don't have anything nice to say then we don't say anything at all
- ✓ Ask for help if we need it no matter how small the problem may seem. If you can't say it, write it down and pass it on. A problem shared is a problem halved
- ✓ If someone doesn't have a smile we will give them one of ours

#itsoknottobeok
#TeamAbbeyHill ♥



**BE A GOOD FRIEND AND LOOK OUT
FOR EACH OTHER**



ASK FOR HELP IF YOU NEED IT



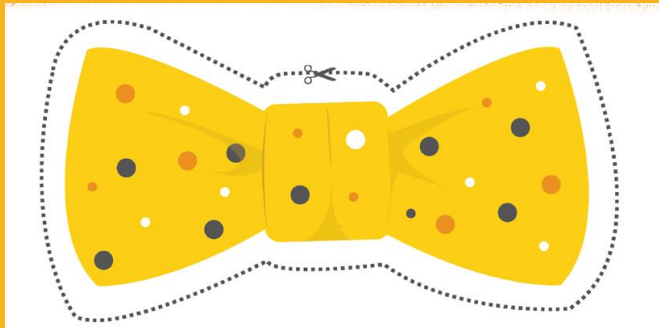
**THURSDAY IS
WORLD MENTAL
HEALTH DAY**

**WE WANT YOU TO WEAR
SOMETHING YELLOW TO
SCHOOL**

YOUNG MINDS

#HelloYellow

AND COME AND HAVE A GO IN OUR BREAKTIME PHOTO BOOTH



**LET'S HAVE FUN AND ALSO
SHOW EVERYONE THAT WE
CARE ABOUT MENTAL
HEALTH**

