

## **Your physical and mental health**

Just as we look after our physical health, it's important to look after our mental health. In fact, the two are closely connected. Most of us will know what it's like to feel worried, stressed, or low from time to time. We might be affected by our relationships with friends and classmates or things we see on the news, and we might feel worried about school or our home lives. This is understandable. So how should we manage when we're having difficult feelings?

There are lots of things you can do to look after your own mental health and wellbeing. It's important to remember that it's okay to ask for help. Sometimes we need the support and advice of others. If you feel like you need more help, please talk to a trusted adult or you can speak with Mrs Asbury, our School Counsellor and Well-being Coordinator by emailing [l.asbury@thepolesworthschool.com](mailto:l.asbury@thepolesworthschool.com) or [help@thepolesworthschool.com](mailto:help@thepolesworthschool.com).

### **Emotional activities to try....**

1. **Develop friendships that are supportive** "Being with people who make you feel confident and good about yourself can really boost your mental health. Having a laugh really helps me to feel happier."
2. **Be kind to yourself** "Self-kindness won't necessarily stop your thoughts or feelings from being difficult, but it might provide some small comfort during them."
3. **Write three good things that you did each day** "I enjoy reflecting but often jump too quickly from one thought to another. Writing things down helped me to arrange my thoughts, and now I can go back and reflect on those thoughts."
4. **Talk to a friend about how you are coping** "Ringing for a chat helps you get away from how you're feeling."

### **Parents/guardians- talking to your child about their mental health**

Talking to your child about how they are, how their day has been and what's on their mind as part of everyday family life shows your child that you're interested in them and want to listen. It also supports them to practise thinking and talking about their feelings, helping them to get to know themselves and what they need.

But talking isn't always easy. You might feel like you don't know where to start, when a 'good time' is, or how your young person will react. Or you might be worried about making things worse or saying the wrong thing. If this is the case, try to remember that your child doesn't need you to always get it right - they just need to know you're there.

#### **Top tips:**

1. **Listen and observe.** Young people communicate not just with what they say, but what they do.
2. **Avoid trying to fix it!** Often a young person just wants to share and not for you to find the solution.
3. **Doing an activity** whilst chatting can help to take the pressure off.

4. **Validate** their feelings- reassure and let them know their feelings are OK.
5. **Encourage** and praise them for talking.

### Where to get help

Kooth.com is a free, confidential, safe and anonymous way for young people aged 11-26 to ask for help and support from a team of highly qualified and experienced counsellors and support workers. Kooth.com is a well-established, award winning online counselling agency and is accredited by Worcestershire County Council and The British Association of Counselling and Psychotherapy (BACP).



Young Minds the UK's leading charity fighting for children and young people's mental health. Parent helpline – 0808 802 5544



Every Mind Matters has a range of support material for students on self-care and how to look after your own mental health. You can take the mind plan and get tips dedicated to you on how to cope.

