

# Mental Health Awareness Week

TAKING CARE OF YOURSELF - KINDNESS



## Diet

### Making healthy choices

It's no secret fast food, food high in fats or sugar do no favors. As an occasional treat, they are fine. However, when that's all your diet consists of, research shows food does affect mood. There is a link between what we eat and how we feel.

## Exercise

### Move more, feel better

Movement helps combat low mood, depression and anxiety. It releases those 'feel good chemicals' into the brain which improve mood and outlook. Exercise also raises the body temperature which can produce a feeling of calmness and satisfaction.

## Sleep

### Are you getting enough sleep?

Sleep can play a role in how we feel physically and emotionally. The ideal amount for teenagers is 8 hours or more.

Yet only 15% report getting this amount on school nights.



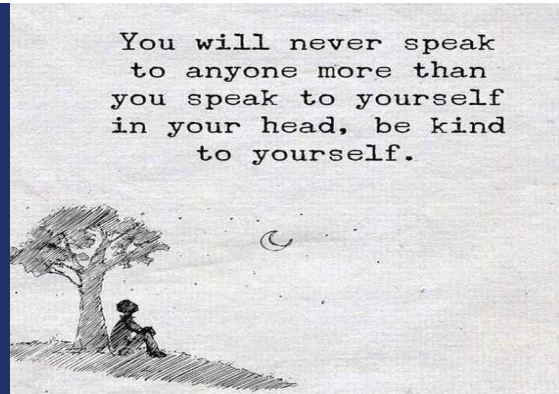
## LOOKING AFTER YOURSELF - WHY KINDNESS?

Mental Health Foundation has chosen kindness as a theme for Mental Health Awareness Week because of our singular ability to unlock our shared humanity. Kindness strengthens relationships and deepens solidarity.

## TAKING CARE OF YOURSELF

The most successful ways of combating mental health issues are by taking care of yourself.

Here are some hints and tips to help you treat yourself with kindness and combat the anxieties and stresses of Lockdown.



## Sharing

### TALK TO SOMEONE

Talking is one of the best things to do to help change mood. Talking about what's bothering you, can make it more manageable. If you feel that your problems are too big to handle you might want to contact your GP, or talk to someone at school/college you trust.

Isolating can lead to loneliness and will make problems seem so much bigger and harder to handle. It can be easy to socially withdraw, especially in the current climate. But if you can stay connected with friends or family, this becomes an ideal way to start talking.

Try online counselling through an accredited youth counselling website or contact your tutors to ask for help and support from School. The school counsellor is available for telephone, email or skype counselling.

[www.kooth.com](http://www.kooth.com)

*"Chat to our helpful team about anything that's on your mind. Message us or have a live chat."*

Email [safeguardingteam@hanleycastlehs.org.uk](mailto:safeguardingteam@hanleycastlehs.org.uk)

*For help or support from school.*

## Venting

### GET RID OF THOSE NEGATIVE EMOTIONS

Pent up feelings and emotions need to be vented in a healthy way. Talking to someone you trust is a good way of getting rid of them. If that is not possible writing out how you feel can be another way of releasing thoughts and feelings. Anything creative is great release of emotion, such as art, poetry, writing stories or playing music or a musical instrument.

But remember doing this too often can lead you to ruminate and that is when you can get into the trap of replaying stuff in your head. And that helps no-one!

<https://youngminds.org.uk/>

Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258

<https://ticplus.org.uk/>

Teens in Crisis - TIC+ provides [face-to-face](#) and [online counselling](#) services for young people, family counselling, parent support, and psycho-educational workshops. At TIC+ we care. We're here to listen and support you – not to judge you.

Text: 07520 634063 Tel: 01594 372777; E-mail: [admin@ticplus.org.uk](mailto:admin@ticplus.org.uk)

# Self-Esteem

Self-esteem is about how you feel about yourself. If you feel good, it's easier to cope with life's ups and downs. Our self-esteem grows and diminishes in life changing how we feel about ourselves at different times. If your self-esteem is low, it is very easy for negative feelings and thoughts to creep into your head. If this happens over a prolonged period of time it can lead to low mood, depression or anxiety.

Visit the websites below for more help and information to boost self-esteem.

<https://www.mentalhealth.org.uk/podcasts-and-videos/wellbeing-and-positive-thinking>

<https://youngminds.org.uk/blog/young-peoples-self-care-tips-for-self-isolation/>



## Exercise and Diet

### Keep moving and eating healthily

Movement helps combat low mood, depression and anxiety. It can be anything, walking, walking the dog, Joe Wicks workouts, jogging, skateboarding, cycling or dancing.

Exercise also raises the body temperature and releases feel good hormones. The sense of satisfaction of achieving something is a fantastic feeling too!

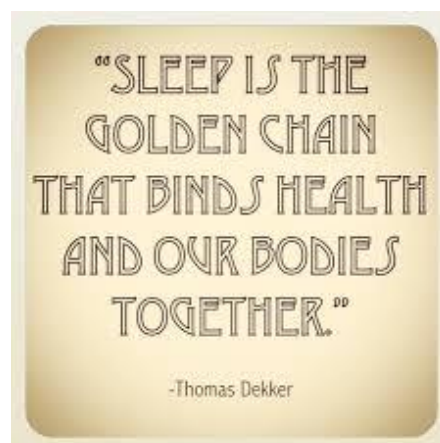
Eating the right types of food can also boost your immune system and give you more energy. Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.

This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

<https://www.nhs.uk/live-well/exercise/>

<https://www.nhs.uk/live-well/eat-well/>

<https://www.nhs.uk/change4life/recipes>



For hints and tips on sleeping well, getting enough sleep and knowing how much sleep you need, why not visit the National Sleep Foundation website.

<https://www.sleepfoundation.org/sleep-topics/children-teens-sleep>

Getting a good night's rest can make a big difference to how you feel.

## Mental Health Foundation - Awareness Week

For more information visit the website.

<https://www.mentalhealth.org.uk/>