

YOUR MENTAL HEALTH 5 A DAY & MORE

FROM ST. PETER'S INNOVATE FOR WELLBEING
TEAM, 2021.



HOW ARE YOU ALL DOING?

- The Innovate for Wellbeing Team, 2021 in St. Peter's are here to provide you with resources to help support your mental health and well-being.
- **If a student, you will need your copy to take notes (all in orange)** and take part in activities in this lesson.
- **Links in this colour will bring you to webpages or YouTube clips for support.**

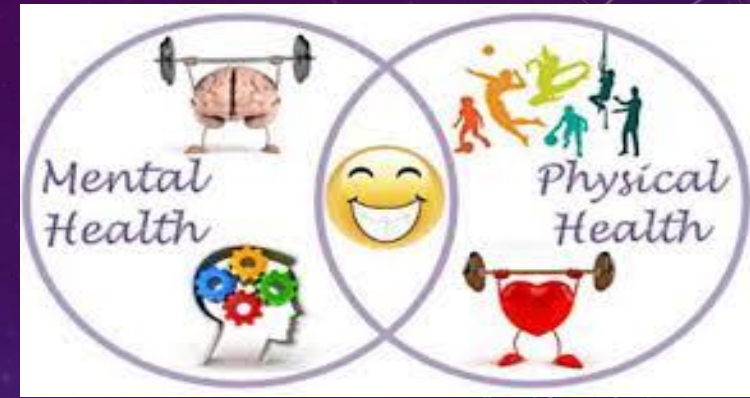
WHAT IS MENTAL HEALTH?

- “A state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.” [World Health Organization](#) (2014)
- **Note this definition in your copy. Also explain what mental health means to you?**



TALKING
MENTAL
HEALTH

WHAT IS MENTAL HEALTH?



- We all have mental health – **just like physical health, everyone has mental health.**
- Mental health can mean different things to different people. The chances are that if you asked your friends, parents or teachers about it, they may all say different things. This is expected as everyone experiences mental health differently.
- Click on the link to watch a short video clip explaining what mental health is. [What is Mental Health explained.](#) (1.58m)
- **Ask someone in your household how they would define mental health and note it in your copy. Compare it to what you wrote previously.**

WHAT IS MENTAL HEALTH?

- **Mental health is like a scale** – our mental health does not stay the same; it can go up and down as we experience challenges, stresses, excitement and joy.
- **There are things that we can do to look after our mental health** – just as we take care of our physical health, there are things that we can do to look after our mental health. This can include connecting with a trusted adult and doing things that we enjoy. Learning and practicing coping skills in order to face life's challenges can help us greatly in maintaining a healthy balance.



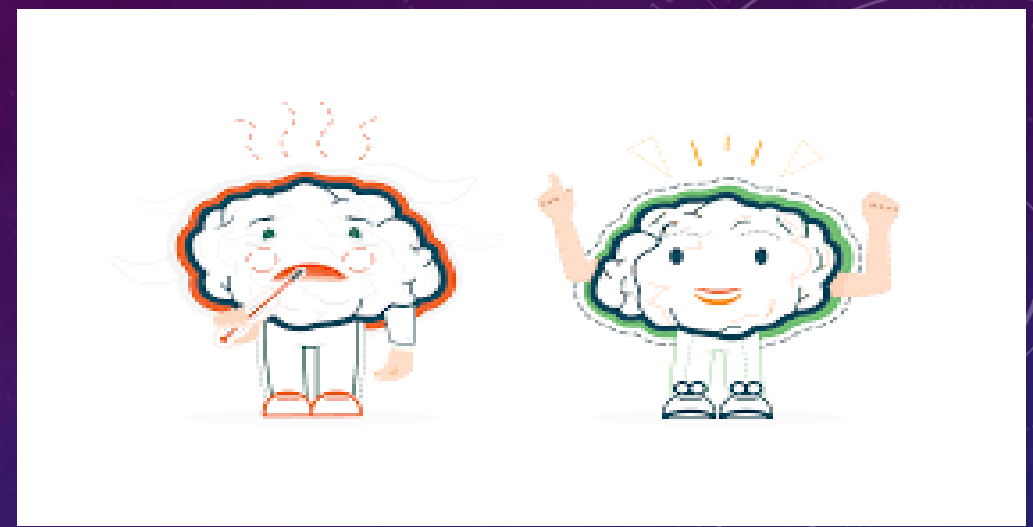
- Mental health is not a matter of luck, we need to be mindful of it and take care of it.
- Mental health is not like an injury that you can easily see.
- Mental health is not about feeling good all the time.
- Life is up, down and unpredictable at times. We can't be protected from that all the time. Good mental health is about having coping skills and the resilience to deal with life's ups and downs.
- Resilience and looking after your mental health allows you to bounce back.

WHAT IS MENTAL HEALTH?

- When we think of mental health, sometimes we can only think of mental illness.
- At times, the media over scare. They release images or use language that can belittle, insult or shame people dealing with mental health and/ or mental illness.
- **In your copy, answer the following question- How does the media's approach to mental health/ illness influence you?**



WHAT IS MENTAL WELL-BEING?



- It is more than the absence of mental illness and it is more than feeling happy.
- It is the ability to cope with the day-to-day stresses of life, work productively, interact positively with others and realise our own potential.
- It's having the capacity to live a full and creative life, and having the flexibility to deal with life's ups and downs. It's all about resilience. It involves our thoughts and our feelings. It requires an awareness of our feelings and emotions, as well as the feelings of others.
- **Note in your copy the definition for mental well-being.**

MINDING YOUR MENTAL HEALTH CHALLENGE

- **Grab your copy and a pen.** Start the timer by clicking the link below and list as many things that you can think of in 60 seconds that help you to look after your mental health. Go!
 - [Challenge Timer](#)
 - **HOW DID YOU GET ON?**



OUR NUTRITIONAL 5-A-DAY

- We're very used hearing the phrase our "5-a-Day."
- What does it mean to you when you hear that phrase?
- **Answer in your copy: 5-A-Day refers to**

FOUR WAYS TO MIND YOUR MENTAL HEALTH:

1) YOUR MENTAL HEALTH 5-A-DAY

There are a variety of ways to look after your mental health. Here are four ways that young people can do just that:

- **1: 5-A-Day for Mental Health**- This is five things we can do every day, that help us to look after our mental health. Click on the following link and watch the clip 5-a-day for Mental Health (2.17m)

Take notes in your copy with recommendations for looking after your mental health.

YOUR MENTAL HEALTH 5-A-DAY

01

Connect: Reach out to those around you-friends, family, a trusted adult etc.

02

Be Active: Get out there and do some activity that you enjoy.

03

Take notice: Be curious and take notice of the world around you.

04

Get involved: Have a say in things that affect your life, getting involved can build your confidence.

05

Give: Volunteer, make someone a cup of tea, giving can give us a sense of purpose and connection. It also contributes towards high self-esteem.

Note the mental health 5-A-Day in your copy

MAKE 5-A-DAY A HABIT

Think deeply about the following and answer the in your copy:

- What do you currently do to take care of your mental health?
- What do you do in a typical day to nourish yourself?
- What brings you down?
- What will you do to implement your mental health 5-A-Day?
- Write out your schedule for the week implementing new strategies from the mental health 5-A-Day. How will you connect, be active, take notice, get involved and give?

FOUR WAYS TO MIND YOUR MENTAL HEALTH:

2) REACH OUT TO ONE GOOD ADULT

- 2: Reach out to your One Good Adult- One good adult in the life of a young person is someone who you can talk to about how things are going on, the good and the bad. Jigsaw research tells us that young people who share their troubles with an adult that they trust have better mental health. We know that it can sometimes be difficult to start the conversation, so try thinking about how you are feeling and what you would like help with. When someone asks how you are, tell them! Click the link below.
- One Good Adult

FOUR WAYS TO MIND YOUR MENTAL HEALTH:

3) REACH OUT TO YOUR SCHOOL SUPPORTS

- There are many wonderful supports available at St. Peter's, Dunboyne. From the principal, to deputy principals, teachers, tutors, yearheads, SNA's, our chaplain, the jigsaw student team, the school wellbeing team, student council and our guidance counsellors.
- Reach out to us through TEAMS if we are online teaching. Make an appointment or come to us in person if in school. We are here to support you.
- Remember to reach out to your peers also. Trusted friends who you can talk to can help immensely if you are feeling stressed or anxious.



FOUR WAYS TO MIND YOUR MENTAL HEALTH:

4) REACH OUT TO JIGSAW

- 4. Reach out to Jigsaw- At Jigsaw, they believe that everybody needs a little help from time to time. They have a range of online supports available to all young people. They have a range of online supports including Jigsaw Live Chat, Live Group Chats, Ask Jigsaw anonymous support and a wide range of information and resources. Jigsaw also offers face to face clinical support to young people aged 12-25.
- If you would like to find out more about this service or to talk to someone about making an appointment, visit our Jigsaw services page.

JIGSAW: FREE MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE

- They offer a listening ear and provide expert mental health support and advice, online and in person, to young people across Ireland, aged 12-25 years old.
- They are free and confidential.
- During this current lockdown one to one supports for young people are still available with their clinicians. Referrals are still accepted.
- Online supports for young people through their website such as live webchat sessions, group chats, Ask Jigsaw, articles and resources are all available [here](#).
- School supports via our website available [here](#).
- Parents can also avail of their online supports including articles, webinars and online parent courses all accessible [here](#).

JIGSAW CONTACT DETAILS

- Website: www.jigsaw.ie
- Phone: +353 1 472 7010
- FB: <https://www.facebook.com/JigsawYMH>
- Twitter: <https://twitter.com/JigsawYMH>
- Instagram: https://www.instagram.com/jigsaw_ymh/

WHAT DO YOU THINK?

- I hope this PowerPoint, accompanying YouTube clips and links to web resources are a helpful support to you all.
- On behalf of myself and all on the St. Peter's Innovate for Wellbeing Team, we send you our best wishes.

Teacher Note: Copy and paste this duplicate FORMS link to your search bar so you can monitor your own class feedback.

<https://forms.office.com/Pages/ShareFormPage.aspx?id=poOQkdzckUO2gg05kLClnDIIQ2pwOgBEqwreS0HKYeBUQUJCTTM0M0xKVjBETERJMIJZSEtHQki4UC4u&sharetoken=LHWZ65h289LFUGT5f8XQ>

Ms. Myles.