

Epping Forest

# crucial crew 2020

staying safe, fit and healthy



Mental health and wellbeing

Supported by



# mental health and wellbeing



- All of us have mental health and, like our bodies, our minds can become unwell.
- 1 in 10 young people will experience a mental health problem.
- These include depression, anxiety disorder, eating disorders, psychosis or bipolar disorder.
- It's important to talk about mental health and get help early if things don't feel right, just like we would for our physical health.

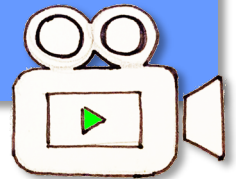
No one should feel ashamed about having a mental health problem, they wouldn't if they had a broken leg.

Supporting someone with a mental health problem, just like supporting someone with a broken leg, can make a big difference to how they feel.



Check out this video!

<https://www.youtube.com/watch?v=nCrjev3-Js>



<https://www.time-to-change.org.uk/>  
[www.childline.org.uk](http://www.childline.org.uk)

# MIM FINE



SOMETIMES HUMANS SAY THEY'RE FINE  
WHEN THEY'RE NOT. BUT WITH MENTAL HEALTH  
PROBLEMS AFFECTING 1 IN 10 YOUNG PEOPLE,  
TO REALLY FIND OUT, **ASK TWICE.**



**time to change**

let's end mental health discrimination

Funded by  
Department  
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Social Care



# Showing Ourselves Gratitude

**We often take the time to show gratitude to others but it is important, as part of our self-care, that we show ourselves thanks and gratitude.**

Remember to speak to yourself and about yourself in a way that you would with someone else you care about. Often, people speak much more negatively or critically about themselves, in a way they would never speak about someone else. It is important to recognise the impact we have on ourselves and our wellbeing when we do this.

**The following checklist contains different ideas and suggestions of ways you can show yourself some gratitude.**



**Buy yourself a treat with your pocket money.**

- Spend some time reading a book or listening to your favourite music.**
- Plan a day for doing no homework at all and fill it with relaxing or fun games instead.**
- Massage your hands or have a bath. Do something which relaxes you and allows you to rest.**
- Write down positive thoughts to yourself and say these out loud to yourself.**
- Ask others to write a positive note about you, or to you, try and think of a positive about yourself to balance that view.**
- Surround yourself with people who motivate and inspire you. This is both in person, in the news and online.**
- Ensure there is something or someone in your life that you care about and that needs your love and care, this could be family, pets or plants.**
- When someone pays you a compliment, make sure you say 'Thank you' rather than responding with a self-criticism or by ignoring it. It is important to accept a compliment.**

# My Control

Look at the areas listed in the table below. Write each one of them into the box you feel they fit; either 'Things I can Control' or 'Things I Can't Control'.

You can then put this up in your room or home to remind you of the things you can actually control and to focus on these.

Things I Can Control	Things I Can't Control

How other people feel	What other people do	My self-care	Other people's opinions
Getting older	What I say	Traffic	The weather
What I do	What I wear	What I eat	Who I play with
My opinions	My thoughts	My words	My actions
What other people say	What other people think	How other people feel	What other people believe