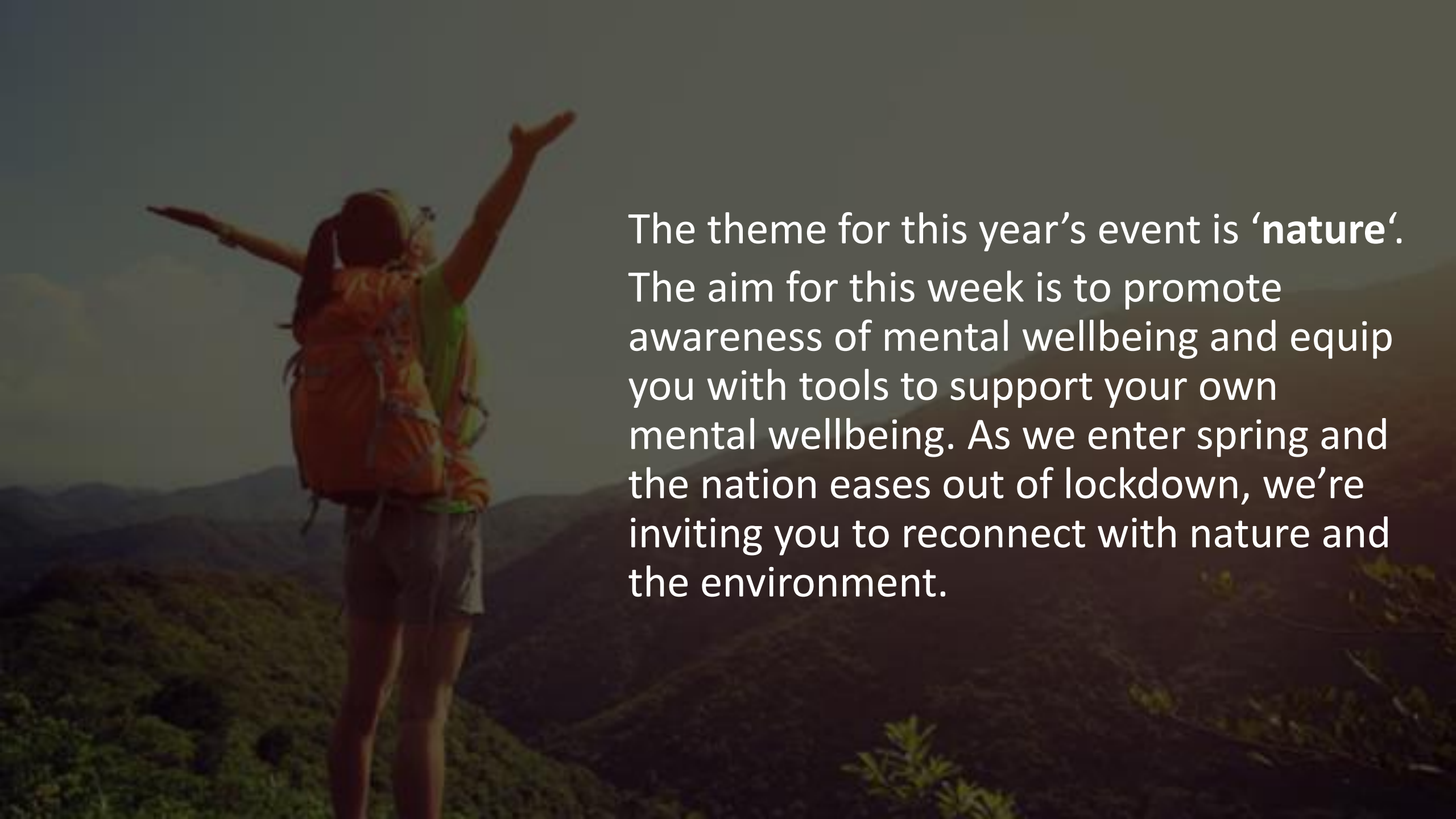






**Mental Health  
Awareness Week**  
10-16 May 2021



A person with a backpack is standing on a mountain peak, facing away from the camera with their arms raised in a gesture of triumph or joy. The background shows a vast, hazy landscape of rolling hills and mountains under a soft, golden light, suggesting either sunrise or sunset. The overall mood is one of freedom and connection with nature.

The theme for this year's event is '**nature**'. The aim for this week is to promote awareness of mental wellbeing and equip you with tools to support your own mental wellbeing. As we enter spring and the nation eases out of lockdown, we're inviting you to reconnect with nature and the environment.



What can you do  
to improve your  
wellbeing?

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# Five Steps to Wellbeing

- ☐ Connect
- ☐ Be Active
- ☐ Take Notice
- ☐ Keep Learning
- ☐ Give

# Connect

Connection is about relating to one and other and feeling understood. Speak to the people in your life, be it friends, family, teachers or neighbours. Build new connections to expand your circles – this could be at work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Developing these connections will support and enrich you every day.



# Be Active

Engaging in regular physical activity is known to go hand in hand with lower rates of depression and anxiety across all age groups. Not everyone needs to be a fitness fanatic to boost your wellness through activity. Simply step outside, exercise your green fingers or organise a games night. You could go for a walk or run, cycle or dance. Exercise releases hormones that make you feel good. Most importantly, being active is about discovering a physical activity you enjoy and that suits your level of mobility and fitness.





## Take notice

Take stock of your surroundings, be curious, catch sight of the beautiful. Being in a state of 'mindfulness' has been shown to be associated with a positive mental state. Greater awareness of the world around us helps us see the unusual and notice simple pleasures like the changing seasons. Savour the moment, whether you're walking to school, eating lunch or talking to friends. Be present to your feelings and environment. Reflecting on your experiences will help you appreciate what matters to you.





## Keep learning


Learning something new is good for your brain and often exciting for the learner. Trying something different, rediscovering an old interest or signing up for that club you've always wanted to do can also improve our confidence and widen our skillset. Take on a new responsibility at school, do some arts and crafts or pick up an untried recipe. The challenge and enjoyment of learning new things gives a sense of fulfilment that is second to none.



# Give

Giving encapsulates many things – from showing goodwill and generosity of spirit to giving presents and giving up our time. Evidence suggests that ‘giving back’ or helping others promotes wellbeing for all ages. Why not do something nice for a friend, or a stranger. Thank someone. You could even volunteer your time with a charity or join an online community to give and receive peer support in equal measure. The key to giving is to look outwards, as well as inwards. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

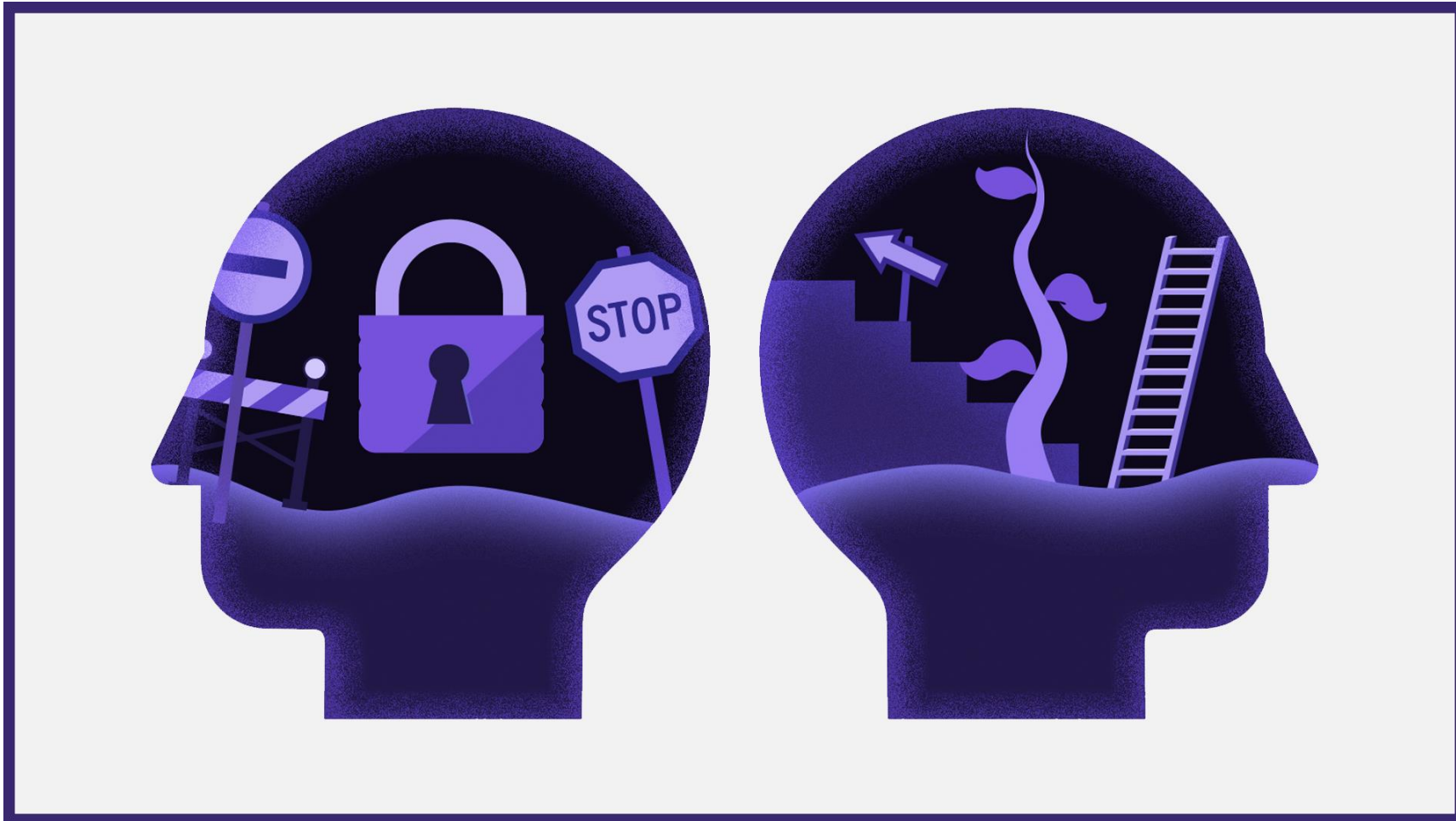


A pink sticky note is hanging from a string against a blue sky with white clouds. The word "Tuesday" is written on the note in a dark, cursive font, with the first letter 'T' being larger and the word underlined.

Tuesday



# Growth Mindset






I can learn anything I want to.  
When I'm frustrated, I persevere.  
I want to challenge myself.  
When I fail, I learn.  
Tell me I try hard.  
If you succeed, I'm inspired.  
My effort and attitude determine everything.



I'm either good at it, or I'm not.  
When I'm frustrated, I give up.  
I don't like to be challenged.  
When I fail, I'm no good.  
Tell me I'm smart.  
If you succeed, I feel threatened.  
My abilities determine everything.



A person wearing a wide-brimmed hat, a patterned sleeveless top, a purple backpack, and dark pants is standing on a mossy log in a dense forest. Their arms are outstretched horizontally to the sides. The forest floor is covered with dry sticks and green ferns, and the background is filled with tall, thin trees.

# Five Steps to Wellbeing



# Five Steps to Wellbeing

- ☐ Connect
- ☐ Be Active
- ☐ Take Notice
- ☐ Keep Learning
- ☐ Give

# Growth Mindset Case Studies

**The below link features a collection of short films that offer case studies of young people demonstrating a growth mindset. Each story introduces us to one of the five steps to wellbeing.**

[Growth mindset case studies - BBC Teach](#)

# PARTICIPATE IN 5K MAY

FOR **MENTAL HEALTH UK**

1st – 31st May



Fancy doing some good? Something that's not only achievable but also gives your wellbeing a boost and raises money for people who experience mental health problems? Take part in the 5k May challenge and select Mental Health UK as your charity to support.

This fundraising challenge is fun, accessible and really collaborative. To get involved all you need to do is run 5k, donate £5 and nominate 5 others – simple as that!

For more information and to take part, head to [Mental Health UK 5k May](#), set up by our charity partners Run for Heroes.









# Building Connections

# What might prompt this message?

**“I’ve been feeling kind of alone recently...”**



How could you reply?



# Loneliness vs. connection



**Watch the video:**

<https://bcove.video/3mtdbrV>

# What helps build connections?



- Using social media positively
- Learning or starting a new activity
- Getting active
- Showing kindness to others, with oneself and others
- Reaching out and talking about the feeling of loneliness
- Arranging to spend time with friends or family
- Being in nature or spending time outdoors
- Volunteering is a great way to get connected
- Getting to know someone new

# Connecting outside of school

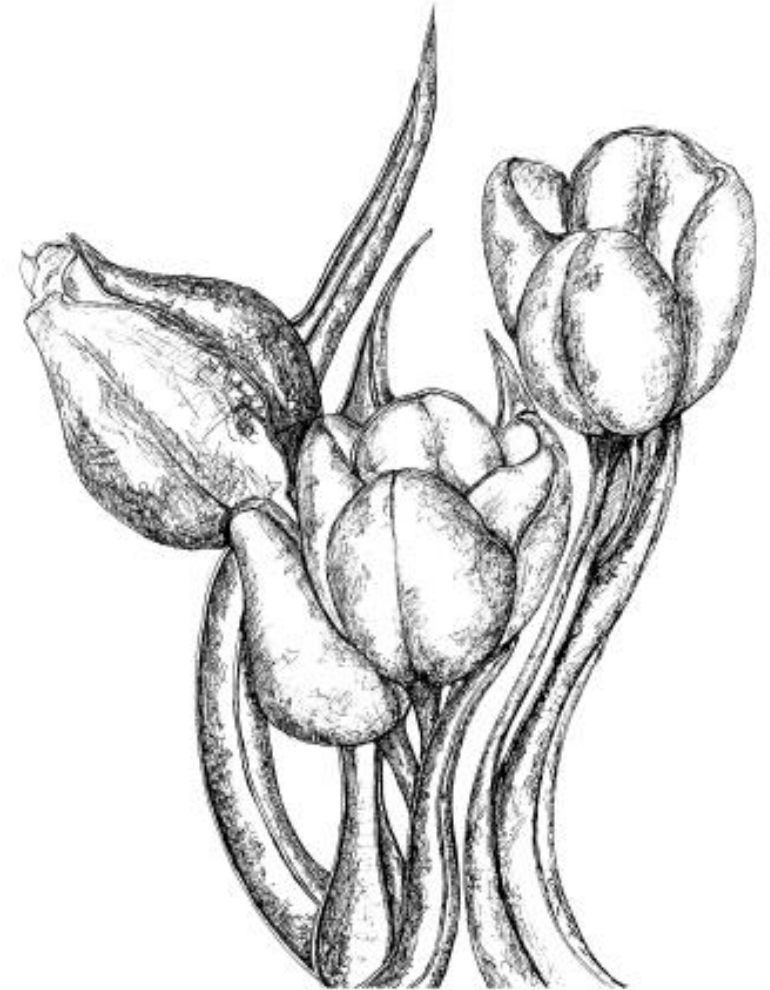
“Plant a tulip and seed a conversation”

Mental Health UK teamed up with award-winning artist [Paul Cummins MBE](#) on a campaign to spring into action! The tulip has a colourful past. Having withstood a virus, it flourished brightly against all odds and flowers each spring. Quite simply, the tulip is a timely emblem of hope and rebirth through adversity. Paul has donated a unique illustration of a tulip to us. During the week, we want you to download it or draw your own tulip, colour it in blue and stick it in your window as a symbol of mental health awareness. But we also want you to act by starting a dialogue about Mental Wellbeing, whether that's with family, friends, a neighbour or a teacher – each conversation counts.

Download the tulip from:  
<https://mentalhealth-uk.org>



I'm planting a tulip in my window  
for Mental Health Awareness Week



[www.mentalhealth-uk.org/mhaw](https://www.mentalhealth-uk.org/mhaw)

Artwork donated by Paul Cummins MBE

# THURSDAY





# Social media



# Influences



**What are the biggest influences on a young person's wellbeing?**

Discuss your answer with the person next to you.

# Advantages and Disadvantages of Social Media

## Potential benefits of social media

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## Potential challenges of social media

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## Solutions to promote wellbeing

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**What next?**

Watch the video below:

<https://bcove.video/3baXK5q>





# Your Body, Your Image



A series of films that busts body image myths and investigates the commercialisation of body image ideals, promoting debate in the classroom.

These clips are from the BBC series Your Body, Your Image.

[PSHE KS3 / GCSE: Your Body, Your Image - BBC Teach](#)

A graphic with a solid blue background. In the center, the words "happy" and "FRIDAY" are written. "happy" is in a black, lowercase, cursive script. "FRIDAY" is in a black, uppercase, bold, sans-serif font. Both words have a white outline and a slight drop shadow. Surrounding the text are approximately 20 short, white, hand-drawn style lines radiating outwards, resembling sunburst rays.

happy  
FRIDAY



**REFLECT**



# What are the Five Steps to Wellbeing?

- ☐ Connect
- ☐ Be Active
- ☐ Take Notice
- ☐ Keep Learning
- ☐ Give



Reflect on the following:

How is your own mental wellbeing?

How do you feel compared to when we first returned to school?

What steps are you going to take to help to improve your own wellbeing?

Q

U

I

Z

True or false?

1. Getting enough sleep helps the body to repair.	
2. Having no sleep can help a person feel 'energised' – and gives them more energy to do the things they enjoy.	
3. Exercise sends lots of blood to the brain. This can make a person feel more awake and help their concentration – both of which can make them feel good.	
4. While a person sleeps, information is moved from their short-term memory to their long-term memory.	
5. Doing enjoyable physical activity can make people feel good.	
6. Having a bath or a warm shower can help lower the heart rate and blood pressure, making a person feel more relaxed, which can also help with sleep.	
7. Most people report feeling sadder and having lower mood after they exercise.	
8. The recommended amount of sleep for young people is 5-6 hours a night.	
9. Swapping to low sugar drinks or swapping sugary snacks for fruit and veg are the best choices and can help to keep the brain and body healthy.	
10. When people sleep their body regulates hormones which can improve their mood.	
11. Nuts, seeds and oily fish contain vitamins and minerals in them that are good for the brain.	
12. When people exercise, their body releases hormones called endorphins. Endorphins are chemicals in the brain that make people sad and lower their mood.	



# Answers

1. Getting enough sleep helps the body to repair.	True
2. Having no sleep can help a person feel 'energised' – and gives them more energy to do the things they enjoy.	<b>False:</b> Having the right amount of sleep can help people feel 'energised'– and gives them more energy to do the things they enjoy.
3. Exercise sends lots of blood to the brain. This can make a person feel more awake and help their concentration – both of which can make them feel good.	True
4. While a person sleeps, information is moved from their short-term memory to their long-term memory.	True
5. Doing enjoyable physical activity can make people feel good.	True
6. Having a bath or a warm shower can help lower the heart rate and blood pressure, making a person feel more relaxed, which can also help with sleep.	True

7. Most people report feeling sadder and having lower mood after they exercise.	<b>False:</b> Most people report feeling happier and having a better mood after they exercise.
8. The recommended amount of sleep for young people is 5-6 hours a night.	<b>False:</b> The recommended amount of sleep for young people is 8-10 hours.
9. Swapping to low sugar drinks or swapping sugary snacks for fruit and veg are the best choices and can help to keep the brain and body healthy.	<b>True</b>
10. When people sleep their body regulates hormones which can improve their mood.	<b>True</b>
11. Nuts, seeds and oily fish contain vitamins and minerals that are good for the brain.	<b>True</b>
12. When people exercise, their body releases hormones called endorphins. Endorphins are chemicals in the brain that make people sad and lower their mood.	<b>False:</b> When people exercise, their body releases hormones called endorphins. Endorphins are chemicals in the brain that make people feel good and improve their mood.