

OPHS MENTAL HEALTH

Keeping your mind healthy

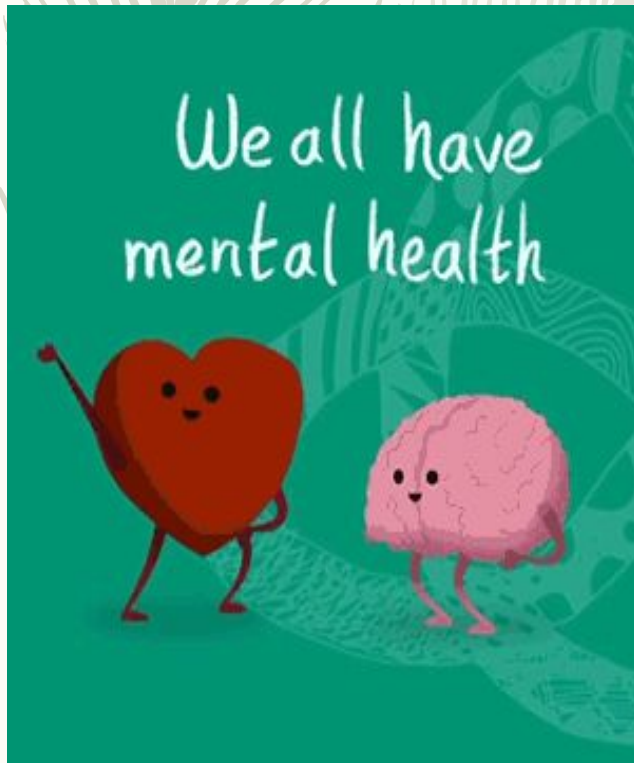


WHAT IS MENTAL HEALTH?

Mental health refers to your feelings and how your brain is thinking and working.

When you are feeling happy you have good level of self esteem and good mental health.

- You feel good about your self; you are excited to learn and to take on new challenges.
- You can remember more; you have more energy and time to do the things that you love.
- It also helps your body function better.



WHAT IS MENTAL HEALTH?

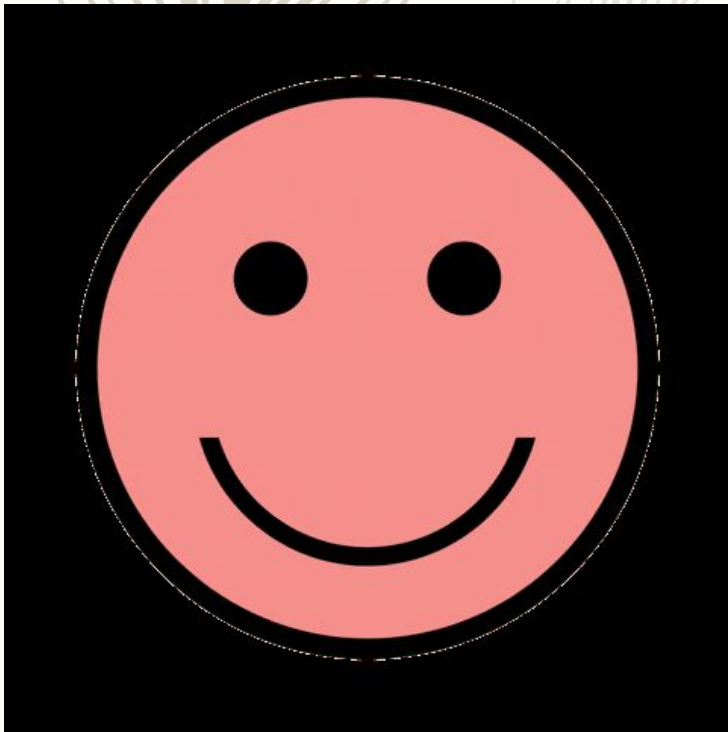
We all have
mental health



However, this doesn't mean you NEVER feel sad or angry or upset. We ALL have these feelings and this is normal; but when your mental health is good it means you can address these feelings in a healthy way.

You will be more RESILIENT and keep trying
You will FLY HIGH and set challenges for yourself
You can think of CREATIVE solutions
You use your TEAMWORK and confide in friends or can offer them advice to help.

WHAT IS MENTAL HEALTH?



We all know about looking after our **PHYSICAL** health (eating a balanced diet of fruit and vegetables, exercising, regular check-ups at the doctor and dentist) but what about our **MENTAL** health?

This means checking in on how our brain is functioning, our mood, general well-being and outlook on life.

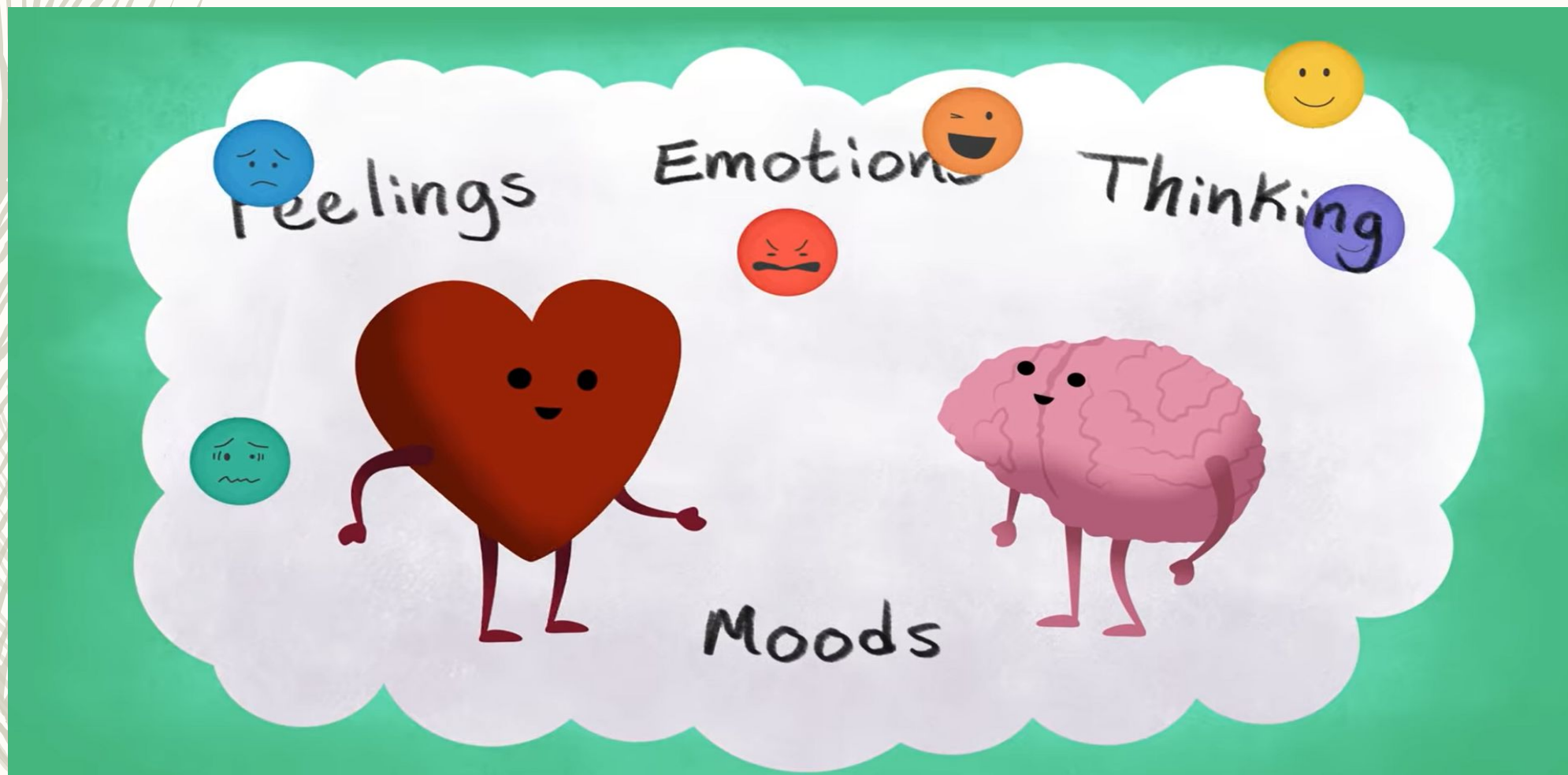
WHAT IS MENTAL HEALTH?



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Remember this doesn't mean that throughout the day we must feel 100% happy all the time - that is unrealistic- and getting grumpy for a short while or frustrated at something is normal.

Good mental health means that on the whole we are smiling, happy and enjoy our life. We make better choices, have fun with our friends, family and feel good.



CHECKING ON YOUR MENTAL HEALTH...



**DON'T SKIP
BRAIN DAY**



- ✓ Am I waking up and looking forward to breakfast and starting the day?
- ✓ Can I concentrate on a regular task?
- ✓ Do I feel good about myself?
- ✓ Do I still make time for the hobbies I enjoy?

Some of these may be signs of good mental health

CHECKING ON YOUR MENTAL HEALTH...

This means that opposite might suggest you need to do some looking after yourself if you are:

- Feeling sad, teary or worried a lot more than normal
- Not looking forward to starting your day
- Hobbies seem boring and have no joy
- Don't want to talk to your friends.



**DON'T SKIP
BRAIN DAY**



HOW CAN I LOOK AFTER MY MENTAL HEALTH?

This a different time for ALL of us and some of you might feel you are on the red list more than green at the moment.

The most important thing you can do is talk to someone about it. Mum, Dad, brother, sister, Nan or a friend.... I bet you will find that they share some of your worries too.

When we talk about how we are feeling we release some of the sadness.



**Let's talk about
mental health**

HOW CAN I LOOK AFTER MY MENTAL HEALTH?



**Let's talk about
mental health**

Feelings are just that... feelings.
They come and go, like breathing.

A lot of people talk about how breathing can help you feel better. It may sound strange and feel unusual at first, but give it a try and see how you feel after.

- Inhale through your nose for a count of 4
- Hold your breath for a count of 6
- Exhale completely through your mouth, making a whoosh sound for a count of 8
- Repeat

WHAT ELSE CAN I DO TO KEEP UP A GOOD LEVEL OF MENTAL HEALTH??

1



Stick to a routine:
Wake up at a
regular time every
morning

WHAT ELSE CAN I DO TO KEEP UP A GOOD LEVEL OF MENTAL HEALTH??

2

Avoid the XBOX, Social Media and phone for first half hour or so. Instead wake up properly - go get a drink and some breakfast, brush your teeth and....



PresenterMedia

WHAT ELSE CAN I DO TO KEEP UP A GOOD LEVEL OF MENTAL HEALTH??

3



Put on nice clothes 😊

It's easy to stay in PJs and wear the same trackies everyday, but that can keep us in a rut. Instead wear your best clothes - when you dress well, you feel good. So put on your favourite top, brush your hair and smile in the mirror.

WHAT ELSE CAN I DO TO KEEP UP A GOOD LEVEL OF MENTAL HEALTH??



Write a list of **must dos** for the day
- THIS SHOULD INCLUDE SOME FORM OF LEARNING and some treat time for when you have completed your must dos 😊

You can also try a list of 'could dos' for the days you're feeling productive

WHAT ELSE CAN I DO TO KEEP UP A GOOD LEVEL OF MENTAL HEALTH??

5

Build a quiet space for YOU

It can be hard to stay cooped up with our families and time to yourself is important for keeping a good level of mental health and help de-stress.

WHAT ELSE CAN I DO TO KEEP UP A GOOD LEVEL OF MENTAL HEALTH??

6



Exercise regularly -

Try to get some exercise every day - get out on your bike, walk around the block, make up your own fitness plan... **ANYTHING** that gets you moving.

WHAT ELSE CAN I DO TO KEEP UP A GOOD LEVEL OF MENTAL HEALTH??

7



GET CREATIVE:

Everyone is creative in some form or another. Perhaps you sing, dance, draw, paint, invent things, write, organise, build. Anything you create is being **CREATIVE**, even better if this is hands on and technology **FREE**

A cartoon illustration of a smiling brain with arms and legs, sitting in a meditative pose within a green oval. Three pink hearts float above the brain.

What is good for our mental health?
Design a well being plan for your year group.
What can we do to improve our mental health
at school and at home?
Hand your plan to Mrs Ruby to be awarded
CE points!





WHAT ELSE CAN I DO TO KEEP UP A GOOD LEVEL OF MENTAL HEALTH??

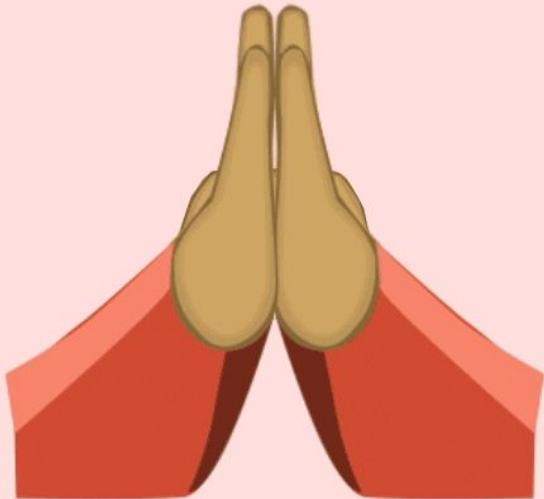


Help someone – try helping Mum/Dad with the washing up or cooking. Maybe this is tidying up after a younger brother or sister, or perhaps it's helping a friend or sibling with school work

9

WHAT ELSE CAN I DO TO KEEP UP A GOOD LEVEL OF MENTAL HEALTH??

TY



Be grateful and reflect...

Practise being grateful for what you DO have and saying them out loud can help put things in perspective.

I have food, a comfy bed to sleep in, clean clothes and water to drink. My friends are safe and I am well.....



10.

Keep smiling!

**Keep making each
other laugh and keep positive.
Laughing and humour goes a
long way...**



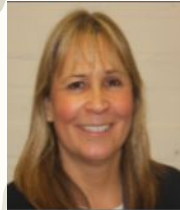
At Orchard Park High School

We want to support every member of
the community to stay mentally fit
and healthy...



OPHS Safeguarding Team

Our priority is to ensure all our students and staff feel safe and happy in our school.
If you do not feel safe, or are worried about someone else, please speak to a member of the team.



Ms Smyrk
Designated
Safeguarding Lead



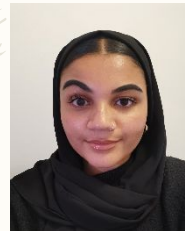
Ms Rogers
Deputy Designated
Safeguarding Lead



Ms Wellington
SENCO and
Inclusion



Miss Turner
Attendance Officer and
Pastoral Support



Miss Graham
Teacher of English



Mrs Ruby
Teacher of P Arts



Miss Walsh
Year 11 AYL

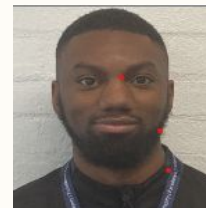
Point of contact



Miss Goodwin
Year 7 AYL



Mr Atherton
Year 8 AYL



Mr Latouche
Year 9 AYL



Miss Ferigan
Year 10 AYL

At Orchard Park High School

Y7: Ms Goodwin
and Ms Ruby –
dedicated
support if you
need someone
to talk to



At Orchard Park High School

Ms Turner –
dedicated
support if you
need someone
to talk to



A whole building dedicated to mental health

**We need a name for the building –
please share any ideas!**



A whole building dedicated to mental health



- Noticeboard
- Counsellors
- Drop in sessions – before and after school
- Self-referrals – use the Safeguarding drop box/Use the CONFIDE button
- Referrals - talk to a teacher, your AYL or one of the SG Team
- Break and lunchtime – by appointment only

Further support

If you have questions or concerns about your experience of social media, you can always speak to your parent or carer, or a teacher in school for more advice and support.



There are lots of places to get advice about emotional wellbeing, social media or to discuss feelings.

Off the Record

<https://www.talkofftherecord.org/>

Croydon Drop in

<http://croydondropin.org.uk/>

ChildLine:

www.childline.org.uk Phone: 0800 1111

Young Minds:

www.youngminds.org.uk

Samaritans:

www.samaritans.org Phone: 116 123

In a crisis, text 'Shout' to 85258



“You don’t have to be positive all the time. It’s perfectly okay to feel sad, angry, annoyed, frustrated, scared and anxious. Having feelings doesn’t make you a negative person. It makes you human.”

Lori Deschene