



## Mental and Emotional Health

### What Is Mental Health?

'A person's condition with regard to their psychological and emotional well-being.'

Mental and emotional health are often referred to as your **'wellbeing'**.

When you try to look after your own wellbeing, you think about:

- how **comfortable** you are (both physically and mentally)
- how **healthy** you are (both physically and mentally)
- how **happy** you are.

If life changes, you may feel a lack of control, which can then make you feel unsettled. This can affect your wellbeing and your mental and emotional health. Changes can take you out of your comfort zone and make you see life a bit differently; all of which can be unsettling.

During difficult times, it is important that you remember to **be kind to yourself and others**. Try to focus your energy on things which make you **comfortable, healthy and happy**. This might be by exercising or playing your favourite sport, by socialising with family and friends or by sitting quietly on your own listening to music or reading a book.

### Positive mindset

Part of coping with times of change or stress is ensuring that the way you see the situation is through a positive mindset. This means looking for opportunities in every situation, no matter how challenging or difficult they are.

This approach can help you to:

- see life in a different way;
- organise or think about the priorities in your life;
- value people over 'things';
- remember what is important within your life;
- recognise the value of your health and wellbeing; and
- recognise the value of loving others and being loved.

### Areas of control

It is important to break down your thoughts and worries into things you can actually control and areas where you have no control. This can help you to realise what you should spend your time focusing on and putting energy into. It also lets you think about the areas that you need to let go of, as you have no control over them. Lots of people spend time worrying about things that they actually have no control over. Because they have no control, they can't do anything to make it better so it can become a big area of worry. This can affect their wellbeing.

### Did you know?

Daily exercise, a healthy diet and a good night's sleep all help to improve our mental and emotional health!



**YOUR TASK:** Sort the cards into what you can control and what you are unable to control. Try to come with reasons for your sorting.

This can be done verbally or written down in your jotter.

**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