

Plymstock School



MENTAL HEALTH
& WELL-BEING
FOR ALL

Wednesday 20 January 2021

Year Group Virtual Assembly

HEALTH & WELLBEING

What is mental wellbeing?



Mental wellbeing doesn't have one set meaning. We might use it to talk about how we feel, how well we're coping with daily life or what feels possible at the moment.

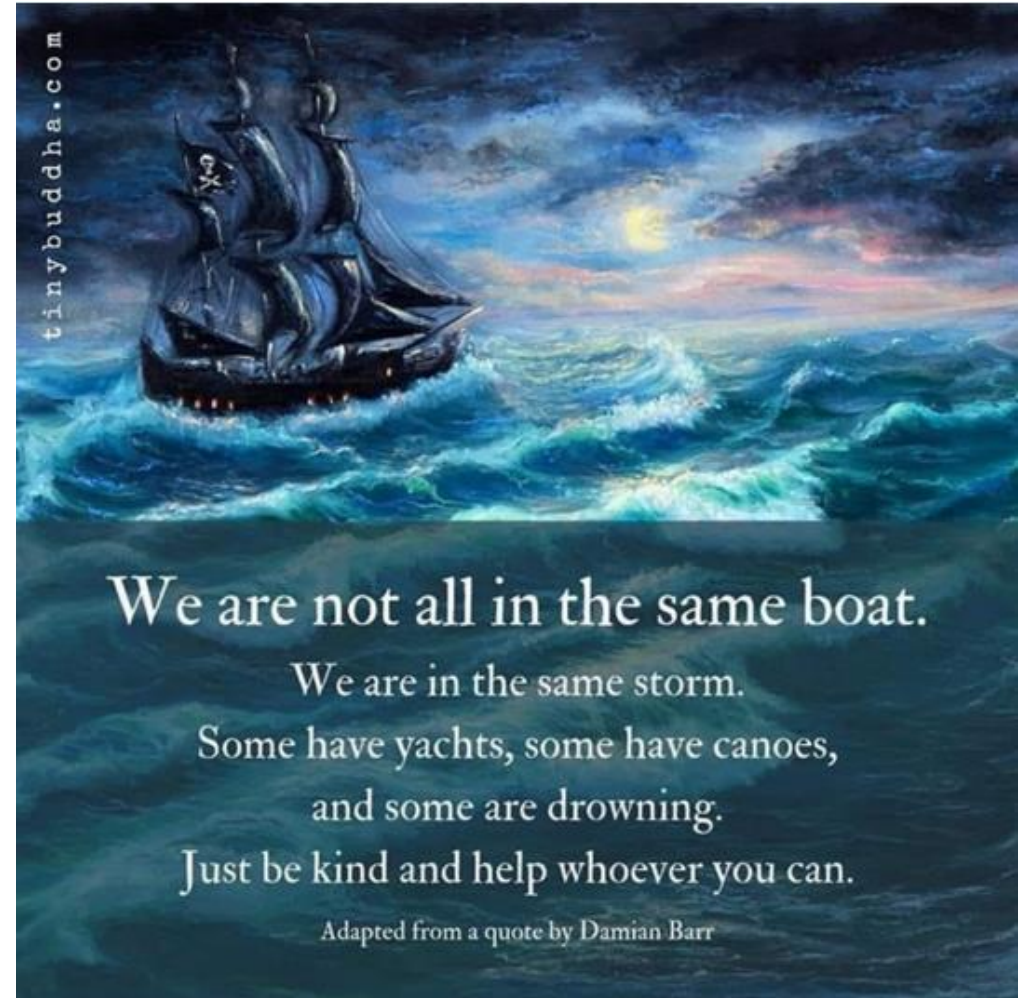
Good mental wellbeing doesn't mean you're always happy or unaffected by your experiences. But poor mental wellbeing can make it more difficult to cope with daily life.



COVID-19 Impact

Coronavirus (Covid-19) is affecting all our lives. This might include feelings and emotions like:

- Sense of loss
- Feeling isolated
- Increased stress & anxiety
- Sadness
- Worry
- Frustrated & angry



Feelings & Emotions



If you're experiencing these emotions, try to remind yourself of the following:

**IT'S OKAY
NOT TO
BE OKAY.**

It is understandable to experience difficult feelings about the coronavirus pandemic, especially after living through it for so long. There is no 'normal' response to a pandemic.

Your feelings might change day-to-day, and may be affected by things outside of your control. This might include feeling worse before getting better.

Remember: things might feel hard right now, but this situation is unusual. And it won't last forever.

What to do if I am finding things hard?



- STAY CONNECTED
- MAINTAIN ROUTINES
- TRY A NEW ACTIVITY OR HOBBY
- GET OUTSIDE
- CONNECT WITH NATURE
- LOOK AFTER YOUR BODY
- LIMIT WHAT YOU READ AND WATCH
- REACH OUT FOR HELP



Where can I get help and support from?



Mental Health and Wellbeing



Mind:

Telephone: 0300 123 3393

Email: info@mind.org.uk

SAMARITANS

Samaritans:

Telephone: 116 123

Email: jo@samaritans.org

kooth

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and mental health support
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