

What is Mental Health?

Mental Health and Wellbeing is how we feel, think and act. It is important to all of us, at every stage of our lives from childhood through to adulthood.

This term:

Mental Health Awareness week takes place during the week 15th-21st May.

The theme of Mental Health Awareness Week is Anxiety.

What is Anxiety?

Anxiety common feeling that can sometimes get out of control.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.

For further help,
click on the links below:



15 to 21 May 2023

**Mental Health
Awareness Week**



#ToHelpMyAnxiety

Why is Anxiety an issue?

The more often and the longer we feel anxious, the more it can become a problem. Dealing with anxiety can be hard. But there are some things we can do to manage these tough feelings.

If we don't know how to cope with our feelings of anxiety, they can get out of control and stop us from doing the things we need or want to do.

What can I do if I feel anxious?

According to Mental Health Foundation, these are just some of the ways we can look after ourselves if we are feeling anxious:

- Talk about how you're feeling and what's making you anxious. Just being heard and understood may make you feel better.
- Look after your physical health. Eating well, staying physically active, avoiding cigarettes and alcohol and getting enough sleep can also help you manage anxiety better.
- Consider joining a peer support group. They offer a safe place to share your experiences and worries with other people who also have an anxiety disorder.
- Keep a diary – It might help to keep a note of what triggers anxiety. This will make it easier to spot any patterns and note early signs of anxiety.

(<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/anxiety>)

Laughter is the best medicine:

Q: Why did the student eat his homework?

A: Because his teacher told him it was a piece of cake.



Friday 19th May: Wear it Green. On this day, we are encouraging children to wear something green, or a green accessory along with their school uniform. This is a day to raise awareness about Mental Health.

For more information:

<https://www.mentalhealth.org.uk/>

Sketchley Hill's Wellbeing Team

Mr
Tarrant

Mr
Cader

Mrs
Quinn

Mrs
Roe

Miss
Evans

Mrs
Lewis

Mrs
Birkett

Please contact us if you need any help!