

Positive Mental Health

Silent starter. Read this information and then answer the questions in your booklet

Positive mental health is about more than being free of mental illness such as depression, bipolar disorder, or schizophrenia. It is also about having a positive sense of well-being. Positive mental health allows us to:

- enjoy life's pleasures,
- believe in our own abilities,
- cope with the normal stresses of life,
- work/study productively and
- enjoy socialising.

Positive mental health is about reaching our potential and feeling like we always have the chance to give everything our best shot. It's not just about feeling positive; it's also about feeling able to get out there in the wider world, and take advantage of the opportunities that come our way. Positive mental health not only prevents mental ill health, it also leads to greater enjoyment and satisfaction with one's life.

What does positive mental health allow us to do?
Choose any 5 things from the information on the left.

- Gives us a positive sense of wellbeing
- Allows us to enjoy life's pleasures
- Enables us to cope with the normal stresses of life
- Allows us to work or study productively
- Allows us to enjoy socialising

What are the benefits of positive mental health?

- It means we can reach our potential
- It means we can give everything our best shot
- It means we can take advantage of the opportunities we get
- It prevents mental ill-health
- It leads to greater enjoyment of life in general

Thinking before we go any further



- Some of you will find this content embarrassing or it might make you feel a bit uncomfortable
- That's fine. We still need to cover it as it's important stuff.
- Your teacher won't insist that you share your thoughts with the class if you don't want to, but everyone needs to engage with the lesson properly and sensibly. This is important life content, and something that is in the news/ on social media a lot. By giving your proven strategies to help you manage your own mental health, you can take ownership of your life and what happens to you as you grow up into adulthood.

'Positive Mental Health'

Let's unpick the phrase, word by word

Word	Explanation
Positive	Good, not bad. Something that ADDS to you, rather than takes away or detracts
Mental	Relating to your mind/brain or the way you think.
Health	Feeling well, not ill! Health means our minds and bodies are working well and as they should

What do YOU think these three words mean,
taken one by one? Think, pair, share...



Factors that might affect our mental health

Family breakup	Losing a job	Money worries
Having to care for someone who is ill	Falling out with a friend	Having a physical illness
A pet dying	??	??

- How might each of these things affect our mental health?
 - What might the effect be? Discuss each in turn...
 - Where there is a '?', can you suggest something else that might take its toll on your mental health?



Scenario... use your imagination...

- Bill's father is very ill. Because he needs specialist treatment, he is in hospital a long way away. This means that Bill doesn't see his father very much, and when he does, it is a long journey. When Bill gets there, often his father is sleeping, or not well enough to talk.

Discuss this scenario.

How might Bill feel? How else might this situation impact on Bill's life? What might happen to Bill's friendships/ social life as a consequence of his father's illness?



Are there any solutions to any of this? What advice would you give to Bill? His wider family? His friends?

not well enough to talk

Bill might feel...	This might affect Bill's life because...	Bill's social life might be impacted because...
<ul style="list-style-type: none">• Upset• Worried• Scared for the future• Sad• Lonely• Angry• ?	<ul style="list-style-type: none">• Other family members might be absent, visiting dad• Bill might be cared for by other people, not his parents• Bill might feel left out if parents are at the hospital• Parents might not be able to support with homework• Parents might not be there to talk to• ?	<ul style="list-style-type: none">• Friends might not know what to say to Bill• Parents might not be able to drive Bill to see his friends like they normally would• Bill might miss out on news and feel left out• Bill might feel that he shouldn't be going out enjoying himself when his dad is so ill – he might feel guilty for having fun• ?

There has been a real focus on maintaining positive mental health recently. What advice is out there?

1. Connect with others
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present moment

[5 steps to wellbeing](#)

Follow the
link...

Why do you think these things help promote and maintain positive mental health?



<http://www.openmindcalderdale.org.uk/>

Explore the link to find out about MH support and services in Calderdale

What can you access in school, to help promote your positive mental wellbeing?

- ARCH lessons like this, and PD in form time schemes, that explain key principles to you, which you can then try out in your own time.
- The wider school offer – getting involved in the extra-curricular programme can help you connect with others and learn new skills, which, as we've just seen, are really beneficial to your wellbeing. If you sign up for the Duke of Edinburgh Award, you can volunteer, too, which is another proven strategy to wellbeing.
- Trusted adults that you can talk to, or who can get in touch with folks at home if need be – we can work in partnership with you and your families to support you.
- Our EMHPs (Educational Mental Health Practitioners) can help young people who struggle with negative thoughts. They can help to retrain your brain and get you out of bad habits of negative thinking.
- For more serious cases of poor mental health, we can work in conjunction with your family to make a CAMHS referral for you. At CAMHS, you'll be allocated a mental health worker who will have regular sessions with you to help you adopt a more positive outlook. There is currently a waiting list for this service, which can also be accessed via your GP.

Reflection Activity...

Can you remember the 5 PROVEN strategies to support positive mental health? Where would you score on your engagement with each of these? Shade in each column with the right score for you. What could you do to support your own positive mental health?

Fill in the page in your booklet on this.



Final thoughts...

‘Whether you think you can,
or whether you think you can’t,
you’re probably right.’

What do you think this means? Do you agree?

Silent starter: Read the information on the slide your teacher is displaying. Answer the questions in the spaces below. Be ready to share your ideas, if you can.

What does positive mental health allow us to do?
Choose any 5 things from the information on the left.

What are the benefits of positive mental health?

Supporting Positive Mental Health

Make notes here throughout the session



5 steps to wellbeing... how do YOU score on these? Shade in the column for each of the 5 steps to show how you would score yourself. In the bottom boxes, say what you already do and what ELSE you could do to improve your engagement with this step.

Positive Mental Health ☺



	Connect with others	Be physically active	Learn new skills	Give to others	Be present in the moment
Score 1= low, 10= high					
Actions currently taken					
What else I could do?					