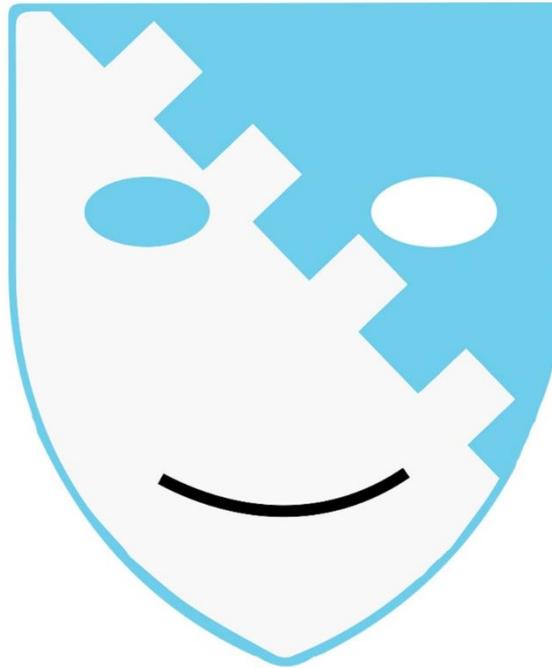


Mental Health

Describe the feeling.



Promoting Positive Mental Health @
Grove Academy

Short Video on the mental health continuum.



- Mental Health is a **continuum**, sometimes we are at one end of the continuum and sometimes we are nearer the other.

Mental Health Continuum Video 2min 17 sec:

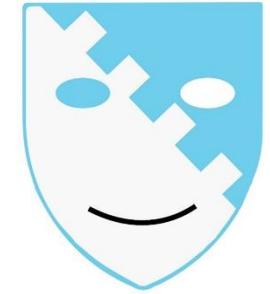
<https://www.youtube.com/watch?v=ohpEsitFkDY>

Feelings



- We all deal with different feelings and emotions throughout the day.
- Sometimes these can be positive and easy to cope with, but other times they can be stressful and much harder to manage.
- The things that cause you worry or stress are often shared by many other young people and by talking to someone it can help to ease the problem.
- Being able to name emotions can be a good starting point in coping with emotions. Key is to find a way to manage them but also express emotions in a safe and meaningful way - talking to others, creative outlets (journaling, music/arts, poem etc), exercise).

Mental Health Literacy - Feelings



Challenging Feelings

afraid	helpless
angry	hurt
annoyed	jealous
anxious	lonely
bad	naughty
confused	nervous
depressed	panicky
embarrassed	scared
envious	selfish
Excluded	thoughtless



Pleasant Feelings

amused	happy
brave	healthy
calm	helpful
cheerful	jolly
cooperative	kind
determined	proud
enthusiastic	relieved
excited	smiling
fantastic	successful
friendly	thoughtful
funny	victorious
wonderful	

Stresses

- So what are common things that promote negative feelings in young people?

School work and Exams

Body image

Arguments with family

Making and keeping friends

Bullying

Knowing what you want to do

Future Careers

Changing body

Whole Worlds Issues



Whole Worlds Issues – war, climate change, famine, disease, uncertainty, the economy etc.



Young people, at times, can have an apocalyptic view of the world which is very often fuelled by media.

The hallmark of moving from childhood to adulthood is that young people start to recognize that things aren't black and white, i.e. there's a whole bunch of ethical issues out there that may or may not have a bearing on their future lives.

Teenagers brains are very responsive to emotionally arousing stimuli. During this time, there are so many new emotions, feelings that are much stronger than those experienced when they were younger. When teenagers feel sad, what they often do it put themselves in situations where they feel even sadder, e.g they listen to sad music — think emo! — they watch melodramatic TV shows. Add to this big, emotional ideas: justice, fairness, loyalty and mortality, problems may develop.

Be reassured however, as the brain develops, so does executive functioning. Teens start to understand argument, logical reasoning and hypotheticals.

Listening, talking, debating, reading or watching dystopian novels or TV, offer a safety net, a place where teenagers can "flirt" with whole world issues without overthinking the issues.

If you are upset by the news - <https://www.bbc.co.uk/newsround/13865002>

Looking after yourself.

- **Video A to Z of coping strategies.**
(4min 18 s)

- <https://www.youtube.com/watch?v=5EXpkVw3fh0>

