

Understanding mental health

Mental health is like physical health

Some days we feel great. Sometimes we're not feeling at our best but we're OK and we can carry on with day to day activities.

Sometimes we have strains and wounds we need to take special care of. Occasionally we feel really bad and might need to seek help from others.

And just like exercising to keep physically fit we need to build in activities to keep emotionally well

Each week we will look at a different activity to keep well. This week it's

Emotional Check in

Emotional Check in

One of the key things which helps support mental health is having fun with others and having someone to talk things through with, so its really important to stay connected, however we can at the moment.

Being listened to helps us understand how we feel, why we feel like that and work out what we can do about it.

When we listen closely to friends and family, everyone can feel better.

How to be a good listener:

- Find a good time to talk when you can really focus on listening
- Let the other person talk at their own pace
- Acknowledge what they are saying by simply saying what you think you've heard. For example, you might say: 'that sounds really upsetting' or 'you must be feeling really confused.' Feeling heard, understood and acknowledged can really help reduce stress
- It can be hard to just listen when someone we care about is upset or worried, without dashing in to try and make them feel better or solve it for them. It's important to give them time to really talk things through so they can better understand how they're feeling.
- Listening to other people's worries can affect our own mood so make sure you are looking after yourself too.
- Recognise if you're stuck. If you're going round in circles, gently let them know and work out what else might help to move things on.
- Encourage them to seek support if they need to, but don't pressure them unless you're worried they are not safe.

Stay Connected

It's really important to stay connected with friends, social groups and family - online, phone or post

Check out *Thinkuknow* or *Own It*

Build Skills

Set yourself a challenge – now is a great time to learn a new skill

Choose a set time and place to complete school work

Be Healthy

Keep to a healthy routine

If you're feeling sluggish and tired you probably need to move!

Emotional Check-in

Notice your emotions

Notice your mood and what makes you feel better or worse

Be In the Moment

Calm your body and mind - it's important to take a break from our thoughts even only for a few minutes

The more you practice the more it will help when you most need it

Please contact your GP if you are concerned about your own mental health or someone within your family

See [Lets Talk Sheffield](#) for more info