

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 look at a different activity to keep well.

This week it's
Being Healthy
and we're looking at sleep

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 - Get better sleep

- sleep was a top 3 concern for 30,000 Sheffield pupils surveyed before Coronavirus
- blue light from screens makes our bodies produce less sleep chemicals
- getting sunlight as early as possible in the morning helps us sleep better at night
- teenagers need 8 to 10 hours of sleep per night

How to sleep better:

- try to get up at the same time every day
- exercise however you can during the day
- read a book or magazine (not online) in bed
- have warm milk (not hot chocolate) or water before bed
- make sure your bedroom is calm and your devices can't disturb you
- try to make a nighttime routine, e.g. have a bath and listen to relaxing music
- work out what helps you get better sleep by using the tracker below. Do you get more sleep on days you exercised? Or turned your phone off? Or read before bed?

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

Track your sleep

Mon	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Tue	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Wed	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Thu	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Fri	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Sat	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Sun	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18

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