

Understanding mental health

Sometimes, we can get 'stuck' on a problem and find it hard to know what to do

The problem could be one with friends, school work, or home

When we get stuck, we might try and avoid thinking about it and hope it will go away, but often this doesn't work and we can feel more anxious, 'stressed' and sad

The first step to solve a problem is to understand it

This week we are looking at

Build Skills and Problem Solving

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*



Be Healthy

Keep to a healthy routine

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



Problem Solving Top Tips

- **Identify the problem:** we might be worried or angry about something but when we think about it carefully we realise it's linked to something else
- **Be clear about the problem** and write it down - When does it happen? Who with?
- **Talk it through** with someone to help you understand it better - ask the other person to really listen and not jump in with ideas, to give you time to work out what is at the root of the problem and come up with your own solutions
- **Think about what you want to be different** - instead of being 'stuck' thinking about what's wrong describe what you would prefer to happen
- **Ask yourself if everything was sorted what would be happening instead**, who would be involved, what would they notice about you
- **Imagine you are your own best friend** - what advice would you give yourself?
- **Notice when the problem doesn't happen** and what you can learn from that
- **Write a list** of possible solutions and pros (good things) and cons (bad things)
- **Take action and review** - hopefully you will notice a difference but even if this action didn't help, you will understand the problem better

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



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

Also visit www.epicfriends.co.uk