



CONSIDER THE FOLLOWING QUESTIONS ON YOUR OWN:

This is just for your own reflection, no one else will see it.

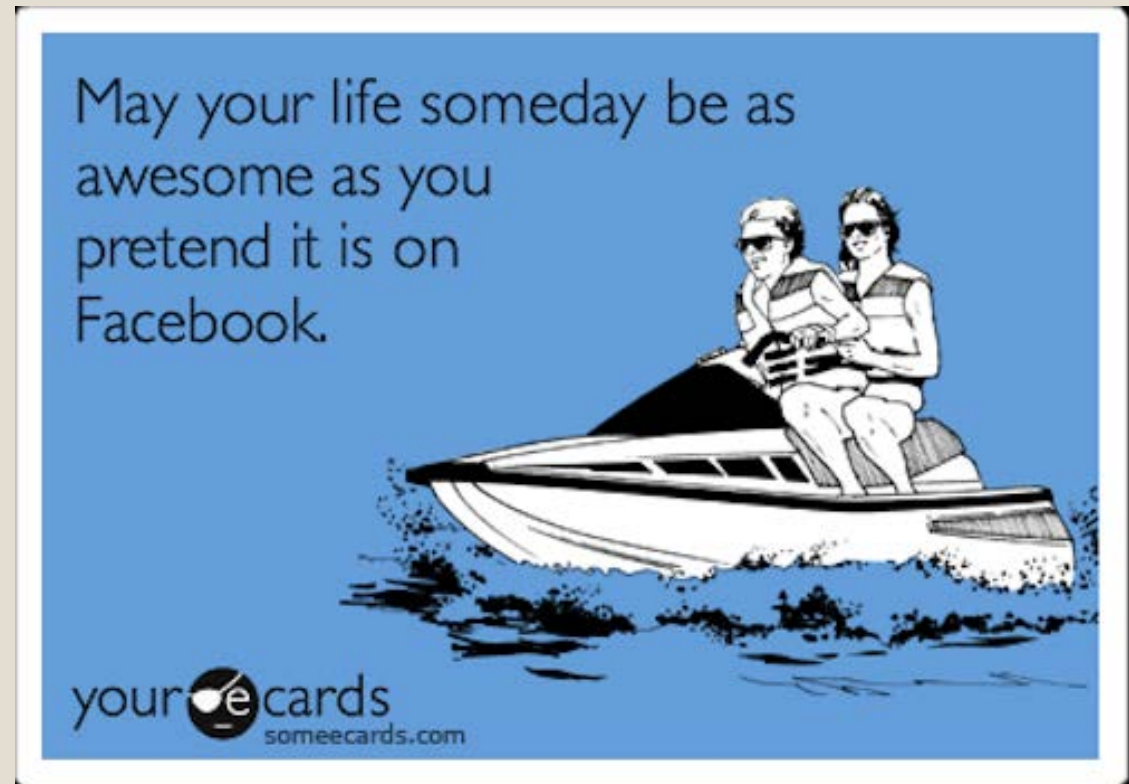
I am constantly worried about tests and exam results:

- A. Strongly agree
- B. Agree
- C. Disagree
- D. Strongly disagree



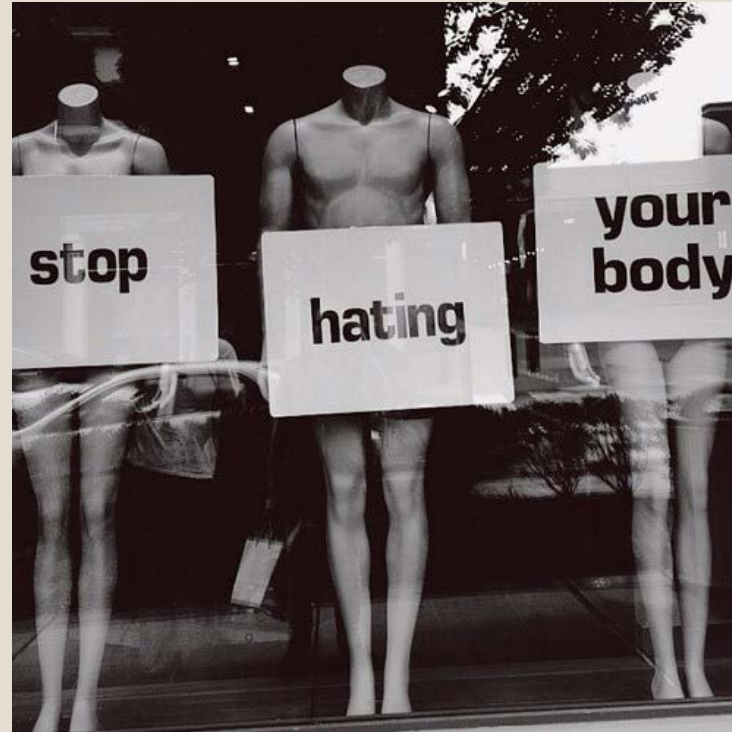
I sometimes look at my friends social media accounts and get jealous of them or their life:

- A. Strongly agree
- B. Agree
- C. Disagree
- D. Strongly disagree



I worry about the way I look and wish I could change myself:

- A. Strongly agree
- B. Agree
- C. Disagree
- D. Strongly disagree



I sometimes change how I act to please my friends so they will like me more:

- A. Strongly agree
- B. Agree
- C. Disagree
- D. Strongly disagree



To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.

I sometimes find it hard to get to sleep because I am thinking about other things:

- A. Strongly agree
- B. Agree
- C. Disagree
- D. Strongly disagree



I OFTEN WORRY ABOUT THE FUTURE:

- A. Strongly agree
- B. Agree
- C. Disagree
- D. Strongly disagree



I SPEND A LOT OF TIME INSIDE AND SPEND MOST OF MY TIME ON VIDEO GAMES OR SOCIAL MEDIA:

- A. Strongly agree
- B. Agree
- C. Disagree
- D. Strongly disagree



I OFTEN FEEL OVERWHELMED:

- A. Strongly agree
- B. Agree
- C. Disagree
- D. Strongly disagree



I SOMETIMES LET MY ANGER GET THE BETTER OF ME:

- A. Strongly agree
- B. Agree
- C. Disagree
- D. Strongly disagree



I DON'T TALK TO PEOPLE ABOUT MY EMOTIONS:

- A. Strongly agree
- B. Agree
- C. Disagree
- D. Strongly disagree



If you answered agree or strongly agree...

- **That is okay!**
- **We all** experience some or all of these worries at points in our lives
- **We all** need help sometimes
- **We all** can help each other and ourselves to feel happier





POSITIVE MENTAL HEALTH AWARENESS PROGRAM

Action Equality
Miss Walton and Miss Watson

Dates → Mon 22nd Jan to Mon 12th March

Mon 22nd Jan: Tea and talk in F9

Mon 29th Jan: Walk your worries away in F9

Mon 5th Feb: Healthy Eating in F9

Mon 19th Feb: Yoga in the Sports Hall (bring your PE kits!)

Mon 26th Feb: Meditation in the Sports hall (bring your PE kits!)

Mon 5th March: Drama workshop in the Drama Studio

Mon 12th March: Setting goals in F9

3:30-4:00pm

Mental Health Issues



These are some mental health problems that you may have heard of:

- Anxiety
- Depression
- Eating Disorders
- Coping with traumatic events
- Stress



Why are we doing this?

- Young people are under a lot of stress and mental health issues are on the rise.
- In March, stem4, the teenage mental health charity made a survey of 500 12- to 16-year-olds. It revealed a number of anxieties, including exam worries (41%), work overload (31%), friendship concerns (28%), lack of confidence (26%), concerns over body image (26%) and feelings of being overwhelmed (25%).

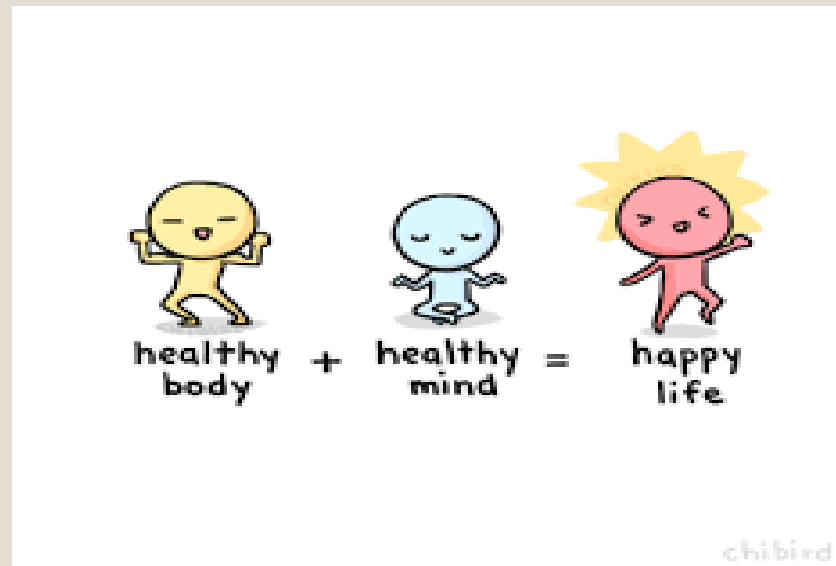
Social media



- Social media use is booming: 91% of 16-24-year-olds in the UK use the internet and other social networking sites regularly.
- Although social media can provide a strong sense of community, rates of anxiety and depression in young people have increased by 70% over the last 25 years.
- 1,479 young people aged 14-24 to score popular social media apps on issues such as anxiety, depression, loneliness, bullying, body image and "fear of missing out".
- "Instagram is rated as the worst social media platform when it comes to its impact on young people's mental health, a UK survey suggests," BBC News reports

Healthy mind+body = a happier you!

- This programme is offering a series of sessions that concentrate on strategies for improving our mental and physical health. The aim is to relieve stress, improve confidence and above all, feel happy!



Sign up!

If you would like to come to one or all of the sessions, please write your name on the sign up sheet outside the library or on the Humanities office door.

Please speak to Miss Walton or Miss Watson if you have a question or would like some more information?



Mental Health Awareness

- <https://www.youtube.com/watch?v=cbC9z3-6Gcw>