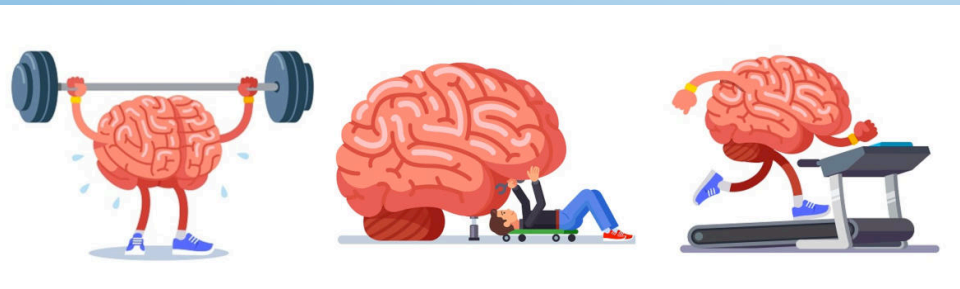




Y11 TRANSITION WEEK 3

MENTAL HEALTH AWARENESS

HOW HAS THE CORONA VIRUS AFFECTED OUR
MENTAL HEALTH?



MENTAL HEALTH AND COVID- 19

1 IN 4 ADULTS IN THE UK ARE DIAGNOSED WITH A MENTAL HEALTH CONDITION AT SOME POINT IN THEIR LIVES.

NEW RESEARCH HAS FOUND THAT ONE IN EIGHT CHILDREN (3-19) HAVE FELT ANXIOUS OR DEPRESSED DURING LOCKDOWN. CALLS TO CHILDLINE INCREASED BY 50%

THROUGHOUT LOCKDOWN THERE HAS BEEN AN INCREASE IN THE AMOUNT OF PEOPLE SEEKING SUPPORT FOR MENTAL HEALTH RELATED ISSUES.

AT THE BEGINNING OF LOCKDOWN MANY EXPERIENCED FEELINGS SO ANIXETY OVER THE POTENTIAL DANGER OF CONTRACTING COVID- 19

DURING THE MIDDLE OF LOCKDOWN THERE HAD BEEN AN INCREASE IN THOSE FEELING DEPRESSED IN ISOLATION

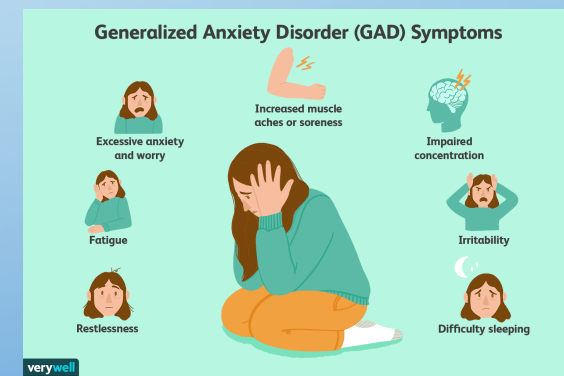
AND NOW AS WE PREPARE TO LEAVE LOCKDOWN MANY ARE FEELING ANXIOUS ABOUT LEAVING THE SAFTEY AND SECURITY OF THEIR HOMES

WHAT IS ANXIETY?

ANXIETY IS WHAT WE FEEL WHEN WE ARE WORRIED, TENSE OR AFRAID – PARTICULARLY ABOUT THINGS THAT ARE ABOUT TO HAPPEN, OR WHICH WE THINK COULD HAPPEN IN THE FUTURE.

WE CAN ALL FEEL ANXIOUS HOWEVER ANXIETY CAN BECOME A MENTAL HEALTH PROBLEM IF

- IT IMPACTS YOUR ABILITY TO LIVE YOUR LIFE AS FULLY AS YOU WANT TO.
- YOUR FEELINGS OF ANXIETY ARE VERY STRONG OR LAST FOR A LONG TIME
- YOUR FEARS OR WORRIES ARE OUT OF PROPORTION TO THE SITUATION
- YOU AVOID SITUATIONS THAT MIGHT CAUSE YOU TO FEEL ANXIOUS
- YOUR WORRIES FEEL VERY DISTRESSING OR ARE HARD TO CONTROL
- YOU REGULARLY EXPERIENCE [SYMPTOMS OF ANXIETY](#), WHICH COULD INCLUDE [PANIC ATTACKS](#)
- YOU FIND IT HARD TO GO ABOUT YOUR EVERYDAY LIFE OR DO THINGS YOU ENJOY.



ANXIETY

WATCH THE FOLLOWING TED TALK ABOUT ANXIETY

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=WWLOIAQPMCQ](https://www.youtube.com/watch?v=wwloiaqpmcQ)

PANIC ATTACKS

- THOUSANDS OF YEARS AGO HUMANS LIVED WITH CONSTANT THREAT OF ATTACK, FROM MEMBERS OF OTHER TRIBES OR FROM WILD ANIMALS.
- WHEN ATTACKED, HUMANS EITHER HAD TO RUN OR FIGHT.
- THE BODY' RESPONSE TO THIS IS CALLED THE FIGHT OR FLIGHT MECHANISM AND IT'S THIS ANCIENT PROGRAMMING THAT CAUSES PANIC.



WHAT IS A PANIC ATTACK?



- WHEN OUR FIGHT OR FLIGHT RESPONSE IS TRIGGERED IT CAUSES LOTS OF VERY QUICK CHANGES IN THE BODY, MUCH OF THEM CAUSED BY A HUGE RELEASE OF ADRENALINE.
- OUR HEART BEATS FASTER AND OUR BREATHING INCREASES TO GET MORE OXYGEN TO OUR MUSCLES, WE MAY START TO SHAKE OR OUR MUSCLES GET TWITCHY TO PREPARE US FOR ACTION
- PANIC ATTACKS ARE WHEN THIS HAPPENS AND WE ARE NOT UNDER THREAT!



WHAT IS A PANIC ATTACK?

- THE FEELING OF BEING SWEATY, FEELING DIZZY, DISTORTED VISION OR BEING SICK ARE ALL SYMPTOMS OF A PANIC ATTACK.
- PANIC ATTACKS CAN BE REALLY FRIGHTENING WHEN THEY FIRST HAPPEN AND SOMETIMES IT EVEN FEELS LIKE YOU ARE GOING TO DIE.



WHAT IS A PANIC ATTACK? – THE FACTS



- PANIC ATTACKS ARE VERY COMMON (ABOUT 1 IN 3 HAS ONE PANIC EPISODE PER YEAR).
- PANIC ATTACKS ARE HEALTHY BODILY REACTIONS BUT JUST IN THE WRONG SITUATIONS.
- THEY CAN BE CONQUERED WITH SOME SIMPLE STEPS.
- THEY ARE NOT THE SIGNS OF A HEART ATTACK AND THEY CANNOT KILL YOU.

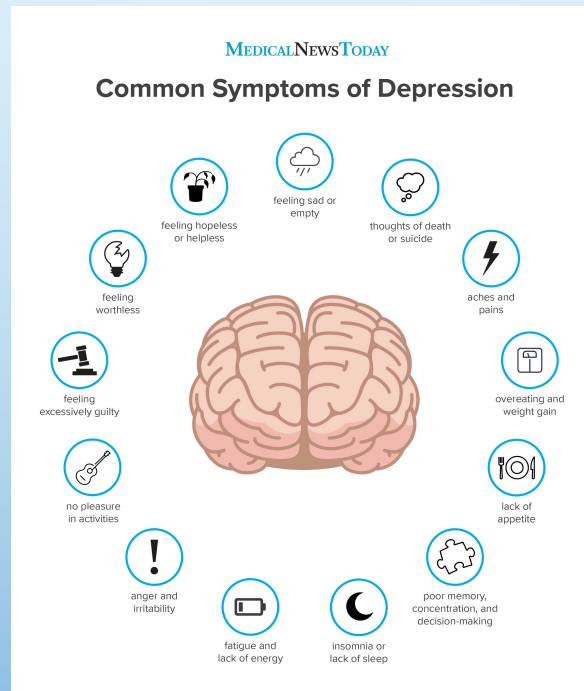
PANIC ATTACKS

WATCH THE FOLLOWING 2 CLIPS ABOUT PANIC ATTACKS:

- [HTTP://WWW.YOUTUBE.COM/WATCH?V=UYSGYKV4FPC](http://www.youtube.com/watch?v=UYSGYKV4FPC)
- [HTTP://WWW.YOUTUBE.COM/WATCH?V=BORORXMT6RY](http://www.youtube.com/watch?v=BORORXMT6RY)

DEPRESSION

DEPRESSION IS THE MOST COMMON MENTAL ILLNESS AND IS EXPERIENCED BY MORE THAN ONE IN SIX OF THE POPULATION AT SOME TIME IN THEIR LIVES.



WHAT IS DEPRESSION?

- WE ALL FEEL DOWN SOMETIMES AND MAY SAY WE ARE DEPRESSED, HOWEVER DEPRESSION IS MORE SERIOUS THAN JUST EXPERIENCING EVERYDAY UPS AND DOWNS.
- WHEN WE EXPERIENCE DEPRESSION WE FEEL BAD ABOUT OURSELVES AND ABOUT EVERYTHING AROUND US. WE EXPERIENCE VERY DEEP FEELINGS OF DESPAIR AND ANXIETY.



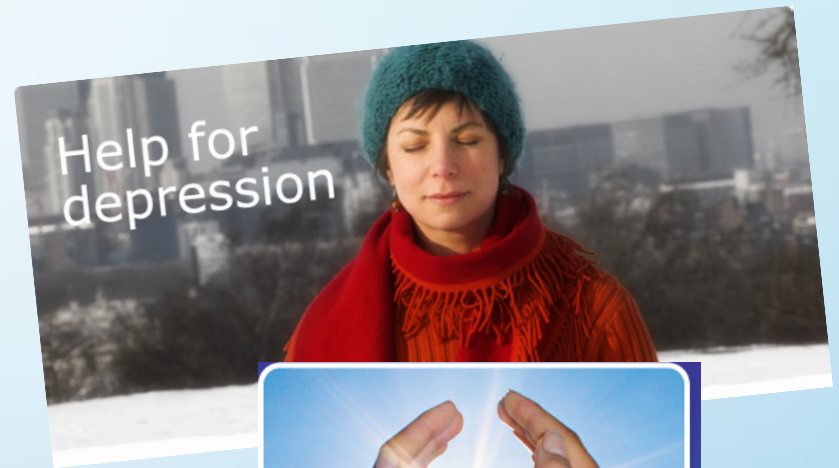
WHAT IS DEPRESSION?

- WE MAY FEEL USELESS OR WORTHLESS OR NUMB AND EMPTY. WE MAY EXPERIENCE LOSS OF APPETITE, ACHES AND PAINS, DISRUPTED SLEEP, POOR CONCENTRATION.
- EVERYONE IS AFFECTED DIFFERENTLY BY DEPRESSION, SOME MAY BE ABLE TO CONTINUE WITH WORK AND SCHOOL EVEN THOUGH IT REQUIRES A HUGE AMOUNT OF EFFORT, OTHERS MAY BE OVERWHELMED WITH FEELINGS OF DESPAIR AND MAY BE SUICIDAL.



WHEN TO GET HELP

- FEELING DOWN IS NORMAL, ESPECIALLY AFTER EXPERIENCING LOSS OR WHEN GOING THROUGH DIFFICULT TIMES.
- WHEN DEPRESSION MAKES DAY TO DAY LIVING SEEM DIFFICULT OR IMPOSSIBLE, HOWEVER, OR WHEN FEELINGS OF DESPAIR LAST LONGER THAN A FEW WEEKS, WE SHOULD SEEK HELP IN TREATING DEPRESSION.



DEPRESSION

WATCH THE FOLLOWING CLIPS ABOUT DEPRESSION:

- [HTTP://WWW.YOUTUBE.COM/WATCH?V=S1PPCZRKBKQ](http://www.youtube.com/watch?v=S1PPCZRKBKQ)
- [HTTP://WWW.YOUTUBE.COM/WATCH?V=MIS02J3ZT68](http://www.youtube.com/watch?v=MIS02J3ZT68)

HOW CAN WE MAINTAIN GOOD MENTAL HEALTH?



EXERCISE

- EXERCISE BOOSTS OUR FEEL GOOD HORMONES AND GENERAL HEALTH AND WITH IT OUR SENSE OF SELF WORTH.
- IN SOME AREAS OF THE UK EXERCISE IS 'PRESCRIBED' BY GP'S FOR DEPRESSION.



DIET

- THERE ARE LINKS BETWEEN DEPRESSION AND POOR DIET.
- BOTH DIET AND EXERCISE ARE PART OF GENERALLY LOOKING AFTER YOURSELF, WHICH IS PARTICULARLY IMPORTANT WHEN YOU ARE DEPRESSED.



SLEEP

EVERY MAMMAL HAS A 'SLEEP-WAKE' CYCLE KNOWN AS A CIRCADIAN RHYTHM.

CIRCADIAN RHYTHM REGULATES SLEEPING AND FEEDING PATTERNS

SUPRACHIASMATIC NUCLEUS *LOCATED IN THE HYPOTHALAMUS*

REGULATES MELATONIN WHICH IS A HORMONE RESPONSIBLE FOR MAKING YOU SLEEPY

INFLUENCED BY LIGHT → NOT PRODUCED DURING THE DAY

DARKNESS → MELATONIN PRODUCED → SLEEPY!

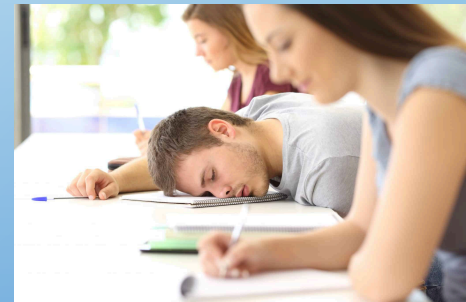
WHAT DOES THIS MEAN FOR YOU?

- DURING LOCKDOWN YOUR SLEEP PATTERNS MAY"VE CHANGED AND YOU MAY NOT BE ABLE TO SLEEP. THIS COULD BE DUE TO ARTIFICIAL LIGHT COMING FROM:



- MOBILE PHONES
- LAPTOPS/ IPADS
- T.V
- KINDLES WITH LIGHTS

STOPS PRODUCTION OF MELATONIN → NO SLEEP!



IF YOU ARE TIRED THE FOLLOWING ARE MORE LIKELY

IRRITABILITY

SLOW REACTIONS

LESS TOLERANCE FOR PAIN AND LOUD NOISES

LOW CONCENTRATION LEVELS

LACK OF EMPATHY AND COMPASSION

MAKE RISKY DECISIONS

SLEEP HYGIENE

1. GO TO BED AT THE SAME TIME EACH NIGHT
2. SLEEP FOR 6-10 HOURS
3. WAKE UP AT THE SAME TIME EACH DAY

THE NUMBER OF HOURS YOU SLEEP WILL VARY FROM PERSON TO PERSON BUT WHAT IS IMPORTANT IS THAT YOU ARE HAVING A GOOD UNINTERRUPTED SLEEP.



SELF-ESTEEM BOOSTING ACTIVITIES



- TAKING PART IN ACTIVITIES WHICH MAKE YOU FEEL GOOD HAVE A CRUCIAL ROLE IN OVERCOMING DEPRESSION.
- OFTEN PEOPLE WITH DEPRESSION ARE LOW IN CONFIDENCE AND HAVE LOST THEIR OLD SOCIAL NETWORKS.
- MAKING NEW FRIENDS, FINDING NEW INTERESTS, HOBBIES AND PASSIONS ALL HELP BOOST SELF-ESTEEM AND FEELINGS OF WELL-BEING AND SELF-WORTH.

MEDICAL TREATMENT

- MOST PEOPLE SEEKING TREATMENT FOR DEPRESSION WILL BE TREATED BY THEIR GP.
- HE/SHE MAY PRESCRIBE ANTI-DEPRESSANTS.
- ANTI-DEPRESSANTS ALTER THE CHEMICAL BALANCE IN YOUR BRAIN TO IMPROVE MOOD.
- THEY CAN GIVE YOU VALUABLE 'BREATHING SPACE', GETTING YOU TO A LEVEL WHERE YOU CAN FUNCTION WELL ENOUGH TO TACKLE THE PROBLEMS THAT MAY BE CAUSING THE POOR MENTAL HEALTH
- YOUR DOCTOR MAY REFER YOU TO SEE A COUNSELLOR, PSYCHOLOGIST OR OTHER MENTAL HEALTH PROFESSIONAL.



TALKING THERAPIES



- A LOT OF PEOPLE BENEFIT FROM TALKING TO A TRAINED COUNSELLOR OR THERAPIST AND THERE ARE MANY DIFFERENT KINDS OF THERAPIES.
- SOME ARE ABOUT FINDING NEW WAYS TO WORK THROUGH PROBLEMS AND ISSUES AND SOME ARE ABOUT LOOKING AT WHAT UNDERLYING ISSUES MAY HAVE CAUSED THE DEPRESSION.

ANYONE CAN EXPERIENCE EPISODES OF POOR MENTAL HEALTH EVEN CELEBRITIES

<https://www.glamourmagazine.co.uk/gallery/celebrities-talking-about-depression-anxiety-and-mental-health>

Choose one of the following documentaries

Jesy Nelson: Odd One Out

<https://www.bbc.co.uk/iplayer/episode/p07lrs4d/jesy-nelson-odd-one-out>

Football Prince William and our Mental Health

<https://www.bbc.co.uk/iplayer/episode/m000jkbr/football-prince-william-and-our-mental-health>

Demi Lovato: Simply Complicated

https://www.youtube.com/watch?v=ZWTIL_w8cRA

LET'S GET CREATIVE

DURING PERIOD OF UNCERTAINTY LOTS OF PEOPLE WILL BE STRUGGLING WITH THEIR EMOTIONS-

THIS IS A STRANGE TIME AND ADULTS AND CHILDREN MAY BE FEELING WORRIED, ANXIOUS AND EMOTIONAL.

WHILE ADULTS ARE BETTER AT DEALING WITH THEIR EMOTIONS SOME CHILDREN MIGHT NOT UNDERSTAND THE EMOTIONS THAT THEY ARE EXPERIENCING.

USING THE KNOWLEDGE THAT YOU HAVE GAINED FROM THIS WEEKS LESSON YOU ARE GOING TO HELP EXPLAIN MENTAL HEALTH AWARENESS TO PRIMARY OR SECONDARY SCHOOL CHILDREN ABOUT MENTAL HEALTH.

CREATE SOMETHING (ONE THING) THAT WILL HELP PRIMARY/ SECONDARY SCHOOL CHILDREN UNDERSTAND MENTAL HEALTH.

YOU CAN BE CREATIVE AS YOU LIKE BUT HERE ARE SOME EXAMPLES OF THINGS THAT YOU COULD CREATE-

- CREATE A LEAFLET
- FILM A SHORT VIDEO
- WRITE A SHORT STORY
- CREATE A STORYBOARD
- RECORD A SONG/RAP

Mental Health Awareness Week

18-24 May 2020



It is very important to look after our mental health.

Carry out as many of the tasks below as you can this week!

Spend 30 minutes doing something you enjoy without feeling guilty

Tell/Send someone a kind message and make them smile

Google information about something you're interested in

Play a game with your friends over a video app

Watch a movie with your friends using a video app

Go for a family walk somewhere different*

Call a relative for a chat

Lie outside and look at the sky

Run an errand for a family member

Make a list of things you'll do when we're allowed out

Make a silly video for your friends

Message your friends for a chat

Leave fun and kind messages around the house

Pick an activity from the Stay Active booklet

Make your family a cup of tea or coffee

Arrange to see a friend whilst staying 2m apart

Ask a neighbour if they need anything chores doing

Make your family a meal