

PSHE Task

To understand what contributes to a healthy lifestyle, considering mental wellbeing.



What is mental health?

In the same way as everyone has physical health (which is about your body), everyone also has mental health – both children and adults – which is about their mind, their emotions and feelings. It can include how we feel about ourselves, our relationships and how we deal with challenges and difficulties. Physical and mental health are connected and can affect each other. Therefore, being fit and well physically helps us to be fit and well mentally and vice versa. Mental health is about feelings and emotions; knowing how to take care of ourselves so that we can cope with things that happen to us.

Our mental health can be thought of as being on a scale that can move up or down, a bit like a thermometer. Mental health can move anywhere up or down the thermometer, between being healthy or unwell. We can all move along the scale at any time, but there are things that we can do to support us to stay in the health and coping areas. Sometimes, we may go in to the struggling or unwell areas. To support us with our mental health, we can put things in place to help us feel better and move back to the health and coping areas.



Key Words

feeling
emotion
thoughts
body
mind
mental
physical
health
wellbeing
balanced lifestyle

Your task to create a top tips poster advising others what they can do to support their mental health.

Consider what factors may affect your mental health (disagreements with friends, loneliness, tiredness etc.) and consider what activities you could do to help support your mental wellbeing to ensure you are in the 'coping' or 'healthy' section of the thermometer.

Use the ideas on the next couple of pages to consider which activities you would recommend and which ones you would advise people to avoid, thinking about the benefits or the disadvantages of them.

Before creating your poster, look at the activities on this page and the next. Which ones do you think are useful with supporting your mental health? Which ones should be done all the time, which ones should be done sometimes, which ones should be done when there is a problem and which ones do you think should be avoided?

Going to bed at a sensible time to get enough sleep at night	Allowing enough time to do homework in	Expressing feelings
Drinking energy drinks	Having an internet/ phone free day	Reading a good story
Watching tv or favourite films	Eating lots of sweets	Helping someone you notice needs help
Practising mindfulness	Punching a pillow	Talking to a trusted adult
Chatting to a friend	Going to the dentist	Haircut and style
Volunteering to help	Smoking	Taking deep breaths
Learning something new	Tidying up	Walking to school

Taking medicine

Spending time with friends

Eating a balanced diet that includes plenty of fruit and vegetables

Washing and keeping your body clean

Drinking water regularly

Swimming, dancing or indoor sports

Helping an elderly neighbour with their shopping

Having fun with your family

Stroking a pet

Taking rest, relaxing, quiet time

Going outside, fresh air

Talking about problems to a doctor, nurse or counsellor

Playing board games

Playing active games outdoors

Joining a sports club

Drawing, painting or making something

Listening to music

Playing on the computer

Thinking of happy times

Offering to do a chore at home

Taking the dog for a walk