



# Mental Health Awareness Week

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18<sup>th</sup> to the 24<sup>th</sup> of May



# 2020s Theme is Sleep...

- It is important to get a good nights sleep
- . Teenagers need more **sleep** because their bodies and minds are growing quickly.
- To be at your best, you need between 8 and 10 hours of **sleep** every day.
- How much you **sleep** each night also determines how well you **can** deal with **anxiety** and stress. So sleeping is very important.



# How Teenagers can protect their mental health during COVID-19 (UNICEF)

- **Recognise your anxiety as completely normal.** While anxiety around COVID-19 is completely understandable, make sure that you are using reliable sources to get your information. Remember that being safe and following guidelines is always important.
- **Create distractions.** Finding distractions like reading a book, watching a movie, doing homework and anything that provides a balance to your day.
- **Find new ways to connect with your friends.**
- **Focus on you.** Is there something you've been wanting to learn, read, watch, or investigate? Do something that you are interested in.
- **Feel your feelings .** Processing your emotions looks different to everyone. At the moment when you may be missing out on seeing friends and going places you are allowed to be disappointed, once you start feeling your emotions you can start to feel better.
- **Be kind to others.** Now more than ever we have to be careful about what we say and share that may hurt other people.

# Top 10 Tips for mental health at the moment

- Laugh- do something at least a little fun everyday.
- Stay connected- chatting with friends and family online or on the phone can really boost your mood.
- Eat- eat nice food, that's healthy and yummy.
- Listen to music- have a dance around to your favourite songs.
- Exercise- try to do something active everyday.
- Sleep- get a good amount of sleep.
- Routine- even though we aren't at school try and keep up some sort of routine.
- Be kind to others.



## Stay safe by...

- Social distancing
- Washing your hands
- Looking after your mental health



If anyone is struggling at the moment here is a list of organisations and people you can talk to.

- The NHS website has many useful links and numbers that you can phone if you have been experiencing or having issues at the moment.
- Websites like Young Minds are also providing help and information to people at the moment.  
<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>
- Talk to your families.
- Try talking to your friends.
- Your pastoral care teacher is also still available by email.



Stay safe everybody

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