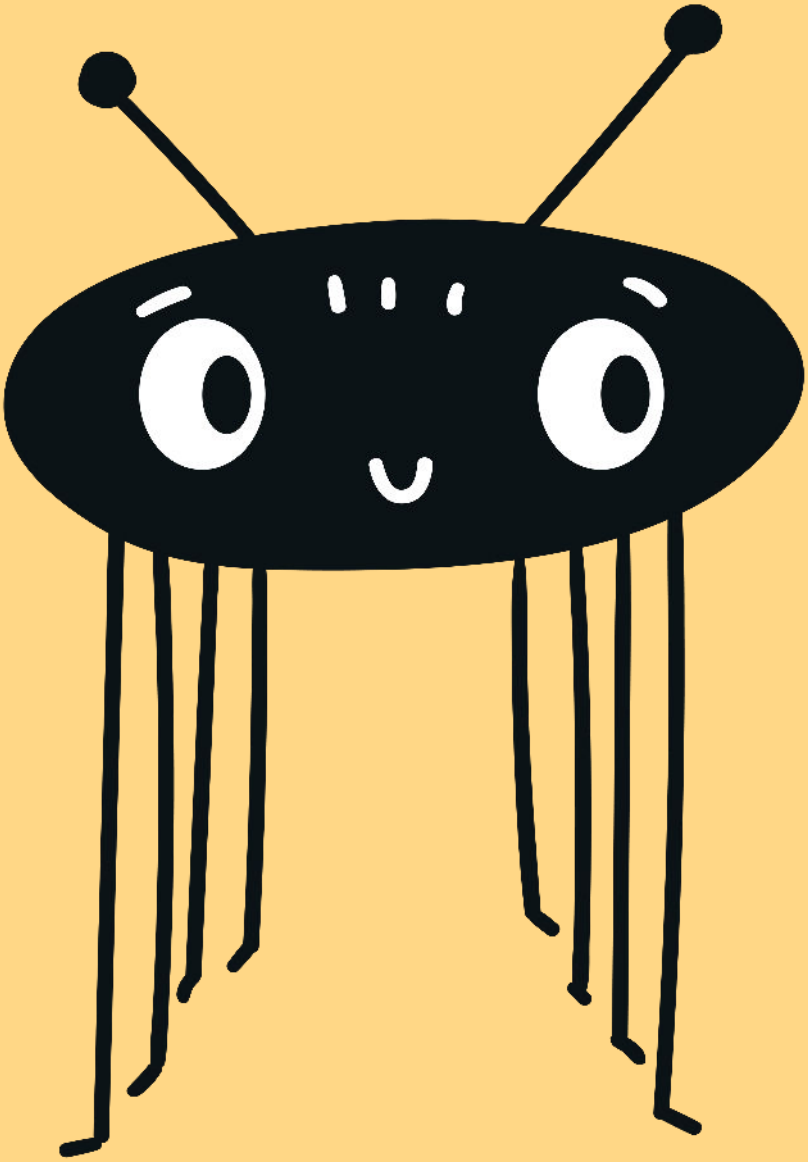
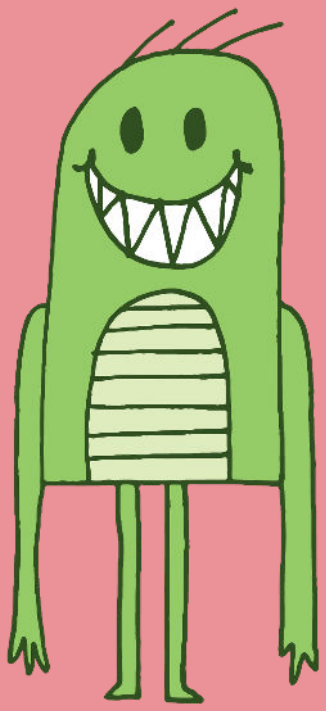
WHAT IS MENTAL HEALTH?

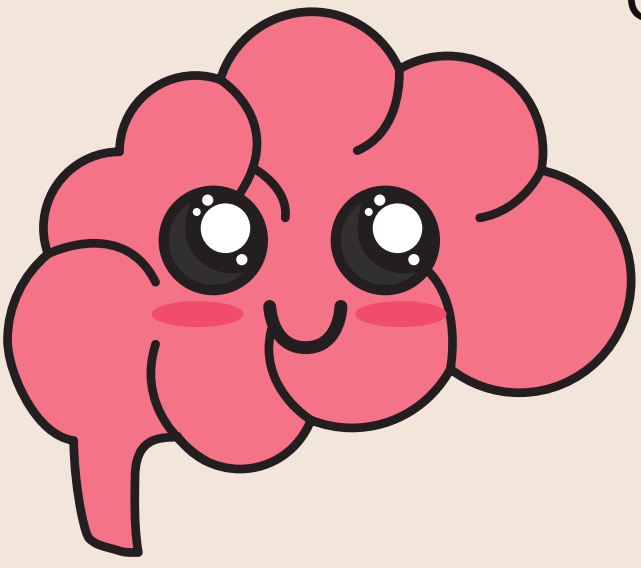
We all have **mental** health and **physical** health.



Physical health is to do with our bodies.



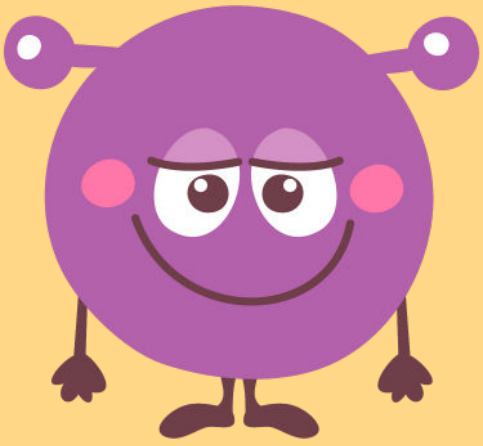
Mental health is to do with our minds.



BRAIN

Mental health involves the thoughts and feelings we have.

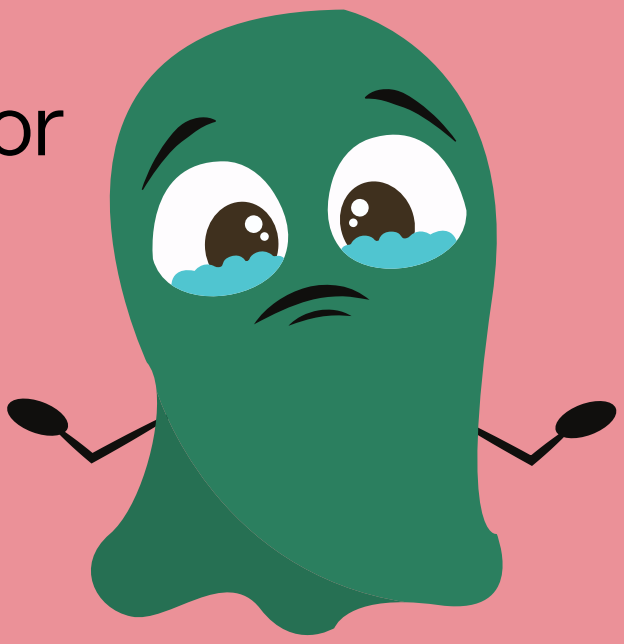
These can be **helpful** or **unhelpful**.



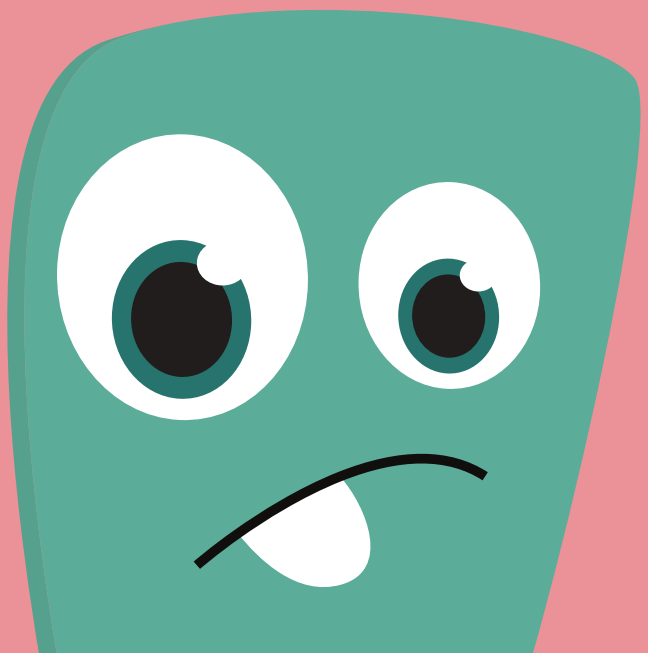
Helpful thoughts are thoughts that make you feel **happy** and **nice**.

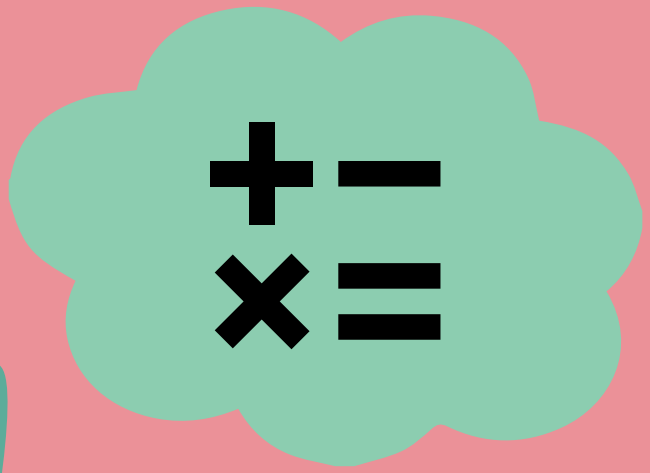
For example, **I am great at football** or **I am a good friend**.

Unhelpful thoughts are thoughts that make you feel **sad** or **bad** about yourself.



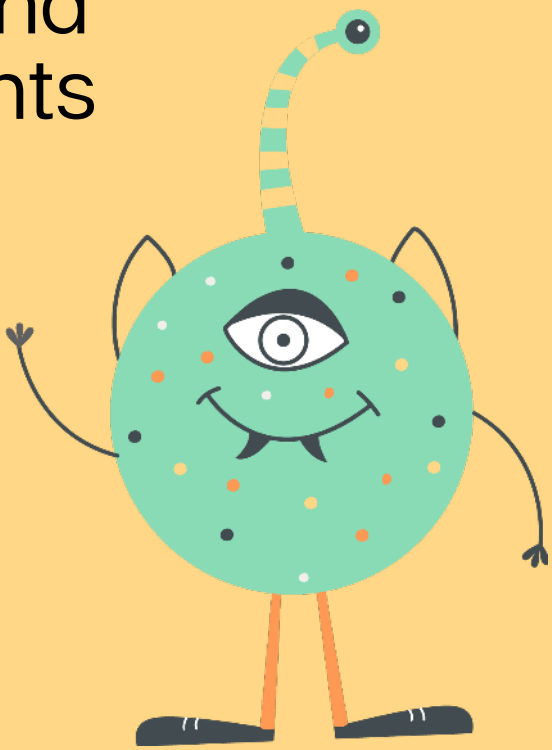
For example, **I am not good at maths** or **no one likes me**.





What do you think our monsters are feeling below?

It is healthy to think and feel a range of thoughts and emotions.



And sometimes we can't help the unhelpful thoughts or feeling bad.

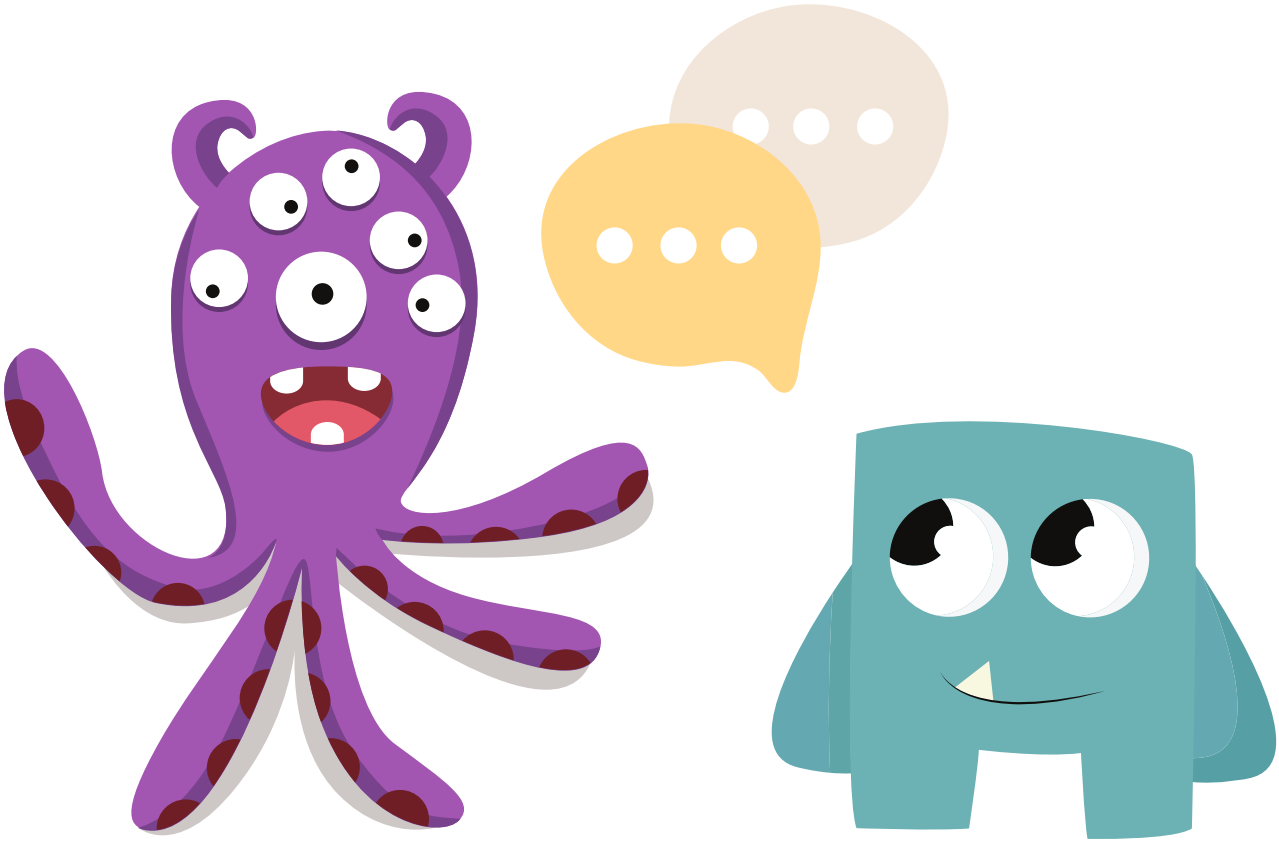
IT'S OK TO NOT BE OK

That's part of being human...

Sometimes, people can have more unhelpful thoughts than helpful ones.

It can make them feel sad or worried all the time.

It’s important that when this happens, these people get help.



There are also things we can do every day to look after our mental health.

One thing we can do is try to focus on thinking more helpful thoughts.

And try to recognise when we have an unhelpful thought.

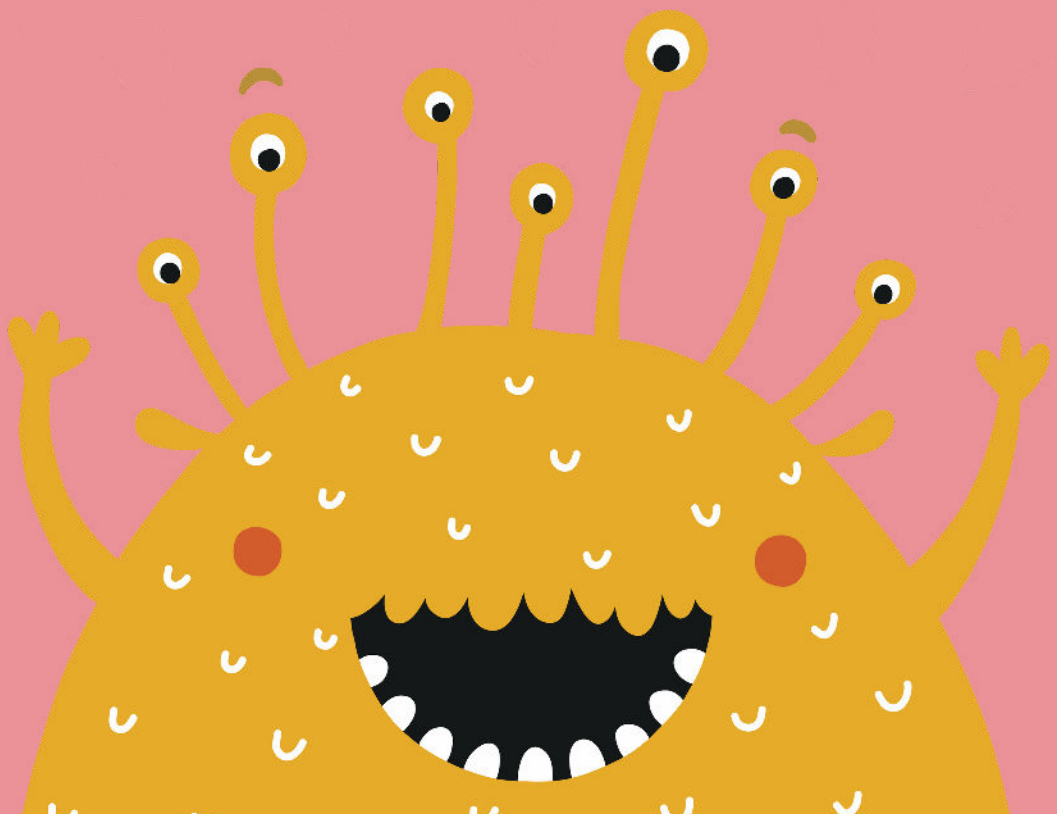
It can take time to learn how to do this, so don't worry if you don't get it straight away. Sometimes, we may need a bit of extra help.

Can you think of one helpful thought you've had and one unhelpful thought?

How do these make you feel?

Here are some more ways you can look after your mental health:

- Eating healthy foods
- Looking after our bodies
- Being active
- Practising things that help us to feel calm
- Talking to a grown up when we feel upset or worried
- Talking about how you feel



For grown ups

QUESTIONS TO ASK:

Has this helped you?

Ask if this book has helped them understand more about mental health, and explore anything they don't understand.

How do helpful/unhelpful thoughts make you feel?

We are all different and helping the child to recognise their own thoughts and reactions can help to manage them.

How do you feel after this booklet?

It's important to assess emotions after talking about mental health, ask the child how they feel and what you can do to help them feel calm.

What helps you feel calm?

As mentioned in this booklet, it's important to find ways to calm your child and that they also learn and recognise these too. This way they can put them into practise more easily.

What should you do if you feel very upset?

Tell a grown up, do a calming technique, and remember, all thoughts and feelings are normal and valid.

Document reviewed by Dr Mairead Hughes, June 2022. Next review date June 2024.