

*The Student
Leadership Council
presents:*



Being Ourselves

- It is important that we be ourselves so that we don't constantly feel pressurised to look and be like another. Not only will it give you less stress, but it will also help you to acknowledge and accept your faults instead of denying and criticising yourself because of them. You should be very proud to be who you are no matter what gender, race or sexuality you identify as. By being yourself, you also build courage and learn to set boundaries knowing your own self-worth.

**“Be yourself;
everyone else is
already taken.”**

—OSCAR WILDE



Michael Phelps- mental health journey



**Watch video from
1min30 onwards.**



IF THESE SOUND LIKE YOUR FRIEND, CHANCES ARE SOMETHING IS ON THEIR MIND. GET ADVICE ON HOW TO SUPPORT THEM ON MOODSPARK.

HOW TO RECOGNISE



**MOOD
SPARK**

if your friend is struggling

YOU GET RADIO SILENCE

You haven't seen or heard from them for a while. They might be airing your messages or start spending hours in their room and not be up for socialising.

THEY GET TEARY

You've noticed they've been crying a lot. They get irrationally upset, stressed or anxious in certain situations.

THEIR SLEEPING PATTERN HAS CHANGED

They might make a comment about struggling to sleep properly at night or regularly stay in bed all day.

THEY KEEP CANCELLING PLANS

They keep cancelling plans you have together and don't seem interested in rearranging. They don't seem interested in leaving the house.

THEY SEEM DOWN

When you see or speak to them you get the feeling that something's not right. They might be quieter than usual or get impatient or irritated more easily than they usually do.

THEIR APPETITE HAS CHANGED

Sudden changes in diet/appetite may also be a sign that your friend is struggling.

WAYS YOU CAN SUPPORT YOUR FRIEND



If your friend is struggling, although you may be worried, try not to overwhelm them with your concern and urge them to get better, it isn't that easy for them. Approach it with genuine concern and willingness to listen to them and work as a pair towards improving their mental wellbeing.

- Let them know that you're happy to listen if they ever want to talk about anything.
- Mention some mental health services that can help or offer to go with them to a session.
- Encourage them to speak to their GP about how they're feeling.
- Check in on them by messaging or meeting up when you can to check if they're okay.
- Suggest some activities you could do together (or by themselves) to help them find calm. You could try journalling, meditation or getting outside and active.
- **Most importantly, Be patient with them, it might take some time for them to feel like themselves again.**

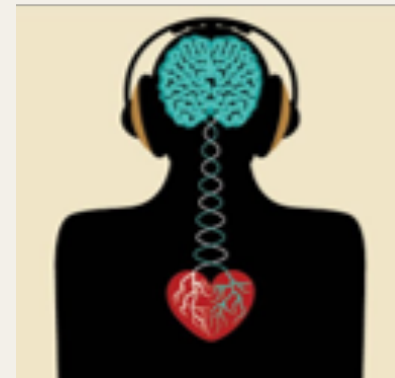
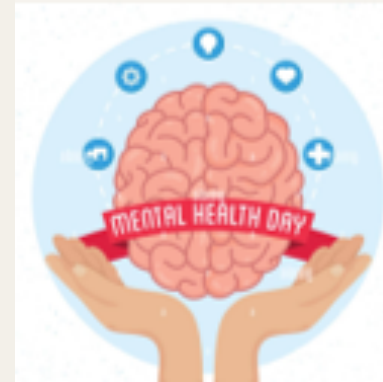
Why small victories in mental health are so important?



The great thing about small victories in our lives is that they can spring from pretty much anywhere. Think back on your week or even just your day so far and try to list all the accomplishments you carried out already. **These do not have to be grand or life changing, just something that you did and that either made you feel better, made your day more productive, or even made someone else smile.**

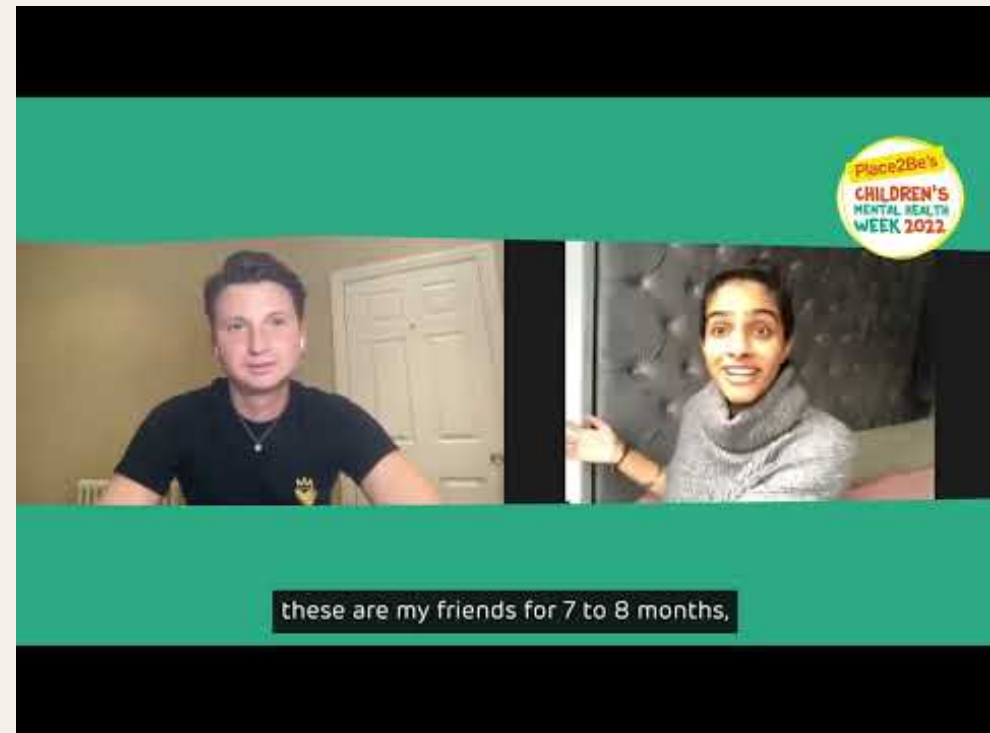
What can you class as a small victory for your mental health?

- Making your bed
- Getting ready for the day
- Drinking enough water
- Finishing your work for the day
- Remembering to eat
- Reading a few pages of a book
- Decreasing your screen time even just by a minute
- Put your favourite playlist on to start your day off.
- Set yourself a small goal to complete



If we think of how much work needs to be done, it can sometimes feel overwhelming and cause us to backtrack. Instead, if we take one step and acknowledge that one step, we can create a much more solid foundation for ourselves and for the start of our journey. **The small victories are what keep us motivated to tackle the larger ones!**

The Theme of CMHW 2022 is 'Growth Stories' -Take time to explore





Peer Mentoring

- ✓ Foster a sense of community
- ✓ Improve mental health
- ✓ Confidentiality

Mentors range from years 8 to 13

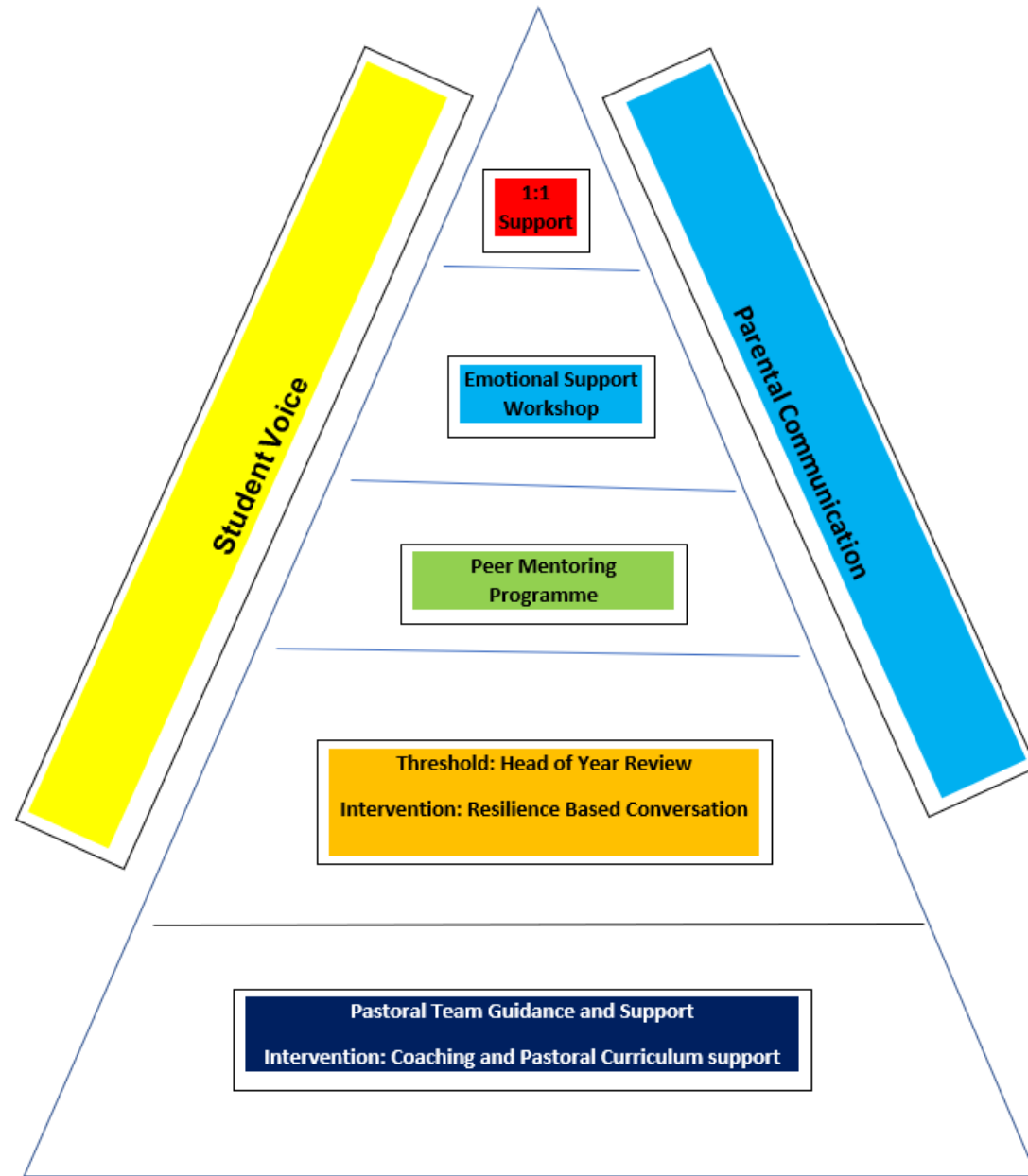
- ✓ General support
- ✓ Homework help
- ✓ Friendship/relationship Issues

every break and lunch in the Erlangen room on the 2nd floor of E block.



In school support

It is important to know the variety of in school support available to support those struggling either emotionally, with schoolwork or with organisation. First, your form tutor is always available to talk to if in need of any support, and if needs be they can then refer you to your head of year. A key support method within school is the peer mentor programme, where students have been specially trained



To be able to give advice and help to support you as they can give more personalised support, having been where you are. Beyond this, there are also emotional support workshops and 1:1 support held in the Erlangen suite open to anyone that may need this support.

External Support

As well as this, support is always available outside of school and this includes a variety of websites dedicated to support young people that are struggling. These include:

Stem4: [stem4 - supporting teenage mental health](#)

Young Minds: [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

The NHS: [Children and young people's mental health services \(CYPMHS\) - NHS \(www.nhs.uk\)](#)

Mind: [Information for young people on mental health and wellbeing - Mind](#)

POSITIVE AFFIRMATIONS

TO START YOUR DAY

I will be present in every moment.



Positive Affirmations Display Project

As part of the Student Leadership Council initiative to improve mental wellbeing, we would like you to share your positive affirmations.

Please see your Form Tutor for more details.

#asmallchangecanmakeabigdifference

#studentleadershipcouncil2021/2