

Knowledge organiser – Unit 1 – Wellbeing and mental health

Key words	
Wellbeing	A combination of feeling good and functioning well.
Mental Health	A person's condition with regard to their psychological and emotional well-being.
Resilience	The capacity to recover quickly from difficulties; toughness.
Depression	People experience low mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration.
Stress	A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.
Anxiety	Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe. Everyone has feelings of anxiety at some point in their life.
Mindfulness	Living in the moment. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you
The Equality Act	Legally protects people from discrimination in the workplace and in society. Some mental health conditions are classed as a protected characteristic.

Unhealthy coping strategies	Healthy coping strategies
Drug or alcohol use Disordered eating Procrastination Sleeping too much or too little Social withdrawal Self harm Aggression	Exercise Talking Healthy eating Seeking professional help Relaxation techniques (deep breathing) Social support



The Importance of Self Care:

At times people may feel guilty for spending time on themselves. But it's essential for mental wellbeing and can help people to be more resilient.

Some self care techniques include:

- Mindfulness
- Doing something you enjoy
- Relaxation techniques
- Get outdoors and fresh air
- Exercise

If someone is living with a mental health problem, taking steps to look after their mental health can help you improve your wellbeing.

Strategies can include:

- Talking to someone
- Knowing triggers and warning signs
- Keeping a mood diary
- Building your self esteem.

Signs of good mental wellbeing:

- Feeling relatively confident in yourself and have positive self-esteem
- Feeling and express a range of emotions
- Building and maintaining good relationships with others
- Feel engaged with the world around you
- Live and work productively
- Cope with the stresses of daily life
- Adapt and manage in times of uncertainty

Signs of poor mental wellbeing:

- Erratic changes in mood and behaviour
- Distancing from friends and family.
- Loss of interest in things that they used to be interested in.
- Excessive sleeping or not sleeping.
- Increased alcohol consumption.
- Poor concentration and being easily distracted
- Finding it hard to make decisions
- Feeling overwhelmed by things & tearfulness
- Finding it difficult to control your emotions
- Irritability and short temper or aggression

Five ways to wellbeing

1. Connect with people
2. Be active and look after physical health
3. Learn something new and get creative!
4. Random acts of kindness
5. Pay attention to the present moment (mindfulness)

Things that can affect our mental wellbeing

Everyone is different and what affects someone's mental wellbeing won't necessarily affect others in the same way. Everyone will have times when they have low mental wellbeing, where they feel stressed, upset or find it difficult to cope.

Common life events that can affect your mental wellbeing include:

- loss or bereavement
- loneliness
- relationship problems
- issues at work
- worry about money

However there are times when there is no discernible reason for the way a person feels which can be extremely frustrating. There are some factors that may make people more vulnerable to experiencing a period of poor mental wellbeing. These may have happened in the past or might still be happening now:

- Childhood abuse, trauma, violence or neglect
- Social isolation or discrimination
- Homelessness or poor housing
- A long-term physical health condition
- Social disadvantage, poverty or debt
- Unemployment
- Caring for a family member or friend
- Significant trauma as an adult, such as military combat, being involved in a serious accident or violent crime.



Sources of Support

ChildLine: www.childline.org.uk Phone: 0800 1111

Young Minds: www.youngminds.org.uk

Samaritans: www.samaritans.org Phone: 116 123

The Mix: Call 0808 808 4994

Shout: Text 85258

<http://www.thecornersheffield.com/> Sheffield's substance misuse service for young people

Anna Freud: <https://www.annafreud.org/on-my-mind/afc-crisis-messenger/>

If you need support, you can text AFC to 85258.

Things to Remember

- Everyone experiences stress and anxiety at points in their lives.
- Only a Doctor or Mental Health Professional can diagnose Chronic Stress or an Anxiety Disorder.
- There are treatments available and coping mechanisms.
- Having a stress or anxiety disorder is not a sign of weakness and is more common than people think.