

Mental Health and Wellbeing Knowledge Organiser

Mental Health	a person's condition with regard to their psychological and emotional well-being.
Physical Health	the state of being free from illness or injury
Discrimination	is unfair treatment of one particular person or group of people.
Wellbeing	feeling good and functioning well
Mindfulness	paying attention to the present moment
Digital resilience	Having the emotional resources to understand online risk and stay safe online
Stress	your body's way of responding to any kind of demand or threat
Depression	The state of feeling very unhappy and without hope for the future
Anxiety	a feeling of unease, such as worry or fear, that can be mild or severe.
Unhealthy coping strategies	<i>behaviours people use to deal with difficult emotions which have long-term negative consequences</i>
Healthy coping strategies	behaviours that we use to make sense of negative experiences in a productive and positive way.
Grief	Intense sorrow, especially caused by someone's death
Bereavement	A period of mourning after a loss
Drugs	A medicine or other substance which has a physiological effect when introduced into the body
Addiction	Not having control over doing, taking or using something to the point where it could be harmful to you.

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

BEAT (for support with eating disorders):
www.beateatingdisorders.org.uk Phone: 0808 8010711

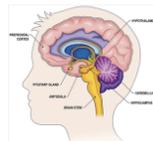
Hope Again <https://www.hopeagain.org.uk/> A website for young people. A safe place where you can learn from other young people, how to cope with grief, and feel less alone.

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

Alcohol and the brain

Prefrontal cortex
Responsible for

- Decision making
- Personality
- Social behaviour



Hypothalamus
Controls kidneys – makes you urinate more which leads to dehydration and feeling hungover the following day

Cerebellum
Helps with balance and coordination

7 Stages of Grief

Shock Becoming frozen at the bad news, not being able to speak.

Denial Try to avoid the truth, saying it can't possibly be so.

Anger Release of emotions and frustration.

Bargaining Seeking real solutions to your grief and issues caused by the loss.

Depression The news sinks in causing sadness and realisation.

Testing Seeking some sort of way out.

Acceptance Accepting the situation and moving forward.

ABC of Managing Stress

Awareness

- Being aware of how you experience stress and what causes your stress.

Balance

- Discover how much stress you need to perform effectively without feeling overloaded.

Control

- Increase your awareness and identify your level of balance to help you feel more in control.

Five ways to wellbeing

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

Unhealthy coping strategies

Drug or alcohol use
Disordered eating
Procrastination
Sleeping too much or too little
Social withdrawal
Self harm
Aggression

Healthy coping strategies

Exercise
Talking
Healthy eating
Seeking professional help
Relaxation techniques (deep breathing)
Social support