

Wellbeing and Mental Health Flashcards

Learning objective: To understand the factors that contribute to positive mental wellbeing and learn strategies for managing emotions.

Read the front of the card to test your knowledge, then flip to check the definition or answer on the back.

What is wellbeing?

Wellbeing is a state of feeling comfortable, healthy, or happy in your mind and body.

What is resilience?

Resilience is the ability to 'bounce back' or recover quickly from difficulties or challenges.

What is a support network?

A group of trusted people, such as family, friends, or teachers, who you can talk to and rely on for help.

What does 'mindfulness' mean?

A way of focusing your attention on the present moment to help you feel calm and aware of your thoughts.

Why does physical health affect mental wellbeing?

Our body and mind are connected, regular exercise, healthy food, and good sleep help us feel more positive and energetic.

Define self-esteem.

Self-esteem is how you feel about yourself and the value you place on your own abilities and personality.

What is empathy?

The ability to understand and share the feelings of another person.

How can practising gratitude help your mood?

Focusing on things you are thankful for helps you notice the positive aspects of your life, even during difficult times.

True or False: It is normal to experience a range of emotions every day.

True. Everyone experiences different feelings, and it is important to acknowledge and express them safely.

What should you do if you feel overwhelmed by your emotions?

Talk to a trusted adult, take some slow, deep breaths, or engage in a calming activity like drawing or walking.