

Understanding Our Feelings: Mental Health Flashcards

Learning objective: To identify, describe, and develop strategies to support mental health and emotional well-being.

Read the front of the card to test your knowledge. Flip it over to reveal the answer. Discuss your answers with a partner to explore different perspectives on well-being.

Mental Health

Our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps us manage stress and relate to others.

Resilience

The ability to 'bounce back' or recover quickly from difficulties, setbacks, or challenging emotions.

Support Network

The group of trusted people (such as family, friends, or teachers) that you can talk to when you feel overwhelmed or need advice.

Self-regulation

The ability to monitor and manage your energy states, emotions, thoughts, and behaviors in ways that are acceptable and produce positive results.

Empathy

The ability to understand and share the feelings of another person. It is like putting yourself in someone else's shoes.

Mindfulness

The practice of focusing your attention on the present moment in a calm and non-judgemental way to help clear the mind.

Why is it important to talk about our feelings even when we feel sad or worried?

Talking helps us process our emotions, reduces the 'weight' of the worry, and allows others to offer help or perspective.

What is the difference between a 'big' feeling and a 'small' feeling?

A 'small' feeling is a minor annoyance, while a 'big' feeling (like anger or extreme fear) can feel overwhelming and might need a strategy to calm down.

Gratitude

The quality of being thankful and showing appreciation for what we have, which can improve our overall mood and mental outlook.

Positive Coping Strategy

A healthy way to handle stress, such as taking deep breaths, drawing, exercising, or talking to a trusted adult.

What might happen if someone keeps all their worries to themselves?

The worries may grow larger, making the person feel more isolated, anxious, or tired, which can affect their physical health and ability to focus.

Justify why being kind to yourself is just as important as being kind to others.

Being kind to yourself builds self-esteem and resilience, which helps you stay mentally healthy and better able to support others.