

Mental Health and Wellbeing: A Journey with Nova

Learning objective: To understand the importance of mental health, recognise positive coping strategies, and identify how to seek help when feeling overwhelmed.

Read each flashcard carefully. Nova the Owl wants you to think about how we can look after our minds just as we look after our bodies. Use these cards to reflect on your own wellbeing.

Mental Health

This refers to our emotional, psychological, and social wellbeing. It affects how we think, feel, and act every day.

Resilience

The ability to recover quickly from difficulties or setbacks, much like a tree bending in the wind without breaking.

Mindfulness

Being fully present and aware of where we are and what we are doing, without becoming overly reactive to what is happening around us.

Wellbeing

The state of being comfortable, healthy, or happy. It involves a balance of physical health, social connection, and emotional stability.

Empathy

The ability to understand and share the feelings of another person by imagining yourself in their situation.

Self-care

Activities and practices we engage in on a regular basis to reduce stress and maintain our physical and mental health.

The 'Trusted Adult'

A person, such as a teacher, parent, or guardian, whom you can speak to openly and honestly when you feel worried or sad.

Emotional Regulation

The ability to recognise, understand, and manage our feelings in a way that is appropriate for the situation.

Positive Self-talk

Using kind and encouraging words towards yourself, especially when you are facing a challenge or a difficult task.

Social Connection

Maintaining healthy relationships with friends and family, which helps us feel supported and less lonely.

Perspective

A particular attitude towards or way of regarding something; looking at a problem from a different angle to see if it is as big as it first seemed.

Balanced Lifestyle

Ensuring you have enough sleep, nutritious food, exercise, and downtime to keep both your body and mind functioning well.