My Wellbeing Toolkit: Understanding Mental Health

Learning objective: To identify ways to support mental health and understand that everyone has feelings that change over time.

Use this writing frame to explore your own mental health and wellbeing. Think about what makes you feel happy, calm, or worried, and identify healthy ways to look after your mind.

Just like we look after our bodies by eating healthy food and exercising, it is just as important to look after our minds and our feelings.

Word bank: furthermore · on the other hand · consequently · resilient · strategies · support network · mindfulness · perspective · in addition to · nevertheless

1. Paragraph 1: What does 'mental health' mean to you? Start by explaining that mental health is about how we think and feel: Mental health is... (2 marks)

2. Paragraph 2: Think about your 'support network'. Who can you talk to when you are feeling worried or sad? Start with: When I am feeling down, I know I can talk to... (2 marks)

3. Paragraph 3: Everyone has different ways to relax. Describe one activity that helps you feel calm or happy. Start with: To help me feel calm, I enjoy... (2 marks)

4. Paragraph 4: How can we be kind to others to support their mental health? Start with: Being a good friend can make a big difference, for example... (2 marks)

5. Paragraph 5: Write a short, positive affirmation for yourself to remember on a difficult day. Start with: On days when things feel tricky, I will remember that... (2 marks)

Extension challenge: Nova the Owl suggests creating a 'Wellbeing Menu'. List five activities you can do to boost your mood and explain why each one helps you feel better.