

World Mental Health Day takes place on Saturday, October 10. As a family, complete the “*I Am Amazing*” worksheet with your child and discuss with each other the things that make you special, make you happy and make you feel joy. Let’s take time out for our mental health and well-being and try some of the tips offered here...

El Dia de la Salud Mental Mundial se celebra el sabado 10 de Octubre. Como familia complete la hoja con tu hijo/a y discute las cosas que te hacen especiales, que te hacen feliz. Tomemos tiempo para nuestra salud mental y bienestar, probando algunos de los consejos que se ofrecen aqui...





30-DAY CHALLENGE



DO THESE SELF-CARE ACTIVITIES!

(from miss-mental.com & anxietyunited.com)

write 10 good things about today!

make your own affirmation.

make your fave meal.

listen to music, and dance!

meditate for 20 minutes

go for a short walk

exercise!

do something you enjoy

clean out a drawer or closet

have a game night

watch a movie or series

take a long shower or bath

create your own study playlist

don't mention the word 'anxiety' and 'stress'

write a letter to your future self

sleep longer than usual

write 15 things you're grateful for

chat/call a friend

read a book uninterrupted

create a bucket list

clean out a drawer or closet

try out a yoga session from youtube

practice breathing exercises

take a nap

listen to a motivational podcast

write down your thoughts


give yourself 3 compliments

take a social media break

read inspirational quotes

treat yourself to something nice

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

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LOVE

Be there for your child and show care and love



EXERCISE

Encourage play, exercise and sport



BEHAVIOUR

Keep an eye out for any changes in behaviour



SUPPORT

Regularly support, encourage and praise your child



REST TIME

Help your child to manage stress by building in some rest time



BE PROUD

Tell your child that you are proud of them



PATIENCE

Be patient. Don't pressure your child



HELP

Don't be afraid to seek help from professionals



FEELING

Get to know how your child is feeling



EDUCATE

Educate yourself about mental health problems



PROBLEM SOLVING

Help your child to effectively problem solve



LISTEN

Make sure you take time to listen to what your child has to say



COPING

Help your child to learn some simple coping skills such as relaxation



SYMPTOMS

Be aware of signs and symptoms



CONVERSATION

Encourage your child to engage in conversation



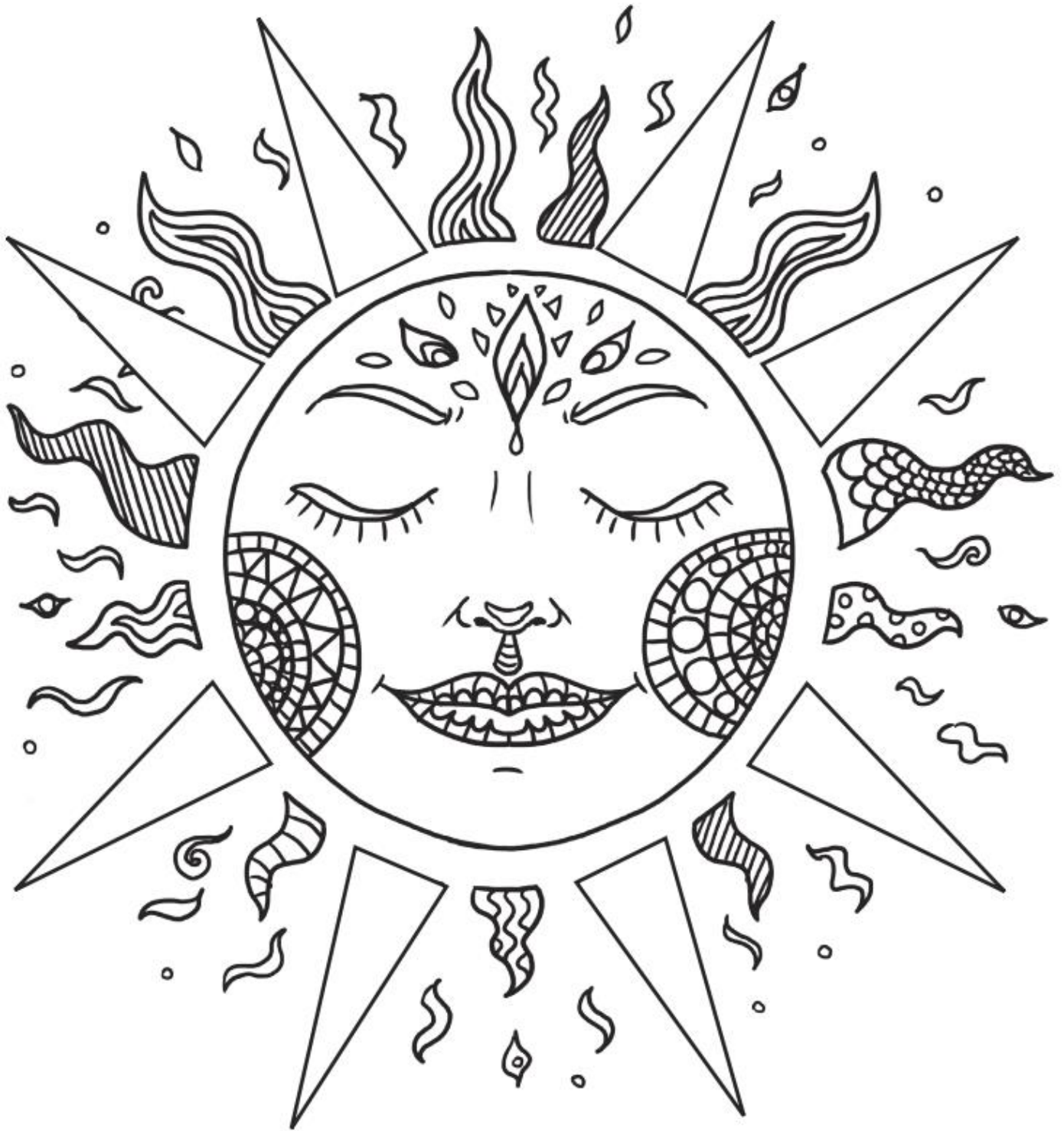
ENVIRONMENT

Provide a positive environment for your child where they can thrive



I Am Amazing

Write something amazing about yourself in each of the sun's rays. As you color the sun, think about all the incredible things that make you special.



Counting breaths

1-2-3

- Encourage the children to focus on their breathing by counting the number of 'in' breaths and 'out' breaths.
- "I am breathing in 1, I am breathing out 1, I am breathing in 2, I am breathing out 2...". Encourage them to continue do this until they reach number 10.

Attitude of gratitude



- Ask the children to focus on their breathing. If they want to, they can close their eyes.
- Encourage them to think of one thing that they are grateful for and encourage them to keep this image in their mind.
- Ask them to notice any feelings or sensations that arise.
- Continue this for a few minutes.
- You could also run this as a writing activity, using the following sentence starters:
 - Something I am grateful for today is...
 - The best thing that happened today was...
 - Something I did well today was...
 - I'll make the rest of the day great by...

Using the senses

- Remind the children of the five senses (seeing, hearing, smelling, touching and tasting).
- In this order, ask children to focus on one sense at a time, noticing:
 - Five things they see
 - Four things they hear
 - Three things they smell
 - Two things they can touch
 - One thing they can taste
- By focusing on one sense at a time, children will be able to reduce their anxiety.

5 x



3 x



1 x



4 x



2 x



Do **one** thing

for better mental health this
World Mental Health Day **10 October**