

# Title of Learning Episode:

## Mental health for all

Physical health - a state of physical well-being in which the individual is able to perform daily activities without problems.  
Mental health - a person's condition with regard to their psychological and emotional well-being.  
Self care - Taking an active role in protecting one's own well-being and happiness, particularly during periods of stress.

**KEYWORDS**

### Starter

#### Starter one

Sam has broken his leg playing football with his friends. Answer the following questions at your challenge level:

#### Core

1. Describe how Sam might feel breaking his leg.
2. List some activities that Sam will now struggle to be able to do.

#### Challenge

1. Evaluate Sam's emotional state after his football accident.
2. What consequences will this accident have on his life until he recovers?

#### Killer

1. What things can Sam do to make him happier?
2. Is it important for Sam to see a professional? Why?



#### Starter two

George has recently being diagnosed with depression after a difficult month. Answer the following questions at your challenge level:

#### Core

1. Describe how George might feel on a daily basis.
2. List some activities that George will now struggle to be able to do.

#### Challenge

1. Evaluate George's emotional state after his diagnosis.
2. What consequences will this diagnosis have on his life until he recovers?

#### Killer

1. What things can George do to make him happier?
2. Is it important for George to see a professional? Why?

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## Starter - Review



### Discuss in pairs - be prepared to feedback

**Compare the feelings/emotions and consequences associated with both health issues. Is there anything in common?**

**Why do you think people are comfortable in going to see a professional about their physical health but not about their mental health?**

**What advice would you give to someone like George who has a mental health issue but doesn't feel comfortable in seeking advice or support?**

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### Objective Question 3

Identify self care strategies that can be used to support well-being and create a self care kit for your own use.

Previously Achieved:

### Objective Question 2

Explain the consequences of having poor mental health and discuss the importance of seeking professional help.

Striving For:

### Objective Question 1

Describe the similarities between physical health and mental health.

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## Task one

I wish people knew that my mental health is so physical too:



What is this image trying to show?

Write it on a post it note!

'It's all in your head'

But is it?

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The graphic features the WFMH logo on the left, a central illustration of a diverse group of people, and the 'MENTAL HEALTH FOR ALL' slogan in a speech bubble on the right. Below the slogan is the tagline 'GREATER INVESTMENT GREATER ACCESS'. At the bottom, it is powered by IRJOG and Youth for Mental Health.

**WORLD FEDERATION FOR MENTAL HEALTH**  
**WFMH**

BRINGS TO YOU A GLOBAL CAMPAIGN TO CELEBRATE

**WORLD MENTAL HEALTH DAY 2020**

**MENTAL HEALTH FOR ALL**

GREATER INVESTMENT  
GREATER ACCESS

POWERED BY **IRJOG** **YOUTH FOR MENTAL HEALTH**  
CHANGE STARTS YOUNG

Saturday 10<sup>th</sup> October is World Mental Health Day. The theme for this year is 'Mental Health for all.' Watch this short clip to listen to different people's experiences of their own mental health. You will then complete an individual task.

<https://www.youtube.com/watch?v=DxIDKZHW3>

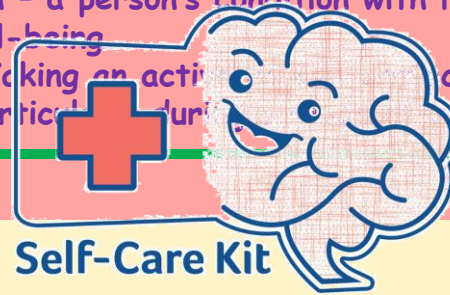
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## Task two- My self care kit

Self-Care Kit

Mental Health for all means us all working together to access ways that we can encourage positive mental health and well-being.

One of the easier ways we can do this is by allowing ourselves to access strategies in which make US feel better and encourage our own positive mindset.

Using the self care suitcase create a self care kit filled with all of the ways in which you improve your well-being.

There is an example on the next slide to help you.

Challenge: Create a script for a TV advert where you are selling your self care kit to others. How can you make it sound appealing? Why should other people use it?

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