PSHE KNOWLEDGE ORGANISER – Year 8 AUTUMN 2 MENTAL HEALTH & WELLBEING

TOPIC OVERVIEW

Reviewing and developing our understanding of physical and mental wellbeing; looking into mental health and social media; understanding pressures of and looking at appropriate strategies for dealing with change.



My Learning Questions:

- How do I feel inside?
- How are physical and mental wellbeing linked?
- In what ways can we promote wellbeing?

Key Facts:

Mental and physical health are closely linked; by promoting physical health a person is also promoting their mental health.

In what ways can we promote wellbeing?

- exercise and physical activity
- getting enough sleep
- helping others
- exploring nature
- creative expression
- staying in touch with friends online
- seeking support from a trusted adult
- eating healthily
- relaxation techniques
- doing things you enjoy
- learning new things
- spending real time with friends
- doing family activities

Connecting with others – social media can help to connect with others – but it's good to take a break if lots of contact with others through social media feels tiring.

Supportive social media – reflect on how social media can be used for feelings of calm and to engage in things that you enjoy and that are important to you

News – If the news feels overwhelming, limit time on news sources and try to only access news from trusted sources.

Taking a break – It is okay to take a break! Try turning off your phone or device for a few hours, leaving it in another room or turning off notifications.

It's really normal to have lots of different feelings when change occurs. If you are worried about changes affecting you or a friend, you can always speak to a trusted adult at home or school, or you can contact an organisation such as those shown below.

If you are worried or if a lack of positive wellbeing is making things difficult, you can speak to a trusted adult or ask them to make you an appointment with your GP.

Key Vocabulary

Wellbeing – feeling good and functioning well.

Mindfulness – paying attention to the present moment.

Mental – relating to the mind.

Physical – relating to the body.

Connection – a relationship in which a person or thing is linked or associated with something else.

Social health – our ability to interact and form meaningful relationships with others.

Self-care – self-care includes everything related to staying physically healthy — including hygiene, nutrition, and seeking medical care when needed.

Social Media – technology that allows us to communicate and share ideas with others.

Online – connected to a computer / device or under control of that device.

Offline – not controlled by or directly connected to a device or the internet.

Transition – the process or a period of changing from one state or condition to another.

ChildLine - https://www.childline.org.uk/ **KOOTH** - https://student.kooth.com/

Young Minds - www.youngminds.org.uk **Samaritans** - www.samaritans.org

YOUNGMiNDS fighting for young people's mental health

kooth Free online counselling support for young people!

ChildLine 0800 1111

"It's alright to ask for help" SAMARITANS 116 123

85258 shout

Shout - a 24-hour text service for someone experiencing a crisis and needing immediate help