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NEWMAN
CATHOLIC HIGH SCHOOL

Mental Health Week



We all have
mental health





What is Mental Health?

- Its about our feelings, our emotions, our thinking and mood
- These can affect us in many ways including physically
- Its important we look after our mental health as well as our physical health

Why Mental Health is so Important?





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Anna Freud
National Centre for
Children and Families

We all have mental health





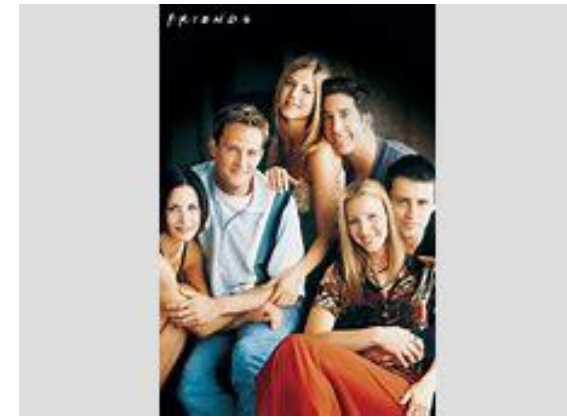
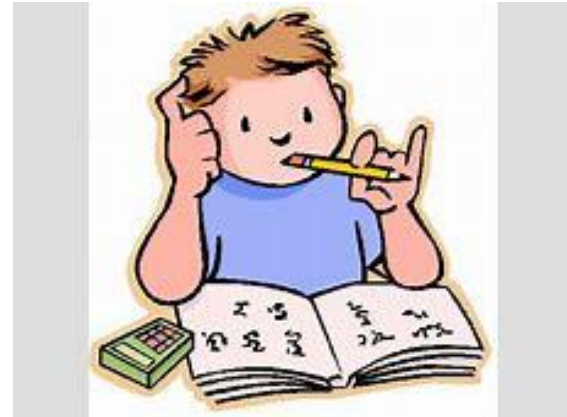
Everyday Feelings

Come and go and are a normal reaction to things that happen in our lives. They are always changing and don't normally hang around for too long

Overwhelming Feelings

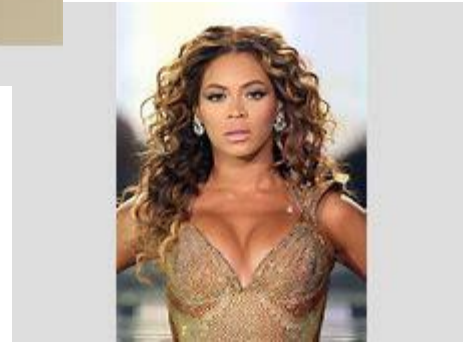
Hang around for a long time, change how we feel and behave and may stop us from doing what we want in life. They can take over and consume us.

What affects our mental health?





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Pressure to look a certain way!



Unrealistic

Photo shopped





Filters

Selfies

Make up

Hairstyles

Body image

Clothing



- We need to learn to love ourselves
- Accept ourselves for who we are

But how do we do this?

- Time away from social media
- Be proud of what makes you different
- Talk to those we trust

Be {YOU} tiful

A graphic with the text 'Be {YOU} tiful' in a serif font. The word 'YOU' is enclosed in large, red curly braces. The graphic is centered on a white background with two vertical grey bars on either side.

Social media and Friends!

Constant



Relentless

Can easily turn nasty



Massive impact



Girls Destroying Girls!

How many of you have ever received a nasty/cruel/hurtful message?



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Girls Supporting Girls!





**YOU CAN ALWAYS TELL
WHO THE STRONG WOMEN ARE.**

**THEY ARE THE ONES YOU SEE
BUILDING ONE ANOTHER UP,
INSTEAD OF TEARING
EACH OTHER DOWN.**



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What are we doing
as a school?

We want you to take
control and take the
lead!

Getting Support

<https://www.annafreud.org/>

<https://www.annafreud.org/on-my-mind/>

<https://www.kooth.com/>





BE YOURSELF
ACCEPT YOURSELF
VALUE YOURSELF
FORGIVE YOURSELF
BLESS YOURSELF
EXPRESS YOURSELF
TRUST YOURSELF
LOVE YOURSELF
EMPOWER YOURSELF