

Unlock WIZARD

COVID-19

CCI
SPECIAL

MENTAL HEALTH AND WELLBEING

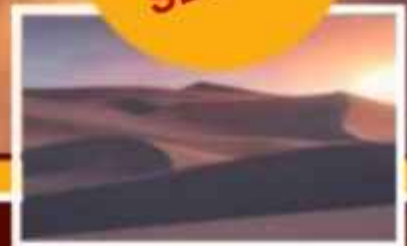
It's time we take
mental health
seriously

It is easier to build strong children
than to repair broken men

Frederick Douglass



#33
ENGAGE
SERIES



Don Bosco National Forum for the Young at Risk

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

In the present scenario of COVID with social isolation, economical loss, increased stress, loneliness etc. its important that we educate our self and our children about the importance and need of mental health and wellbeing.

Its time we fight the stigma related to mental health and come together to build a society which is physically and mentally strong.

DB YaR Forum suggests the following ways to create awareness, fight the stigma and help your child understand mental health and well being.

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10 WAYS PARENTS CAN SUPPORT THEIR CHILDREN TO BUILD POSITIVE MENTAL HEALTH HABITS



01 Encourage your child to openly talk about their feelings and thoughts



02 When your child is worrying help them to effectively problem solve



03 Support them to connect and build positive relationships with others



04 Encourage them to look after their physical health (Sleep, food, exercise)



05 Help them to stay focused on the present moment using mindfulness



06 Highlight the importance of looking after both physical and mental health



07 Be a mental health role model. Demonstrate positive behaviours



08 Praise, encourage, motivate and regular support your child to build their self esteem



09 Work together to learn some coping skills such as deep breathing



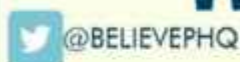
10 As your child grows up encourage and support autonomy



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9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN



WORRY TIME



- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with your or problem solve to overcome them

THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

ACTIVITY PLANNING



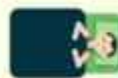
- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings



WELLBEING



- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

3 GOOD THINGS



- Before bed spend some time with your child to identify and write down three good things they achieved from the day

IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

BEING PRESENT



- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.



How to nurture a child's mental health



Actively listen before offering your advice



Be patient



Share your feelings and validate theirs



Tell the truth



Model healthy behavior



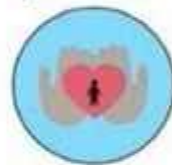
Surround them with healthy adults



Be consistent and follow through with what you promise



Teach them how to be safe



Believe them and in them



Use open ended questions



Have scheduled family time



Limit electronic time for everyone



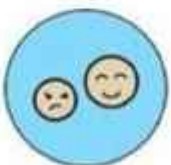
Reach out and hug them



Practice relaxation exercises together



Model forgiveness



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



Make play and exercise a requirement



Recognize positive choices



Be present



Set and respect boundaries



HOW YOU CAN SUPPORT AND ENCOURAGE YOUR CHILD TO TALK ABOUT THEIR MENTAL HEALTH



01
Help to reduce the stigma attached to mental health



02
Educate yourself about mental health



03
Be aware of the language you use when talking about mental health



04
Show care and compassion towards people



05
Be a positive mental health role model



06
Encourage your child to talk about their feelings/thoughts



07
Set aside time each week to talk about mental health



08
Help them to realise that it shows great strength to talk about our mental health



09
Don't just focus on negative experiences. Identify strengths and good aspects



10
Ask the right questions. Don't be too pushy



11
Get the facts right about mental health problems



12
Be there for your child. Support them through difficult times



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13
Respond in the right way when your child talks about feelings and thoughts




20 THINGS YOU CAN DO AND SAY TO SUPPORT YOUR CHILD'S MENTAL HEALTH



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HOW TO SUPPORT *YOUR CHILD'S* MENTAL HEALTH

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www.BelievePerform.com



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



HOW FAMILIES CAN KEEP ESSENTIAL MENTAL HEALTH HABITS GOING DURING SELF ISOLATION

01



Regularly check in with each other. How are you feeling today? Is there anything I can do to help you?

02



Focus on staying connected to friends and family through using a range of applications

03



Schedule time into your week where you can all do something together that provides you with a sense of achievement

04



Encourage and support each other to stay active. Walk around the garden or get active indoors with some group activities

05



Schedule in routine and necessary things that you would like to achieve from your week. This helps reduce disruption and increase control

06



Give each other time and space. Respect each other's down time

07



With your family identify things that provide each of you a sense of pleasure and schedule into your week

08



Set some guidelines that you can all work towards (E.g we will make sure to sit down and each dinner with each other every night)



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09



Identify some self care activities you can do together (family meditation) and individually to provide a sense of relaxation



How to support someone be **MENTALLY HEALTHY**



LISTEN

Listen to what your friend is telling you. Take time to engage in the conversation.



COMMUNICATION

Don't be afraid to communicate. Limit the amount of questions that you ask and don't just talk about their mental health.



STAY IN TOUCH

Remain in contact. Stay in touch with your friend or family member. An email or text can go a long way



SUPPORT

Support and encourage your friend or family member. Be compassionate



AVOID CRITICISM

Don't criticise or be harsh. Take time to understand what it is your friend is going through



BE PATIENT

Understand that people will go through ups and downs



INFORMATION

If you know someone experiencing a mental health problem why not spend some time researching where to find help for them [E.g. Mind, Rethink]



BE CARING

Show them that you are there for them and that you care about them



ENCOURAGE

Gently encourage them to seek help from mental health professionals



I'M PROUD OF YOU

Tell them that you are proud of them for talking about their problem

Mental Health Maintenance Plan

Much like your body requires a balanced diet and exercise to maintain its health, your mental health also needs attention. Maintaining your mental health involves practicing self-care, using coping strategies, and knowing when to seek professional help. Use this worksheet to review your mental health needs and the strategies you can use to maintain wellness.

Spotting Mental Health Risks

Triggers

A trigger is anything that can bring back mental health issues. Triggers can be activities, thoughts, people, places, or things. Once you know your triggers, they can be avoided or managed. **List 4 of your triggers.**

Tip: In order to avoid triggers, you may need to make changes to your habits, lifestyle, and relationships.

1
2
3
4

Warning Signs

Warning signs are symptoms—such as thoughts, feelings, and behaviors—that indicate your mental health might be at risk. Examples include sleep issues, social isolation, and stress. **List 4 of your warning signs.**

Tip: Knowing your warning signs allows you to begin managing symptoms before they become too severe.

1
2
3
4

Mental Health Maintenance Plan

Preventing and Dealing with Problems

Self-Care

Self-care activities are the things you do regularly to maintain your mental health. Examples include eating well, exercising, socializing, and engaging in hobbies. **List 3 self-care activities you can practice regularly.**

Tip: A healthy lifestyle will make you more resilient to stress. Choose self-care activities that can become habits, and a regular part of your day.

1

2

3

Coping Strategies

Coping strategies are skills that help you manage problems or symptoms when they arise. Examples include relaxation, communication, and anger management skills. **List 3 coping strategies you can use.**

Tip: Practice your coping strategies regularly so you are prepared to use them in an emergency.

1

2

3

Returning to Therapy

It's normal to experience problems or uncomfortable emotions, such as sadness, anger, or anxiety. However, when your problems become too intense, or last for too long, you may need professional help.

How will you know if you should return to therapy?



[CLICK TO WATCH](#)

Break the Stigma



[CLICK TO WATCH](#)

What is Mental Health?



[CLICK TO WATCH](#)

**Teen Health:
Mental Health**



KEY WORDS TO SEARCH

1. Why is talking about mental health important ?
2. How to talk to teens about mental health ?
3. Misconceptions related to mental health ?
4. Activities for teaching about mental health ?
5. Do adults also need mental health assistance?

*Children are not things to be moulded, but
are people to be unfolded*



I do not fear at all what men
can do to me for speaking the
truth. I only fear what God
would do if I were to lie.

- Don Bosco



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