

MY MENTAL HEALTH WORKBOOK



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CareStart

CONTENTS

About CareStart.....	2
Definitions.....	3
Emotions	
Where do they come from?.....	4
Reflection activity.....	5
Colouring activity.....	6
Signs of Mental Illness	
What are they?.....	7
Activity.....	8
Wellbeing	
The NHS 5 steps to mental wellbeing.....	9
Reflection activity.....	10
Colouring activity.....	11
Mindfulness	
What is it?.....	12
Reflection activity.....	13
Colouring activity.....	14
Helping a friend.....	15
Daily mental health checklist.....	16
Helpful links.....	17



CareStart

ABOUT CARESTART

CareStart is a policy, research and charitable organisation. We use our expertise to support wider society, with a special focus on ethnic minority and Muslim communities, by taking a culturally-sensitive approach to mental health, rehabilitation and social mobility. We aim to help break any stigmas through policy and research, practical support and educational sessions.

Our research agenda is based on key evidence-based issues identified by secondary research and community consultations. We publish primary and secondary evidence-based research reports and policy briefings pertaining to the key issues surrounding ethnic minority and Muslim mental health, rehabilitation and social mobility. Through our research and public consultations, we disseminate key findings to policymakers and practitioners to help influence meaningful change for grassroots initiatives.

Through our work we help break some of the stigmas around key social issues to encourage cohesion and the delivery of welfare support to those in need. We aim to change some of the discourse around mental health and social mobility in a way that is culturally-sensitive and encourages more people to access voluntary services. Whilst we are a cultural and faith sensitive charity, our services are open to people of all backgrounds.

We have created this workbook for primary aged children to learn about mental health, emotions and wellbeing. We hope it helps educators and parents/carers to support their young people to better understand what good mental health means.

This workbook can be used in any educational setting, including schools, religious institutions, youth clubs, and at home.

We hope it proves to be useful for you and the young people in your lives.

This workbook has been reviewed by trusted colleagues, experts and members of CareStart's Advisory Board. We express our gratitude to all that helped to create this resource.

DEFINITIONS

Mental health:

How a person feels about themselves and the world around them. It affects how we think, feel and act.



Well-being:

Feeling comfortable, healthy and happy.

Emotions:

The way that a person feels in response to their experiences, environment and the people around them.



Anxiety:

A feeling of worry, nervousness, or unease about something.

EMOTIONS!

WHERE DO THEY COME FROM?

The brain is an organ that lives inside your skull. It controls the things your body does. These can be things that we think about, such as moving our legs, as well as things we don't think about, such as breathing.

Different parts of your brain are responsible for controlling different things. Emotions come from a part at the front of your brain.



When we go through different experiences, our brain responds by releasing different chemicals called neurotransmitters. These neurotransmitters travel around our body and cause us to feel different emotions.



EMOTIONS!

REFLECTION ACTIVITY

Think about your own feelings. Can you describe a thing, place or person that makes you feel each of these different emotions?



I feel happy when...



I feel sad when...



I feel anxious when...



I feel angry when...

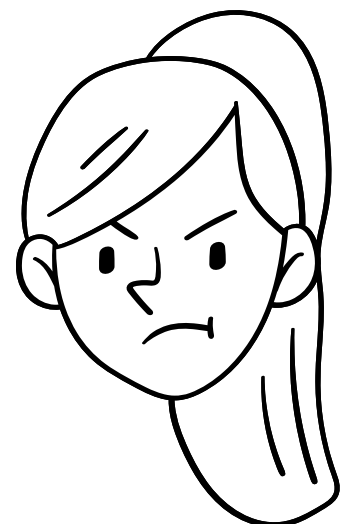
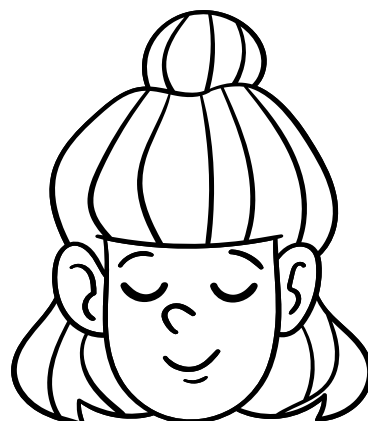
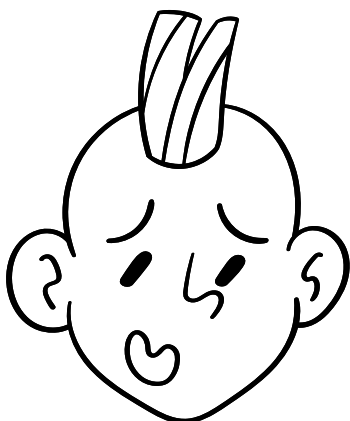
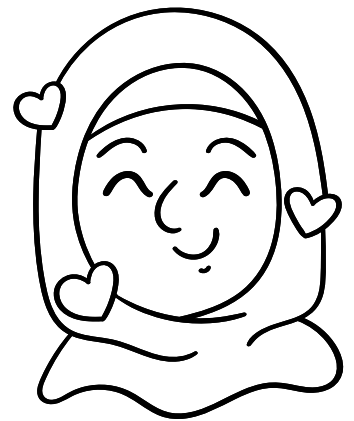
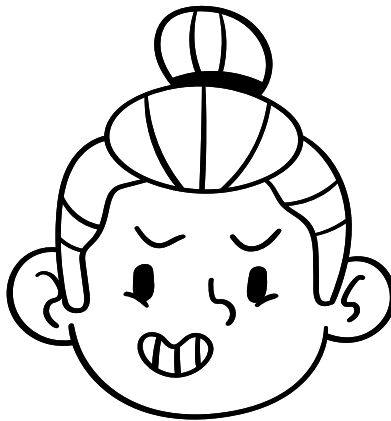
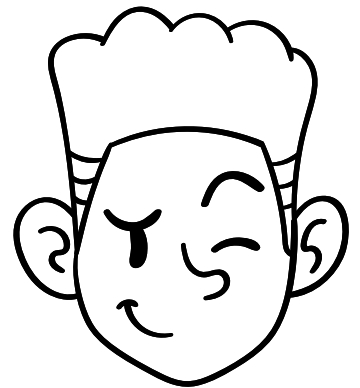
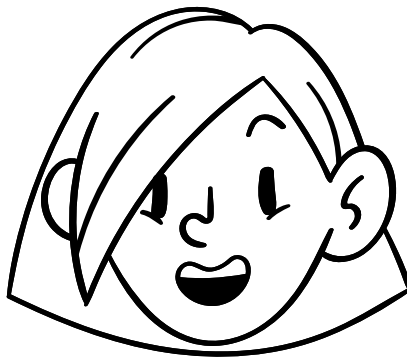


I feel calm when...

EMOTIONS!

COLOURING ACTIVITY

Colour in the faces below. Can you name the different emotions shown on each person's face?



SIGNS OF MENTAL ILLNESS

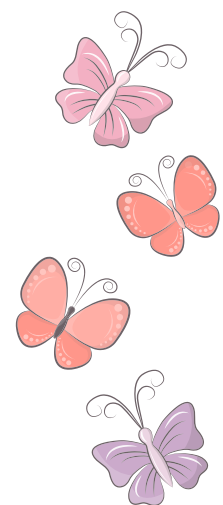
WHAT ARE THEY?

When a person's body becomes unwell, it gives us signs. For example, we might have a temperature, a cough or feel sick.



When people struggle with their mental health, there are different signs a person might show. For example, through emotions, changes in mood or changes in behaviour.

But did you know that in the same way our bodies give us signs when we are physically unwell, it can sometimes also show us signs when we are mentally unwell? For example, if you are anxious, you might feel butterflies in your tummy.



SIGNS OF MENTAL ILLNESS

ACTIVITY

Can you match the pictures to the different ways a person can feel mental illness in their body? The first one is done for you



Butterflies in your tummy



Pain in your tummy



Feeling tired



Pain in your chest



Feeling dizzy

WELLBEING

THE NHS 5 STEPS TO MENTAL WELLBEING

1

Connect with other people

Good relationships with others gives us an opportunity to share positive experiences and provides emotional support.

2

Be physically active

Being active is not only great for your physical health, but it also causes chemical changes in your brain which make you feel good.

3

Learn new skills

Learning a new skill can help us feel more confident and help us connect with others.

4

Give to others

Acts of kindness towards others can make us feel good

5

Mindfulness

This means paying more attention to the present moment, including your thoughts, feelings and the world around you.

WELLBEING

REFLECTION ACTIVITY

Write one thing in each box that you will do to try and look after your own wellbeing

1

Connect with other people

2

Be physically active

3

Learn a new skill

4

Give to others

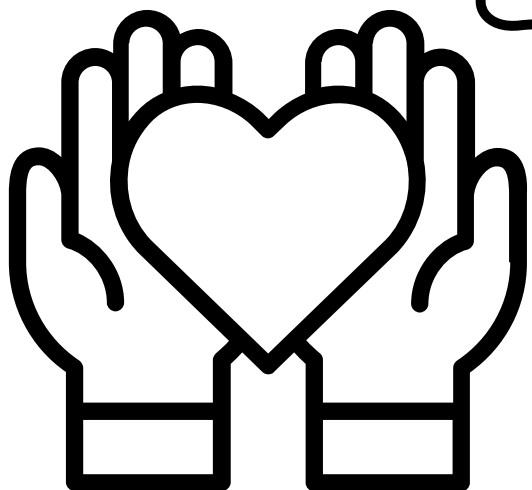
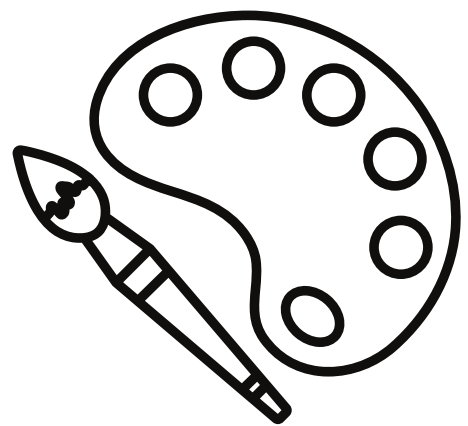
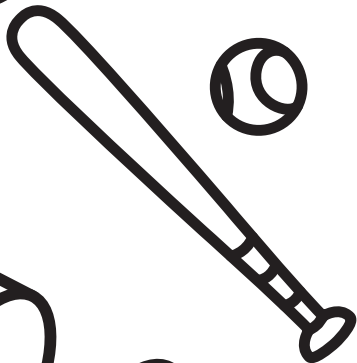
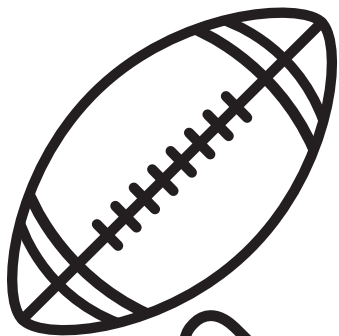
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Mindfulness

WELLBEING

COLOURING ACTIVITY

Colour in the pictures. Can you tell which of the 5 steps they represent?



MINDFULNESS

WHAT IS IT?

Mindfulness is all about paying attention to what is happening right now in the present moment.

To be mindful means to recognise what you are feeling on the inside, and to also notice what is happening around you.

Mindfulness can help us to feel more focused and calm.



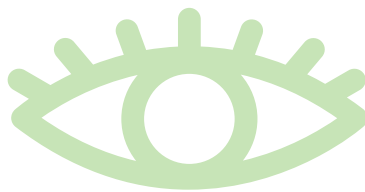
MINDFULNESS

REFLECTION ACTIVITY

Try and use your 5 senses to be mindful of the present moment.

5

Things you can see



4

Things you can feel



3

Things you can hear



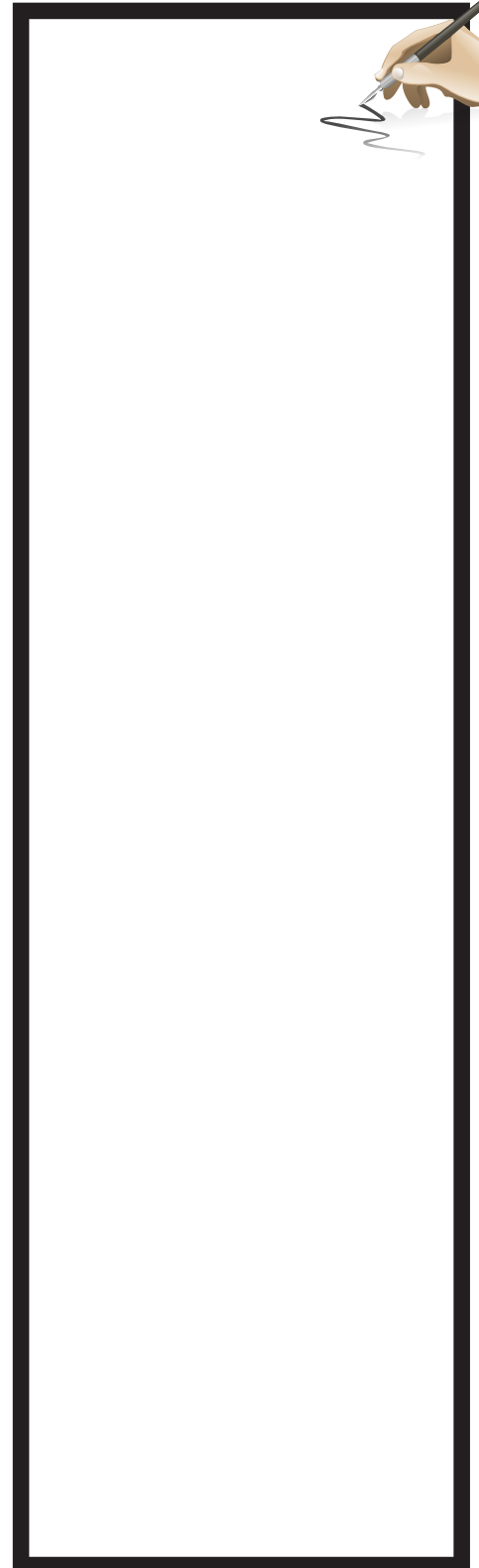
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Things you can smell



1

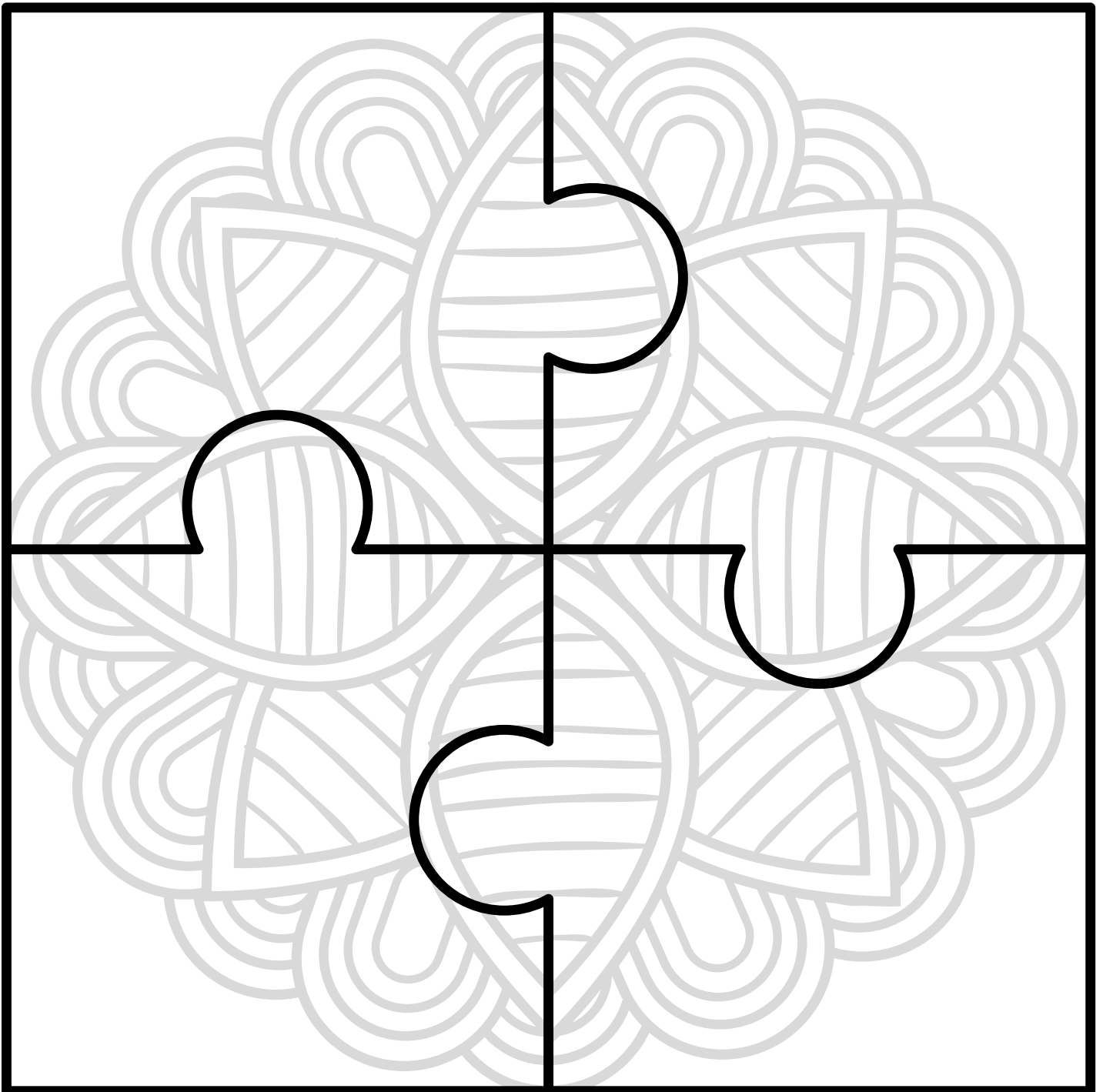
Things you can taste



MINDFULNESS

MINDFUL COLOURING ACTIVITY

Find your inner "piece" - colour in the picture then cut around the pieces. Ask a friend or family member if they can put your puzzle back together.



HELPING A FRIEND

THINGS TO SAY TO A FRIEND WHO IS
FEELING DOWN

"It's okay that
you're not okay
right now"

"You're allowed
to feel this way,
even if you don't
know why"

"You are not
a burden"

"I am here
for you"

"What can I do
to support
you?"

"I'm sorry you are
going through this right
now. You are doing
such a good job
anyway"

DAILY MENTAL HEALTH CHECKLIST

TRY AND DO EACH OF THESE THINGS EVERYDAY TO HELP YOU KEEP YOUR MIND HEALTHY

- Spend at least one hour away from screens



- Say one nice thing to somebody else



- Think of 3 positive words to describe yourself

- Think of 3 things you are grateful for



HELPFUL LINKS

<https://www.camhs-resources.co.uk/>

This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.

<https://www.youngminds.org.uk/>

Young Minds are the UK's leading charity fighting for children and young people's mental health.

<https://www.mentallyhealthyschools.org.uk/>

Mentally Healthy Schools is a website offering advice and practical resources to better understand and promote pupils' mental health and wellbeing.

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