Do it Now

• Write down some words that describe emotional well being.
Emotional Wellbeing

Explain what emotional health means
Outline what a emotionally healthy person is like
Identify people and places you can turn to for support
What is…?

• the differences between, physical, mental and emotional health?

Health

The World Health Organisation defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. In any organism, health is the ability to efficiently respond to challenges (stressors) and effectively restore and sustain a "state of balance," known as homeostasis."
Mental Health

• This is a state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life.
Physical Health

• Physical fitness is a general state of good physical health. A physically handicapped person may be physically healthy, but is likely to have less ability. Physical fitness is usually the result of regular physical activity and proper nutrition.
Emotional Health

• A person with good emotional health has the ability to express all emotions appropriately, and to maintain a balance of emotions so that negative emotions such as depression, stress, anxiety, fear and anger are not dominant.
Rate a Celebrity

Q Rate each celebrity’s physical and emotional health out of 10 on Worksheet

Q Write down the challenges the celebrities face and how they are coping.
Emotional Health – What is it?

• Group A
• In your group explore what being emotionally healthy is. Come up with a list of words that might describe somebody who is ‘emotionally healthy’

• Group B
• In your group explore what being emotionally unhealthy is. Come up with a list of words that might describe somebody who is ‘emotionally unhealthy’
My last 6 months...

GOOD

BAD

TIME
Emotional balance line
Risk factors?

What knocks people off balance?
Negative Factors

• Negative factors could include: worrying about schoolwork, missing out on a social activity, getting a poor mark for work, feeling ill, being bullied
Positive Factors

• Positive factors could include: sport, relaxing in front of the telly, getting homework done, socialising, a favourite lesson, weekends, being with family, sharing a problem with someone else, finishing some revision, etc.
Protective Factors

• What helps people to recover and keep their balance?
Who can help?
Who helps you?

• Draw yourself in the middle with 4 concentric circles around.
• Write the names or roles of people and professionals in the circles surrounding ‘me’ (see example below) who could help you if you were experiencing one of the following problems:
  • Had thoughts of harming themselves
  • Were frightened to come to school
  • Were experiencing eating distress • Had suicidal thoughts
  • Had been depressed for some time
  • Nearness to the centre indicates the likelihood of seeking help from that individual.
What are the qualities of a ....

- Good helper and a
- Good listener?
Good Qualities…

- Regard for non-verbal communication
- Asking open questions
- Good eye contact
- Being approachable
- Empathy
- Offering time

- Being non-judgmental
- Trust
- Confidentiality
- Focusing on feelings
- Understanding
- Warmth
How can you be a good listener?

• Work in threes one of you taking the role of:
  • Listener,
  • Talker
  • Observer.
• Each talks about a real or imagined problem for 5 minutes (you keep time). After each 5 minutes share what it was like to talk, to be listened to and to observe.