

Do it Now

- Write down some words that describe emotional well being.

Emotional Wellbeing

Explain what emotional health means

Outline what an 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

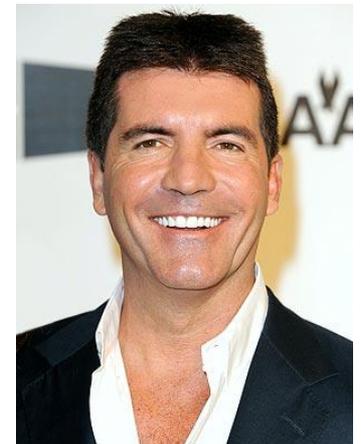
- A person with good emotional health has the ability to express all emotions appropriately, and to maintain a balance of emotions so that negative emotions such as depression, stress, anxiety, fear and anger are not dominant

Rate a Celebrity



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

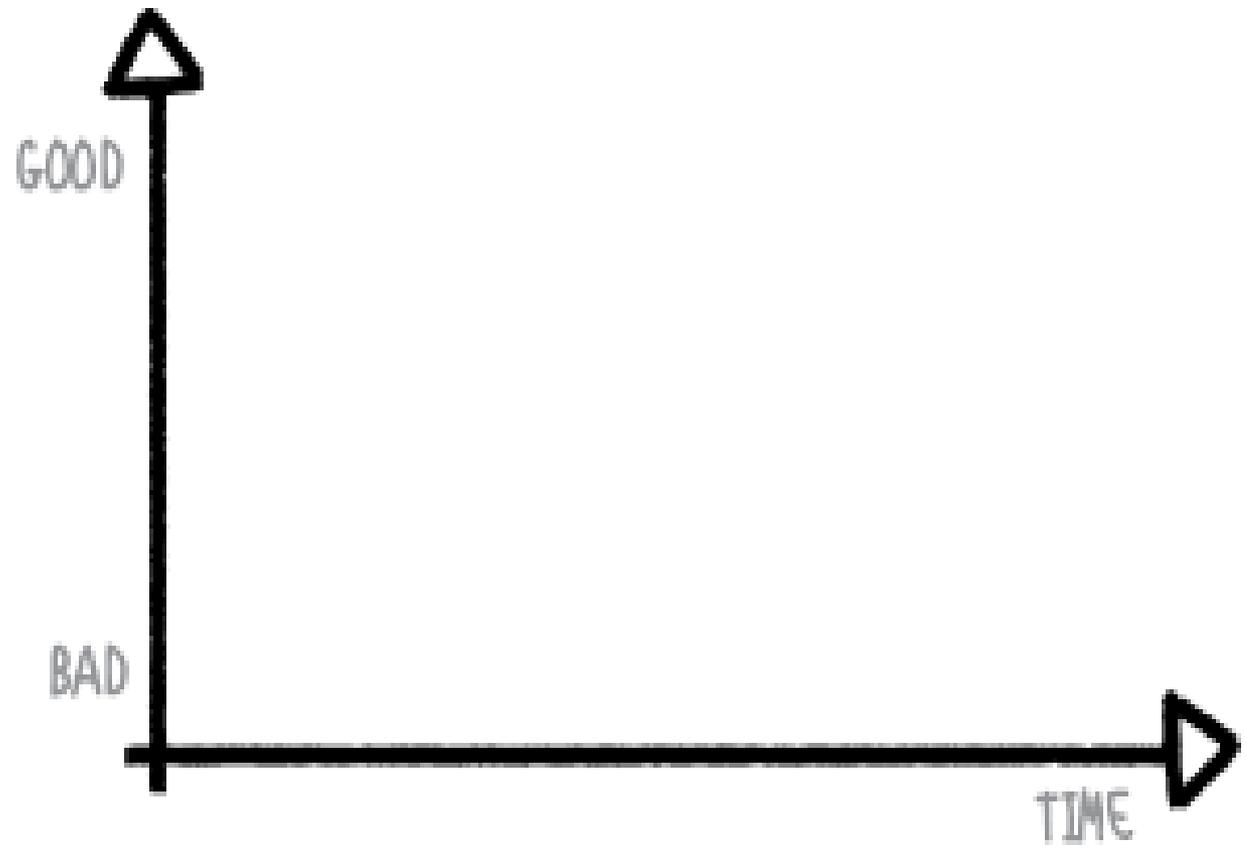
Q Write down the challenges the celebrities face and how they are coping.



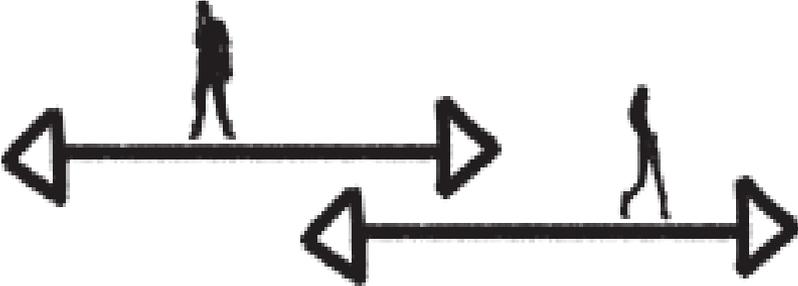
Emotional Health – What is it?

- 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...



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

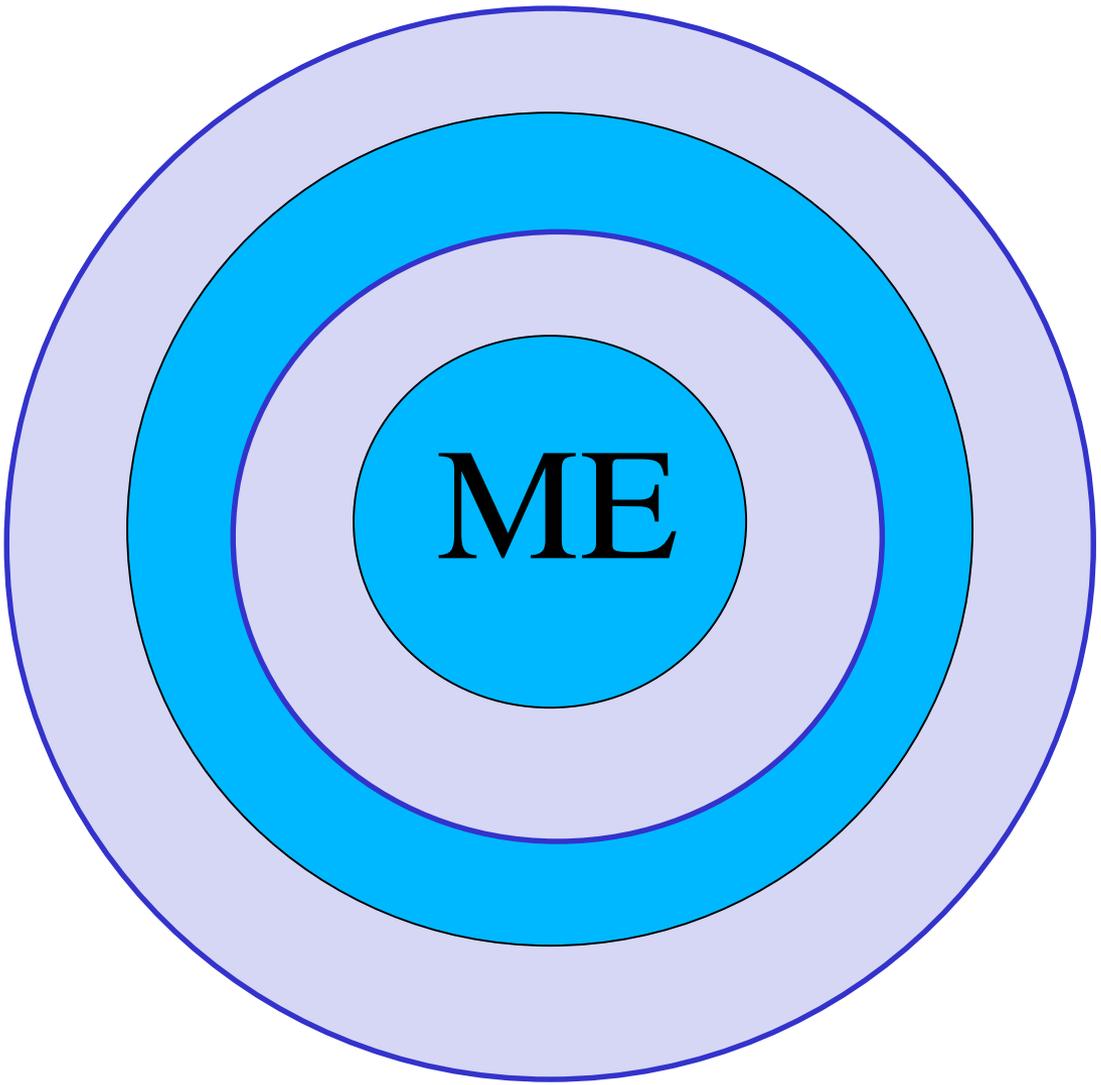
- What helps people to recover and keep their balance?



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.



ME

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