

Promoting emotional well-being and positive mental health of children and young people

Emotional Health and Well-Being Mentor

My role is to help and support pupils in school - through listening and talking about their problems and feelings in a confidential, safe, relaxed environment.

This can be on a one-to-one basis, or as part of a small group.

Play therapy

Engaging with pupils; learning through play/therapy sessions to develop good communications and social skills using books, pictures, toys, art materials, music and sensory experience.

Hand/Foot Massage

Hand and foot massage is used as part of a relaxation programme to help reduce tension and anxiety felt in the body.

How to look after your Mental Health

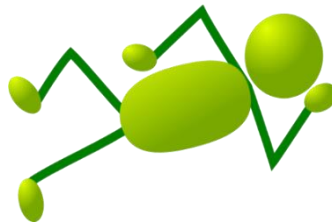
1. **Talk about your feelings:**

Talking can help with a problem you have been thinking about. Just being listened to can also help you feel supported and less alone.



2. **Sleep:**

Sleep allows your body to rest and repair itself and can also help you improve memory, learn new things and problem solve.



3. **Keep Active:**

Exercise releases chemicals in your brain and keeps other vital organs healthy. It can boost your self-esteem and can also help with your concentration and sleep.



4. Eat well:

Your brain needs a mixture of nutrients to stay healthy and function well - just like the other organs in your body.

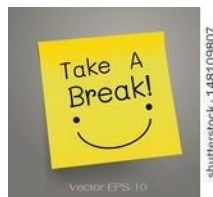
- Lots of different fruit and vegetables
- Wholegrain cereal bread
- Nuts and seeds
- Dairy products
- Oily fish
- Plenty of water



5. Take a break..... RELAXATION:

Take a deep breathe... and RELAX

- Listen to Music
- Go for a walk
- Gym
- Bath



- Massage
- Read a book
- Watch TV
- Play a game
- Talk to family or friends

6. Celebrating achievements:

It is much healthier to accept that we are all unique, and good at different things. Some of us make people laugh or are helpful and kind; others are good at maths, reading, writing, drawing, painting, singing, dancing, cooking, sport etc.

Feeling good about yourself boosts your confidence to learn new skills and make new friends.



7. Family Time:

Spending time with family and friends is important and can make you feel happier and safe, and also allows you to feel included and cared for.



8. Helping others:

Helping others can make you feel needed and valued. This also includes caring for your pets.



9. Ask for help:

If things are getting too much for you and you feel you can't cope, ask for help. Family, friends and adults may be able to offer help and support to work through your worries and come up with a solution to reduce your anxiety.



At home:

You can talk to: **Mum, Dad, or a family member**

In school:

You can talk to: **The EHWB Mentor, School Staff, School Nurse or phone Childline**

Don't worry...

Be Happy !!!

