

# County Durham

## Emotional Wellbeing & Resilience Team

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**NHS**  
Harrogate and District  
NHS Foundation Trust

# Celebrating World Mental Health Day Friday 9th October 2020



# Who Has Mental Health?

You may be surprised to learn that every single one of us has mental health

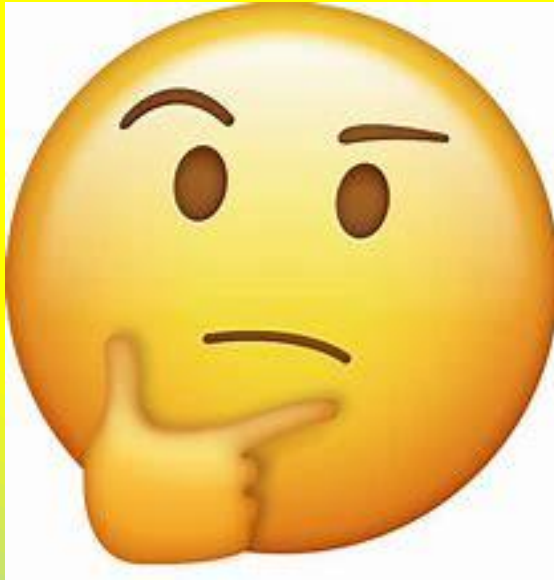
Mental health can be good, bad or sometimes confusing

Mental health and physical health are similar meaning that you are never in good physical or mental health all of the time.

Just like our physical health that sometimes goes up and down so does our mental health meaning that sometimes we feel good and other times not so good.



What makes you  
happy?



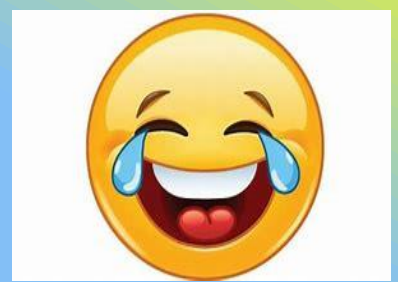
What makes you  
sad?

Just for a moment I would like you all to think about the  
different emotions that you feel each day?



Unsure

Happy



Nervous



Excited



Sad



Worried

Angry

It is normal to feel all of these emotions because in life we have lots of ups and downs. A good way to think about it is to imagine your on a rollercoaster going up and down. This is what your emotions do

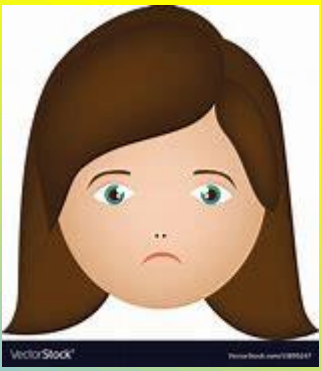


# Things that make you feel good

If your feeling sad it's a good idea to do some of the things you enjoy. I have gave some examples. I wonder if you can think of anymore?

- Reading a book
- Playing outside
- Playing with Toys
- Singing & Dancing





# When to talk to someone



Sometimes different things can happen that make us feel sad. If you feel like this or you think a friend looks or feels sad its good to speak to someone. This could be someone at home or someone in school. Its good to do this so that you can start to feel happy again. Sometimes just talking about what is making you sad can make you feel a little bit better straight away.





# CHALLENGE

In this presentation we have talked all about mental health and what it is. People feel different ways all of the time but we can help by simply being kind. Why don't you think of something kind to say to someone at school or home today.





Please Click on the link below  
<https://www.youtube.com/watch?v=Pkeno7aVGVI>

