

CVEA Celebrates Children's Mental Health week

March 2 Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

1-7 FEBRUARY 2021





What: a week focusing on supporting young people with their mental health. The theme is express yourself.

Why: to let young people know they are not alone.

Who: everyone can join in. It is supporting and promoting the work done by Place2Be, who offer counselling to young people.



Overview of the week: the focus

Monday	Tuesday	Wednesday	Thursday	Friday
Growth Mindset	Resilience	Anxiety	Over thinking	Stress

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Overview of the week

- Each day this week we will focus on a different aspect of mental health.
- On each day there will be: activities for students; activities for the whole family; information on the topic and links to support and advice.

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Thursday: over thinking

Click here for activities for **students** to take part in.

The definition of overthinking is to think too much about something in a way that is more unhelpful than helpful.

It can also be defined as excessive thinking about details and losing focus on the big picture.

Click here for activities for the **whole family** to take part in.

Click here to learn more **student & parents/carers.**

A quote by David Wallis: "Don't dwell on what went wrong. Instead, focus on what to do next." The quote is presented in a decorative, serif font with flourishes above and below the text. The author's name, "David Wallis", is written in a smaller font at the bottom right of the quote.

Don't dwell on
what went wrong.
Instead, focus on
what to do next.
David Wallis

Click here for links to external **support and advice.**

Friday: Stress

There's no medical definition of stress, and health care professionals often disagree over whether stress is the cause of problems or the result of them. This can make it difficult for you to work out what causes your feelings of stress, or how to deal with them. But whatever your personal definition of stress is, it's likely that you can learn to manage your stress better by practising strategies to help you.

Click here for [activities](#) for **students** to take part in.

Click here for activities for the **whole family** to take part in.

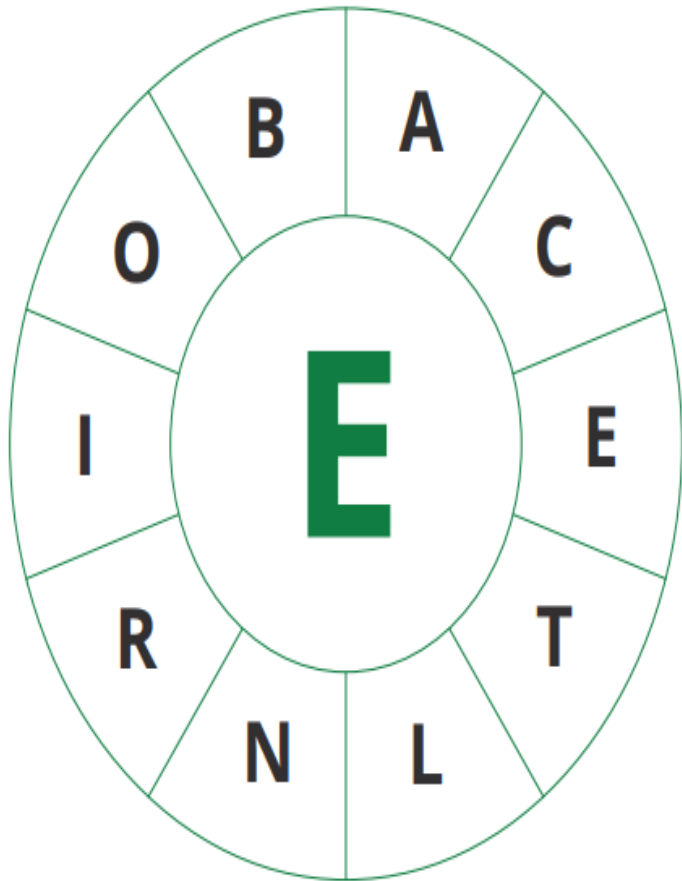
Click here to learn more **student & parents/carers**.

"My head is tight and all my thoughts are whizzing round in different directions and I can't catch them."

Click here for links to external **support and advice**.

Word Wheel Challenge

How many words can you make using the letters in the wheel? Each word must use the hub letter (E) and at least 3 others. Letters may be used only once. You cannot use proper nouns (those needing a capital letter) or words from a different language. All the letters can be used to make a 11-letter word.



Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

- 5** Things You Can See 
- 4** Things You Can Feel 
- 3** Things You Can Hear 
- 2** Things You Can Smell 
- 1** Thing You Can Taste 

How can we stop overthinking?

Meditate

Focus on your breathing, sounds and thoughts.

Change Your Environment
Go for a walk!

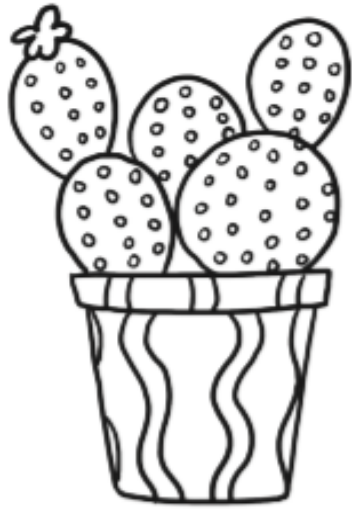
Exercise
Release your pent up energy!

Write It Down
Set a timer for 5 mins and write down everything that's bothering you. Try to find some positives as well!

Some signs and symptoms that you may be overthinking include:

- Lack of sleep
- Over-analysis
- Hard time letting things go
- Perfectionism
- Racing thoughts
- Self-criticism
- Procrastination
- Feeling like your brain is stuck 'on'
- Anxiety
- Physical tension





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Stress and dealing with it



How you might feel

- Irritable, aggressive, impatient or wound up
- Over-burdened
- Nervous, anxious or afraid
- Like your thoughts are racing and you can't switch off
- Unable to enjoy yourself
- Like you've lost your sense of humour
- A sense of dread
- Worried about your health
- Lonely

Talking treatments

Talking with a trained professional can help you learn to deal with stress and become more aware of your own thoughts and feelings. Common types of talking treatments which can help with stress are:

- Cognitive behavioural therapy (CBT) which helps you understand your thought patterns, recognise your trigger points and identify positive actions you can take.
- Mindfulness-based stress reduction (MBSR), which combines mindfulness, meditation and yoga with a particular focus on reducing stress.

"Using mindfulness [helps me] to just allow some space to breathe and focus on the present moment."