



## Understanding Mental Health Difficulties



When your mental health is affected, you may experience a change in your usual behaviour such as feeling more tired, feeling tearful, feeling anxious or feeling withdrawn from others.



If you are finding it difficult to cope on a daily basis and find yourself no longer wanting to do things you normally enjoy, it might be time to seek help rather than trying to put the pieces together yourself.



Mental health problems are common and are not a sign of weakness. They can occur for lots of reasons such as when we have difficult experiences at home or school, or are facing a big change in life.

## How Can I Help Myself?



Taking part in regular exercise and meditation encourages the release of endorphins which can help to lift a low mood and keep your mental health regulated.



Reaching out and socialising with friends and family can help relieve anxiety and low mood, make you feel less alone and have a positive impact on mental health and wellbeing.



If you need more help, there are various support services available, including your GP and mental health charities.

## Understanding What Mental Health Means

### What Mental Health IS NOT

- A sign of weakness- it is something we all have.
- Always negative- mental health also includes a positive mindset.
- The same as 'mental illness' or a 'mental health problem'. We all have 'mental health'. 'Mental health problems' can arise when you are finding it difficult to cope with daily life over a long period of time (2 weeks or more).
- Comparable- nobody is the same person, and so it is important to not compare your mental health to someone else's.

### What Mental Health IS

- Something everyone has and experiences on a daily basis.
- A spectrum ranging from good to poor.
- Something we need to recognise and look after in order to avoid mental health difficulties from developing.
- Something that impacts how we think, feel and behave.
- Equally as important as our physical health.