



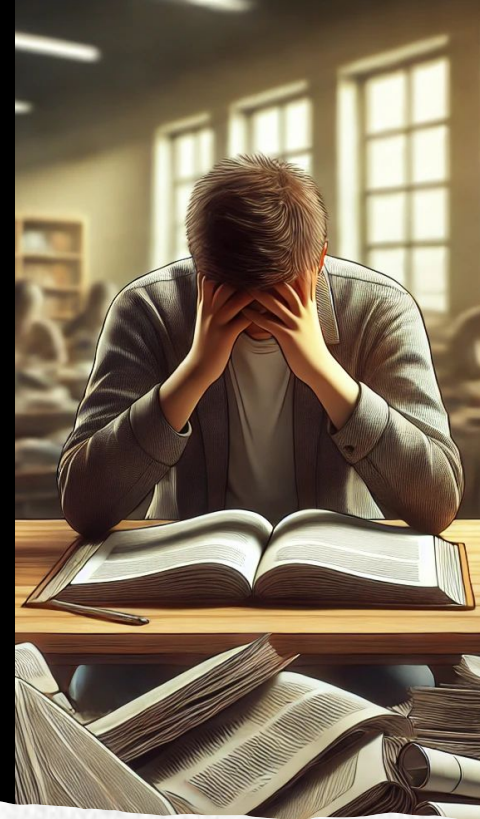
**Managing Your  
Emotions.**

**Mental Health  
Awareness  
Week**

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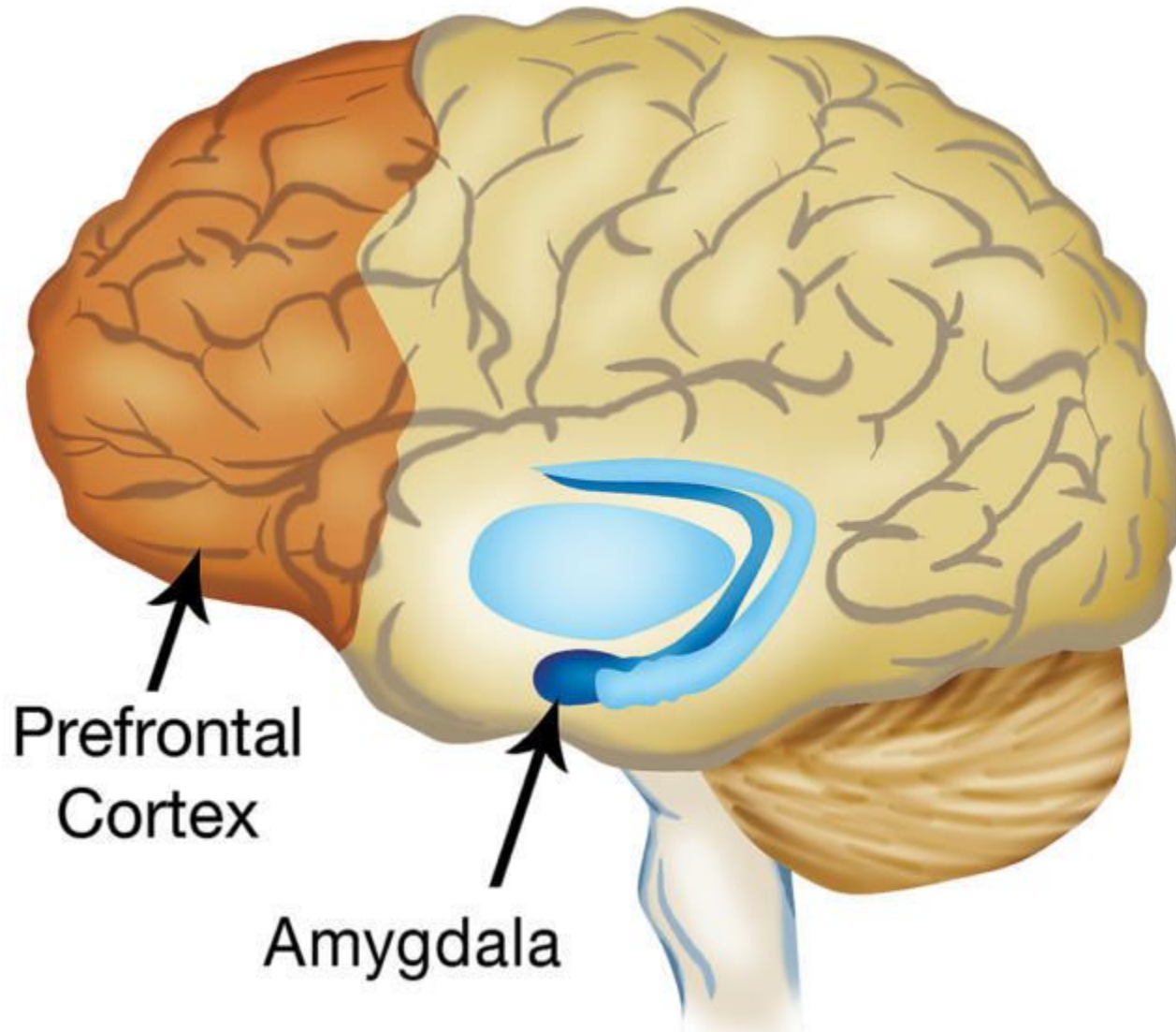


**Things that might make us feel  
overwhelmed, anxious, or frustrated.**

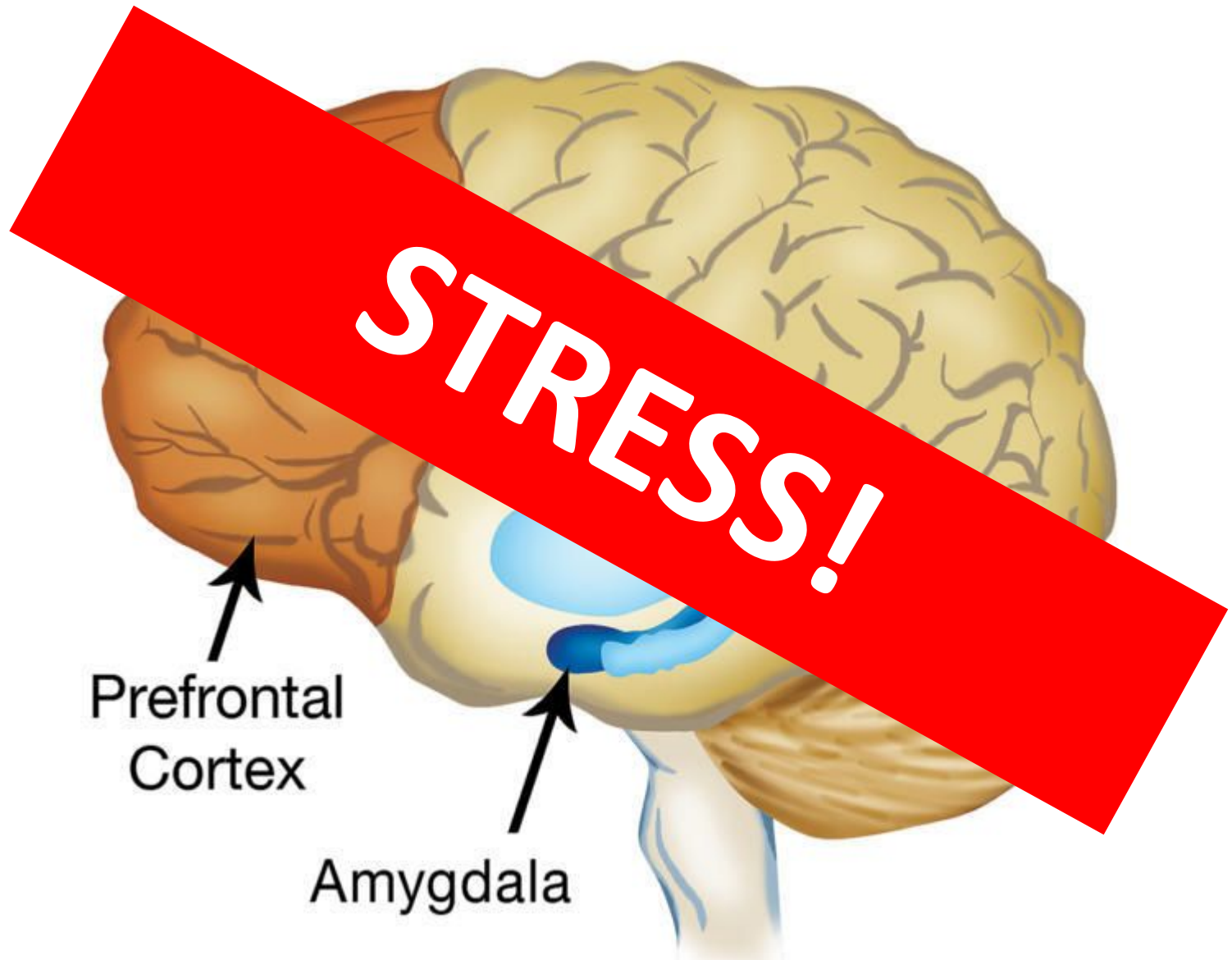
**Why Mental Health Matters.**



# Why?

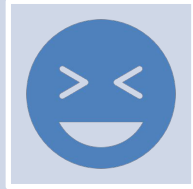


Why?



**Managing emotions,  
impacts happiness,  
friendships, and  
school life.**

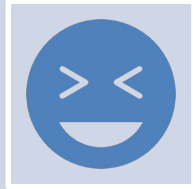
# Why does it impact?



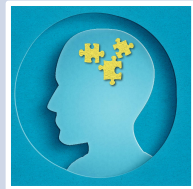
Emotions shape how we think, behave, and interact with others. When you are younger, the amygdala (emotional brain) reacts very quickly.

Managing emotions,  
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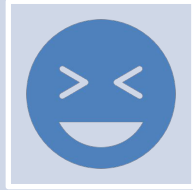
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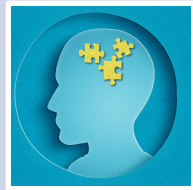
As you grow, your prefrontal cortex (thinking brain) develops, helping you to manage your emotions better.

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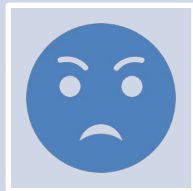
# Why does it impact?



Emotions shape how we think, behave, and interact with others. When you are younger, the amygdala (emotional brain) reacts very quickly.



As you grow, your prefrontal cortex (thinking brain) develops, helping you to manage your emotions better.



When we don't manage emotions well, it can lead to stress, conflict, and poor decision-making.

**Why Mental Health Matters.**

Managing emotions,  
impacts happiness,  
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school life.

# How does it impact?

## Emotions & Happiness

- Recognising and addressing emotions reduces stress and boosts overall well-being.

## Emotions & Friendships

- Understanding our emotions helps us communicate better with friends. When we think rationally and take time to respond, then we can reduce the chances of stress & arguments.

## Emotions & School Life

- Stress and anxiety can affect focus, motivation, and learning.



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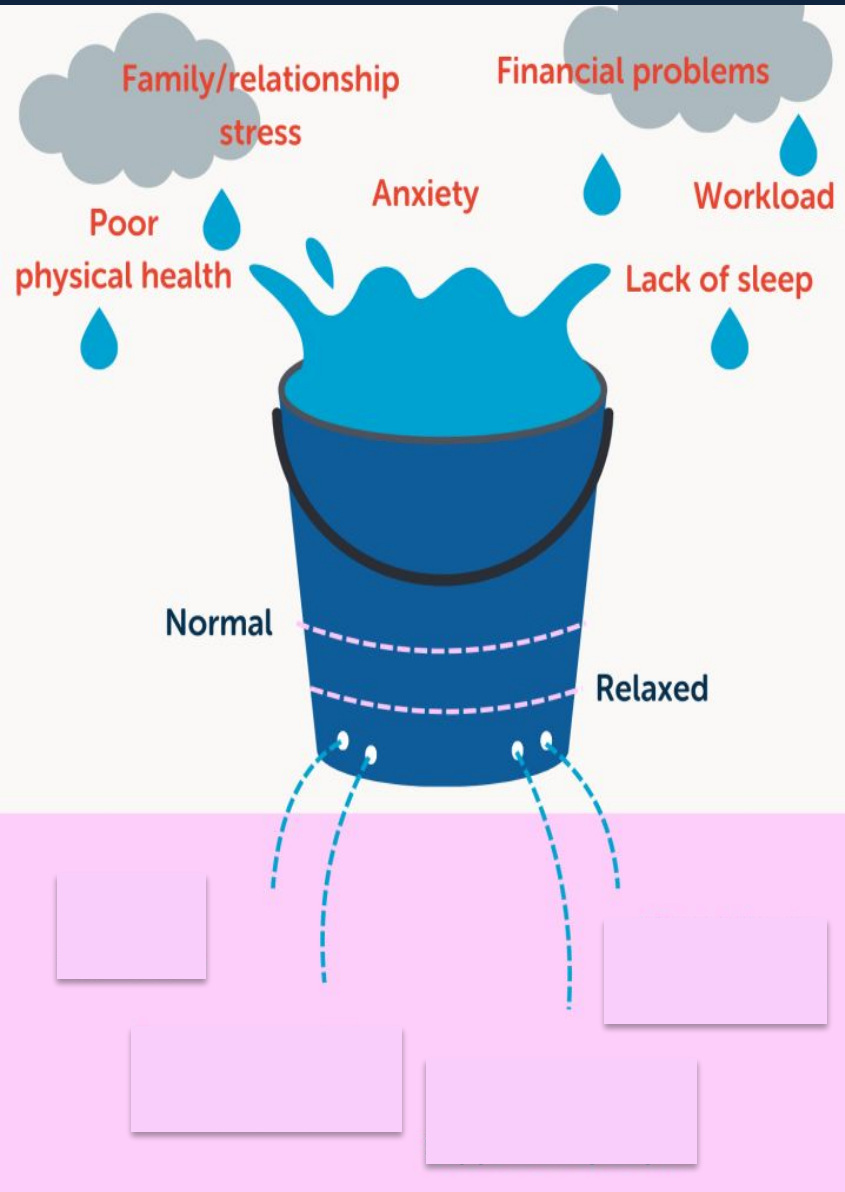
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## Emotions & School Life

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Managing emotions, impacts happiness, friendships, and school life.

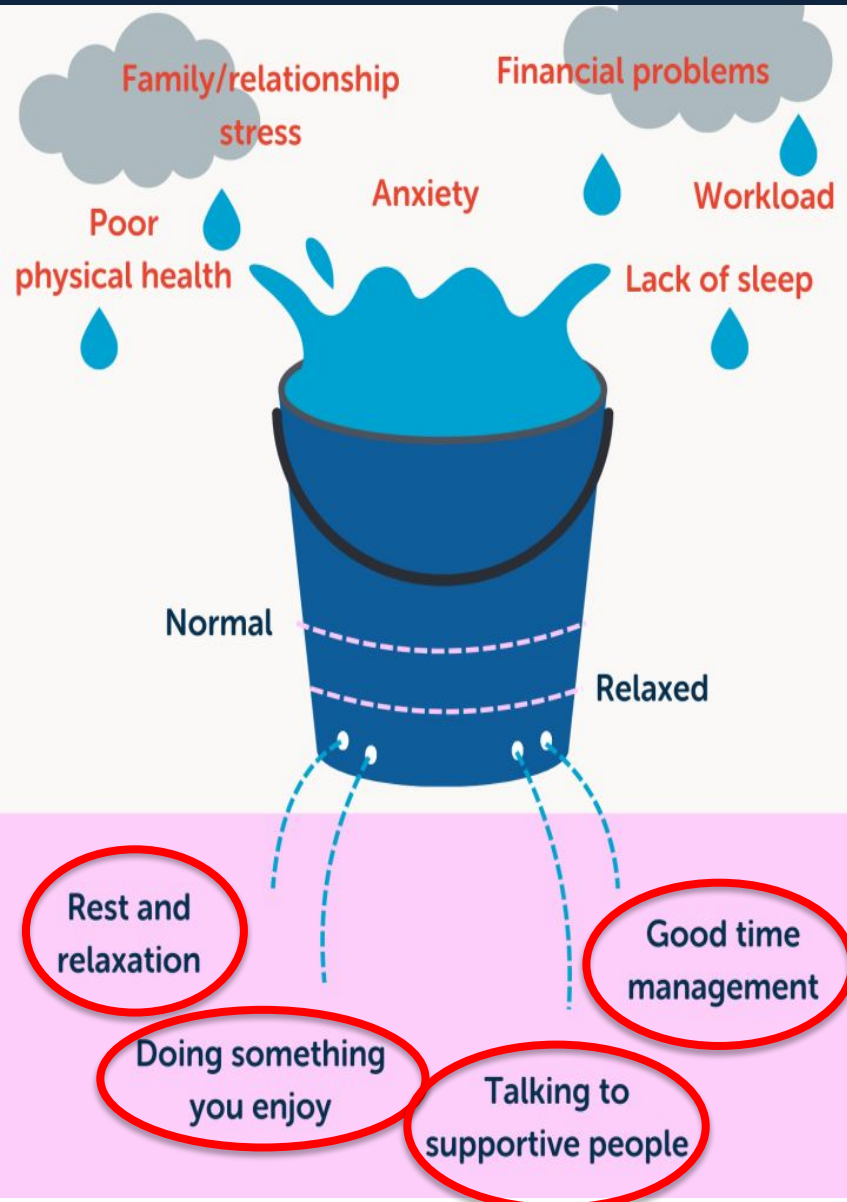
# The Stress Bucket Theory



## What is the Stress Bucket?


- Imagine your mind is like a bucket.
- Everyday stresses fill the bucket.
- If the bucket overflows, we feel overwhelmed.
- Managing our emotions and stress levels, helps keep the bucket from spilling over.

# The Stress Bucket Theory



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**Mental health is just  
as important as  
physical health.**

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**Why Mental Health Matters.**





## **Your Brain is Part of Your Body - Mental Health is Brain Health!**

- Mental health problems can affect how your brain processes emotions, makes decisions, and handles stress.
- If you break your leg, you get treatment. If you're struggling with stress or anxiety, you should also get support—it's just as real as a physical injury.



## **Mental and Physical Health Are Connected - What Happens in Your Mind Affects Your Body**

- Stress can cause headaches, stomach aches, and even weaken your immune system.
- People with depression often feel exhausted and may struggle to sleep or eat properly. you might feel physically tired, just like when you're sick.



## **Both Need Regular Maintenance! - Caring for Mental Health is Just Like Caring for Physical Health.**

- Eating well, sleeping enough, and exercising help both mind and body.
- Prevention is key—you don't wait until you're sick to eat healthy, so don't wait until you're struggling to take care of your mental well-being. Just as you wouldn't wait to drink water until you're dehydrated, don't wait to care for your mental health until you're overwhelmed.

# The STOP Strategy

**S**

**Stop** a moment to pause.

**T**

**Take** a breath to help calm your mind.

**O**

**Observe** by identifying what you're feeling and why.

**P**

**Proceed** positively. Choose a response that helps, not harms.

**Why Mental Health Matters.**

## Common Emotional Triggers & How to Handle Them

**Stress (exams, schoolwork)**

**Break tasks into smaller steps, ask for help.**

**Conflict (friends, family)**

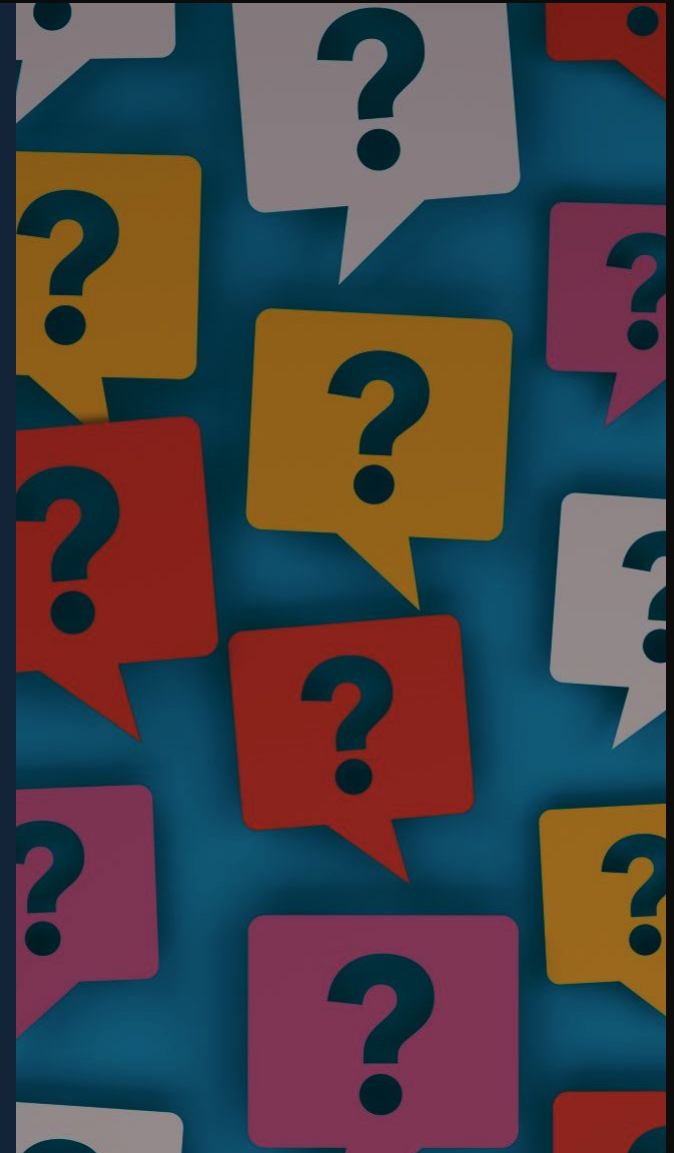
**Talk it out, seek advice, take some space.**

**Social Media Pressure**

**Limit screen time, follow positive content.**

**Disappointment (failure, rejection)**

**Learn from it, try again, talk to someone.**



**Why Mental Health Matters.**





# Where to Get Support?



Talk to family members, friends or someone in school.



External Help: MindWell, Kooth, The Market Place.



Self Help: There are so many Apps available to support you.

**Remember: You're never alone—support is available.**



## Headspace

A meditation app that acts as a personal guide to health and happiness



## Mindshift

A free app designed to help teens and young adults cope with anxiety.



## MoodGym

An online cognitive behaviour therapy program for depression and anxiety



## Superbetter

Helps build resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles



## Happify

Turns the latest innovations in the science of happiness into activities and games that help you lead a more fulfilling life.



## Smiling Mind

A meditation program developed by psychologists and educators to help bring mindfulness into your life



## Calm Harm

An app that helps young people manage the urge to self-harm.



## Calm

Meditation techniques to aid with stress and sleep.



### What's Up

Utilising some of the best CBT methods to help you cope with Depression, Anxiety, Anger, Stress and more



### No OCD

Helps with those suffering from obsessive compulsive disorder.



### SafeSpot

Aims to provide young people with access to coping strategies and resources to help better cope with difficult situations.



### My 3

Help yourself and reach out to others if you are having thoughts of suicide.



### MoodKit

Uses CBT principles to help with low mood and anxiety.



### HappiMe

Free app that helps to raise self-esteem, self-confidence and happiness levels in children and young people



### Chill Panda

Chill Panda helps children better understand their stress and shows them ways to feel better using breathing techniques, yoga, exercise and calming games.



### SAM

SAM is an app to help you understand and manage anxiety.





### Stop Breathe Think

Check in with how you're feeling, and try short activities tuned to your emotions.



### Virtual Hope Box

The Virtual Hope Box (VHB) is a app that contains simple tools to help with coping, relaxation, distraction, and positive thinking.



### Clear Fear

Clear Fear provides you with a range of ways to manage anxiety.



### Combined Minds

An app developed fto help families and friends support young people with their mental health



### Cove

Create music to reflect emotions like joy, sadness and anger to help express how you feel.



### Me2

MeeTwo is a free fully moderated app for young people, which provides peer support, expert help, inbuilt educational and creative resources



### Check In

The Check-in app helps take the fear out of having a conversation with a friend who might be struggling



### 1 Giant Mind

This app is for anyone who wants to feel less stressed, more calm and present and experience greater health and well-being.



# The Sun is nearly here!

In 22 days, we will  
have sunlight from  
6.20am until 6.17pm.

