



**HEALTHY BODIES &  
EMOTIONAL WELLBEING**

*Physical Health &  
Mental Wellbeing*

**Thursday, 04  
June 2026**

# What is Mental Health?

## LEARNING OUTCOMES

Knowledge, Skills  
& Actions



To define the term mental health

To explore why we might say we are okay when we are not

To know a variety of mental illnesses and symptoms and know some strategies to maintain positive mental wellbeing

## NEW VOCABULARY

PTSD, Anxiety, Depression, Physical, Mental, Wellbeing, Stress, Mental Illness, Schizophrenia



“Do you ever feel like a plastic bag drifting through the wind wanting to start again”  
“Baby you’re a firework, come and show them what your worth” What is this song about?



**3 Minutes**



# What is Mental Health?

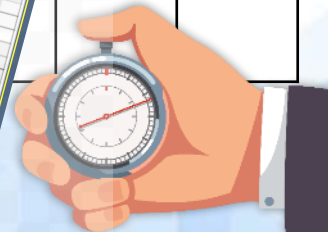
ASSESSMENT FOR LEARNING

## BASELINE CONFIDENCE CHECKER




BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
	1	2	3	4	5	6	7	8	9	10
Knowledge, Skills & Actions										
I can explain what mental health is										
I can identify a range of symptoms of poor mental health										
I know how to look after my own mental health and wellbeing										

Complete a baseline assessment of where you think you are at for this lesson  
(Discuss or complete sheet)





2 Minutes




 I'm not confident at all on this topic

 A little confident

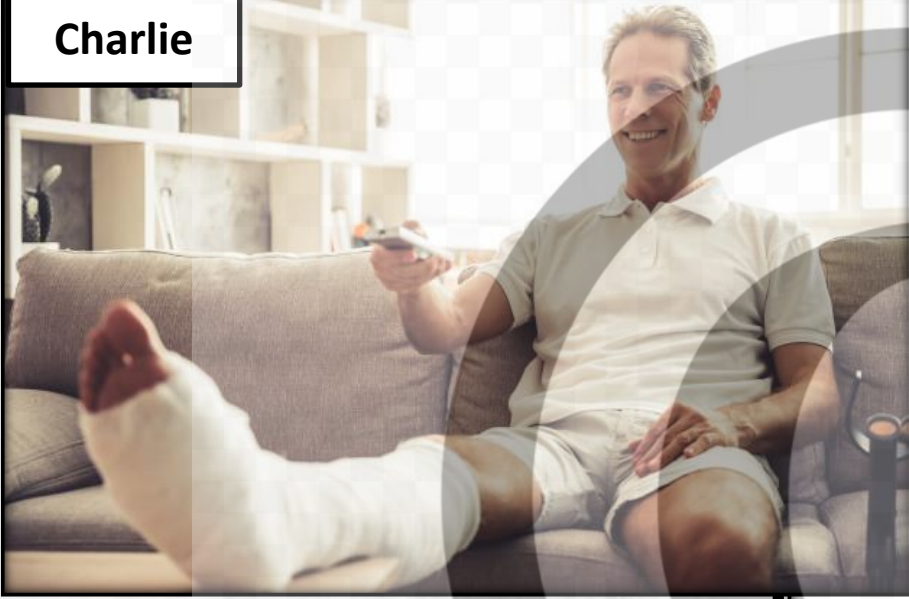
 Confident

 Very confident

 I am super confident on this topic

# What questions would you want to ask these two people?

Charlie



## Task

What do you think is wrong with each of these people?

One has a physical health problem and the other has a mental health problem.

Who is more likely to talk about their problem with others? Why is that?

John



# What happens when we ask people if they are okay?

Hi John how are you?

John



Why do we often just say that we are fine or okay?

Why do we sometimes lie to people and say we are feeling okay when really, we are not?

**WHY MIGHT SOMEONE SAY  
THEY ARE OKAY EVEN WHEN  
THEY ARE NOT?**

Pressure to always be okay. Want to try to 'keep calm and carry on'.

**They don't want to burden others with their problems and prefer to maintain the appearance of strength.**

**They may have difficulty identifying or understanding their own emotions.**

I'm okay

Fear of being judged or for their struggles.

Past experiences of not receiving support or understanding when they expressed their struggle.

**They may feel vulnerable or exposed if they admit their true feelings.**

**They believe that admitting they're not okay would be perceived as a sign of weakness.**

They don't want to disrupt the harmony or dynamics of a social group or relationship by expressing their true emotions.

*Your Mind is a Powerful Thing - TEST*

**IUMRINC TO GONGIUSIONS**

**WHAT DOES THIS PHRASE SAY? No. 1**

**(CLICK TO REVEAL)**

**WHAT DOES THIS PHRASE SAY? No. 2**

**(CLICK TO REVEAL)**

# What is Mental Health?

**MentalHealth.gov:**

*“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.”*



## Task

How can the choices people make in their lives affect their mental wellbeing?

# Can you identify the mental illness?

"I feel really upset, sad and down all the time"

(CLICK TO REVEAL)

"I have had a baby and I feel really low"

(CLICK TO REVEAL)

"I hear and see things that are not there"

(CLICK TO REVEAL)

"I've been to war, and I still feel the impacts of it"

(CLICK TO REVEAL)

"I have panic attacks"

(CLICK TO REVEAL)

Did you know?

*Did you know there are over 200 types of mental illnesses?*

Did you know?

*Psychologist Robert Leahy said that the average teenager today has the same level of anxiety that a psychiatric patient would have had in the 1950s*



### **Mental health can be thought of as:**

- How we feel about ourselves and the people around us
- Our ability to make and keep friends
- Our ability to learn from others and to develop emotionally
- Our ability to overcome everyday difficulties and problems

### **Did you know?**

*Looking after your mind is just as important as looking after your body and caring about your physical fitness.*

*When we're physically ill, we visit our GP or seek help, people are less likely to do the same when it comes to looking after their emotional wellbeing.*

**Mental health is the way you think and feel about yourself and the world around you.**

**It's related to how you cope with life's challenges and stresses.**

**An event like the Covid-19 pandemic could affect your mental health and ability to cope.**

**Mental health is important at every stage in life, from childhood through to adulthood**



WORLD  
**MENTAL  
HEALTH DAY**  
OCTOBER 10TH

### Did you know?

*The Mental Health Act (1983) provides a legal framework for the care and treatment of people who are experiencing 'mental disorder'.*

*The Mental Health Acts aim to provide a balance of care and control for those people deemed to be experiencing mental disorders.*

### Task

How does Mental Health Day and Mental Awareness Month help to increase awareness of different aspects of mental health?



— MAY IS —  
**MENTAL HEALTH**  
AWARENESS MONTH



# The Mental Health Spectrum

*Some people view mental health as a spectrum that we are all on somewhere, our position can change daily depending on if we are having a good day, bad day or how we are coping at that specific time with what is going on in our lives.*

## Did you know?

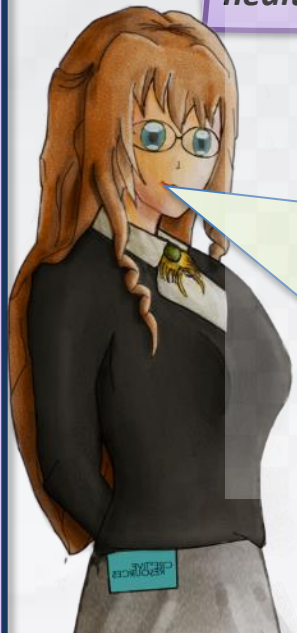
*Approximately 1 in 4 people in the UK will experience a mental health problem each year / at some point in our lives*

*1 in 6 people report experiencing a common mental health problem (such as anxiety, depression etc).*

**“Sleep is the best and least expensive anxiety medicine.”**

*Ellen Vora, MD*

**“Good mental health is when you can feel happy and positive about yourself and enjoy life. Good mental health helps you to have healthy relationships with family and friends, it enables you to manage sad, worrying or angry feelings and allows you to ‘bounce back’ from tough times.”**



# UK Mental Health Statistics

- One in four people will experience a mental health problem at some point in their lives
- Around one in ten children experience mental health problems
- Depression affects around one in twelve of the whole population
- Rates of self-harm in the UK are the highest in Europe at 400 per 100,000
- 450 million people worldwide have a mental health problem

## Task

Do any of these statistics shock or surprise you?  
Can we always trust statistics?  
Why might statistics not always show the full picture?

Mental Health Conditions	Average number of people affected in the UK
Generalised anxiety disorder	5.9 in 100 people
Depression	3.3 in 100 people
Phobias	2.4 in 100 people
OCD	1.3 in 100 people
Panic disorder	0.6 in 100 people
Post traumatic stress disorder (PTSD)	4.4 in 100 people
Mixed anxiety and depression	7.8 in 100 people



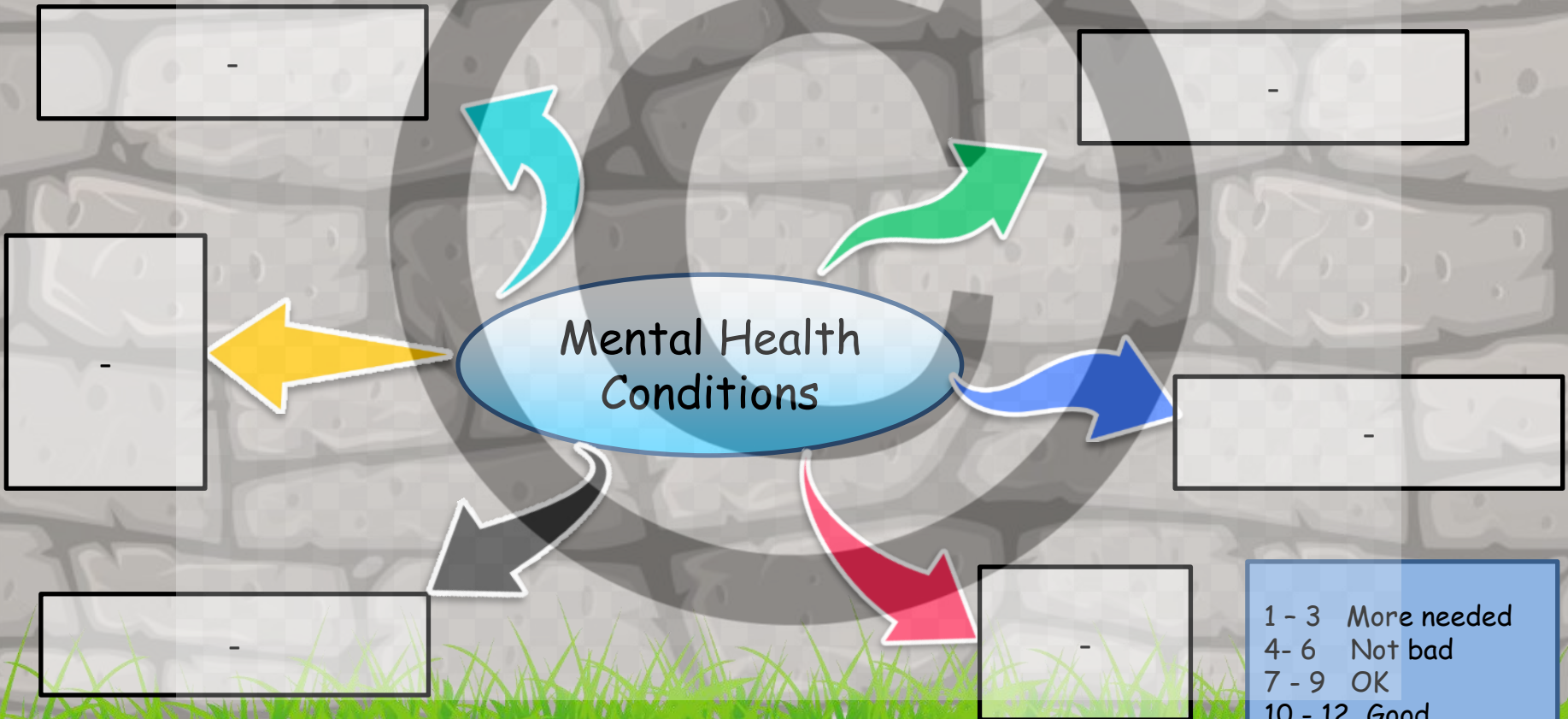
# Mental Health Conditions

## Task

Complete the mind map with as many mental health conditions as can you name.

## EXTENSION

Next to each condition you have thought of add an explanation of what it is.



1 - 3 More needed  
4 - 6 Not bad  
7 - 9 OK  
10 - 12 Good  
12+ Outstanding

# Examples Of Mental Illnesses

**Alcohol/Substance  
Dependence**

**Anxiety Disorders**

**Attention  
Deficit/Hyperactivity  
Disorder (ADHD/ADD)**

**Bipolar Disorder**

**Depression**

**Eating Disorders**

**Insomnia and other  
sleep disorders**

**Obsessive-Compulsive  
Disorder (OCD)**

**Body dysmorphic  
disorder (BDD)**

**Postpartum Depression**

**Panic Disorder**

**Post-Traumatic Stress  
Disorder (PTSD)**

**Schizophrenia**

**Seasonal affective  
disorder (SAD)**

**Borderline personality  
disorder (BPD)**



# Some Symptoms Of Mental Illnesses

Eating or sleeping too much or too little

Crying all the time

Pulling away from people and usual activities

Having low or no energy

Loss of concentration and getting stressed easily

Feeling numb or like nothing matters

Having unexplained aches and pains

Feeling helpless or hopeless

Smoking, drinking, or using drugs more than usual

Inability to perform daily tasks such as getting to school

Yelling or fighting with family and friends

Difficulty in making decisions

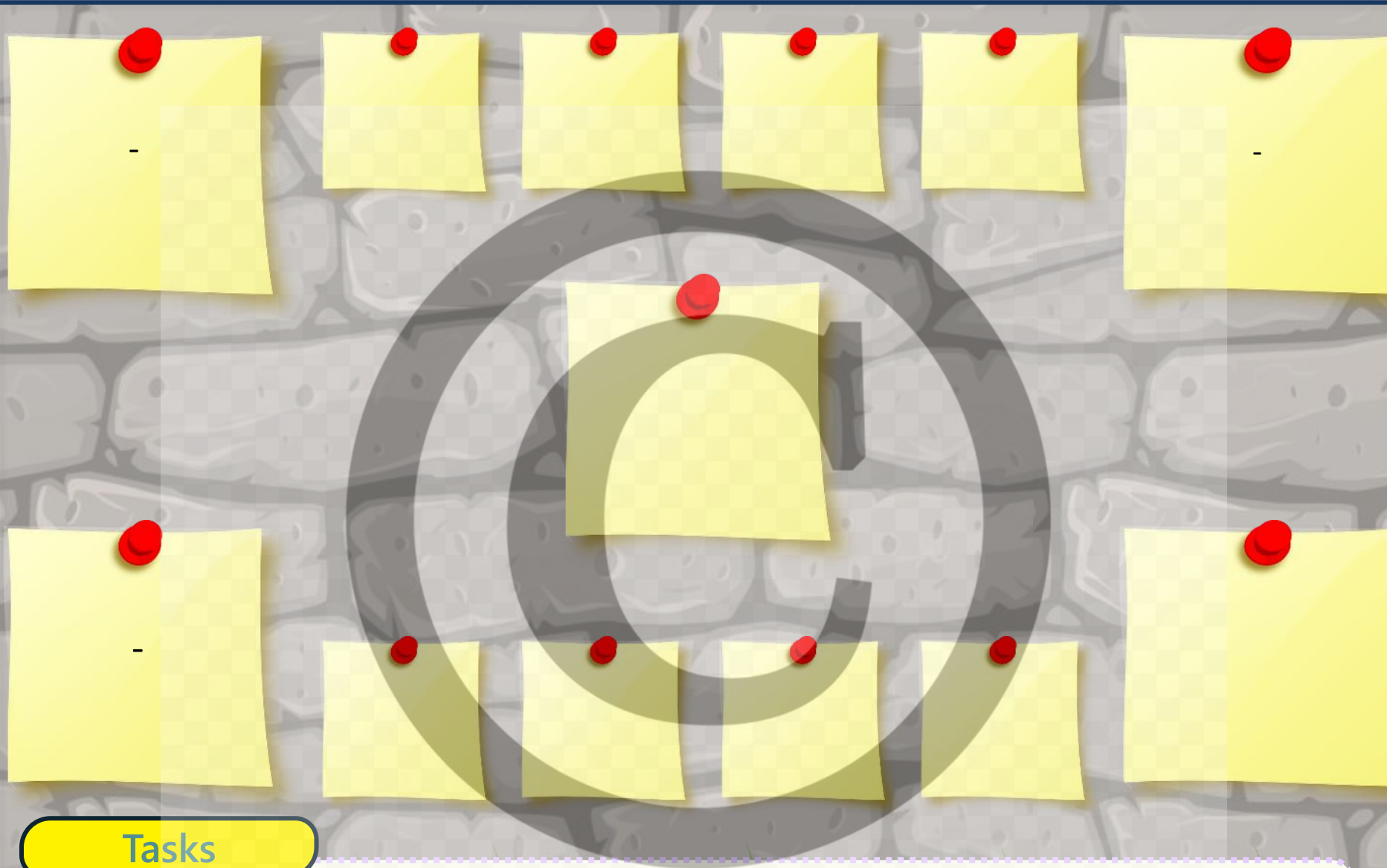
Experiencing severe mood swings that cause problems in relationships

Having persistent thoughts and memories you can't get out of your head

Hearing voices or believing things that are not true

Thinking of harming yourself or others





## Tasks

Create a wall of ideas explaining how people can maintain positive mental health.  
(Bring your ideas to the board on post-it-notes)

# What Do You Think?



**“It’s harder to deal with a mental health problem than a physical health problem in today’s society”**

## Talking Points



I think that ...

I don't think... is right because...

My opinion is...

I would argue the same because...

I disagree with... because...

Building on what... said. I think...

An alternate way of looking at this is...

I sort of agree, however...

I would challenge what.. said because ...

**Do you agree or disagree? Why?**

Can you add to the statement?

**Do you have a question about the statement?**

Would you like to challenge what is being said?

**Do you have an alternative idea?**










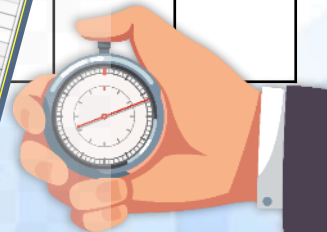
# REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT FOR LEARNING

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3 Minutes



Complete the confidence checker of where you think you are at for this lesson

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I'm not confident at all on this topic



A little confident



Confident



Very confident



I am super confident on this topic



# IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT  
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,  
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.  
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ChildLine - You can talk to us about anything. No problem is too big or too small. Call us on 0800 1111 or chat to us online <https://www.childline.org.uk>
- <https://kidshealth.org/> - A large range of health subjects covered including healthy living for children and teens
- Visit [www.Nhs.Uk/live-well](http://www.Nhs.Uk/live-well) (advice to help you make the best choices about your health and wellbeing)
- Mind: Charity who provides advice and support to anyone experiencing a mental health problem. Visit [www.mind.org.uk/](http://www.mind.org.uk/) or Phone 0300 123 3393



## SEEKING SUPPORT