



Wellbeing

Focus: Emotional Mental Health

What is emotional mental health?

It is your ability to cope with both positive and negative emotions, this includes your awareness of them.

How to support good emotional mental health?

- Get enough sleep
- Set priorities
- Build resilience
- Exercise regularly
- Seek help
- Be mindful

What can you do if you are concerned about your child's mental health?

Contact the schools FLO team.

Visit for a list of contacts

<https://www.healthandwellbeingbucks.org/children-and-young-people-mental-wellbeing>

In an emergency you can contact 111 or 999,

Mental Health Facts

1 IN 6 PEOPLE REPORT EXPERIENCING A MENTAL HEALTH PROBLEM (ANXIETY, DEPRESSION) DURING ANY GIVEN WEEK.

21.6% OF THE POPULATION OF UK HAD BEEN DIAGNOSED WITH A MENTAL HEALTH CONDITION IN 2023

"You can't pour from an empty cup. Take care of yourself"

5 Ways to wellbeing

Connect

Write someone a letter, a friend or loved one and post it.



Be Active

Try a spot of yoga. There are so many videos teaching yoga from Beginner to intermediate



Take Notice

Visit some where new in your local area.
A new park, museum or activity.



Learn Take a virtual flight over a volcano
<https://www.airpano.com/360video/Video-Kamchatka-Klyuchevskaya-Sopka/>



Give

Have a clear out and donate a book, toy or item if clothing to a charity.



OUR SCHOOL VALUES:

INCLUSION, PERSERVERANCE, HONESTY, RESPECT,
RESPONSIBILITY AND COLLABORATION,