

# Tune in this

## MENTAL HEALTH MONTH



### What is Mental Health Anyway?



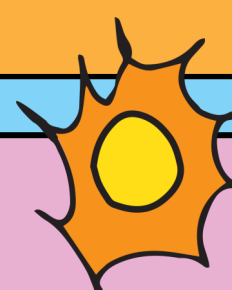
#### Understanding Emotions

Emotions - everyone has them, but understanding them can sometimes be difficult. - There are usually some signs of emotions on the outside - like crying or smiling - There are always signs of emotions on the inside, but these are sometimes less obvious, it could be something like feeling your stomach tied in knots, or just a general sense of warm happiness - think about how different emotions feel for you? - Emotions have a big impact on our actions - like when we're angry we might yell, when we're excited we might talk a lot - Learning to name our emotions as we are feeling them can really help us to understand our own emotions, as well as what others might be feeling



#### Understanding Mental Health

Just like everyone's body has health, everyone's mind has health as well - Minds can be healthy and strong, or they can get unwell - just like our bodies - Just because someone is unwell or not so strong, doesn't mean they aren't awesome, and it's the same if their mind is unwell or not so strong - Just like we can do things to improve our physical health, we can do things to improve our mental health. This might include things like spending time with people we care about, doing things for others or causes we believe in, taking time to slow down, and spending time learning new skills we enjoy. Improving our physical health can also have a positive impact on our mental health!



#### Understanding Mental Health issues

Sometimes things happen and our mental health isn't as great as we'd like - this might be an event, experience, or a few different events that leave us feeling bad for a long time without feeling supported. Usually when we are going through mental health issues it's a combination of things. - There are lots of types of mental health issues which affect people in different ways. Often, experiencing a mental health issue means that we feel one or two emotions more often or more intensely than we'd like, or in ways that impact our daily lives. - Mental health issues can go for a long time, or a short time. - Because mental health is complicated, getting help can feel complicated as well, but with support, people with mental health issues can recover - just like people going through physical health issues. If you need support for yourself or someone you care about, talking to an adult you trust is a good place to start. You can also call Kids Helpline on: 1800 55 1800



# WayAhead