

Question: What is PSHE?

PSHE stands for **Personal, Social, Emotional and Economics**. In this subject you will learn the knowledge and skills needed to manage your lives, now and in the future. PSHE will help you to stay healthy, safe and will prepare you for life and work.

The bigger picture:

This term you will be learning about emotional wellbeing.

- It is typical and expected for emotional wellbeing to change throughout the day or over several days.
- A key element of having positive emotional wellbeing is knowing how to bounce back from setbacks, or how to lift your mood again when things are difficult.
- Concerns arise for emotional wellbeing when someone's mood continues to drop over a long period of time, or several challenging events occur close together, making it harder for someone to overcome them.

**Key words:**

Mental Health: The condition of someone's mind and whether or not they are suffering from any mental illness.

Emotional wellbeing: A positive sense of wellbeing which enables an individual to be able to function in society and meet the demands of everyday life; people in good mental health have the ability to recover effectively from illness, change or misfortune.

Misconceptions: A view or opinion that is incorrect because based on faulty thinking or understanding.

Discrimination: The unjust treatment of different categories of people, especially on the grounds of race, age, or sex.

Stereotype: A stereotype is a mistaken idea or belief about a group that is based upon how they look on the outside, which may be untrue or only partly true.

Self-esteem: Confidence in one's own worth or abilities; self-respect.

Body image: Is a person's perception of their physical self and the thoughts and feelings, positive, negative or both, which result from that perception.

Digital resilience: Is the ability of young people to develop a critical mind-set when accessing digital information to reduce their vulnerability to potentially harmful information.

Unhealthy coping strategy: Unhealthy coping strategies are behaviours people use to deal with difficult emotions, which have long-term negative consequences.

Healthy coping strategies: Healthy ways to manage difficult feelings or challenging circumstances.

Depression: A mental illness in which a person is very unhappy and anxious (worried and nervous) for long periods and cannot have a normal life during these periods.

Anxiety disorders: A mental illness in which a person is so anxious that their normal life is affected: Panic attacks, irrational fears, and compulsive behaviour are examples of anxiety disorders.



What impact do you think social media can have on emotional wellbeing?

Although it is not easy, and every day presents challenges, most people with a mental health issue continue to contribute to society and lead a happy life. With the right treatment, support and care, many conditions can be successfully managed.

One in four people experience a mental health problem each year. This shows that mental health problems are quite common, although the number has not changed for several years (ie not increased). The statistic for children is one in eight so, less common.

Obsessive Compulsive Disorder (OCD) is a type of anxiety disorder that includes 'obsessions' such as worries, doubts or unwelcome thoughts that can constantly appear and 'compulsions' - repetitive activities that are caused by the obsessions e.g. repeatedly checking doors are locked or repeating comforting phrases. Although it sometimes manifests in repetitive cleaning and tidying, this is not an accurate understanding of the illness.

LGBT+ people of all ages are more likely to experience a mental health problem due to other challenges, such as bullying discrimination or questions about identity. This is why the government has committed to prioritising support for LGBT+ people to access mental health services should they need them.



People with mental health issues are no more likely to be violent than anyone else.

Most mental health issues are not observable to others, in the way that physical illness can be. This is one of the reasons why mental health can be harder to talk about than physical health.

On average, there is a considerable delay between someone experiencing first symptoms of poor mental health and seeking treatment (often many years). This delay can be for many reasons (e.g. stigma, not knowing where to get help etc.). The main reason, however, is because people are unaware that they are unwell. There is really good evidence with most mental health conditions that early treatment-seeking can increase the chances of recovery.

Most treatment for people with mental health conditions is community based, including talking therapy, group counselling or medication. Some mental health conditions require treatment in a specialised treatment centre or hospital, but these are almost always voluntarily chosen by the person involved or their family.

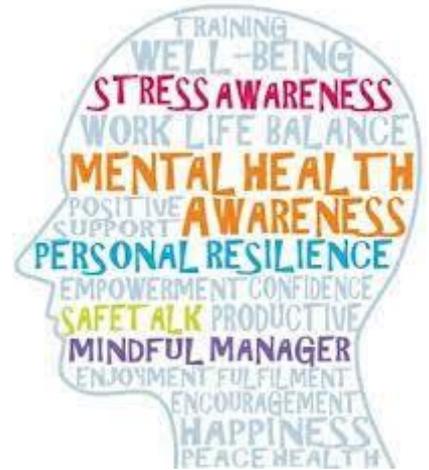
Understanding self-harm and eating disorders

Self-harm describes a wide range of ways in which a person might hurt themselves, put themselves at risk or neglect to take care of themselves in order to manage difficult thoughts, feelings or experiences.

Anorexia nervosa (commonly referred to as 'anorexia') is the least common but most publicised of all the eating disorders. People with anorexia restrict their food intake and lose weight as a result.

Bulimia nervosa (commonly referred to as 'bulimia') involves bingeing and purging - so a person will eat large amounts of food and then they will use different strategies to remove food from their body. People with bulimia often have a weight that is within a healthy range so it can be a very hard to spot.

Binge eating disorder is similar to bulimia but without the purging - consequently people with this disorder gain weight, sometimes very rapidly.



Why are these strategies unhealthy?

Self-harm: In some cases the injuries or damage can be more serious than intended. It often leads to scars or infection. 25,000 people a year get taken to A&E as a result of their injuries. Self-harm is a sign of underlying mental health issues, which, if left untreated, are likely to get worse.

Organisations that can help

Starting a conversation can be the first step to recovery, and parents or carers, as well as friends, are available for support. If you can, talk to your tutor, PSHE teacher, head of year or another trusted member of staff about anything that concerns you, including worries about yourself or a friend self-harming or struggling with an eating disorder.

There are also local and national organisations:

Childline www.childline.org.uk call: 0800 1111

Young Minds www.youngminds.org.uk

Samaritans www.samaritans.org Call: 116 123

PSHE leads:

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Healthy Coping Strategies



I write a letter to the person, explaining all my feelings and what they have done to upset me. Then I rip it up and throw it away.

I find listening to music really helps me. Sometimes I listen to angry songs and jump around my room, other times I listen to happy songs to help change my mood. I've created some playlists I know I can rely on!



I use exercise to blow off steam. Sometimes I just train by myself, but when I'm playing with the rest of the team is best, because it completely distracts me from everything else.



I always go for a long walk by myself to unwind. When I'm by myself I sometimes scream and shout — or even cry — I think it's good to let your emotions out.

My advice would always be to talk to someone. My Dad's a really good listener, and so is my best friend, but I've also contacted Childline before on webchat when no one is around.



I use a stress ball quite often. Sometimes I really want to break things, but I found positive ways to manage that, like smashing ice cubes onto the floor or tearing up our pile of recycling. It might sound silly, but it really works.



I found some mindfulness apps online. I listen to them every now and again to help me meditate. They have specific ones for feeling angry, low, stressed and for motivation.



My favourite way to relax or cheer myself up is to take a long, relaxing bath and then read my favourite book.



Me

Activity

1. Can you add your own healthy coping strategy above that you may find useful or that you would recommend to someone else?
2. Keep a reflective journal for a week. Note down any difficult feelings you encountered and the strategies you used to manage them.