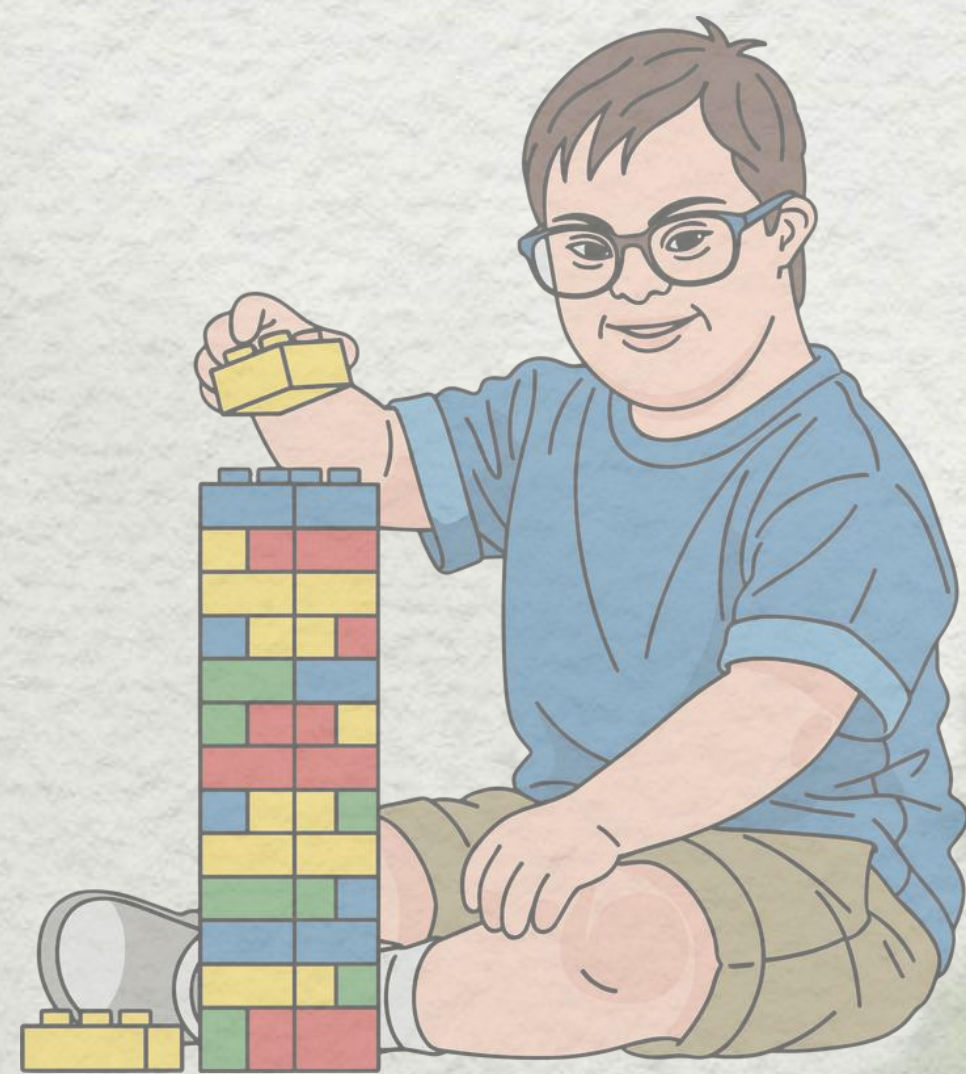
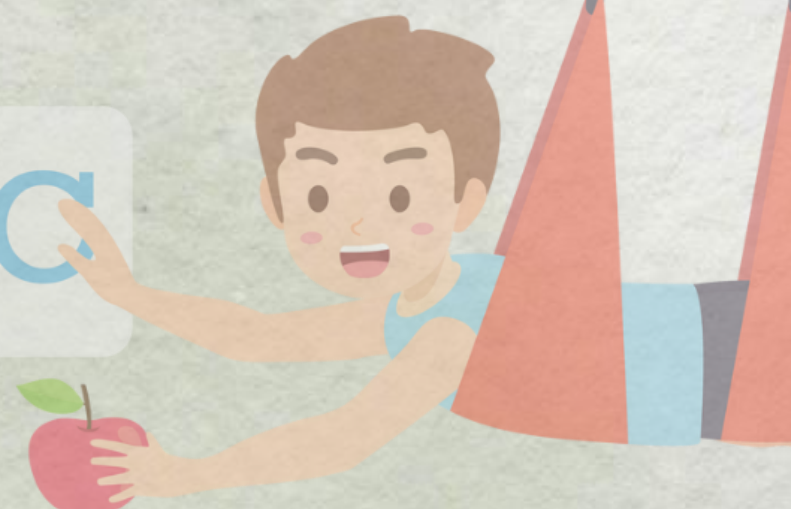


# My Mind Matters





**“Mental health is about how our mind feels.”**

Just like we look after our teeth, our eyes, our skin and our organs, we need to look after our mind.


Our mind and body work together to help us:

- Feel safe
- Feel calm
- Feel content
- Deal with worries
- Deal with problems





We can only let our light shine fully when our mind is healthy.  
Even when our bodies are poorly, we can shine our light.



“Emotional wellbeing means our feelings are looked after.”

When our feelings are looked after, we can:

Learn better

Be kind

Make friends

Try new things

Feel brave





**Feelings change (and that's normal)**

Feelings come and go

No feeling is "bad"

**Big feelings don't mean you're a bad person**

You can feel two feelings at once





## Talking\* helps your brain

Worries grow when kept inside

Saying\* things out loud makes them smaller

Asking for help is brave, not weak

Adults are there to help with big feelings

\*not everybody communicates by talking





**Thoughts are not always facts**

“Your brain tells stories. Not all of them are true.”

“Nobody likes me”

“I’m terrible at everything”


“I always get in trouble”



Thoughts are not always facts

Evidence





# How to look after your mental health

Sleep

Food

Movement

Playing

Time outside

Being with people you trust

Doing things you enjoy

Special exercises

Special interests



## What does the bible say?



Pray/talk\* (to God)

Be specific about needs

Practice gratitude

Focus thoughts on what is true, good, lovely (v.8)

### Philippians 4:8

Paul said:

- don't be consumed by anxiety
- pray
- be thankful
- receive God's peace

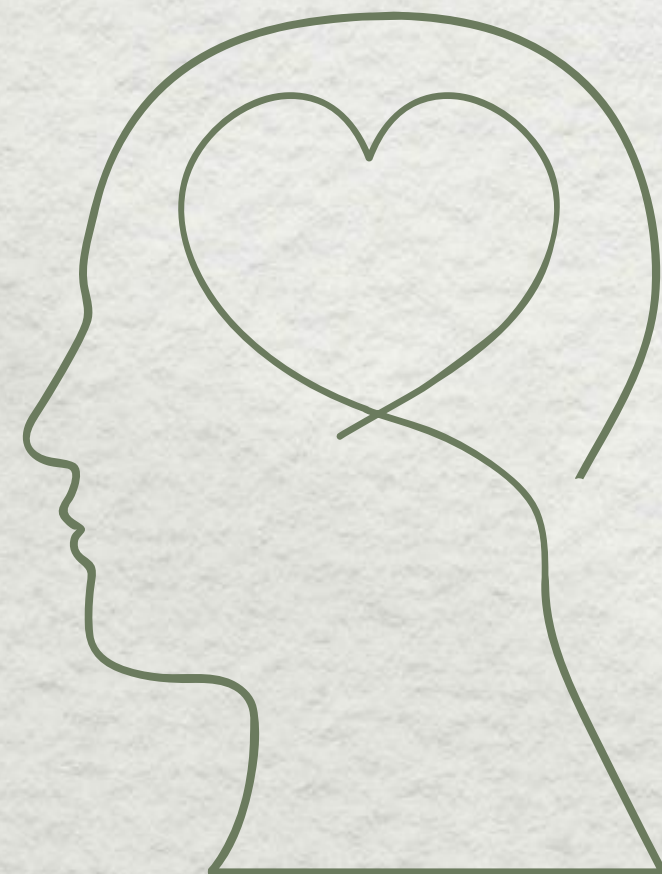
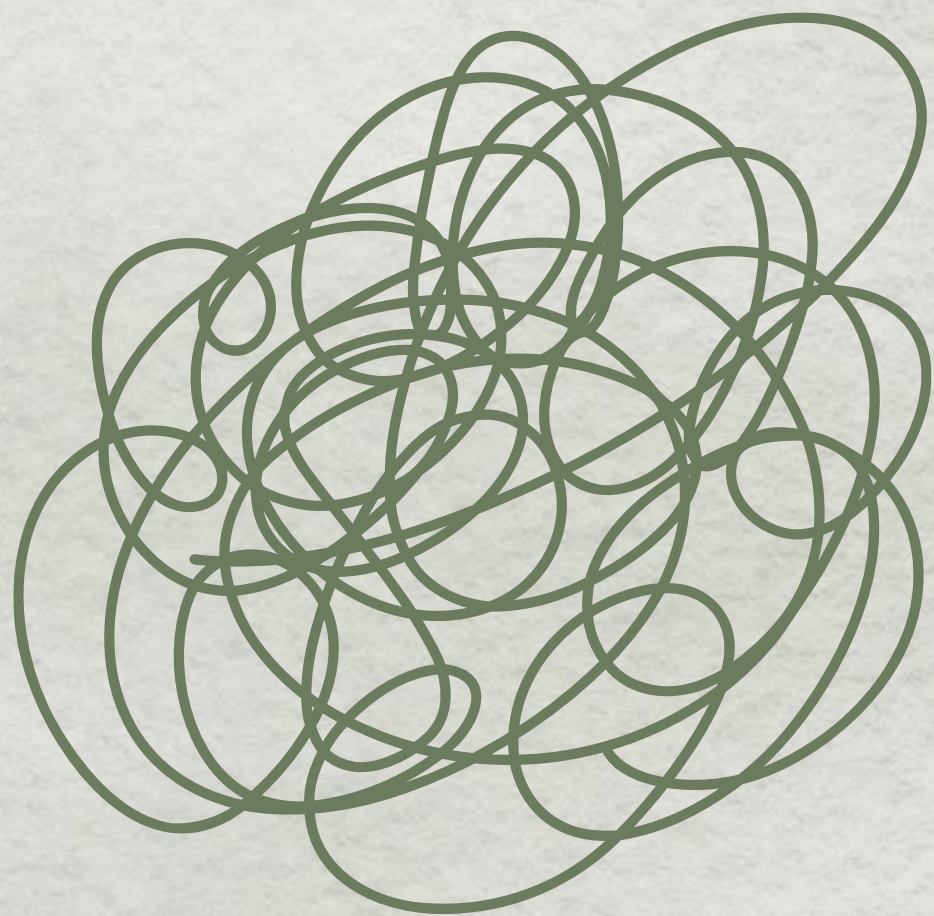
# What to do when feelings feel too big

Who can I talk\* to?

What helps me calm down?

Where is my safe space?

What can I do with my body?



\* Share with

# My Safe Place



“I feel safe with...”

“These people help me feel I belong...”

# My Safe Place



“I know I belong because...”

“I feel like I belong when...”

“The people who help me feel that I belong are ...”