My guide to Children's Mental Health

By Woody Arnold.

What is mental health and how can it be effected?

Mental health is the way people think or feel about themselves and how they cope with difficult things in life.

Your mental health can be affected in many different ways, like losing your job, someone is being horrible to you, if you are sick or have an illness or if someone dies.

The 5 ways to improve mental health

1. Staying active
2. Eating and drinking a healthy diet
3. Do something you love like cooking, playing music or doing art
4. Talk about your feelings, so people understand how you feel
5. Learn a new skill like crochet or dancing

Connect with others

Connecting with others is important because you get to share how you feel with others. Talking about your feelings is important, it can make you feel balanced and it also allows you to support others.

You can complete a project with a family member or friend like a puzzle.

Be Active

Being active is great for your physical health but is also uplifting of your mental health. Being active has a positive effect on your brain because it causes a chemical reaction for you to feel better.

One way you can be active is start running with friends or family.

Keep learning

Learning is very important for your mental health because it helps achieve new goals and helps boost your self confidence, it makes you feel good about yourself.

One new skill you could take up is cooking, you could learn how to cook different types of foods like cakes and pastry.

Give to others

Giving to others means acts of kindness, it helps improve your mental health because it gives you a sense of self worth. You can share experiences like toys or clothes, talking to others, helping someone out if they need little acts of kindness like saying please and thank you.

One way you could give to others is charity, giving away toys or clothes you may not need or use anymore.

Take notice

Being mindful is being aware of how someone is thinking or feeling in the moment. This includes, thoughts, feelings your body and the world around us.This can affect your mental health as is makes us happier and positive in difficult situations.

What is self Expression?

Self expression is where you can express your individual personality, thoughts, feelings and talents in different ways like drawing , dancing, writing and music. Self expression in these ways is us being able to communicate how we feel and who we are. We should always encourage people to be themselves and support individuality.

Self expression

Sometimes self expression can make you feel vulnerable because you can be expressing something that can be emotional. Sometimes people can find it hard to understand you so self expression is important so people can follow your journey.

Often family, friends communities or social media can make you feel insecure about what we should look like, what we should do and this can make self expression a bit confusing and upsetting because you feel like your not being your true self.

How I express myself

I like to express myself mainly through being creative. I like to make stop motion videos, stop motion is when you make a video out of hundreds of different pictures slightly moving an object in each frame. I like to think of new and fun ways to make my videos entertaining.

I also enjoy drawing, i like to draw images from my imagination like fantasy characters but sometimes i like to draw what my future could bring.

How to stay active to improve your mental health

You will need:

- Comfortable shoe/trainers
- Tracksuit bottom or leggings
- T-shirt
- Water bottle
- Healthy snack, energy bar or piece of fruit
- Friend, family or personal trainer

Method:

1. First make sure you have breakfast, something to give you energy for your run.
2. Next, make your way to your local park.
3. Once there, you can start running, if you don't feel like running you can do a different type of exercise like push ups, sit ups, hoola hooping or star jumps.
4. Make sure to drink or water and have a snack if you get tired.

How to improve your mental health by giving

VOLUNTEER

You will need:

- Old toys in good condition
- Old clothes in good condition (washed)
- Books
- Sleepings bags
- In date canned foods, like soups or beans
- Waterproof jackets
- Personal hygiene items
- Sleeping bags

Method:

1. First, find your local homeless shelter, church or charity shop to see if they any donations
2. Next, head to the place and drop off items they need
3. You could ask them if they need any help, you could offer to volunteer to help out
4. You could also look into raising money for the charity or homeless shelter

How to improve your mental health by learning how to draw

What you will need:

- A book
- Internet access
- Notes
- Pencil
- Rubber
- Paper

Method:

1. First you can get your materials ready to use
2. Turn on your computer or ipad and load up the internet
3. Find the image that you want to draw or research artist in a book
4. Research different ways you can draw the image maybe on youtube or kids youtube depending on your age
5. Take some notes on helpful tips
6. Start drawing

The Wellness Observer

KIDS LOSE SCREENS !!!

Reporter: Woody Arnold

Yesterday at Rockmount school kids had a los of screen, which was agreed as part of mental health week. Most kids were so bored, but gladly they had a list of things they could do and to entertain themselves with. A parent was heard to say 'I bet most kids found it difficult to cope with the loss of screen but my son spent most time doing drawing, and he loved it'.
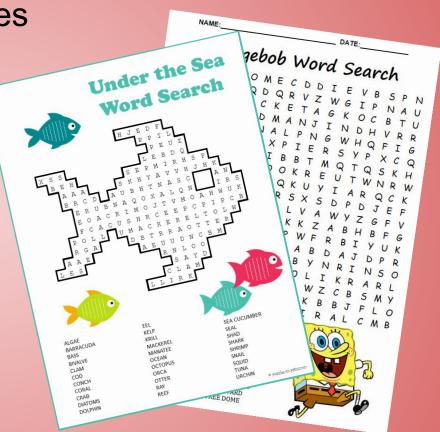
Now that screen free Wednesday has proved to be a success for most kids it is expected to be held every year.

"It's fascinating to see my son drawing instead of staring at a screen"
Rockmount parent

Word searches and brain games

Things like word searches and brain games help your mental health because they relax your muscles and create pictures in your mind and make minds that have been staring at a screen more relaxed.

Listen to calming music

Listening to calming music can help with your mental health because it will make your ears and mind feel calm and relaxed, and it can fill your head with happy thoughts.

Read a book

Reading a book will make you feel calm because you can have time to yourself and that is very good and important for your mental health. It makes your anger go away and makes you less stressed.

Nap time

Having a nap is good because you get time to be alone and in your dreams you make calming pictures in your mind. You can also think of them all day and then at night you can have more good dreams.

Massage therapy

Massages are great because they relax your muscles and that helps you move well especially if you are an adult. They can also make your joints feel like butter, and makes them all warm and soft.

Executive toys

They help you relax because they help you concentrate and forget about all the worries and stresses you have in your mind.