



**Children's
Mental Health
Week 2019**

4-10 Feb #ChildrensMentalHealthWeek
ChildrensMentalHealthWeek.org.uk

Children's Mental Health Week
4 – 10 February 2019

Healthy: Inside and Out

How we can strive for 'healthy living'?

Food

Being active

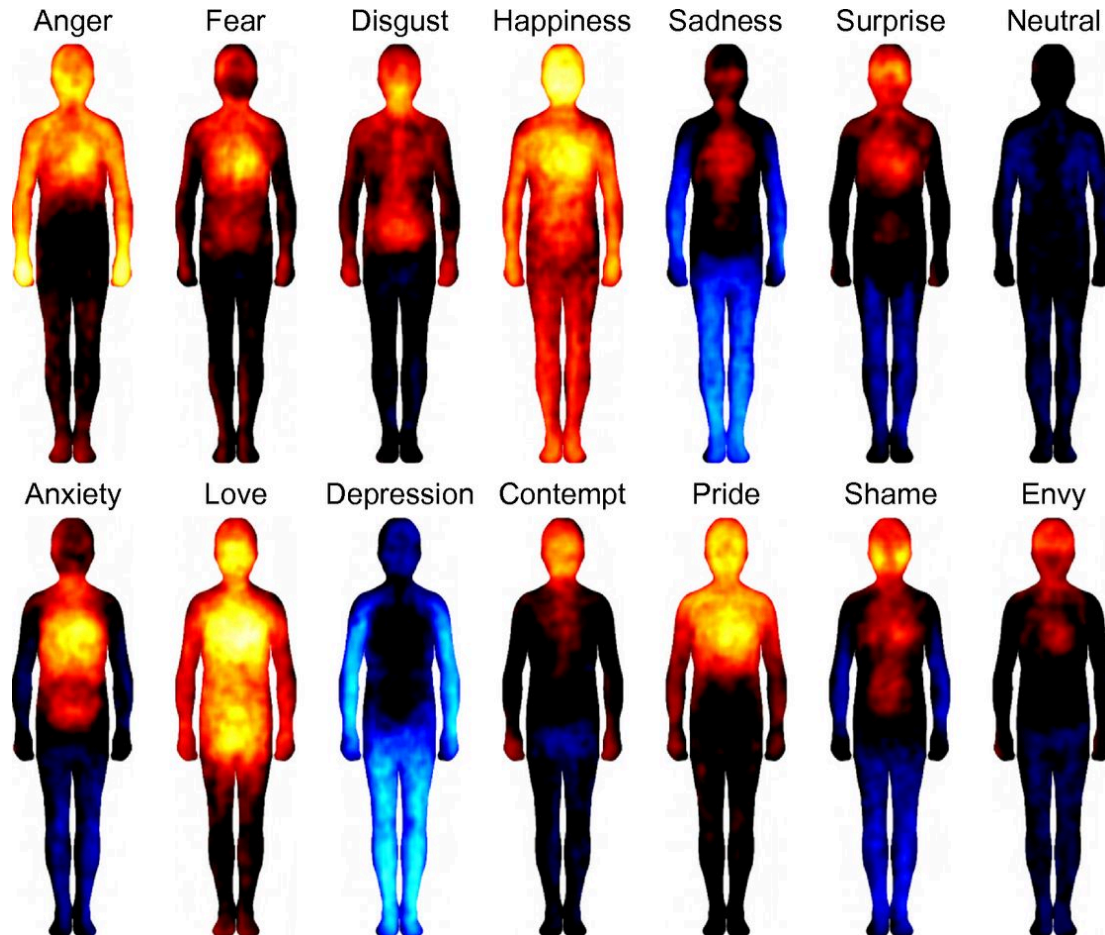
Sleep

**Using technology
safely**



**Avoiding
alcohol,
cigarettes,
drugs**

Study/life balance



These 'body maps' show parts of the body that get 'activated' during different emotions

Things we do for our physical wellbeing
can improve our mental wellbeing too.



Food: tinyurl.com/h6rulyh

Play this section: 2m12-4m36

Being active: tinyurl.com/gunpu9m

Play this section: 0m42-2m58

Sleep: tinyurl.com/hxq4ccc

Play this section: 1m57-2m26

Healthy: Inside and Out



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You are like a car. Without both **working parts AND a skilled and alert driver**, the car won't go anywhere – no matter how well the parts are working!



Food: tinyurl.com/y8eak9uw
Play this section: 0m44-2m15

Being active: tinyurl.com/ydx2fayz
Play this section: 1m04-2m08

Sleep: tinyurl.com/glk4fya
Play this section: 1m23-4m07



What steps are WE taking to be 'Healthy: Inside and Out'?

Don't forget if you're worried about something, you
can always speak to:

**Trinity, Tutor, Progress Leader or any member of staff
who you feel comfortable talking to.**



Credits:

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Body Maps:

<http://www.pnas.org/content/111/2/646>

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X-ray:

<https://health.mil/News/Articles/2018/05/18/Years-in-the-making-how-the-risk-for-Alzheimers-disease-can-be-reduced>

How the food you eat affects your brain -
Mia Nacamulli – Ted-Ed: [tinyurl.com/h6rulyh](https://www.ted.com/talks/mia-nacamulli-how-the-food-you-eat-affects-your-brain)

How playing sports benefits your body ...
and your brain - Leah Lagos and Jaspal
Ricky Singh – Ted-Ed: [tinyurl.com/gunpu9m](https://www.ted.com/talks/leah-lagos-and-jaspal-ricky-singh-how-playing-sports-benefits-your-body-and-your-brain)

How Is Your Phone Changing You? –
AsapSCIENCE: [tinyurl.com/hxq4ccc](https://www.asapscinece.com/2018/02/15/how-is-your-phone-changing-you/)

Slide 5

Man driving car:

https://commons.wikimedia.org/wiki/File:Black_Man_Driving_Car_Cartoon_Vector.svg

What is The Eatwell Guide - British Nutrition:
[tinyurl.com/y8eak9uw](https://www.tinyurl.com/y8eak9uw)

Trying to Get Into Fitness & Health – Jaiden
Animations: [tinyurl.com/ydx2fayz](https://www.tinyurl.com/ydx2fayz)

How to Sleep Better - watchwellcast:
[tinyurl.com/glk4fya](https://www.tinyurl.com/glk4fya)