

# How your male teachers & support staff look after their own **MENTAL HEALTH**



# MENTAL HEALTH TEAM



**Miss J Stafford**

Deputy Head



**Mrs R Price**

Safeguarding & Senior  
Mental Health Lead



**Mrs R Ratcliffe**

Mental Health Lead



**Miss S Goode**

Student School Councillor



**Mrs R Smith**

Success Centre Manager



**Miss S West**

Mental Health Support Worker

# MENTAL HEALTH WELLBEING AT ETONE

## 1. GIVE TO OTHERS

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward;
- giving you a feeling of purpose and self worth;
- helping you connect with other people.

## 2. Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem;
- helping you to build a sense of purpose;
- helping you to connect with others .

## 3. Connect with other people

Good relationships are important for your mental wellbeing. They can:

- help you build a sense of belonging and self worth;
- give you an opportunity to share positive experiences;
- provide emotional support and allow you to support others.

## 4. Pay attention to the present moment

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body, and the world around you

Some people call this awareness, “mindfulness”

## 5. Being Active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- raising your self esteem;
- helping you to set goals or challenges and achieve them;
- causing chemical changes in your brain which can help to positively change your mood.

We have put this booklet together to support our Men's Mental Health events in our mental health calendar.

We asked some of our teachers how they support their wellbeing as part of men's mental health awareness.

It is recognised that young men are sometimes less likely to talk about their feelings as they are feel they need to be strong and not show their emotions. We want all members of our school community know that

## IT IS OK TO TALK.

### HOW WE LOOK AFTER OUR MENTAL HEALTH



**Mr Bishop**

**Something that helps me relax is:**

Spending time alone to gather my thoughts and reflect on matters that may be causing stress to help understand the triggers I need to overcome in the future.

**Good mental health is important because:**

It allows us to overcome barriers that life throws at you and fully experience life the way in which it was intended.

**Talking about mental health is important because:**

It gives the opportunity to discover something about yourself you did not know before or help you realise that you are not the only one going through a particular experience.

**Advice I would share with others is:**

Do you want your brain to be sharper, remember things, and feel better overall? Sleep, sleep, sleep! It's not about more hours you get sleeping, but the quality of the hours you sleep.



**Something that helps me relax is:**

Cooking

**Good mental health is important because:**

Having poor mental health can stop the cogs turning

**Talking about mental health is important because**

it allows you to steam off

**Advice I would share with others is**

you're only ever 3 work outs and 3 healthy meals away from feeling back on track!

If you ever feel like your mental health is slipping, then it isn't even far away from feeling good again.

**Mr Daniels**



**Something that helps me relax is:**

watching box sets, or spending time with my family and friends. I also love reading.

**Good mental health is important because:**

it provides the foundation for me to focus on the other important responsibilities I have. If I am happy and well, with clarity of thought and mind, I can give my thoughts and energy to other matters.

**Talking about mental health is important because**

for a number of reasons. Sharing our concerns allows us to unburden ourselves. It also allows us all to understand we are never the only one feeling anxious, stressed or worried. The more we talk about mental health, the more encouraged, and less inhibited we will all feel to be more open and reach out for, or offer, help and support.

**Advice I would share with others is**

there are always people to turn to, who genuinely care and can help and support. You are never alone, even if it feels so - perhaps others just haven't realised how you are feeling, so reach out and let someone support you. We all have ups and downs, but low mood and sadness are like a season and will pass.

Better weather is around the corner!

**Mr Astall**





**Mr Key**

**Something that helps me relax is:**

running without any distractions (e.g. music / podcasts etc.)

**Good mental health is important because:**

it helps me to focus and look forward to the future

**Talking about mental health is important because**

otherwise you can become overwhelmed by (completely normal) negative feelings

**Advice I would share with others is**

to admit when you are feeling a little bit down to avoid feeling a lot-tle bit down

**Something that helps me relax is:**

to exercise – go for a run or a bike ride

**Good mental health is important because:**

it makes me a more positive person which is always good for people around me like my family.

**Talking about mental health is important because**

it shows we are not alone and help can be sought.

**Advice I would share with others is**

don't be afraid to talk things over with someone. Even if they can't help, verbalising it can help you to look at the issue in a different light which helps you find a solution.

**Mr Chauhan**



**Mr Baggot**

**Something that helps me relax is:**

I like to listen to music, read a book, exercise or spend quality time with friends and family

**Good mental health is important because:**

it can affect your everyday life and your relationships. When your head is in a good place, you see everything in a more positive light and you are more able to deal with issues that arise

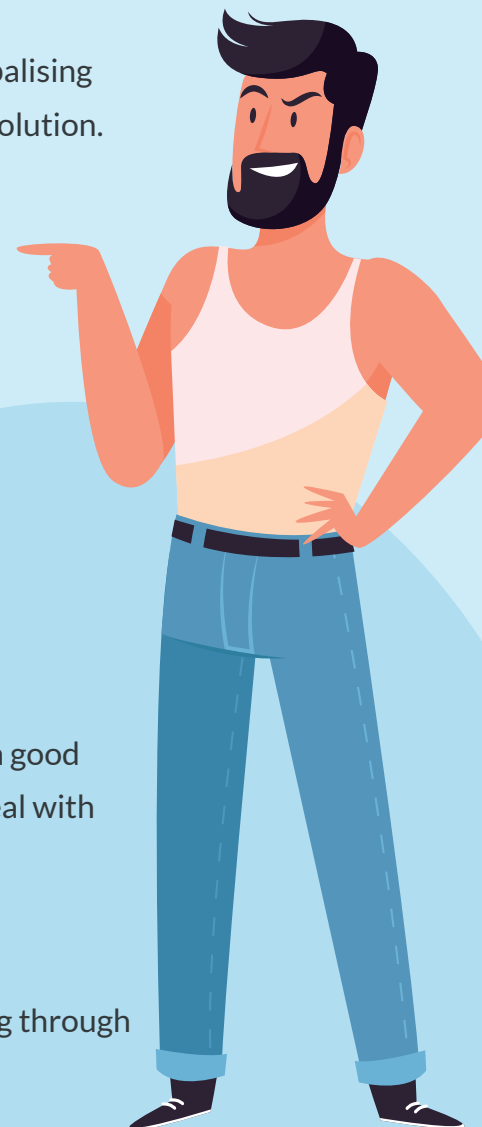
**Talking about mental health is important because**

lots of people struggle with their mental health but don't like to admit it.

By talking about it more, you are able to support those that perhaps are going through the same issues as you but too are unwilling to share.

**Advice I would share with others is**

it's OK to not feel OK, but you should actively seek a solution rather than avoiding the problem.



**Something that helps me relax is:**

going for a walk around local parks, recreation grounds, sometimes even just around the estate to see if anything has changed.

**Good mental health is important because:**

it's important not to be afraid and to worry about things - sometimes if you don't ask, you don't get.

**Talking about mental health is important because**

you learn things about people that you might never have realised, you're not alone and there are other people just like you.

**Advice I would share with others is**

speak to your parents or relatives about your health problems, sometimes your family have very similar problems and have found ways to make life easier.



**Mr Bonner**

**Something that helps me relax is:**

playing board games with friends. Getting together, having lunch and doing something we all enjoy is always something I enjoy. If there aren't people around, I enjoy pursuing my hobby: painting miniatures whilst listening to music.

**Talking about mental health is important because**

it allows you to know that there are people around you that do care about how you are feeling. Often, people have their own worries that they are dealing with and can't find the time to approach you. But in reality, if you do find the time to talk, you will discover you are not alone and there are others that can offer support with your issues.

**Good mental health is important because:**

it helps you to feel valued and appreciated

**Advice I would share with others is**

make sure there is always someone in your life that you can and will talk to about your worries and concerns. Whether it be family, friends, a partner or a colleague.



**Mr Gittens**

# ON THE RED CARPET



**Dwayne Johnson (the Rock)**

Advocates that men do not need to suffer in silence or hide their struggles to show their strength. He promotes the importance of speaking openly about your feelings

**Trevor Noah**

Talks about mental health in the Black community and his struggles with depression. He advocates the importance of exercise, eating well and fresh air to maintain a positive wellbeing.



**Ryan Reynolds**

Shares his struggles with anxiety. He also invests in community projects and advocates for the mental health app 'Headspace'. He uses meditation and talks to loved ones to help him to overcome his anxiety.



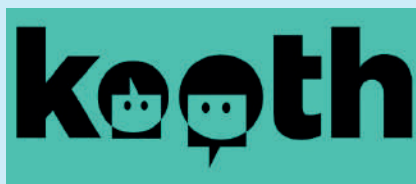
# SIGNPOSTING

# SUPPORT

## It's okay not to be okay

There are lots of times in life we might need to access support. If you have a problem or are you feeling low, you may turn to a friend or family member.

You can also get help in school - talk to your form tutor, Head of House or any trusted adult.



Kooth is a free online service offering emotional and mental health support for children and young people.

[kooth.com](http://kooth.com)



Young Minds offers loads of practical tips and advice from young people just like you, as well as information on getting the support you need.

[youngminds.org](http://youngminds.org)



The Mix is a free confidential and anonymous service and can be accessed wherever young people are via their website, over the phone or social media

[themix.org.uk](http://themix.org.uk) | 0808 808 4994



Childline is a counselling service for children and young people up to their 19th birthday

0800 1111

## SAMARITANS

Samaritans provides emotional support to anyone in emotional distress, struggling to cope.

116 123

## Stonewall

Stonewall offer support for LGBTQ+ people everywhere  
[stonewall.org.uk](http://stonewall.org.uk)

## Warwickshire



Children & Family Support Services have Family support workers available to listen, support & offer advice/guidance

01926 412412

Compass provides health and wellbeing services for young people and their families

[compasss-uk.org](http://compasss-uk.org)





**Matrix**  
**Academy Trust**

EDUCATION WITHOUT EXCEPTION