

How your male teachers & support staff look after their own mental health



MENTAL HEALTH TEAM



Miss J Stafford

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Mental Health Lead



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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 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 Kitching

Something that helps me relax is:

Taking part in sport and staying active.

Good mental health is important because:

It affects how we feel and act on a day-to-day basis.

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:

Speak, don't be afraid to talk to family and friends.

Something that helps me relax is:

Going for a walk and listening to music.

Good mental health is important because:

It allows you to have a happier life because you look forward to the future.

Talking about mental health is important because:

If you don't you can become overwhelmed very quickly. It can lead to you not looking forward to your day to begin with and then a whole week.

Advice I would share with others is:

Always share how you're feeling, whether this be happy or sad. Talking allows you to release stress and anxiety, especially if something is worrying you.



Mr Mammatt

Something that helps me relax is:

Going to the gym, reading, listening to music, watching sport.

Good mental health is important because:

It gives you the best chance of being happy and successful in all areas of your life.

Talking about mental health is important because

it really does help you to overcome challenges and difficulties that everyone faces at different times in their life.

Bottling up your emotions does not mean you are successfully managing feelings of hurt, anger and anxiety. Eventually they will come out, usually in a messy way, like what happens when you eventually open that can of coke that has been shaken.

Advice I would share with others is:

Remember that we all have good days and not so good days, and try to keep perspective of this. When relaxing, throw your phone and other distractions away so that you can really relax and enjoy what it is you are doing.

**Mr Evers****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. or offer, help and support.

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,

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 Baggott

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

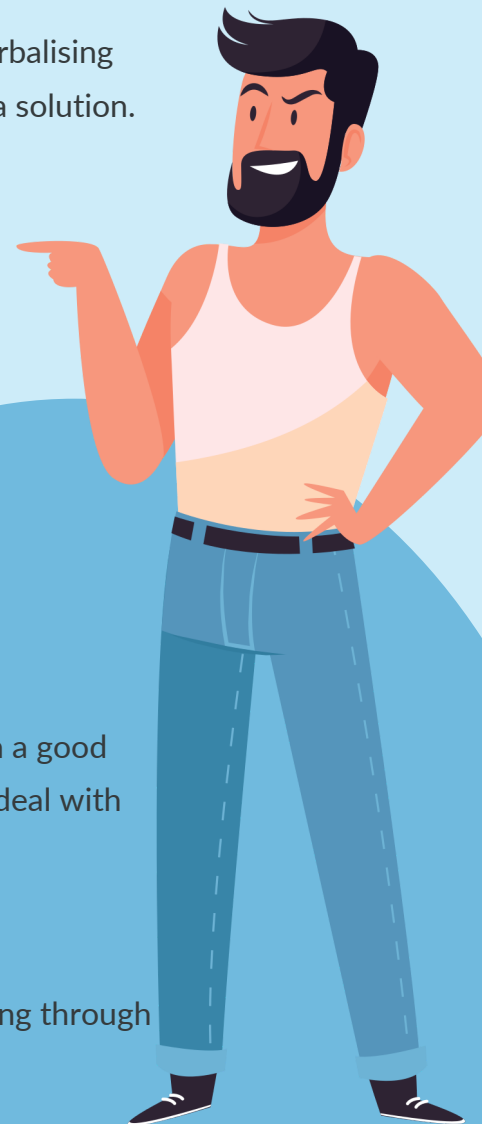
Talking about mental health is important because

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.



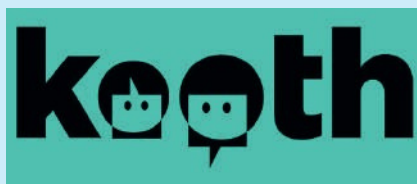
SIGNPOSTING

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



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



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 | 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

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





Matrix
Academy Trust
EDUCATION WITHOUT EXCEPTION