

Pink to Think



Girls Mental Health

Welcome to Your Mental Health & Wellbeing Workbook



Welcome to your Girls' Mental Health and Wellbeing Workbook. This booklet is a safe, supportive space designed especially for girls. It will help you explore self-care, self-esteem, confidence and mindfulness, while celebrating who you are.

You don't need to feel perfect to be worthy of care. Being yourself is one of the most powerful elements of good health.

Our Wellbeing Team – Etone College

Meet the people who support positive mental health and wellbeing in our school community:

- Miss J Stafford - Deputy Head
- Mrs R Price – Safeguarding & Senior Mental Health Lead
- Mrs R Ratcliffe - Mental Health Lead
- Miss S Goode -school Councillor
- Miss C Hanlon – Success Centre Manager

They are here to listen, guide and support you.



Miss Stafford



Mrs Price



Mrs Ratcliffe



Miss Hanlon

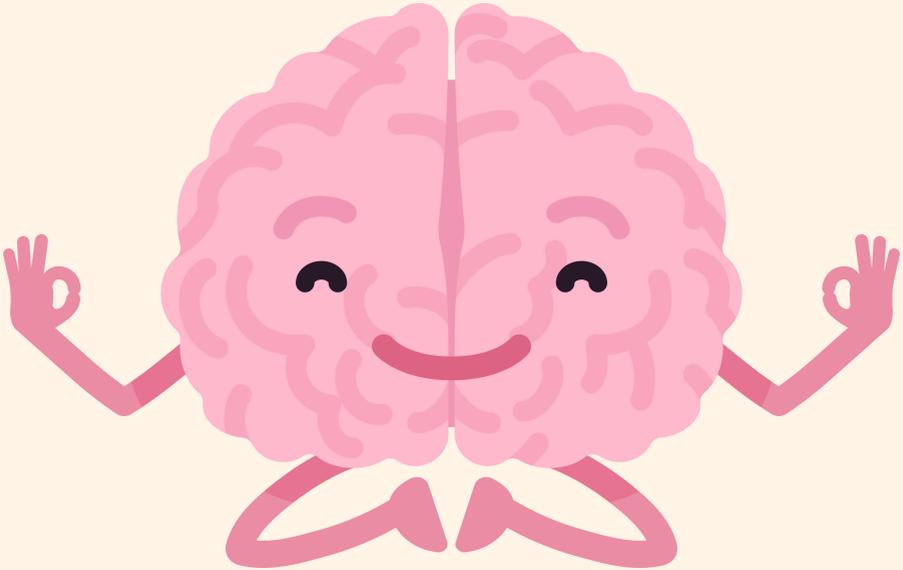


Miss Goode

Positive Mental Health & Wellbeing

Positive mental health helps you: - Feel confident and capable - Manage stress and challenges - Build strong, supportive relationships - Enjoy life and look forward to the future

Everyone experiences ups and downs. What matters is how you care for yourself and reach out for support when you need it.



Reflection What are three things that help you feel calm, happy or confident?

Building Self-Esteem

Self-esteem is how you see and value yourself. It grows when you treat yourself with kindness and recognise your strengths.

Ways to strengthen self-esteem: - Speak to yourself as you would to a friend - Focus on progress, not perfection - Celebrate small wins - Surround yourself with people who lift you up

Activity Write down five things you like about yourself – inside and out.



Positive Body Image

Your body is unique, strong and powerful.

Positive body image means appreciating your body for what it can do, not just how it looks.

Tips for body confidence: - Avoid comparing yourself to others - Move your body in ways that feel good - Wear clothes that make you feel comfortable and confident - Follow positive and body-kind social media accounts



Mindful Moment Stand in front of a mirror and say one kind thing about yourself today.

Power Page



Top Tips for Mental Health

- Rest – sleep and downtime are important
- Connect – spend time with people who support you
- Move – exercise boosts mood and confidence
- Reflect – journaling helps process emotions
- Breathe – deep breathing calms your body and mind
- Ask for help – reaching out is a strength



Quick Check-In How am I feeling today? -
Physically: - Emotionally: - Mentally:

Mindfulness Activities

Mindfulness helps you stay present and calm.

Try these activities: - Breathing exercise: inhale for 4, hold for 4, exhale for 4 - 5-4-3-2-1 grounding technique - Gratitude journal: write three things you are thankful for - Creative calm: colouring, drawing or writing

Reflection How do you feel after practising mindfulness?



My Self-Care Plan

Goals for my mind

1.

2.

3.

Goals for my body

1.

2.

3.

Goals for my heart

1.

2.

3.



Building Relationships & Support

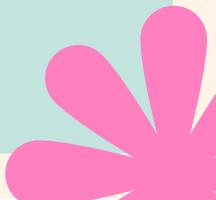
Healthy relationships are built on respect, kindness and trust.

Helpful reminders: - Communicate openly - Set boundaries when needed - Celebrate others as well as yourself



Activity List three people who make you feel supported:

- 1.
- 2.
- 3.





International Women's Day – Inspire & Empower

International Women's Day celebrates strength, equality and empowerment. It reminds us that every girl deserves to feel valued, respected and confident.

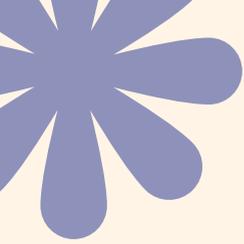
Celebrate by: - Learning about inspiring women -
Supporting your friends - Writing about your dreams and goals

Reflection Who is a woman who inspires you?
What qualities do you admire?

Power Page Activity

Create a page using words, drawings or affirmations that represent your confidence and independence.





Teacher Quotes



Miss Stafford

Deputy Head

What does International Women's Day mean to you and why?

International Women's Day is important because it celebrates the achievements of women, and like all other events that promote equality, it reminds us of the importance of all being treated equally.

Name a woman (past or present) who has influenced you, and briefly explain why.

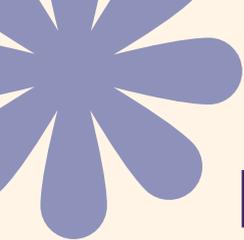
Princess Diana inspired me. I met her when I was 11 years old and I was always struck with her compassion. She changed views about HIV and homelessness and campaigned for controversial issues where others would not have been so brave.

What is one lesson about equality, resilience, or respect that you hope young people carry with them into adulthood?

That we all have things in common but we are all different and that these similarities and differences are what make our world so special and deserve to be celebrated

What is one piece of advice you were given when you were younger that you have taken with you and shared with others?

I wish that I could tell my younger self to be more confident and resilient and not let the opinions of others affect me. Believe in yourself and be proud of who you are and what you achieve. If you are finding this hard, surround yourself with the people who love you and are your biggest champions



Teacher Quotes

Mrs Leftwich-Lloyd

Assistant Head

What does International Women's Day mean to you and why?

For me, it is about a celebration of and reflection on the amazing achievement and sacrifices which women have made throughout history; in addition, it is a time to reflect on the work which still needs to be done to ensure that women across the world have equal access to education, equal pay, and ownership of their own bodies. It's about celebrating , acknowledging and uplifting women's voices and valuing their opinions, actions, and ambitions.

Name a woman (past or present) who has influenced or inspired you, and briefly explain why.

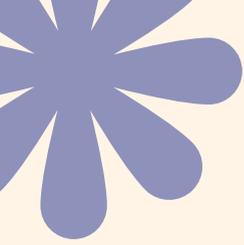
There are so many women I could choose from. Professionally, Dame Judy Dench inspires me. She epitomised the perfect career which challenged stereotypes, celebrated female characters, and ended only when she wanted to retire. Throughout her career she performed powerful female characters and pushed boundaries. Throughout her life she has always been direct in saying what needs to be said, she has mentored younger women, and used her fame as a platform to advocate for women's rights.

What is one lesson about equality, resilience, or respect that you hope young people carry with them into adulthood?

To look at who someone is, and to really lean into and listen to that. Judge someone only by their actions, and their heart.

What is one piece of advice you were given when you were younger that you have taken with you and shared with others?

I was told that education was the key to progression, independence, and dreams coming true! It worked for me!



Teacher Quotes

Mrs Ratcliffe

Geography Teacher



What does International Women's Day mean to you and why?

International Women's day is a day to celebrate women and all they have achieved. It is about recognising the strength and resilience of women and reminding ourselves that we can do anything we put our minds to.

Name a woman (past or present) who has influenced you, and briefly explain why.

Laura Trott - 4 time Olympic Cycling Champion.

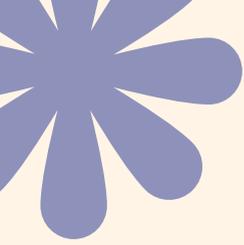
Laura was born prematurely with a collapsed lung, has asthma and a stomach condition that made training very difficult. However, she has shown significant resilience and despite her success is still very humble and down to earth. She has balanced her successful sporting career with having a family and has dedicated herself to encouraging girls and women to take up sports and cycling. Her philosophy is that 'failure is quitting' rather than losing has helped her to overcome many obstacles.

What is one lesson about equality, resilience, or respect that you hope young people carry with them into adulthood?

I watched the film 'Hidden figures' recently and felt that this summed up perfectly the importance of equality, resilience and respect, showing that people should be respected for their merit and hard work and that if you want something and work hard for it, you will get there.

What is one piece of advice you were given when you were younger that you have taken with you and shared with others?

My Nan told me almost daily 'You can do anything that you put your mind to' and she was right. If you really want something, if you try hard enough, you will get there.



Teacher Quotes

Miss Green

Head of English

What does International Women's Day mean to you and why?

International Women's Day, to me, is a reminder of both progress and unfinished work. It's a moment to celebrate the women who've pushed boundaries, challenged norms, and reshaped what's possible - but also a moment to look honestly at the inequalities that still shape people's lives. For young people today, it matters because it gives them a lens to understand the world they're inheriting. It encourages them to question unfairness, to value diverse voices, and to imagine a future where opportunity isn't limited by gender. In a way, it's less about a single day and more about building the mindset that equality is something we all have a role in shaping.

Name a woman (past or present) who has influenced or inspired you, and briefly explain why.

Another woman who inspires me is Chimamanda Ngozi Adichie. Her writing has this rare clarity and boldness that cuts straight to the heart of issues like identity, gender, and power. What I find compelling is how she challenges people to think more deeply without ever losing her warmth or humanity. She shows that storytelling can be a form of activism - and that using your voice thoughtfully can shift entire conversations.

What is one lesson about equality, resilience, or respect that you hope young people carry with them into adulthood?

One lesson I hope young people carry with them is that equality isn't something that "arrives" - it's something we build through everyday choices. It shows up in how we treat people, how we speak up when something feels unfair, and how we stay open to learning from experiences different from our own.

Resilience and respect grow from that same place: understanding that setbacks don't define you, and that treating others with dignity strengthens your own character. If young people hold onto that mindset, they'll shape a future that's fairer, kinder, and far more imaginative than the one they inherited.

What is one piece of advice you were given when you were younger that you have taken with you and shared with others?

My Dad always taught me: do not take criticism from a person you would not take advice from.

Celebrities

Billie Eilish



“When people ask me what I’d say to somebody looking for advice on mental health, the only thing I can say is patience...I had patience with myself. I didn’t take that last step. I waited. Things fade.”

“It’s been a long journey, but if I didn’t have my body, I wouldn’t be Sarah Bern, the tight head prop who can score from 50 metres out.”
Every 'body' belongs in sport.



Sarah Bern

Selina Gomez



“I think now I’m at the place where I wear it proudly, and I’m not ashamed, and I wanna continue to be honest with my journey, because I feel like I don’t have anything to hide.”

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Sarah Bern

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“I think now I’m at the place where I wear it proudly, and I’m not ashamed, and I wanna continue to be honest with my journey, because I feel like I don’t have anything to hide.”

Celebrities

Megan Thee Stallion



"Asking for help doesn't make me weak, asking for help actually built my strength. Asking for help or going to get the help gave me the tools to be stronger."

"It's only as I have gone along in the sport and met other people who look like me and have brought me out of my shell again that I am finding [my] personality. I am myself now".



Sadia Kabeya



Lucy Bronze

"I'm just obsessed... that's my autism, it's my superpower".
"Taking care of our mental health should be a top priority,"

Support & Signposting

If you ever need to talk, you are not alone.

In school Speak to your form tutor, Head of House or any trusted adult.

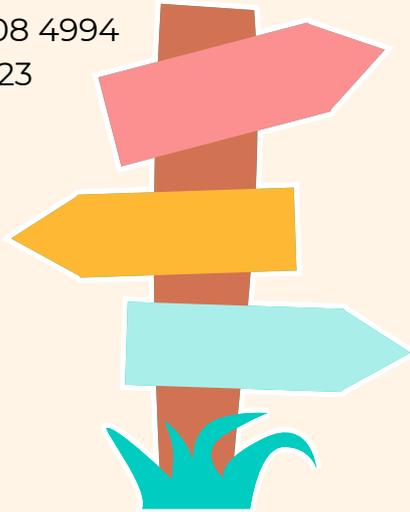
Outside school - Young Minds – youngminds.org

Kooth – kooth.com

Childline – 0800 1111

The Mix – 0808 808 4994

Samaritans – 116 123



Remember

You are strong, capable and worthy of care and happiness.