



MENTAL HEALTH

#SelfCare
#Support
#AskTwice

What is Mental Health?

Mental health is our cognitive, behavioural and emotional wellbeing. This basically means that it refers to how we think, behave and feel. It can impact our lives in many different ways and can lead to mental illness.

So what is Mental Illness?

It refers to conditions which affect our emotions, behaviour and how we would act and are usually caused by distress in different life situations. It can be social, work or family problems. It has almost become a taboo and even though discussions and conversations are happening more now than ever, most would still prefer to stay silent than look for support.

What is Depression?

Depression is far more than a fancy word for being sad. It is one of the worst things that can happen to a person and make you feel trapped in your own head, where your thoughts are your own worst enemy. It can give people tunnel vision so they can't see the positive aspects of their life only the negative ones. For a lot of people with depression, it seems like there is no escape but there is always light at the end of the tunnel, and it's our job as peers, friends and mentors to help them find it.

What is Anxiety?

Anxiety is something that most people experience at some point, whether it is sitting an exam or even having to read out loud in front of the class. However, while most people can usually calm themselves down pretty quickly and rationalise the situation, some can't. Anxiety can become a part of someone's everyday life and is far more than just being worried about something. It makes the brain go crazy and causes every day to be a battle against yourself. But it is not an unwinnable battle and while it isn't in 3 easy steps, it can be overcome, especially when we support those who are struggling.

What is stress?

Stress is a word that is thrown around a lot, especially in schools and never more so than exam time, but that's for good reason. Stress is something that can make your life way harder than it needs to be and it usually comes at a time when you least want it to, but it isn't always a bad thing. It's our bodies natural reaction to a challenge, like laughing when you're being tickled but this doesn't mean it isn't serious. While it can and usually does make your brain go haywire, it can also lead to physical symptoms or illness. Thankfully, you can do something about it whether it is "finding your happy place", breathing exercises or going on walks. Because stress can be physical, it's often not as easy as telling yourself there's no need to worry, you wouldn't politely ask your nose to stop sneezing and expect it to work, so you shouldn't with anxiety either.

How can you help?

It all starts with a conversation. The question "How are you?" has almost become another way to say hello and so it has begun to lose its meaning, however when you ask people twice it can catch them off guard when they realise that you are actually asking they will respond. Most people are just waiting to be properly asked.

#ASKTWICE

BREAK 
THE SILENCE

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