



Feel Good FRIDAY



Mental Health does not have to be scary!

We have come to the end of our first Autumn term, and many of our students are now starting to get excited about dressing up for Halloween or going to a spooky event over the half-term break. During October some things are intended to be scary. What should not be scary is mental health. Here are a few reasons why:



Everyone has mental health

Often in our culture, mental health is conflated with mental illness. This is a misconception; just like physical health, everyone has mental health. And like your physical health, it is important to take care of our mental health. Even if you do not suffer from a mental health issue, take time for yourself to practise self-care. You can journal, call friends, practise mindfulness, whatever works for you. If you take care of your physical health by staying active, eating well and getting enough sleep, then you should treat your mental health just as seriously.

Having a mental illness is more common that you think

Did you know that 1 in 4 people will experience a mental health disorder every year in the UK? That means that even if you do not have a mental illness, odds are someone you know likely does. Even though the media - and some of the classic horror films - portray mental illness as rare and something to be afraid of, it is not. Studies also show that on average, people who live with mental illnesses are actually much less violent than the average population. So, you should not be fearful when someone mentions mental illness.

Destigmatising mental health is particularly important right now

Following the Covid-19 pandemic, nearly everyone's mental health has been negatively affected. But we can all play our part to destigmatise mental health and offer help to those in need.

Talk to your friends and family about mental health, ask them how they really are doing, and most importantly, make time to check-in on yourself. Take the necessary steps, whether that be therapy or a break from your normal routine. Not only will you help yourself, but others around you will see that it's important to take mental health seriously. So enjoy this half-term break - go for that walk, enjoy the crunchy leaves, curl up with that hot chocolate, put on your cosiest jumper, see those friends, have that lie-in, turn off your phone: you deserve the break and to be kind to yourself.