



Real wealth is mental health! Parent and child answers!



YOLK OF THE DAY!
He wasn't peeling very well!

3 STEPS TO RESILIENCE ARE?

1) Know your emotions, 2) Take action, 3) Get help.

noitome	EMOTION	eivpsoit	POSITIVE
gifeenl	FEELING	genaevit	NEGATIVE
silitnere	RESILIENT	llewgnieb	WELLBEING

S	T	R	E	S	S	E	D	B
Y	A	N	F	L	O	H	E	R
E	N	D	D	E	T	J	T	S
Y	X	B	P	O	C	K	I	T
R	I	L	O	K	A	O	R	E
G	O	M	G	L	I	P	E	S
N	U	B	O	R	E	D	D	P
A	S	M	N	G	C	S	S	U

TICK THE FOLLOWING TRUE OR FALSE;	TRUE;	FALSE;
Resilience is managing your mind?		◆
Feelings come from inside?	◆	
Wellbeing is mental and physical health?		◆
Negative feelings lead to mental health	◆	
Stress leads to anxiety?		

Name 5 people you can talk to about feelings!
PARENTS, FRIENDS, TEACHERS, SCHOOL COUNCILLORS,

Can you name 8 Resilience coping strategies?

- 1) TALK
- 2) WALK
- 3) DANCE
- 4) SING
- 5) ART
- 6) PLAY SPORTS
- 7) EAT HEALTHY
- 8) WRITE A POEM



STATE 7 POSITIVE FEELINGS;

- 1) HAPPY
- 2) CALM
- 3) PLEASED
- 4) CONFIDENT
- 5) LOVED
- 6) EXCITED
- 7) INTERESTED



Can you fill in the following?
POSITIVE emotions lead to mental **HEALTH** whilst negative **EMOTIONS** lead to **MENTAL** ill-health.
RESILIENCE is **BALANCING** these emotions leading to mental toughness.



"Manage your mind
And manage your waste!"



Mr. Healthy
lifestyle coach
Contact:
paul@mrhealthyonline.co.uk
www.mrhealthyonline.co.uk
07975 842072