

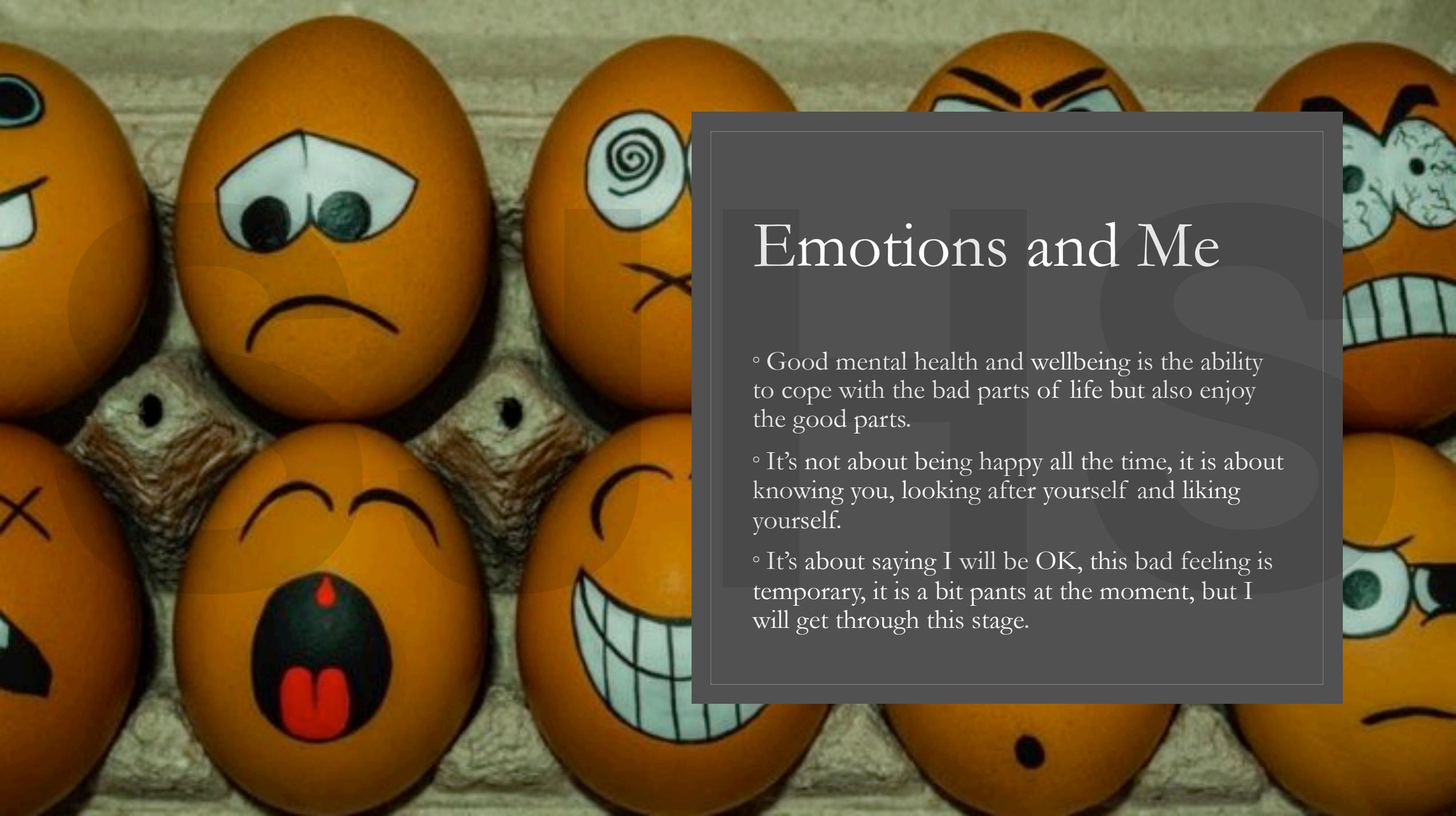
EMOTIONS AND ME

Info and
stuff

Emotions and Me

- If we change the way we think we can change our behaviours and the results.
- In other words if we tell ourselves we cannot achieve or succeed the chances are that we won't.
- Giving ourselves a chance, thinking positively and being prepared to change are key.





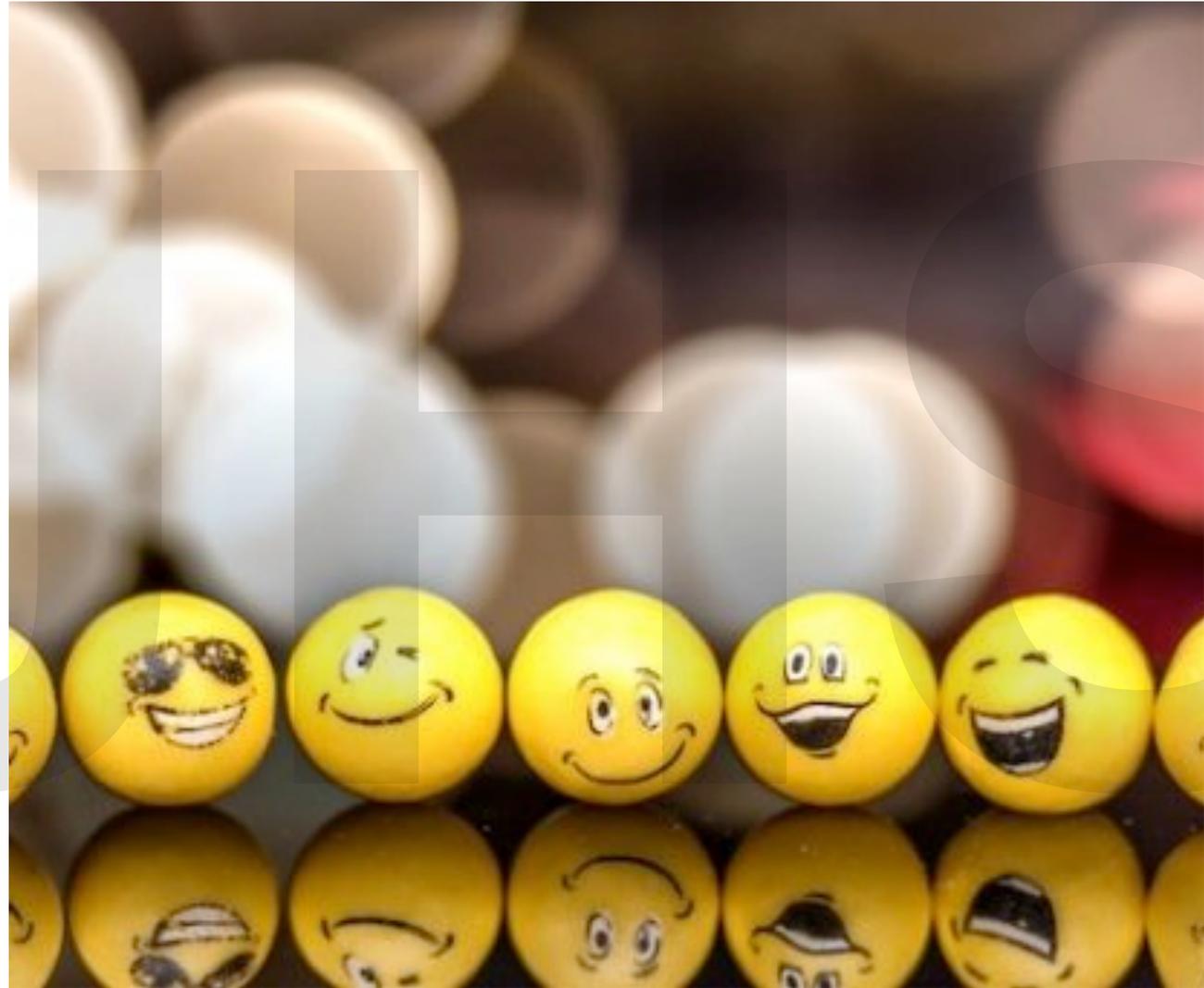
Emotions and Me

- Good mental health and wellbeing is the ability to cope with the bad parts of life but also enjoy the good parts.
- It's not about being happy all the time, it is about knowing you, looking after yourself and liking yourself.
- It's about saying I will be OK, this bad feeling is temporary, it is a bit pants at the moment, but I will get through this stage.

Emotions and Me

◦ Life is not all about running through a field of flowers, with a sack of money, eating chocolate on a sunny blue-sky day!!!

◦ We are all human beings and there are days in all our lives when we feel things are on top of us, we feel pressure, things do not go right, and we are feeling pretty blah!!!!





Emotions and Me

Let's just put it out there and say that talking about how you are feeling is ok. As a society we need to break down barriers and stigmas and say that speaking OPENLY about mental health and wellbeing is good because we all have it and we all want to live happy and fulfilled lives.

Emotions and Me

- Being *Emotionally Literate* is also key. This is understanding when we and others are in need of support.
- We are all different and we all need different levels of support, we think differently, feel differently, rely on different things, have different 'go to people' and want different life outcomes. But understanding and appreciating others is really important, this is also called being *empathetic*.





Emotions and Me

- We all have the same emotions and feelings; they just appear differently in different people.
- Don't believe me?
- Then listen to these experts!!!
- <https://youtu.be/1HFv47QHWJU> 2.37mins
- <https://youtu.be/EisQj4xn15o> 2.59 mins
- <https://youtu.be/yRUAzGQ3nSY> 2.25mins
- <https://youtu.be/6D4oP8UJQ90> 0.32 mins
- <https://youtu.be/RStK9ewPOGw> 2.59 mins



Emotions and Me

◦Let's break the stigma and start talking about feelings. It's OK to speak out about how we want support and what we can do as a school to make **EVERYONE** feel wanted and loved.