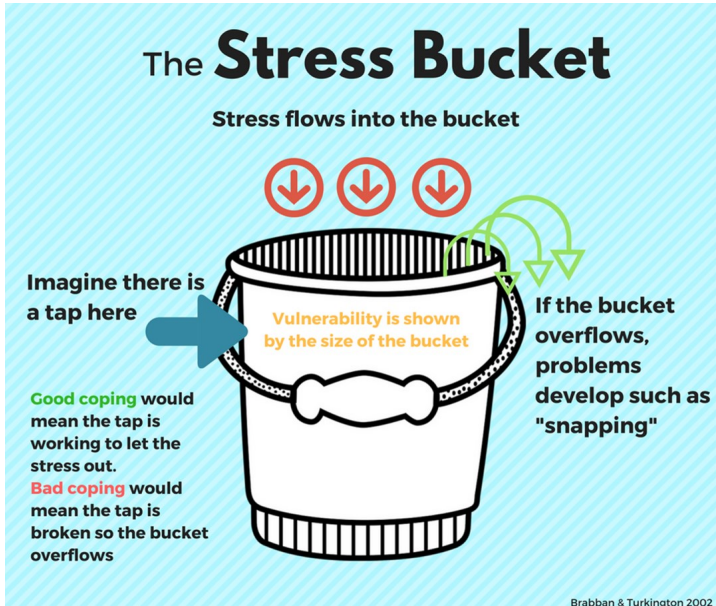


SOCIAL EMOTIONAL AND MENTAL HEALTH BULLETIN

FEBRUARY 2019

A key concept during Mental Health First Aid (MHFA) training is teaching how crucial it is to be able to effectively reduce layers of stress using our 'coping tap', to prevent our 'Stress Bucket' from overflowing.



The Stress Bucket analogy is an excellent demonstration of how indiscriminate mental ill health really is, and how easy it is for anyone who doesn't use helpful coping techniques, to develop problems. The size of our buckets (and we all have one) varies - and so for someone more vulnerable to experiencing mental ill health or at the very least, the ill effects of excess stress – may have a smaller bucket.

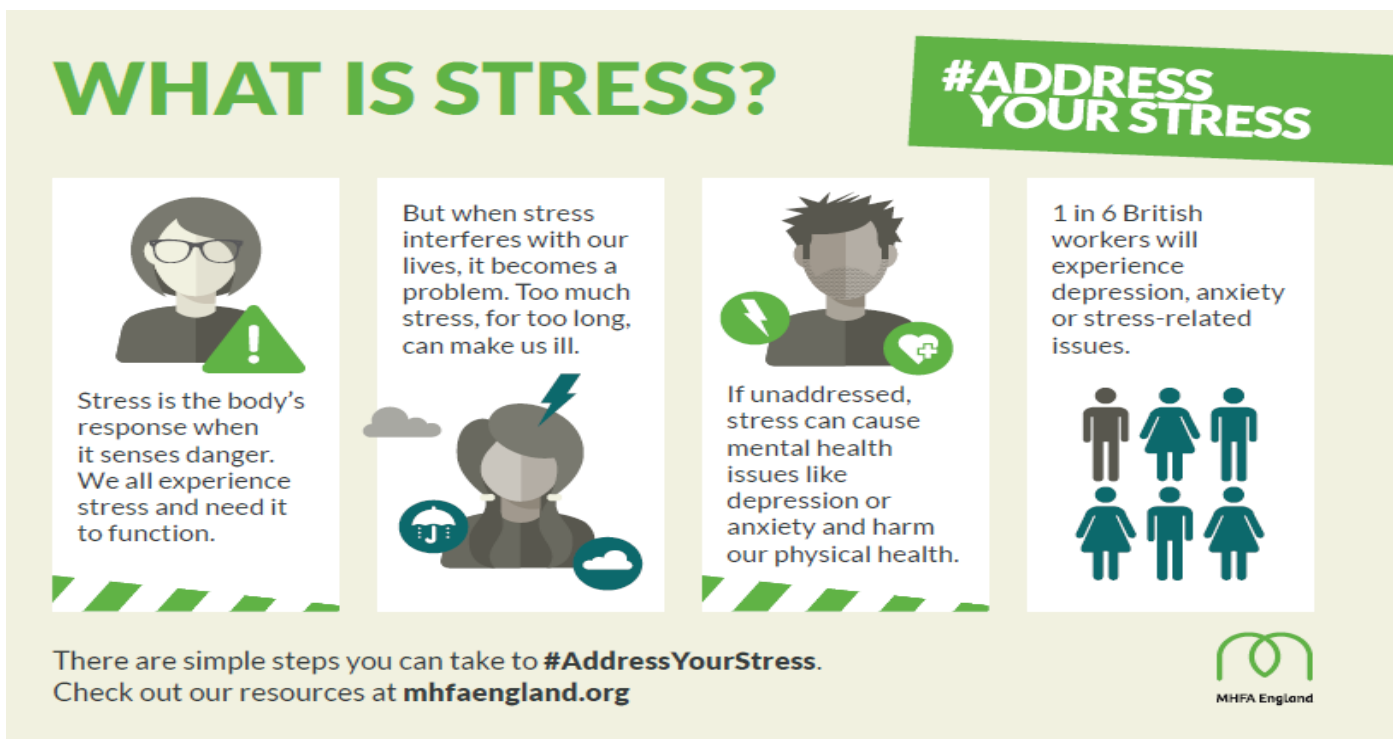
The 'stress-layers' that flow into our buckets are often those 'normal' daily life events - but they can also include other sources of stress including environmental stress –for example at Christmas time there is additional pressure whether it be financial, social or just the feeling that time is running away from you.

In basic terms, LIFE fills our stress buckets, and in order to reduce those layers in our buckets MHFA teaches self

-help strategies i.e. 'the coping tap', to reduce those layers of stress to a manageable level.

Examples of helpful coping may include: talking to a friend, asking for help, ensuring you get adequate exercise and are eating well.

<https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/#stresscontainerclip>



WHAT IS STRESS?

#ADDRESS YOUR STRESS

Stress is the body's response when it senses danger. We all experience stress and need it to function.

But when stress interferes with our lives, it becomes a problem. Too much stress, for too long, can make us ill.

If unaddressed, stress can cause mental health issues like depression or anxiety and harm our physical health.

1 in 6 British workers will experience depression, anxiety or stress-related issues.

There are simple steps you can take to #AddressYourStress. Check out our resources at mhfaengland.org

MHFA England

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

 @BELIEVEPHQ

www.BelievePerform.com



LOVE

Be there for your child and show care and love



EXERCISE

Encourage play, exercise and sport



BEHAVIOUR

Keep an eye out for any changes in behaviour



SUPPORT

Regularly support, encourage and praise your child



REST TIME

Help your child to manage stress by building in some rest time



BE PROUD

Tell your child that you are proud of them



PATIENCE

Be patient. Don't pressure your child



HELP

Don't be afraid to seek help from professionals



FEELING

Get to know how your child is feeling



EDUCATE

Educate yourself about mental health problems



PROBLEM SOLVING

Help your child to effectively problem solve



LISTEN

Make sure you take time to listen to what your child has to say



COPING

Help your child to learn some simple coping skills such as relaxation



SYMPTOMS

Be aware of signs and symptoms



CONVERSATION

Encourage your child to engage in conversation



ENVIRONMENT

Provide a positive environment for your child so that they can thrive

