



WORLD  
MENTAL  
HEALTH  
DAY  
OCTOBER 10

# World Mental Health Day



## Monday 'Meaning'

This week's **Sacred Time** theme is 'World Mental Health Day'.

This is an opportunity for us to explore our own mental health and what we can do to improve it and support others. The theme for this year is 'Make mental health and wellbeing for all a global priority', how can we make it a priority in our school?



## 'Try it' Tuesday

Each week for 'Try it' Tuesday, we will get an opportunity to put sacred time into action and be the 'Good Samaritan'. It will also be a chance to have a personal pause. **This week, check in on your friends and family and see if they are ok. Even the people who always seem happy.**

## Tuesday 'Talks'

This week's **Sacred Time** theme is 'World Mental Health Day'. We all struggle with how we're feeling sometimes and it's normal to have ups and downs. This year might have felt a little more down than up. But it's the little things that have got us through it - the morning walks, singing in the shower, the perfect cuppa, that Netflix show that got us all buzzing, the bestie who makes you LOL, the teacher who has your back.

Mental health is our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Watch this [clip](#) to find out more.



Having good wellbeing can help you to:

- 1) feel and express a range of emotions
- 2) have confidence and positive self-esteem
- 3) have good relationships with others
- 4) enjoy the world around you
- 5) cope with stress and adapt when things change.

Good wellbeing doesn't mean you'll always be happy. It's normal to feel sad, angry, or low sometimes. But if you have poor wellbeing for a long time you might start to find things more difficult to cope with.

**Personal pause** – The theme for this year is 'Make mental health and wellbeing for all a global priority' What do you think this means?



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## Wednesday 'Words of Wisdom'



This week's theme on 'World Mental Health day' scripture link from the Bible, New Testament.

The Bible does not explicitly speak on the topic of mental health; however, it does have a lot to say about the heart and mind, spiritual brokenness, and the condition of the soul. Mental health is important, as it affects the whole being: "Above all else, guard your heart, for everything you do flows from it" (Proverbs 4:23).



**Read** today's specific Bible reading [HERE](#).

## Thursday 'Thoughtfulness'



Our thoughtfulness for today is a prayer to the Patron Saint for the mental health, St. Dymphna

Lord, our God, you graciously chose St. Dymphna as patroness of those afflicted with mental and nervous disorders. She is thus an inspiration and a symbol of charity to the thousands who ask her intercession.

**Listen** to the BBC Radio 4 'Thought for the Day' [HERE](#).



## 'Find out' Friday



What is happening in the world around us? **Watch** Newsround to find out more [HERE](#).



### **Key questions**

What is happening in your world?

What is happening in St Helens and our local area?

Can we relate our theme this week to what is going on in the world?

Can we do anything to help any issues that our facing the world this week?

Should we help?



Our **cultural capital** link this week is a series of video clips about what young people worry about. Click [here](#). Also, check out these websites for more information: [YoungMinds](#) | [Mental Health Charity For Children And Young People](#) | [YoungMinds](#) and [WEBSITES | CAMHS Resources \(camhs-resources.co.uk\)](#) for other websites.



## Form activity

As a form, decide what you think are the 5 main issues that might lead to poor mental health. Then pick 5 actions to help and support. Share your responses in the GC.



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