



**Taking Care of Me**  
**8<sup>th</sup> January – 11<sup>th</sup> February**

# Introduction to the Project

What is mental health? We all have mental health, but what factors can impact it? What are the challenges for the mental health of a 14 – 19 years old?

## How do we protect our mental health?

Mental Health Dangers	What this actually means
<b>Stress</b>	<p>Stress is the feeling of being under too much mental or emotional pressure.</p> <p>Pressure turns into stress when you feel unable to cope. People have different ways of reacting to stress, so a situation that feels stressful to one person may be motivating to someone else.</p> <p>Many of life's demands can cause stress, particularly work, relationships and money problems. And, when you feel stressed, it can get in the way of sorting out these demands, or can even affect everything you do.</p> <p>Stress can affect how you feel, think, behave and how your body works. In fact, common signs of stress include sleeping problems, sweating, loss of appetite and difficulty concentrating.</p> <p>Once the pressure or threat has passed, your stress hormone levels will usually return to normal. However, if you're constantly under stress, these hormones will remain in your body, leading to the symptoms of stress.</p>
<b>Anxiety</b>	<p>Anxiety is a feeling of unease, such as worry or fear that can be mild or severe.</p> <p>Everyone has feelings of anxiety at some point in their life. For example, you may feel worried and anxious about sitting an exam, or having a medical test or job interview.</p> <p>During times like these, feeling anxious can be perfectly normal.</p> <p>But some people find it hard to control their worries. Their feelings of anxiety are more constant and can often affect their daily life.</p>
<b>Depression</b>	<p>Depression is more than simply feeling unhappy or fed up for a few days.</p> <p>Most people go through periods of feeling down, but when you're depressed you feel persistently sad for weeks or months, rather than just a few days.</p> <p>Some people think depression is trivial and not a genuine health condition. They're wrong – it is a real illness with real symptoms. Depression is</p>

	<p>not a sign of weakness or something you can "snap out of" by "pulling yourself together". The good news is that with the right treatment and support, most people with depression can make a full recovery.</p>
<p><b>Grief and Relationships</b></p>	<p>Bereavement, grief and loss can cause many different symptoms and they affect people in different ways. There's no right or wrong way to feel.</p> <p>As well as bereavement, there are other types of loss such as the end of a relationship or losing a job or home.</p> <p>Some of the most common symptoms include:</p> <ul style="list-style-type: none"> <li>• shock and numbness – this is usually the first reaction to loss, and people often talk about "being in a daze"</li> <li>• overwhelming sadness, with lots of crying</li> <li>• tiredness or exhaustion</li> <li>• anger – towards the person you've lost or the reason for your loss</li> <li>• guilt – for example, guilt about feeling angry, about something you said or did not say, or not being able to stop your loved one dying</li> </ul> <p>These feelings may not be there all the time and powerful feelings may appear unexpectedly.</p> <p>It's not always easy to recognise when bereavement, grief or loss are the reason you're acting or feeling differently.</p>
<p><b>Body Image</b></p>	<p>Body image is how we think and feel about ourselves physically, and how we believe others see us.</p> <p>During adolescence and puberty, your brain and body go through huge changes. Your body releases hormones which make you more aware of how you look, and more aware of other people's bodies. These changes happen to everyone, and can sometimes make you feel out of control or anxious.</p>

## What is the project?

The aim of this project is to raise an awareness of what it means to safeguard your mental health. The project will focus on some key challenges that young people may face in safeguarding their mental health and look at the strategies they can take to ensure they are 'Taking Care of Me'.

## How will the project run?

The start of the project will be an introduction to the project from Miss Griffith who will outline the focus of the project.

After the introductory session you will go into a quiz where you will be competing for points for your team.

Following the quiz you will go into your project groups and begin planning the project.

Throughout the half term students will be working alongside employer partners from the Black Country Partnership and Walsall and Dudley Mental Health team.

### Planning the project:

On Wednesday 8<sup>th</sup> January the project for this term will be launched with all students. They will have a presentation from Miss Griffith. They will then take part in a whole school quiz and then will go off into their groups to plan their project.

Groups will also need to identify what resources they are going to need for the duration of the project and complete a stationary request form that must be handed to Mrs Kumari by their mentor at the end of the Wednesday planning session.

On completion of the project each group will have to produce the following:

- Define mental health and raise awareness of the misconceptions around mental health and relate this back to the Care Values that underpin our ethos at Health Futures UTC.
- A strategy to prepare both body and mind for exam season (GCSE's, A-Level's or end of year exams) that will be displayed around the school.
- A plan for an awareness event for the Health Futures Mental Health Awareness Week (4<sup>th</sup> – 8<sup>th</sup> May 2020)

## **Competition:**

The competition will begin on the launch afternoon with a quiz based around the misconceptions of mental health. There will be 3 winning teams who will each receive a prize and extra marks for their group.

Throughout the project the groups are going to be judged on a number of different criteria and these will be recorded on their score cards.

The final judging of the projects will take place at the away day on the 12<sup>th</sup> February. Certain criteria will be judged e.g. sportsmanship, collaboration and adhering to the care values.

## **Exam Preparation Day**

On Monday 13<sup>th</sup> January students will be taking part in a drop down afternoon that will focus around the common skills they are expected to master for their exams in KS4. KS4 will also be engaging in a session with Elevate Education around Memory Mnemonics.

KS5 students will take part in a financial planning activity.

## **Team Building Away Day:**

The last day of the project (12<sup>th</sup> February) will be where groups will be taken offsite for the day to take part in a variety of team building and study skills sessions.

## KS4

Each KS4 group will be assigned to a staff mentor for the duration of the project. This project will see year 10 and 11 having separate groups, still with small numbers. The only stipulations we are giving is what areas the project has to cover and these are:

Related Area	Brief
Defining Mental Health and its Challenges	Create a slogan/logo that demonstrates that we at HFUTC understand the concept of mental health. Pick a mental health danger from the start of this brief – why is this a danger, what can we do as a school to support you and incorporate the care Values? Write a proposal to Mr Bradley for how this could be addressed through PSHE lessons and assemblies.
Health Futures Mental Health Awareness Week – 4 <sup>th</sup> – 8 <sup>th</sup> May 2020	Plan an event that can be held at school during this week that is focused around positive mental health in preparation for the imminent exam season. <a href="https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week">https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week</a>
Wellness Activities	Take part on a wellness afternoon to discover strategies for safeguarding their mental health during stressful times.
Exam ready strategy	Create either a poem, song, video, vlog, puppet show etc. that demonstrates how to get exam ready for either GCSE's or end of year exams.
Research	Pick a mental health awareness charity and set up a Just Giving page to help raise money for this charity. You need to research the background of the mental health charity, why it was set up and what it hopes to achieve from the donations. Why is this a worthwhile charity to champion? Set a target for donations that you would like to achieve by 8 <sup>th</sup> May 2020.
Team Building	Propose a team building activity that we could run on our away day. The activity has got to be inclusive and support the focus on 'Taking Care of Me'.

## KS5:

KS5 groups will not have individual mentors, for this project there will be two 6<sup>th</sup> form mentors that will be available during project days and afternoons to offer support and guidance.

Related Area	Brief
Defining Mental Health	Create a slogan/logo that demonstrates that we at HFUTC understand the concept of mental health that incorporates the Care Values we adhere to.
Health Futures Mental Health Awareness Week – 4 <sup>th</sup> – 8 <sup>th</sup> May 2020	Plan an event that can be held at school during this week that is focused around positive mental health in preparation of the imminent exam season. <a href="https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week">https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week</a>
Financial Planning	Take part in a workshop that advises people of their age how to prepare for the financial responsibilities they are about to undertake in the next few years. From this the groups are to take part in a scenario based activity to experience the challenges of managing their finances.
Wellness Activities	Take part on a wellness afternoon to discover strategies for safeguarding their mental health during stressful times.
Exam ready	Create either a poem, song, video, vlog, puppet show etc. that demonstrates how to get exam ready for either A-Level's, Coursework or end of year exams.
Research	Pick a mental health awareness charity and set up a Just Giving page to help raise money for this charity. You need to research the background of the mental health charity, why it was set up and what it hopes to achieve from the donations. Why is this a worthwhile charity to champion?
Team Building	Propose a team building activity that we could run on our away day. The activity has got to be inclusive and support the focus on 'Taking Care of Me'.