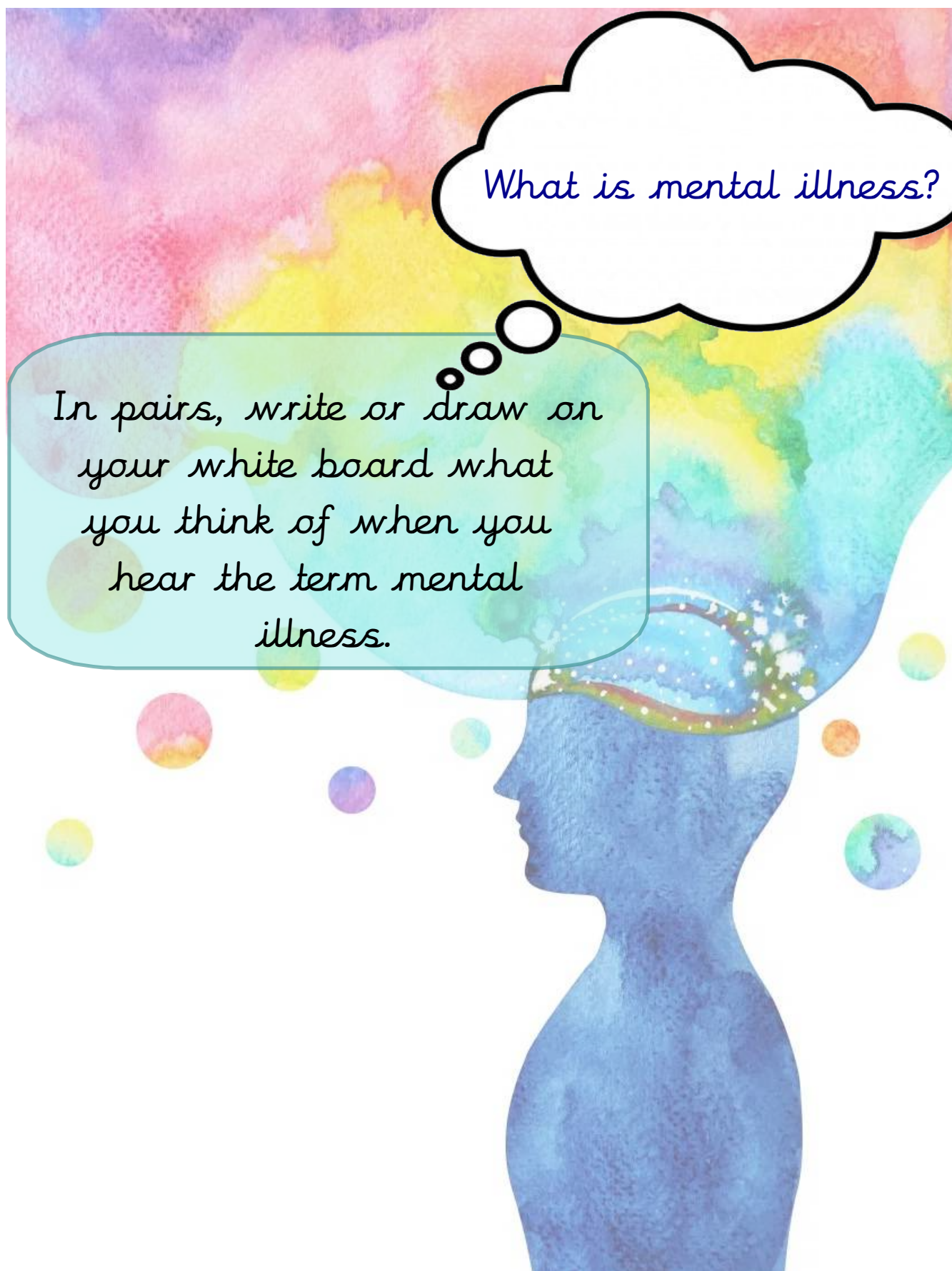


LO. I am learning to explain
what mental illness is.





Just like with our physical health we can become ill, for example with a cold or sickness bug, our mind can become unwell too.

Mental illnesses can affect your mood, thoughts and behaviours.

Many people have mental health concerns from time to time, often following certain events. However, to be classed as a mental health illness symptoms are ongoing and cause you frequent stress and affect your ability to function like you normally do.

Mental illnesses include:

Depression

Anxiety

Eating disorders

Post traumatic stress disorder (PTSD)

Autism

ADHD

Which of these have you
heard of?

What do you know
about them?



Mental illnesses include:

For now, we will
focus on these. {

Depression

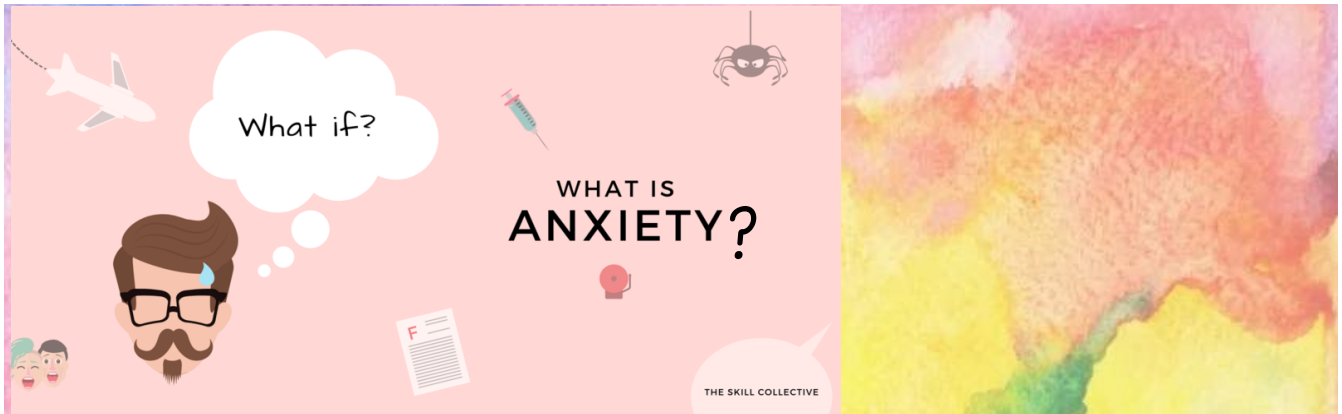
Anxiety

Eating disorders

Post traumatic stress disorder (PTSD)

Autism

ADHD



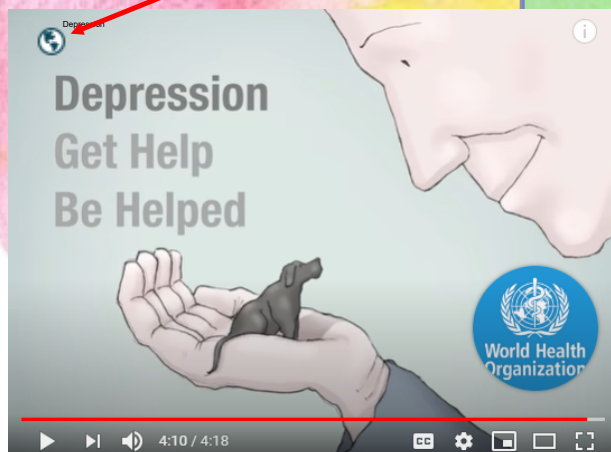
We all worry about things - that's normal and does not mean you have an anxiety disorder.

An anxiety disorder is when you are persistently worrying about things for a prolonged period of time and it prevents you from carrying out daily tasks and routines as normal.

Watch first video - living with anxiety. 




Watch the video and take notes. Can you answer these questions:



What are the symptoms?

What can you do to help?

An illustration of a person's head in profile, facing left. The head is rendered in a textured blue color. Above the head, there is a large, light blue, rounded rectangular box with a dark blue border. Inside this box is text. Above the box is a thought bubble with a black outline, containing a question. The background of the entire page is a soft, watercolor-like wash of pink, purple, and yellow. There are several small, colorful circles (pink, yellow, green, blue) scattered around the head and the text box.

What is the difference
between depression and
feeling sad?

We all have good days and bad days. Some events may make us feel sad for longer periods of time than others. Depression is when you persistently feel down for two weeks or more. This may last weeks or months, instead of just a few days.

Depression, anxiety or positive mental health?

Listen to the character's symptoms and move to the side of the room to show which mental illness they may have.

1) Recently John has stopped being able to find enjoyment in his usual hobbies. In turn he has lost his confidence and stopped spending time with his friends. He now feels very lonely and isolated.

2) Ben's brother has broken his favourite toy, he feels extremely angry and upset about this. Ben really wants to scream and break something of his brother's as a result of this but instead goes to his room and takes some deep breathes to calm himself down.

3) Sophie has recently had exams. Understandably, she was a little bit worried about them. This worry wouldn't leave her and continued to get worse. It is still continuing now that her exams are over and she has a sense of dread about being in social situations and going to school as she always feels on edge.

4) Sasha is normally a very sociable girl but recently her friend has started to notice some changes. While she will make jokes and say she is ok, she is becoming more and more withdrawn at breakdown and doesn't ever want to join in with her usual games.

On your tables research the symptoms of the mental health illness you have been given.

Try to make detailed notes as you will need these for your task next lesson.

Anxiety

Eating disorders

Post traumatic stress disorder (PTSD)

Autism







ADHD

Be ready to share

Research the symptoms of depression as a group, with CT.



Attachments

-  Todd's story - dperession
-  Depression
-  Anxiety
-  Yoga
-  CBT
-  Get talking