

WHERE'S YOUR HEAD AT?



**THE BOYS'
BRIGADE**
> the adventure begins here
Northern Ireland District



COMPANY & SENIORS BOOKLET



WHAT IS MENTAL HEALTH?

Good mental health is the ability to deal with your emotions in a way that helps you to reach your full potential.

It is important we treat our mental health like we treat our physical health.

We cannot simply ignore any issues and hope they go away.

What do you do when you are physically sick?

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We all struggle at times with our mental health! This can leave us unable to cope with everyday situations & prevents us from being who we have been created to be.

List 4 mental health issues we can all struggle with:

- 1.
- 2.
- 3.
- 4.





COMMON MENTAL HEALTH ISSUES

One common issue we can all struggle with is *stress!*

Stress is the body's reaction to feeling threatened or under pressure. It can develop when we have lots to do and don't have much control over what happens.

Stress can lead to you:

- Feeling overwhelmed
- Feeling worried
- Having difficulty concentrating
- Having difficulty sleeping

What can cause stress in your life?

- 1.
- 2.
- 3.
- 4.

What 3 ways can you de-stress?

- 1.
- 2.
- 3.





COMMON MENTAL HEALTH ISSUES

Anxiety is common among young people and can have a negative impact on your daily life.

Anxiety can lead to you:

- Having difficulty sleeping
- Not being able to concentrate
- Becoming easily upset
- Feeling on edge

What 3 things can cause anxiety in your life?

- 1.
- 2.
- 3.

Anxiety is a feeling of unease, such as worry or fear. Anxiety is a natural human response when we feel that we are under threat.

What could you do to reduce your anxiety?

- 1.
- 2.
- 3.
- 4.

What do you think the Bible says about feeling anxious?





COMMON MENTAL HEALTH ISSUES

It's natural to get angry sometimes.
But there are ways to show it without hurting
yourself or other people.

What can cause you to be angry?

- 1.
- 2.
- 3.

Anger can cause different symptoms.

Some people become aggressive towards
others when they're angry. Other people hide
their anger and may take it out on themselves.

Feeling angry is normal.
It's how we cope with our
anger that is important.

*Anger can help motivate us, but it can
also get out of control. There's a big
difference between feeling angry and
being abusive or aggressive.*

What can you do to reduce your anger?

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-
-
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Ask your leader!
What do they do when
they are angry?



COMMON MENTAL HEALTH ISSUES

Depression is more than just feeling unhappy or fed up for a few days.

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.

Depression affects people in different ways and can cause a wide variety of symptoms.

They range from:

- Lasting feelings of unhappiness and hopelessness
- Losing interest in the things you used to enjoy
- Feeling very tearful

If you think you are struggling with depression it is important to you let someone know and visit your doctor.

1 in 4 adults in the UK suffer from depression!

One of the best ways to help someone with depression, is to let them know you care and are there to listen.



MADE FOR MORE
11: X



*IF YOU ARE STRUGGLING WITH POOR MENTAL HEALTH,
TALK TO SOMEONE YOU KNOW & TRUST ABOUT
HOW YOU ARE FEELING!*

Who is the one person you could talk to?

Why do you think some people don't talk
about their mental health struggles?

Talking about your feelings isn't a sign of weakness. It's part of taking charge of your wellbeing and doing what you can to stay healthy. Just being listened to can help you feel supported and less alone.

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SCAN ME





STRATEGIES TO HELP YOU COPE

1. Build a routine

A routine can help you take control of small aspects of your day. This can reduce stress & anxiety.

2. Check-in

Have someone you know and trust to check-in with regularly. A quick chat every few days prevents things from building up & getting out of control.

3. Pray

We have been created by God for a relationship. He wants to hear from you. Throughout your day pray to God & ask Him for strength, guidance & peace.

4. Breathe

Sometimes just taking 60 seconds to stop & breathe can reduce stress & anxiety. Focus on your breathing & counting.

5. Learn Verses

Learning Bible verses that encourage you can really help when you are feeling down.

What strategies do you already use to help you cope?

MADE FOR MORE
11: X



5 STEPS TO IMPROVE YOUR MENTAL HEALTH

1. CONNECT

2. BE ACTIVE

3. LEARN
A NEW SKILL

4. GIVE TO
OTHERS

5. BE
MINDFUL

THE STEPS ARE
QUICK & EASY!

YOU WILL ALREADY
DO SOME OF THEM
NATURALLY.

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1. CONNECT WITH OTHER PEOPLE

Good relationships are important for your mental wellbeing.

Good relationships can:

- Help you build a sense of belonging
- Give you an opportunity to share positive experiences
- Provide emotional support and allow you to support others

How can you connect with people everyday?

-
-
-

Who are your 'go-to' people to connect with?

- 1.
- 2.
- 3.

Is there anyone in your life that you think needs someone to connect with? Could that be you?

What can we learn from Jesus about connecting with people ?





2. BE PHYSICALLY ACTIVE

Being active is not only great for your physical health and fitness. Evidence shows it can also improve your mental wellbeing.

Physical activity can:

- Boost your self-esteem
- Help you to set goals and challenges
- Cause chemical changes in your brain which can help to positively change your mood

What physical activity do you currently do every day?

You should aim to do 30 minutes of exercise every day.

What new ways could you aim to be more active?

Why not encourage friends and family to be more active with you!





3. LEARN NEW SKILLS

Research shows that learning new skills can improve your mental wellbeing.

Don't put pressure on yourself to be perfect. It is all about having fun!

Learning a new skill can:

- Boost your self-confidence
- Help you to build a sense of purpose
- Help you to connect with others

What new skill would you like to learn?

Write down 3 things people could choose to learn?

- 1.
- 2.
- 3.

Why not learn a new skill with a friend or family member!



4. GIVE TO OTHERS

Giving to others is a great way to improve your mental health.

Acts of giving and kindness can help improve your mental wellbeing by:

- Creating positive feelings and a sense of reward
- Giving you a feeling of purpose and self-worth
- Helping you connect with other people

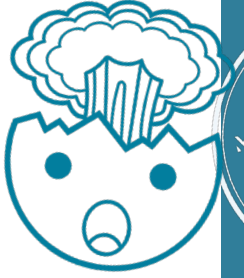
Write down 3 ways you could give to others.

- 1.
- 2.
- 3.

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

Have you ever given to others before?
How did it make you feel?

How could you and your BB give to others each week?



5. BE MINDFUL

Being mindful is paying more attention to the present moment and can help improve your mental wellbeing.

Being mindful includes your thoughts and feelings, your body and the world around you.

Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

When could you stop to be mindful throughout your day?

Being mindful is a quick mental check-in with yourself throughout the day.

When being mindful, ask yourself the following questions:

- How do I feel?
- What has caused that emotion?
- How can I reduce that feeling?
- Do I need to talk to someone?

*Ask a leader!
When are they mindful?
What do they do?*



HEALTHY MIND PLAN

Create your own 'Healthy Mind Plan' to help you improve your mental health.

3 ways I will de-stress:

- 1.
- 2.
- 3.

I will stop and reflect each day:

- 1.
- 2.
- 3.

The person I trust to speak to when I am struggling is:

My favourite Bible verse to encourage me is:

I will be active each by:

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-
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