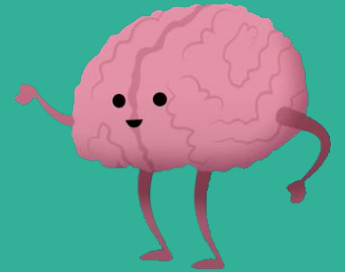
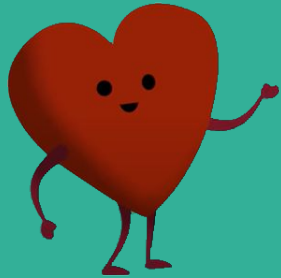


Lesson 2:

# We All Have Mental Health

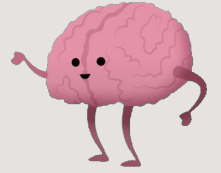


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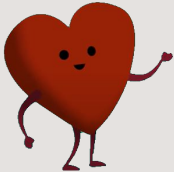
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# Mental Health and Feelings



**Everyday feelings** come and go and are a normal reaction to what is happening in our lives. They are always changing and don't usually hang around for too long.

**Overwhelming feelings** hang around for a long time, change the way we feel and behave and may stop us from doing what we want to in life. You have heard people call them a mental health problem, mental illness or mental disorder.



## Everyday Feelings



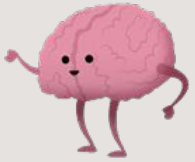
Examples of everyday feelings might include:  
happiness, joy,  
disappointment.



## Overwhelming Feelings

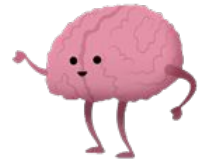


Examples of overwhelming feelings might include:  
loss, grief, despair.





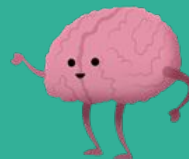
Where you are on the feeling thermometer?




How are you feeling today?



Let's watch Sasha and Andre to learn more about feelings

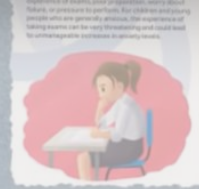




How are the feelings that Sasha & André experiencing different?

What does Sasha do to manage her everyday feelings?





Low mood can mean an absence of feeling, irritability, lack of pleasure, and/or lack of motivation. Most people have experienced this at times. However, low mood means that people feel this way persistently. Doctors define low mood as feeling this way for over two weeks.

It is not always easy to spot low mood. Signs include changes in behaviour and relationships with friends and school staff, becoming more withdrawn and declining attendance. Low mood may be related to challenging home circumstances, bullying or difficult peer relationships.

1. Express concern for someone who is withdrawn or isolated.
2. Express concern for someone who is withdrawn or isolated.
3. Arrange to check up on someone who has been absent from school for a while. This will show that you care.
4. Have your concerns with you and discuss them with your class teacher. They will be able to help you.
5. Have your concerns with you and discuss them with your class teacher. They will be able to help you.

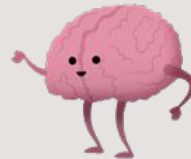
What does André do to manage his overwhelming feelings?





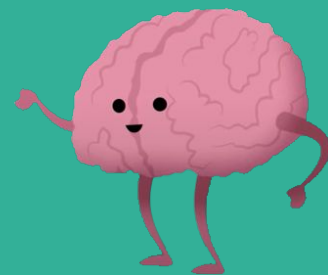
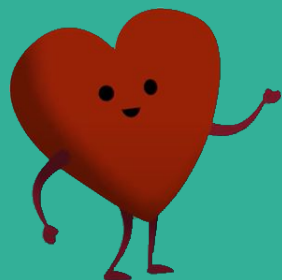
Overwhelming feelings  
can be difficult to  
admit or talk about.

What made it difficult  
for André to talk about  
his mental health or to  
ask for help?



## Lesson 2

# We All Have Mental Health



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