

# Understanding mental health

## Be productive. Build Skills

Being active, completing a task and building skills are key for our wellbeing. It helps our confidence, our self-esteem and gives us purpose. It's so important when our normal routines have been disrupted.

This week we are looking at **Build Skills**

## Emotional Check-in

**Notice your emotions**  
Notice your mood and what makes you feel better or worse



## But it can be hard to know where to start!

- Remember any journey starts with the first step
- Even if you're not certain about what you want to do - take the first step and then you will know more about whether you want to stick with it or go in a different direction
- The first step might be just to get up at a set time or to have a nice breakfast
- Some skills may be exciting and some may be mundane - they're all valuable skills
- Follow your interests, trust your instincts - we are all unique
- Ask someone else - friends or family what they think you would enjoy learning
- What vital life skills could you develop to help around the house? Cook, wash clothes, DIY?
- If you have a particular subject you enjoy at school now is a great time to read and find out more about it - ask your teacher for ideas, check the school website
- Family or friends maybe able to teach you or an online tutorial
- Share your learning with others and celebrate.

## Set some goals

Activity	M	T	W	T	F	S	S
Cook Tea	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Be Healthy

**Keep to a healthy routine**  
If you're feeling sluggish and tired you probably need to move!



## Build Skills

**Set yourself a challenge – now is a great time to learn a new skill**  
Choose a set time and place to complete school work



## Stay Connected

**It's really important to stay connected with friends, social groups and family - online, phone or post**  
Check out *Thinkuknow* or *Own It*



## Be In the Moment

**Calm your body and mind - it's important to take a break from our thoughts even only for a few minutes**  
The more you practice the more it will help when you most need it



If you are worried and don't know what to do talk to a trusted adult

Please contact your GP if you are concerned about your own mental health or someone within your family  
Also visit [www.epicfriends.co.uk](http://www.epicfriends.co.uk)