



PSHE Knowledge Organiser



Looking after ourselves

Year 11
Term 3

LEADERSHIP

'Mental health' refers to the way we feel about ourselves, how happy we are and whether we believe we have the strength to overcome challenges.

Sometimes you might feel really positive and confident about things. And other times, you might feel stressed, anxious or sad – this is normal.

It's only when these thoughts become extreme and so overwhelming that they interfere with your daily life that they become a problem. If they start to affect the way you think or how you behave over a length of time, a doctor might diagnose this as mental illness.

What is stress?

Stress is one of those things which no one needs but everyone has to deal with – and if you don't learn to deal with it can do you a lot of harm.

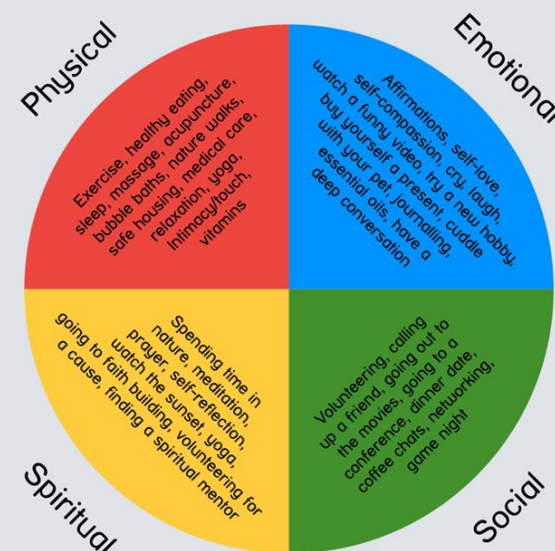
Stress is the feeling of being under too much mental or emotional pressure.

Tips for staying well during exams

- Get help if your stress levels are too much to manage
- Plan relaxation time
- Revise well in advance
- Eat something healthy before and exam to settle the stomach
- Get a good night's sleep before the exam
- Perspective: remind yourself that if you do fail or get lower grades it's not the end of the world
- Deep breathing
- Try to stay positive



Feelings and needs inventory



Further help and advice

Childline- Have advice on a wide range of issues. Call 0800 1111

<https://www.childline.org.uk/>

NHS- Have information on medical issues

<https://www.nhs.uk/>

Mind- Mental health support for young people
- <https://www.mind.org.uk/for-young-people/>