Ways to improve our wellbeing.

Mental health is important for us to be happy. We all have times when we feel stressed, upset or tired. Life problems can change your mental health. Current covid19 situation is not easy for anybody and we can feel very bad.

1. Match some of the life problems with the pictures.

loss or bereavement

relationship problems

issues at work

worry about money

physical health

loneliness













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LIVEWORKSHEETS

2.Here are some ideas how to stay mentally well when you have ups and downs in your life. Put these jumbled ideas in the correct order.

1. build relationships positive people with other

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2. time for yourself take

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3. look mental after your health

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4. after physical look your health

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5. for help ask if need it you

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3. Watch the video on 8 relaxation tips for your mental health. Put them in order. Example 1 and 4 have been done for you.

https://www.youtube.com/watch?v=cyEdZ23Cp1E

LIVEWORKSHEETS

1 ...take a break.....

2.....

3.....

4...think of a relaxing place .....

5.....

6.....

7.....

8.....

listen to music
~~take a break~~
~~think of a relaxing place~~
focus on your breathing
active relaxation
get creative
spend time in nature
guided relaxation exercises

4. Watch the video again. Answer the questions.

a) How can you take a break? Write one example.

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b) How should you breathe according to the video?

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c) What is an example of active relaxation?

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d) How can you get more creative? Give two examples.

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e) Which relaxation technique from the video do you like most?

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LIVEWORKSHEETS

5. What things/activities do you do to improve your mental health? Talk to your relatives at home and write down the answers.

Name of two family members

	you		
have good relations with people	e.g. facetime your brother		
take time for yourself			
look after your physical health			
What else do you do?			

LIVEWORKSHEETS