Happy Mental Health Awareness Week May 14th-18th

The theme of this year’s mental health awareness week is ‘Stress’. The timing of this themed week ties in well to SATS exam weeks and asks us all to consider how we are managing our stress. We know that a little bit of stress is a good thing as it can mean that we are trying new things and moving out of our comfort zone. However, prolonged stress can have negative impacts on our mental and physical health.

Diagnosed mental health difficulties will affect 1 in 4 people throughout the world at some point; as we know, MH is on a continuum and our relationship with our MH changes throughout our lives. Mental Health disorders are among the leading causes of ill-health worldwide (World Health Organisation).

At Midfield Campus we are putting stress in the spotlight. We have highlighted facts about stress which are visible around the school, each classroom is discussing stress, mental health and ways we can manage our stress and practicing breathing exercises to help reduce the effects of stress. Because stress manifests in a physical response, physically changing/practicing our breathing can help our body to manage stressful situations and the mental and physical effects of stress. There are breathing exercises that you can try with your child at home here: <https://childhood101.com/wp-content/uploads/2017/03/Calm-Down-Brain-Break-Breathing-Exercise-Cards.pdf>

We challenge you to help us put mental health in the spotlight. Discuss mental health with family and friends to decrease stigma, learn more about it or prioritize managing your own stress.

We will also be observing a one minutes silence at 11am, perhaps you could join us in doing so. BBC Radio 2 will be a mental health minute, played across 300 radio stations.

