

Understanding Mental Health and Emotional Wellbeing

Chapter 2: Mental Health and Emotional Wellbeing · Topic 1

Key Concept

Emotional wellbeing means being able to recognise and manage our feelings, like stress, anxiety, or sadness, in constructive ways rather than ignoring or suppressing them.

Common strategies for supporting mental health include talking to trusted people, practising mindfulness or relaxation techniques, and maintaining a healthy lifestyle with good sleep and exercise.

It's important to recognise signs of stress or mental health struggles in ourselves and others, and to know that seeking help, like talking to a counsellor, is a sign of strength, not weakness.

Building emotional resilience - the ability to bounce back from difficulties - helps us handle life's challenges better and maintain overall wellbeing over time.

Quick Revision Notes

- Emotional wellbeing means managing feelings in healthy ways.
- Stress, anxiety and sadness should be addressed constructively.
- Talking to trusted people supports mental health.
- Mindfulness and relaxation techniques help too.
- Good sleep and exercise support mental health.
- Recognising signs of struggle in ourselves and others matters.
- Seeking help, like counselling, is a sign of strength.
- Emotional resilience helps us handle challenges.

Practice Questions

- 1 Discuss a healthy way you manage stress.
- 2 Practice a simple relaxation technique, like deep breathing.
- 3 Discuss why talking to someone about feelings can help.
- 4 Identify a sign of stress you notice in yourself.
- 5 Discuss why seeking help is a sign of strength.
- 6 Write about a time you showed emotional resilience.