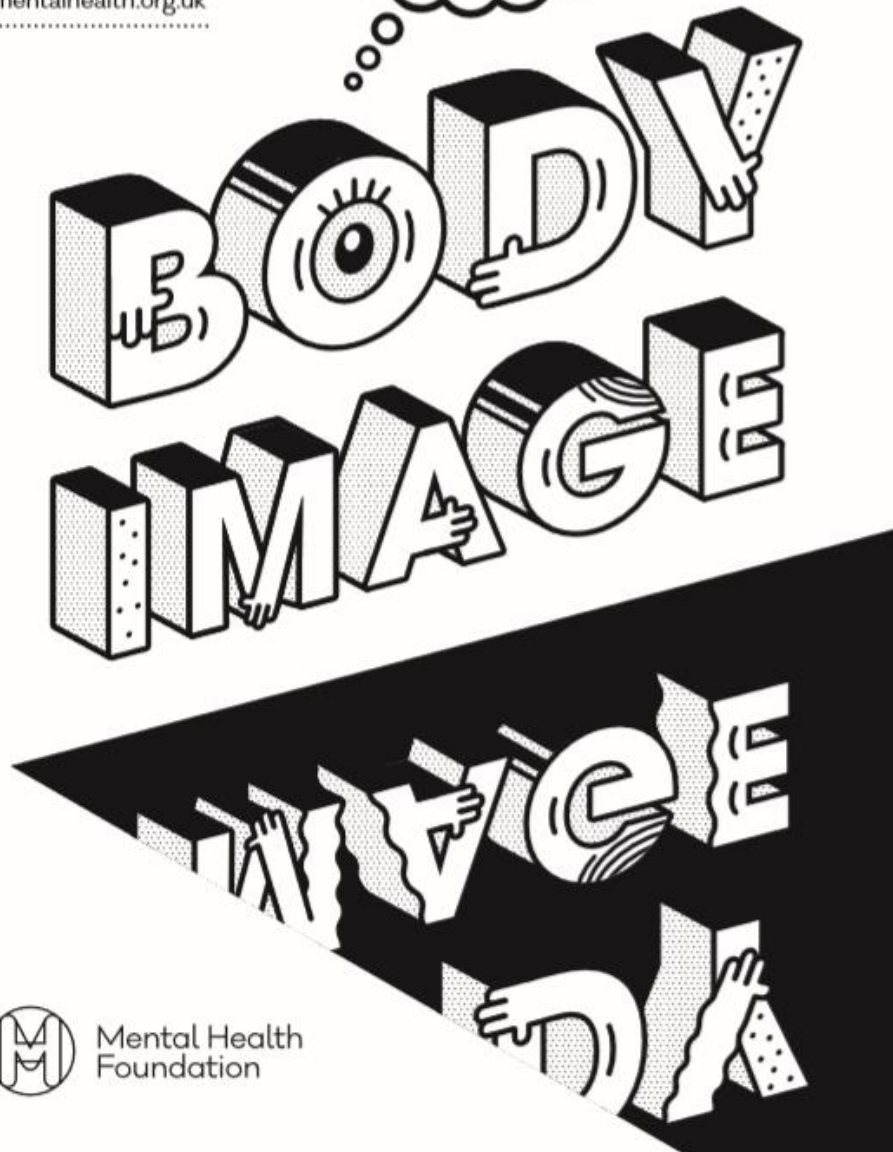


Mental Health
Awareness Week
.....
13-19 May 2019
.....
mentalhealth.org.uk
.....

How we think
& feel about
our bodies



Mental Health Awareness Week 2019: Body Image

Hosted by the Mental Health Foundation, Mental Health Awareness Week 2019 will take place from Monday 13 to Sunday 19 May 2019. The theme for 2019 is Body Image – how we think and feel about our bodies.

Online resources can be a useful tool in boosting your mental health and learning about how body image can affect everyone.

My Body My Way

As part of their contribution to the Scottish Government's Year of Young People 2018, Penumbra has made their negative body image resources freely available to download. Piloted in North Ayrshire, the My Body My Way programme explores what body image is, explains what influences our body image and promotes positive body image and wellbeing.

1 in 10 children will suffer from some form of mental ill health, and it is believed that many of these illnesses are a direct response to a life event or situation. In fact, 50% of mental health problems are evident by the age of 14. Alarmingly, however, 70% of children will go without any sort of appropriate support or intervention at the early stages of their illness.

The resources are suitable for primary school children ages 9-11 and fit the Curriculum for Excellence and GIRFEC approach to wellbeing. They include a comprehensive workshop plan for facilitators, children's workbook and parent's guide.

One of the pupils who took part said "I've learned not to feel bad about my body and stop calling myself ugly. It doesn't matter what people say, I like myself the way I am."

You can download the resources from the IROC website:

www.irocwellbeing.com/news/My-Body-My-Way

Get To Know Your Emotional Homunculus

The Emotional Homunculus is an interactive online resource that provides interesting opportunities that explore mental health and wellbeing, conflict, and family and social relationships by combining the science of brain chemistry and evolution. It looks at how chemicals in your brain can affect how you interact with

those around you, and why. It also explains how these chemicals can affect how we feel about ourselves.

Digital resources are used to simplify complex ideas and present them through a narrative structure, and films and animations explain brain activity and emotional responses in which specialists elaborate on scientific ideas using jargon-free language. Digital and print resource packs are also available. See more on the website: www.scottishconflictresolution.org.uk/homunculus

Mental Health Foundation

The Mental Health Foundation is a UK charity for everyone's mental health, and hosts Mental Health Awareness Week every year in May. Since the first Mental Health Awareness Week in 2001, they've raised awareness on topics like stress, relationships, loneliness, sleep, alcohol and friendship. Hundreds of schools, businesses and communities have come together to start conversations around mental health that can change and even save lives.

Last year the Foundation found that 30% of all adults have felt so stressed by body image and appearance that they felt overwhelmed or unable to cope. That's almost 1 in every 3 people. Body image issues can affect all of us at any age and directly impact our mental health.

As part of Mental Health Awareness Week, the Mental Health Foundation will be publishing the results of a UK-wide survey on body image and mental health, along with other resources and reports across their social media channels and on their website: www.mentalhealth.org.uk/campaigns/mental-health-awareness-week