

# The Circus of Life

## Mental Health Awareness Twilight

### **Stress – Mental Health Awareness - Wellbeing** © 2016 Rachel Munns

Stress is the number one cause of teenage illness and the number one cost to businesses in the UK. It is also the first step on the road to mental health issues.

In schools, teaching and support staff are the first line of defence against this growing crisis. But how can you tell the difference between someone who is just upset, someone who is putting themselves under too much pressure and someone who is already en-route to something far more serious?

This 1.5 hour twilight session examines precisely what stress illness is, how it is caused, how it can lead to mental health issues and how to spot the signs in yourself and in your students.

This topic often raises issues in attendees so we also provide a wellbeing section at the end offering strategies for managing day-to-day mental health.

#### **Description**

Mental Health issues will affect almost a quarter of today's children by the age of 19.

They are living in an increasingly fast-paced, high pressure, 24/7 environment where telephone communication and social media are omni-present and results are everything!

This workshop is designed to help teaching and support staff to understand what stress is, how it leads to greater problems, how to spot mental health issues in themselves and in students, and how to provide immediate support. It also gives strategies for the management of day-to-day good mental health.

#### **Content**

The workshop is split into three main areas: stress, mental health awareness and wellbeing.

It is run as a high level one and a half hour twilight session.

Unfortunately, even in today's society, there remains an unjustified stigma and shocking level of misunderstanding about stress and mental health issues.

The twilight begins by looking at the medical side of stress and how it can ultimately lead to heart disease, cancer or mental health issues.

This is followed by the main section on identifying and supporting mental health issues in the school environment.

It ends with a high level introduction to some daily strategies for maintaining positive mental health.

For a much more in-depth look at mental health awareness plus a full range of resilience, personal growth and wellbeing tools we offer a full inset day.

#### **Benefits**

Staff will understand exactly what stress illness is and how it can lead to more serious mental health issues. They will also look in detail at what the different mental health conditions are.

Staff learn the common – and specific – signs of mental health issues.

Staff are given guidelines on how to support themselves and students.

