

MIND

TALK

Anger



Hello!

Hope everyone's doing great.



What is the mindtalk programme?

The purpose of mindtalk is to break down the stigma of mental illness and to usualise conversations about our mental health in every day dialogue. Each session has a specific focus with some helpful talking points to help kickstart conversations.

Teachers: read this blog post for more details on the delivery of these sessions.



Before we start, this is a safe space:

The mindtalk programme is all about giving you and your peers opportunities to discuss mental health topics. We all have mental health, just as we encourage you to be aware of physical health, we should do the same for our mental health.



IT'S NOT ALWAYS EASY

"Had a great bday and got surrounded by paps and I reacted in a way I know better. I'm sorry. #killthemwithkindness. It's not always easy but I know better than to react in anger."

Justin Bieber



Big Question

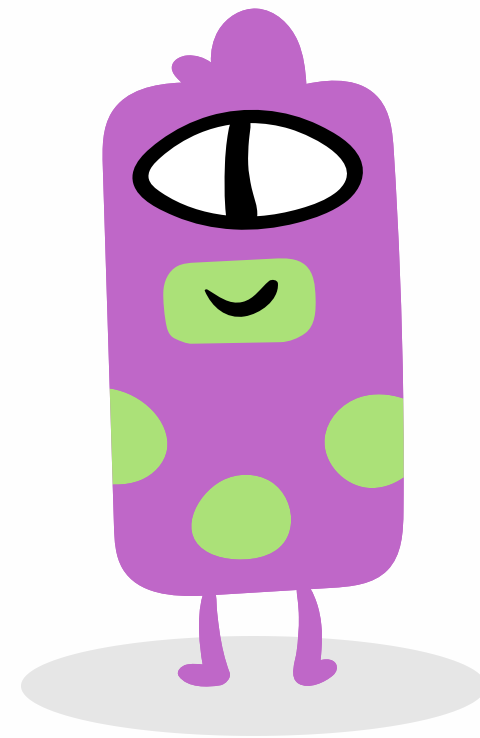
Why is ANGER so closely linked with mental health?



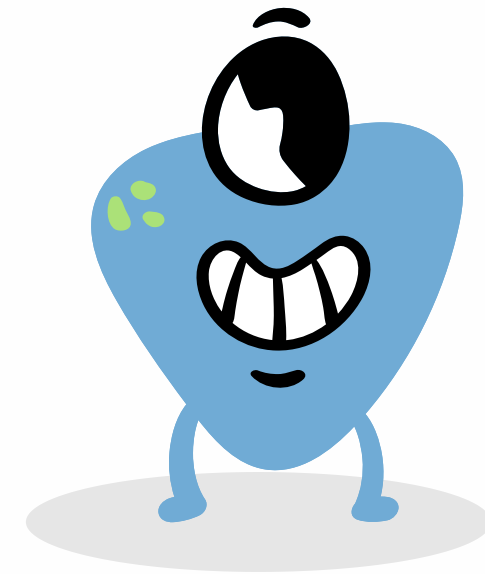
Talking points



What does anger feel like?



What techniques do you use to stay calm?



How could you help a friend discover a solution?





Where do we go from here?

Mindful Gnats

An app to help young people develop
mindfulness and relaxation skills.

Available on the app/play store.

REMEMBER

It's okay not to be okay
Help is always there
If you would like to speak to somebody in
confidence - call Childline on 0800 1111



In school support:

When you are in school, you
can go to your form tutor/
head of year if you need extra
support, or even if you just
need to talk.

