MIND TALK

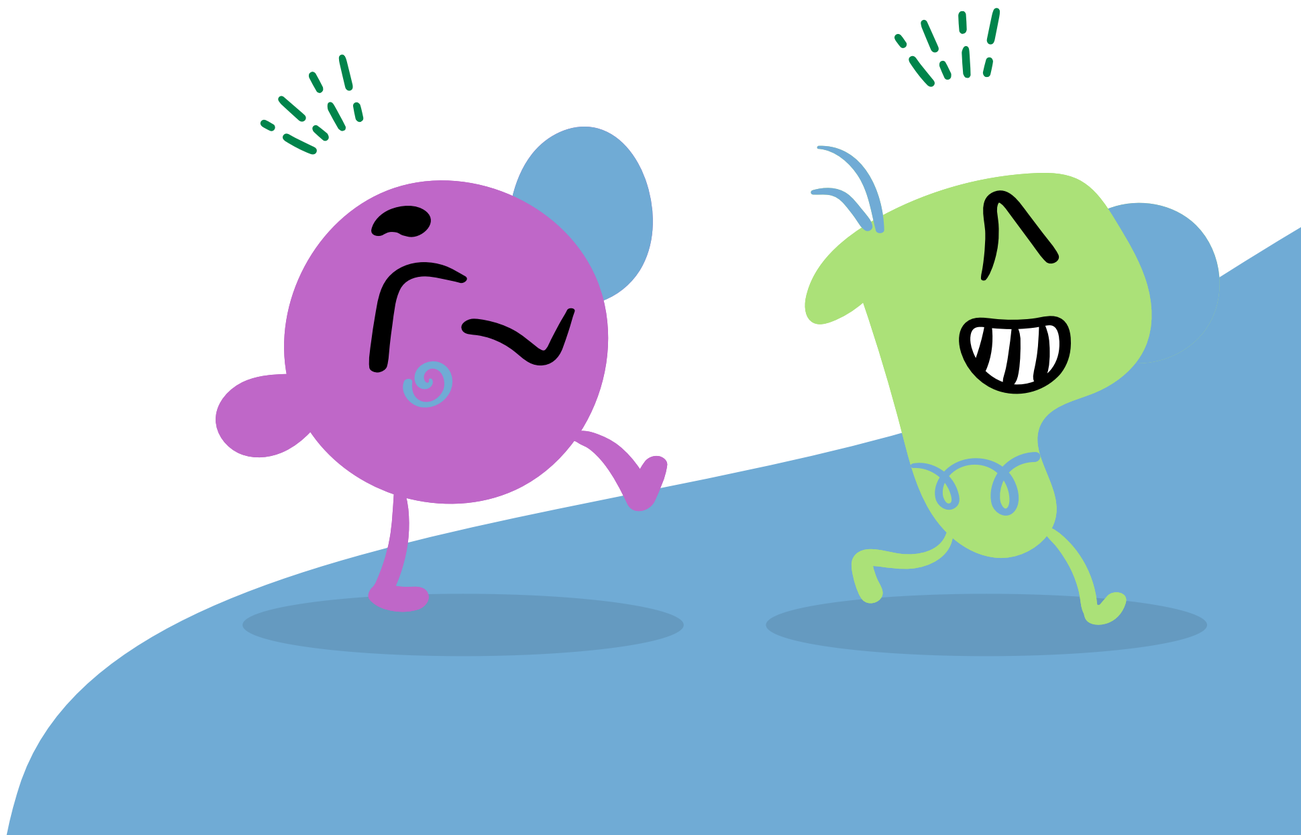
Online stress and FOMO

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.

ChildLine
0800 1111

Under Pressure

“I see a disconnect from real life connections to people, and that makes me a little worried. I do think social media is an amazing way to stay connected, to learn more things about what’s going on outside your little bubble, but sometimes I think it’s too much information.”

Selena Gomez

Are you the same person online as in the real world?

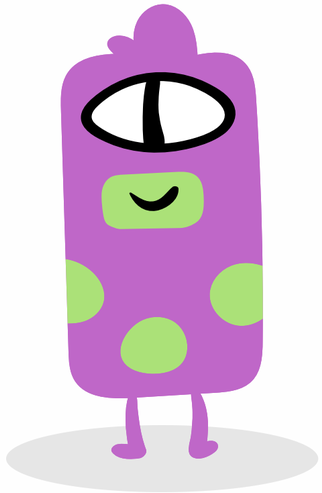
Click the pic to watch the vid

Big Question

Why is ONLINE STRESS and FOMO so closely linked to mental health?

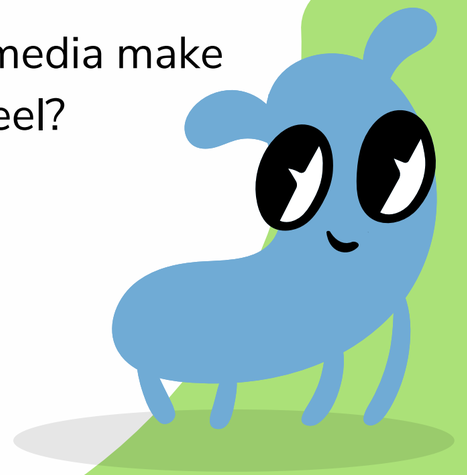
Talking points

What matters most with online friends or followers?



What are the negative sides to social media? How would you describe FOMO?

How can social media make people feel?



Click the picture to watch a useful video!

Where do we go from here?

Some top tips to help you overcome FOMO:

- Remember - you might not actually be missing out
- Have social media breaks
- Be proud to stay in!
- Be okay with not being able to do everything you see online
- Talk to someone if you feel stressed

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

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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.