

How can we keep good mental health and recognise symptoms of depression?

16/07/2026

New Vocabulary:

Mental health – like physical health, a measure of how well a person is, just in their mind instead of their body.

Depression – feeling of low mood for a period of time, leading to hopelessness and loss of pleasure in life



Explain how you could apply ideas you have learned about retaining good mental health to your own life



Describe possible ways for us to retain good mental health and how we can recognise depression



Correctly identify how depression differs from low mood

Instructions:

- 1) Write the title and date and underline with a ruler.
- 2) Read the progress questions and consider how well you can already answer any of them.

Instructions: match the mental health condition to its definition

1. Depression

2. Anxiety

3. Stress

4. Social anxiety

A. Worry and fear of social situations

B. Feeling overwhelmed, exhausted.

C. Low mood, feelings of hopelessness

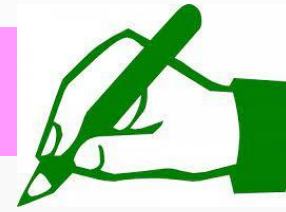
D. Sense of worry and fear

Challenge: What is the difference between mental health and mental illness?

More challenging: What do we mean when we talk about keeping good mental health? Why is this so important?



Were you correct?



1. Depression

2. Anxiety

3. Stress

4. Social anxiety

C. Low mood, feelings of hopelessness

D. Sense of worry and fear

B. Feeling overwhelmed, exhausted.

A. Worry and fear of social situations

Copy any you don't know into your books



As you watch the film, make notes in the **back of your books** that will help you remember the 5 ways to well-being

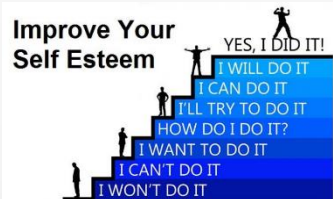


5 Ways to well-being:

Faculty of Personal and Physical Development



Create your own plan to retain good mental health in your book.
You could create a mind map with the headings 1-5.

Ways to help keep good mental health	Drawing or description of what this might look like	How I could apply this to my life
1 Diet and exercise		
2. Enhancing self esteem (pride in who you are and what you are able to achieve)		E.g. joining a club where I can build up a skill, working on something I can be proud of and get better at over time, e.g. cooking.
3. Having balance in your life (not just spending all your time on one thing, e.g. social media)		
4. Developing emotional resilience (not letting set-backs keep you from trying, having the ability to get over failures)		
5. Asking for help when you need it		



Depression affects different people in many different ways:

- It's the **absence of emotion or feeling**, a numb emptiness where you don't feel happy, sad or angry.
- Sometimes it's **a shift in your routine**, eating less or more than usual. Being less motivated, and spending more time in bed than usual yet always feeling tired.
- Using alcohol or other substances to **'self medicate'** from the 'pain'
- Sometimes you might **lose enjoyment** in things that would normally bring you happiness. You might feel there is nothing to look forward to.



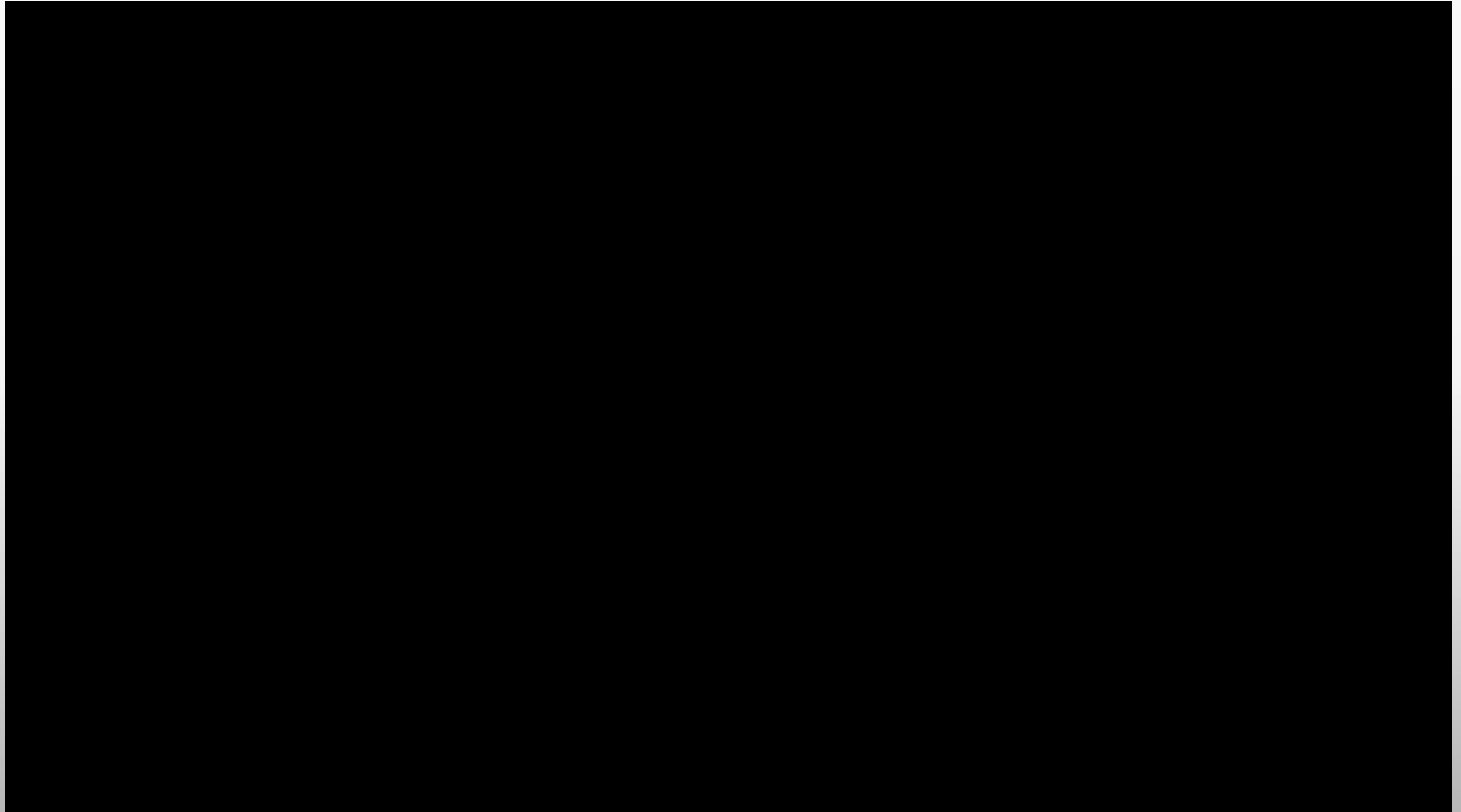
Depression affects different people in many different ways:

- Some people start 'thrill seeking' or **taking risks**, just to 'feel something'.
- You might **struggle to concentrate**, which can make working or studying hard.
- For some people, depression can feel more like **irritation or frustration**, small issues suddenly feel big.
- Experiencing depression can mean **feeling sad**, unhappy, or low, but it might also mean **losing confidence** in yourself, in other people, in the world so **withdrawing** from family and friends and avoiding social situations can be common.



Low mood and depression, what's the difference?

Copy the subheading, then as you watch the film note down signs you may notice



The word depression is sometimes misleading because a lot of the time I don't feel sad...

I can have a laugh, I can go out to the park or I can get on with things but there's just something missing.

What does depression feel like?

it was actually my boss who recognised it in me one day, pulled me into his office and just said take two weeks off

I think I was 15, I became quite withdrawn from people - I'd generally been quite sociable. I was pulling out of activities.

What helped? List strategies the people used; how many can you remember



Progress Review:

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