

Mental Health 1

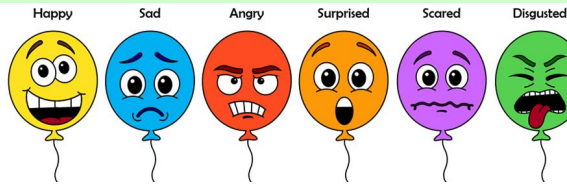
Y10 RHSE [PD] Extraction 2026+

Emotions

Calm

This is when your body and mind feel settled and steady. You might notice slower breathing and less tension.

Wellbeing clue: Activities that maintain or deepen calm are good for you, such as reading, walking, music, or quiet time. If an activity increases calm afterwards, it's supporting your wellbeing.



Frustrated

Feeling blocked, stuck, or irritated when something isn't working.

Wellbeing clue: Good activities either help problem-solve (breaking tasks down, asking for help) or release pressure (physical movement, music, taking a break). If you return clearer-headed afterwards, it helped your wellbeing.

Anxious

This feels like worry, tension, or “what if” thoughts, often with physical signs like a tight chest or restless energy.

Wellbeing clue: Activities that reduce intensity are helpful—exercise, talking to someone, journaling, or structured tasks. If you feel more grounded after an activity, it's a positive one for you.

Excited

High energy, anticipation, and positive expectation.

Wellbeing clue: Activities that use energy constructively are a good match—sports, creative projects, social events. If excitement turns into overwhelm, balance it with calming activities.

Sad

Low energy, heaviness, or feeling disconnected or disappointed.

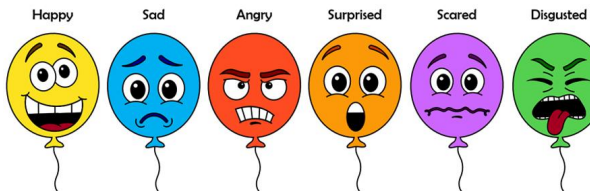
Wellbeing clue: Helpful activities are usually gentle and connecting—talking to someone you trust, comfort activities, being outdoors. If you feel slightly lighter afterwards, it's supportive.

Emotions

Content

A steady sense of “I’m okay right now,” with quiet satisfaction.

Wellbeing clue: Activities that preserve balance are best—routine tasks, hobbies, relaxing with friends. If an activity doesn’t drain you and keeps you stable, it supports wellbeing.



Overwhelmed

Too many thoughts, demands, or emotions at once.

Wellbeing clue: The best activities simplify and reduce load—breaking tasks into steps, resting, limiting distractions, or asking for support. If clarity increases afterwards, it helped.

Angry

Strong energy linked to unfairness, boundaries being crossed, or feeling disrespected.

Wellbeing clue: Healthy activities channel energy safely—exercise, writing thoughts down, stepping away briefly. If you feel less reactive afterwards, it’s beneficial.

Proud

A warm feeling of achievement or growth after effort.

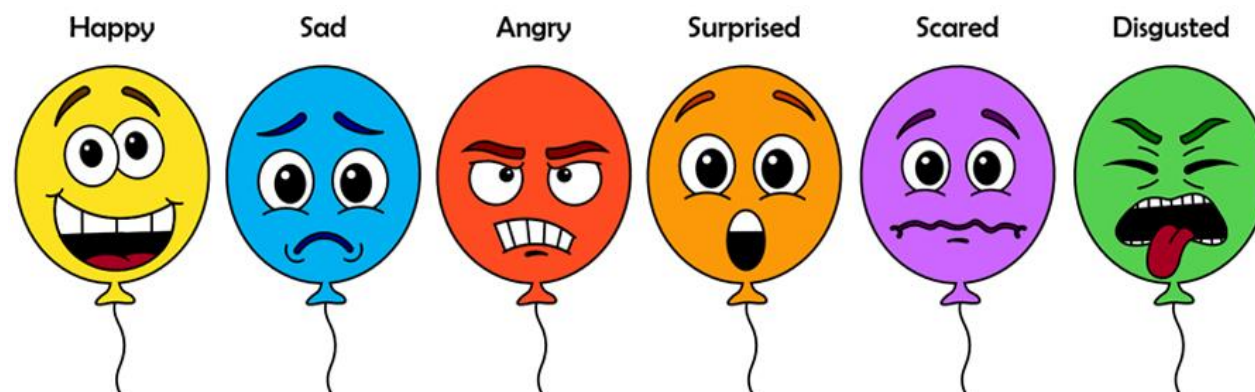
Wellbeing clue: Activities that build mastery—learning skills, completing tasks, helping others—strengthen wellbeing. If you feel capable afterwards, it’s a good sign.

Lonely

Feeling disconnected or lacking meaningful connection with others.

Wellbeing clue: Activities that increase connection are key—group activities, messaging friends, clubs, shared hobbies. If you feel more connected afterwards, it supports wellbeing.

Pull a Pose: Two students given an emotion to show. Everyone else writes which emotion they think is being modelled on their whiteboards



Importance of Being in The World

Physical activity

Regular movement (sport, walking, dancing, gym) improves mood by releasing “feel-good” brain chemicals, reducing stress, and boosting confidence and energy.

Doing activity with others (teams, classes, or walking with friends) increases motivation and enjoyment. Shared activity also strengthens friendships, which further supports mental wellbeing.

Time outside

Being outdoors reduces stress, improves mood, and helps people feel calmer and more balanced.

Spending time outside with others (friends, family, groups) adds enjoyment and reduces loneliness. Shared experiences in nature can strengthen relationships



Sleep

Good sleep helps the brain regulate emotions, improve focus, and cope with stress. Poor sleep often makes everything feel more intense and harder to manage.

Feeling safe and supported in relationships can improve sleep quality. Talking things through with others can also reduce worry that keeps people awake.

Importance of Being in The World

Community participation

Being involved in groups builds belonging, confidence, and a sense of purpose.

This is one of the strongest ways humans build wellbeing—feeling part of something bigger reduces isolation and increases identity, security, and happiness.



Acts of kindness

Kind actions improve mood, boost empathy, and increase positive emotions.

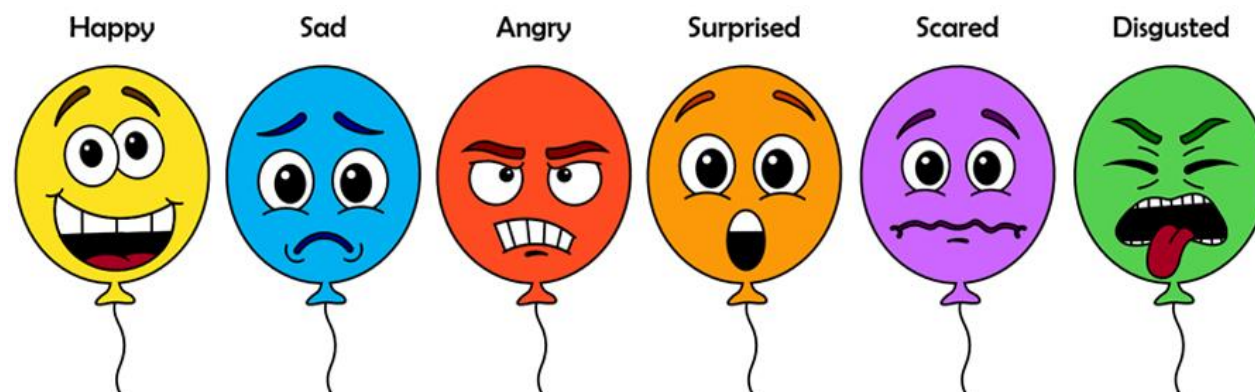
Kindness builds trust and stronger relationships. Even small actions help people feel noticed, valued, and supported—key ingredients for wellbeing

Volunteering

Helping others increases meaning, self-worth, and positive emotions.

Volunteering creates real human connection across different ages and backgrounds. Feeling useful to others strengthens social bonds and reduces feelings of loneliness.

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Normal to Worry

Worry is a normal human emotion and something everyone experiences at times. It happens because the brain is designed to notice possible problems and try to keep us safe. This “alarm system” can be useful when there is real danger or when we need to prepare for something important, like an exam.

However, the brain doesn’t always tell the difference between real threats and everyday stresses, so it can sometimes trigger worry even when we are safe. This is why people might worry about school, friendships, or the future.

Worry only becomes a problem when it is very frequent, intense, or starts stopping someone from doing normal activities. In most cases, though, it is simply a sign that the brain is trying to protect us—not a sign that something is wrong with us.

Learning to recognise worry and talk about it can help people manage it more effectively and feel more in control.



Normal to Worry

Connection with others feel harder.

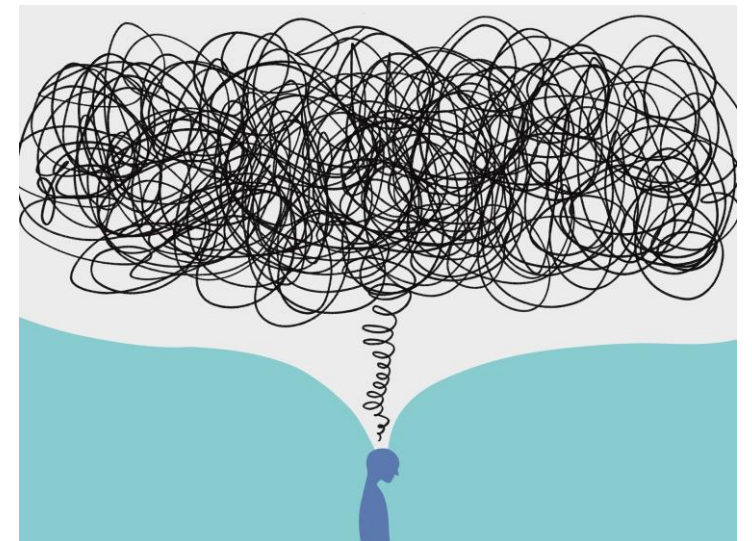
Gradual exposure often helps: gently doing small social actions even when anxious. Repeated experiences teach the brain that social situations are usually safe.

Name what is happening.

Breathing and grounding techniques can calm the body's stress response.

Challenge unhelpful thoughts

Safe, supportive relationships reduce anxiety over time.



Forms of Mental Ill Health

Common types of mental ill health

Anxiety disorders: Involve persistent worry, fear, or panic that can interfere with daily life. This is one of the most common mental health conditions in the UK, affecting millions of people.



Common types of mental ill health

Depression: Characterised by ongoing low mood, loss of interest, tiredness, and difficulty concentrating. It can range from mild to severe.

Common types of mental ill health

Stress-related difficulties: Occur when pressure becomes overwhelming, leading to irritability, sleep problems, or physical symptoms like headaches.

Common types of mental ill health

Phobias: Intense fears of specific situations or objects that lead to avoidance behaviours.

Common types of mental ill health

Eating disorders: Conditions like anorexia, bulimia, and binge eating disorder, involving unhealthy relationships with food and body image.

Forms of Mental Ill Health

More serious mental health conditions

Psychotic disorders (e.g., schizophrenia):

Can involve hallucinations, delusions, and difficulty distinguishing reality from thoughts or perceptions.

More serious mental health conditions

Severe depression or anxiety disorders:

When symptoms are long-lasting, intense, and significantly disrupt daily functioning.

More serious mental health conditions

Bipolar disorder: Involves extreme mood changes, from periods of high energy and activity (mania) to deep depression.

Prevalence and key facts

- **Mental ill health is very common**, with around 1 in 4 people in the UK experiencing a mental health problem each year.
- **Anxiety and depression are the most widespread conditions.**
- More severe conditions like psychosis are much rarer but can have a greater impact on daily life and often require specialist support.
- **Most mental health conditions exist on a spectrum**, meaning symptoms can be mild, moderate, or severe.



Gambling and Mental Health: Linking Behaviours

While some people gamble recreationally without major issues, gambling can become harmful when it starts **affecting a person's emotions, finances, relationships, or daily functioning.**

Mental health difficulties and gambling problems often influence each other in a cycle.

People experiencing stress, anxiety, depression, loneliness, trauma, or low self-esteem may use gambling as a way to escape difficult emotions or temporarily improve mood.

In the short term, gambling can create excitement, distraction, or hope, but repeated losses and loss of control can worsen mental health over time.

This may lead to increased anxiety, guilt, shame, sleep problems, relationship conflict, financial stress, and in severe cases self-harm or suicidal thoughts.



Gambling and Mental Health: Linking Behaviours

Certain gambling behaviours are linked with a higher risk of harm.

These include:

- gambling frequently**
- chasing losses**
- gambling alone**
- spending more money than intended**
- hiding gambling from others**
- relying on gambling to cope emotionally**



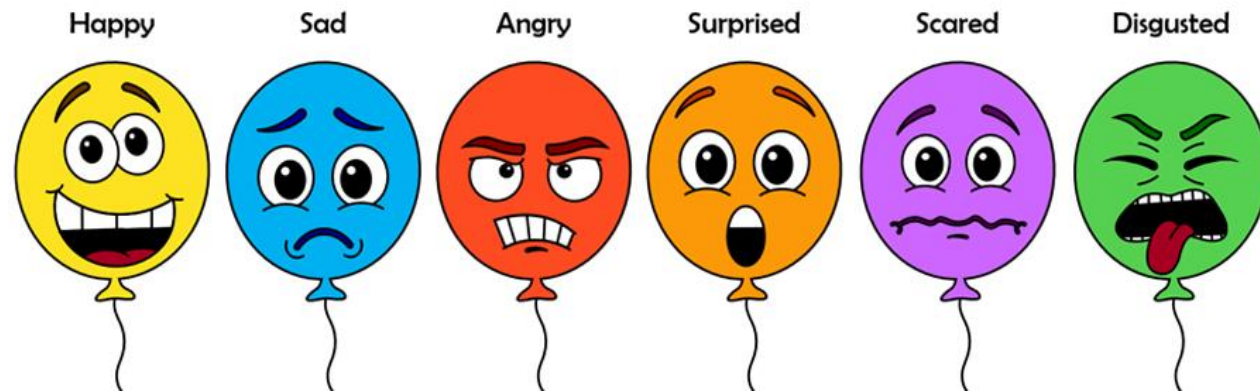
Research also shows that some gambling products are more likely to cause harm than others.

Fast-paced and continuous forms of gambling such as online slots, casino games, electronic gaming machines, and in-play sports betting are associated with higher levels of addiction and financial harm.

These products often provide rapid rewards, constant availability, and immersive features that can encourage longer play and loss of control.

In contrast, lower-frequency gambling activities, such as occasional lottery play, generally carry a lower risk of harm for most people.

Pull a Pose: Two students given an emotion to show. Everyone else writes which emotion they think is being modelled on their whiteboards



There is a strong connection between gambling, alcohol use, drug use, and mental health.

People experiencing anxiety, depression, stress, trauma, loneliness, or other mental health difficulties may turn to gambling, alcohol, drugs, or smoking as a way to cope or escape difficult emotions.

While these behaviours may provide short-term relief or pleasure, they can worsen mental health over time and contribute to dependency, financial problems, relationship difficulties, and physical health issues.



Alcohol / Drug Use and Mental Health: Linking Behaviours

Alcohol and drugs can reduce impulse control and impair decision-making, making risky gambling behaviours more likely.

Similarly, gambling environments are often linked with alcohol consumption, which can encourage people to spend more money or continue gambling for longer than intended.

Some individuals may also use stimulants or substances to stay awake while gambling online or to manage stress caused by gambling losses.

This can create a harmful cycle where mental health difficulties, substance use, and gambling problems reinforce one another.

Alcohol / Drug Use and Mental Health: Linking Behaviours

Binge drinking
Regular drug use
Gambling while intoxicated
Chasing losses
Hiding behaviours from others
Relying on substances or gambling to manage emotions
...are often linked.

People with:

Existing mental health conditions
Financial pressures
Trauma histories
Social isolation

...may be particularly vulnerable.

Smoking is also closely linked with mental health. Many people believe smoking reduces stress or anxiety, but nicotine dependence can actually increase feelings of tension and low mood between cigarettes.



Device Use and Mental Health: Linking Behaviours

There is a growing body of evidence linking excessive device use and poor mental health, particularly among young people and frequent users of smartphones, social media, gaming platforms, and online content.

Digital devices can provide many benefits, including communication, entertainment, learning, and social connection, but unhealthy patterns of use can negatively affect emotional wellbeing, relationships, sleep, and daily functioning.



People may turn to devices and online spaces to escape:

Stress
Loneliness
Anxiety
Boredom
Low mood

Social media, gaming, and constant online engagement can provide short-term distraction or feelings of reward, but excessive use may contribute to:

Increased anxiety
Low self-esteem
Poor concentration
Sleep disruption
Social withdrawal
Depressive symptoms

Comparing oneself to others online, exposure to harmful content, cyberbullying, or feeling pressure to always be available can also negatively impact mental health.

Device Use and Mental Health: Linking Behaviours

Certain device-related behaviours are linked with a higher risk of harm.

These include:

- Spending excessive time online**
- Compulsively checking notifications**
- Using devices late at night**
- Prioritising screen time over sleep or relationships**
- Relying on devices to cope emotionally**

Problematic gaming or social media use may lead to:

Reduced physical activity

Isolation

Difficulties at school or work

Increased emotional distress



Device Use and Mental Health: Linking Behaviours

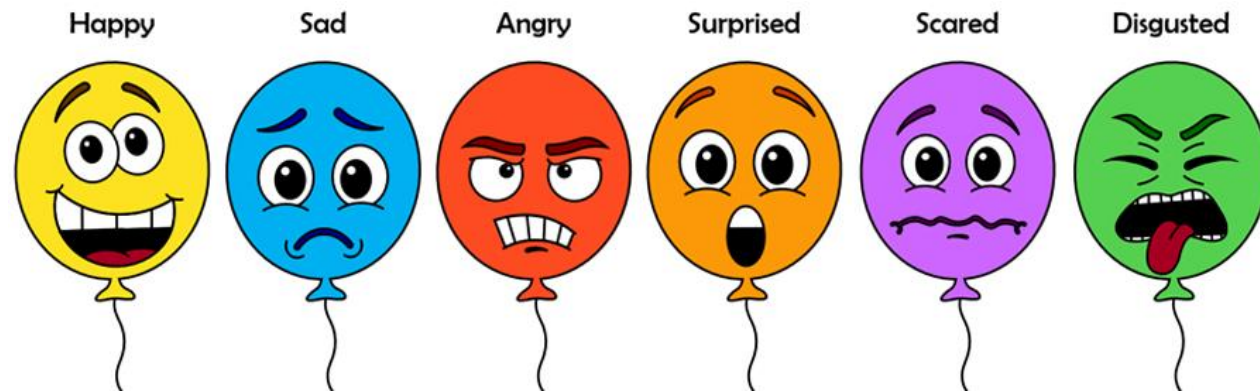
Sleep is particularly affected by excessive device use, especially before bedtime.

Poor sleep is strongly linked to anxiety, low mood, irritability, and reduced emotional resilience.

Reducing screen time, setting boundaries around device use, taking breaks from social media, improving sleep habits, and increasing face-to-face social interaction and physical activity can all support better mental health.



Pull a Pose: Draw an emoji to represent great mental health in your book. Now add three ways you can help to make this a reality for yourself.



Faith-Based Views on These Areas

Christianity

Christianity does not universally ban gambling, but many Christian groups discourage or oppose it because of the risks of greed, addiction, exploitation, and financial harm. Christian teachings often emphasise stewardship, honesty, generosity, and caring for others rather than seeking wealth through chance.

“For the love of money is a root of all kinds of evil.” 1 Timothy 6:10

“You cannot serve both God and money.” Matthew 6:24

Some Christian denominations, including parts of the Methodist and evangelical traditions, strongly oppose gambling because they believe it can damage families and encourage unhealthy attitudes towards money. Other Christians may see small-scale or occasional gambling, such as charity lotteries or raffles, as acceptable if done responsibly and without causing harm.

Islam

Islam generally prohibits gambling completely.

Gambling is considered haram (forbidden) because it is believed to create addiction, financial injustice, conflict, and distraction from faith and responsibilities. In Islam, wealth should be earned through honest work and ethical trade rather than games of chance.

The Qur'an states:

“O you who believe! Intoxicants, gambling, idols and divining arrows are an abomination of Satan's handiwork, so avoid them so that you may be successful.” Qur'an 5:90

Islamic teachings emphasise self-control, fairness, charity, and protecting society from harmful behaviours. Because gambling can lead to debt, family problems, and exploitation, most Islamic scholars strongly discourage all forms of gambling.

Citizenship Views

Mental Health in the UK Survey 2024

- More than 1 in 5 adults in England (22.6%) now experience a common mental health condition such as anxiety or depression.
- Around 1 in 4 young people aged 16–24 (25.8%) have a common mental health condition. This has increased significantly since 2007.
- Young women are particularly affected. Around 36% of women aged 16–24 were found to have a common mental health condition.
- Around 1 in 4 adults report having experienced suicidal thoughts at some point in their lives.
- NHS data shows millions of people are receiving support for mental health difficulties, including around 7 million people prescribed antidepressants in just one three-month period in England.

Device Use and Screen Time

A major review involving over 292,000 children worldwide found links between increased screen time and higher levels of:

- Anxiety
- Depression
- Aggression
- low self-esteem

Research found that children and teenagers using screens for 4 or more hours daily had increased risks of anxiety, depression, behavioural problems, and ADHD symptoms.

UK adults now reportedly spend around 7.5 hours per day on screens, often more than they spend sleeping. Poor sleep linked to late-night screen use is strongly associated with:

- low mood
- Irritability
- reduced concentration
- increased stress and anxiety