

Mental Health Questions: Mental Health Maze

- What does the lime green ribbon symbolize?

Lime green is the national colour for mental health awareness. Wearing the ribbon is a simple way to show our collective support for mental health!

- How much sleep should we aim to have each night?

7 to 9 hours

- Does Mental Health affect everyone?

Yes. Just like physical health, we all have mental health, and this can fluctuate throughout our life – sometimes it is good, sometimes it is bad. The important thing is to look after it and to talk to someone you trust if you are struggling.

- What are the 5 NHS winning ways to wellbeing?

Connect, give, take notice, keep learning, be active.

- Suggest two things that could improve your mental wellbeing?

Talking to someone / Getting enough sleep / Exercise / Healthy eating / Hobbies / Doing things you enjoy – music, art.

- Give 2 reasons why students do not want to use mental health services.

Fear of bullying / Worrying what people think / Embarrassment / Not knowing what to say / Fear of being judged / Don't think they need help / Believe they can sort out own problems / Don't believe services will help.

- How much water should you drink each day?

6 to 8 cups

- What is resilience?

Resilience is the ability to overcome challenges, adapt, and keep going after something difficult has happened in your life. Resilience is a feature of positive mental health

- What can exercise do for your mental health?

Exercise not only benefits your physical and mental health, but it also improves your overall mood and happiness as well. When you exercise, endorphins (a feel-good chemical) are released in the brain, leading to an overall more positive mood. Exercise can also lead to a boost in self-esteem and self-confidence.

- What can have a negative impact on your mental health?

Smoking, substance misuse and gambling can contribute to poor mental health. Equally, poor mental health can lead to these behaviors.