

# *Learn for Life*



*Coping with your Mental Health  
During Online Learning*

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## What is this for?

This is an activity pack for you to go through to help you to understand mental health and why it is important to look after your own



It is **okay** to feel **sad**, anxious, scared, **angry**, worried, or **stressed**. These feelings are what we call **negative feelings**, and everybody will feel them at some time in their life.

There are some helpful tips to help you cope with your mental health and cope with learning online.

You will find some short exercises that can help you when you are feeling worried or anxious during online learning.

**REMEMBER:** do not be afraid to ask for help with your mental health if you need it!!

# Mental Health

It is important to know that you are NEVER alone. There are lots of people that can help you if you are finding it hard to cope with anything.

Firstly, take a moment to think.

How are you feeling about learning from home?

I am feeling .....

Whatever you are feeling, it is NORMAL. We are all going through this together.

Here are some top tips to help you look after your mind and your mental health

1. Challenge any **negative thoughts** you have and turn them into **positive thoughts**
2. Surround yourself with **positivity** and things you love
3. Fill your life with **positive, kind, and loving people**
4. Do not be afraid to **talk** to people about your feelings

There are lots of places and people you can talk to about your mental health if you are worried, like these:



You can visit their website: [www.mind.org.uk](http://www.mind.org.uk)

Or you can call them: 0300 123 3393

You can talk to them about your mental health and how you are feeling, they are open Monday to Friday from 9am to 6pm



You can visit their website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

Or you can call them: 116 123

This is a free 24 hour helpline; you can call them at any time and talk to them about anything that is worrying you or making you feel anxious and they can help you

Talking to people about your feelings can be very scary and you might feel anxious about this, and this is okay!

**STOP and THINK!**

What can you do to help you calm yourself down when you are feeling anxious?

You might find this breathing exercise helpful

3 steps to calming yourself down

1. Breathe in through your nose for 4 seconds
2. Hold for 7 seconds
3. Breathe out through your mouth for 8 seconds

Repeat these steps 4 times

OR

You might find that talking to a friend or a family member will help you calm down

Here are some things you can use to help you when you are talking about your feelings

1. I am feeling ..... and I would like to talk about it
2. I think I need to talk about my mental health. I have been feeling .....

## Things to remember

1. It is okay to feel anxious or worried sometimes, talking about what is worrying you will help you.

*“A problem shared is a problem halved!”*

2. Friends and family can help you when you are feeling negative about something
3. Try to surround yourself with things and people that make you feel happy
4. Do not push yourself too much if you think it is going to upset you or worry you
5. Try the breathing exercise when you are feeling anxious, it can help you to calm down
6. Keep learning
7. Take notice of the space around you, and things you can see, taste, smell, touch and hear
8. Connect with other people
9. Be active

# Online Learning

Over the last few months, we have all been learning online because of the **COVID-19 PANDEMIC**. This means that we are learning from our home and this might be a bit difficult for some of us.



STOP and THINK for a moment

What makes it difficult for you to take part in learning online?

1. ....
2. ....
3. ....

Here are some things that make learning online difficult for us:

1. Wi-Fi connection
2. Finding a comfortable space to work in
3. Having children that we have to look after
4. Having families around that disturb us
5. Feeling anxious about having our cameras on

6. Getting distracted by something we can hear or see in the background

These are all things that might make online learning hard for us, but there are ways that we can help ourselves to overcome these **BARRIERS TO LEARNING**.

STOP and THINK for a moment



Can you think of 5 barriers to your learning?

1. ....
2. ....
3. ....
4. ....
5. ....

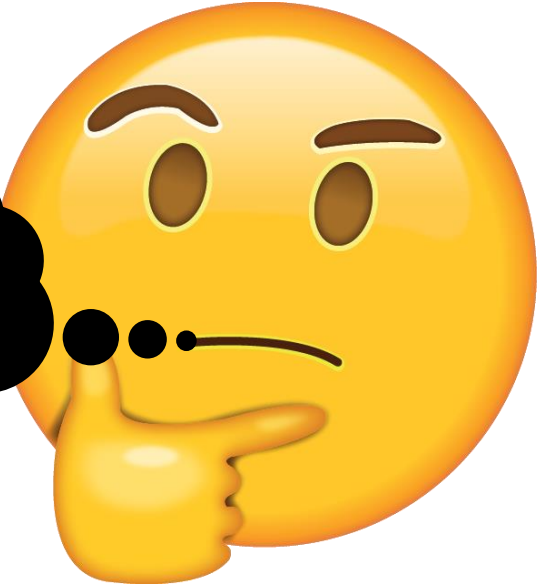


Find a space where you are comfortable. Make sure there is a window nearby so you can get some fresh air whilst you are learning

Ask your friends or family around you not to distract you whilst you are working

Create a to-do list with all the pieces of work you need to do before your next class

Make sure you have plenty of supplies, like pens, paper, a ruler, pencils



How can I cope with learning from home?

Make sure there are no distractions around. Leave your mobile phone in a different room if you do not need it for your classes and do not have any music or TV on whilst you are working