

# Children's Mental Health Week

## Understanding Ourselves

The more we can understand about ourselves, the easier it will be to tackle the challenges that life throws at us. Understanding ourselves is called self-awareness. This includes knowing what we are good at, what we find challenging, what makes us happy or sad, what we are afraid of and what we are looking forward to. As we learn more about ourselves, it becomes easier to make connections with other people. This is essential for forming good relationships throughout our lives.



## Recognising and Expressing Emotions

We feel a wide range of emotions in everyday life. It is helpful if we can recognise what emotions we are feeling in a situation, especially one that is challenging for us. We can try to consider why we might be feeling these emotions and how they may affect our behaviour. It is important that we can talk about how we feel with other people. This helps us to understand one another and to understand how emotions are affecting the situation. If we express and share how we feel, this can help us find healthy ways to respond to difficulties.

## Setting Goals

One way we can understand ourselves and others better is to talk about what we think we can achieve and what we would like to do in our future. The future can mean something that will happen quite soon, so goals can be short-term, or something that may be a long way off, which would be a long-term goal. Talking about our hopes and dreams helps us to express what is important to us and what we care about.



## Actively Listening

In order to understand each other, it is important that we actively listen to what others say. This means that we think carefully about what they are saying and show that we understand by responding in ways that are relevant and thoughtful. We can ask questions too, to show people we care about what they are saying and to find out more about how they feel. In order to understand and grow ourselves, we can make sure we take part in conversations like this with other people and try hard to clearly express how we feel.