

To complete the  
comprehension  
activities.

Friday 22<sup>nd</sup> January 2021



**What is mental health?**

In the same way that physical health is about the body, mental health is about the mind.

Someone's mental health is the measure of how they think and feel. Good mental health suggests that people can think clearly and cope well with their emotional states. It also suggests that they are aware of the way they behave and can usually control it. Many people believe that mental health is also a measure of happiness.

The 21st century has seen a significant rise in mental health problems being reported, especially by young people.

**What are mental health problems?**

Mental health problems can affect anyone, at any stage of their life – and, more often than not, they creep up on people. They can significantly affect people's moods and actions before people realise it.

Mental health problems can be inherited and they can be the result of a physical health problem. Many arise as a result of stress or emotional trauma such as a death, repeated abuse or an experience of violence. In 2018, one survey found that 74 per cent of people went through periods when they felt stressed they were overwhelmed or unable to cope.

It is also believed that lifestyle factors such as diet, levels of exercise and social encounters can affect a person's mental health.

**What defines a mental health disorder?**

Many of the feelings associated with mental health disorders also occur commonly and naturally. For example, you may feel nervous before a test – but tests are logical causes for worry. When thoughts or feelings become a persistent problem they may be related to a mental health disorder.

The following are just a few of the many mental health problems that affect people.

Anxiety is a feeling of intense or prolonged fear or panic. In 2013, there were 8.2 million reported cases of anxiety in the UK. One in six young people reported experiencing it.

Anorexia and bulimia are eating disorders. Sufferers tend to worry about their weight to an unhealthy extent and persist in trying to lose weight. Girls are ten times more likely than boys to develop eating disorders.

Depression is a condition defined by extremely low mood and can also cause people to avoid activity. Depression is one of the most common mental health disorders reported.

Obsessive-compulsive disorder (OCD) can trigger relentlessly repeating thoughts, images or feelings. Sufferers may repeat actions over and over, for example washing their hands.

**Who can help with mental health problems?**

Treatment is available for the mind, just like for the body. If you have questions or concerns about your mental health, some advice is available online from charities such as Mind. However, the first and most important step to take is to speak to someone you trust. You should then contact your regular or local doctor. Doctors have access to specialist mental health services and can refer patients so they receive the most suitable help.

**How can we improve our mental health?**

We should take care of our mental health as much as our physical health. There are many simple things that can be done to boost mental wellbeing.

- Make time for friendships. Shared experiences stop people feeling isolated and alone.
- Exercising your body will help your mind. Exercising releases natural 'happy' chemicals called endorphins. Endorphins fight stress and can relieve depression.
- Get out into nature. Fresh air, vitamin D from the sun and gentle exercise are all proven to lift moods. Even plants and animals in people's homes can help.
- Talk about your mental health. Many people, especially boys and men, are taught that discussing feelings is a sign of weakness. The opposite is true.



Read the text and make sure you understand the language within it.

**You are using this text for 2 days!**



Circle the correct answer for each of the following questions.

Which century has seen a significant rise in mental health problems being reported?

19th century

20th century

21st century

22nd century

Which of the following is a mental health problem that is characterised by an intense feeling of fear or panic?

anxiety

anorexia

depression

bulimia

Which of the following is a mental health problem that is characterised by extreme low mood?

anorexia

depression

OCD

depression

Which of the following is a mental health problem that is known as an eating disorder?

anxiety

bulimia

OCD

depression

In which year were 74 per cent of people stressed and unable to cope?

2016

2017

2018

2019

Who can direct you to specialist mental health services?

nurses

teachers

parents

doctors

Which of the following can help your body to release natural 'happy' chemicals?

diet

exercise

massage

talking

Where can you get vitamin D from?

plants

exercise

sun

food

Which of the following is a mental health charity?

Heart

Health

Happy

Mind

Which of the following is a mental health problem that is characterised by repeating thoughts?

anxiety

bulimia

OCD

depression

## Task 1: Multiple choice

If writing in book, copy questions and write correct answer.

TRUE OR FALSE

Read the sentences. Put a tick in the correct box to show which sentences are *true* and which are *false*.

Mental health is all about a person's emotional wellbeing.

True  False

Mental health affects how we feel and think.

True  False

The 21st century has seen a rise in reported mental health problems.

True  False

Mental health problems only affect adults.

True  False

Mental health problems are sometimes linked to stress.

True  False

In 2018, 47 per cent of people felt so stressed they couldn't cope.

True  False

Anxiety is an eating disorder.

True  False

Anorexia is ten times more likely to affect boys than girls.

True  False

Anxiety is a feeling of fear or panic.

True  False

One in six adults experience anxiety at some point.

True  False

Anorexia is a problem where you tend to worry about your weight.

True  False

There were 8.2 million cases of anxiety in 2013.

True  False

Depression is a very common mental illness.

True  False

Depression is where you have repeating thoughts.

True  False

People with OCD may repeat actions.

True  False

Task 2: true or false?

If writing in book, write the statement and complete with true or false.



# Answers on next slide

Please do not use answers unless you are finished!

## MULTIPLE CHOICE

21st century  
anxiety  
depression  
bulimia  
2018  
doctors  
exercise  
sun  
Mind  
OCD

## TRUE OR FALSE

- |          |           |
|----------|-----------|
| 1. True  | 9. True   |
| 2. True  | 10. False |
| 3. True  | 11. True  |
| 4. False | 12. True  |
| 5. True  | 13. True  |
| 6. False | 14. False |
| 7. False | 15. True  |
| 8. False |           |

