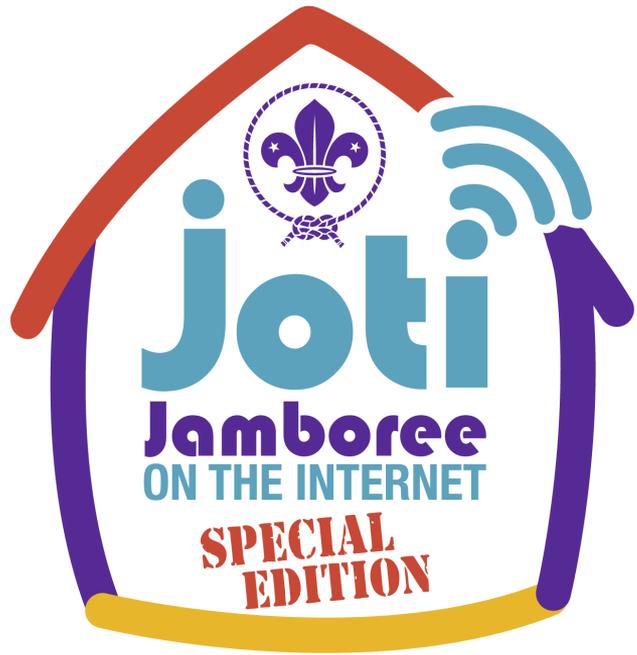




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# Mental Health Matters

**Jay Thompson (UK)**  
@ThompsonTravels  
#JOTI #TogetherAtHome



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## Welcome

- **What is mental health?**
- **How can I cope during COVID-19?**
- **Helpful tools and strategies**
- **Summary and time for questions**



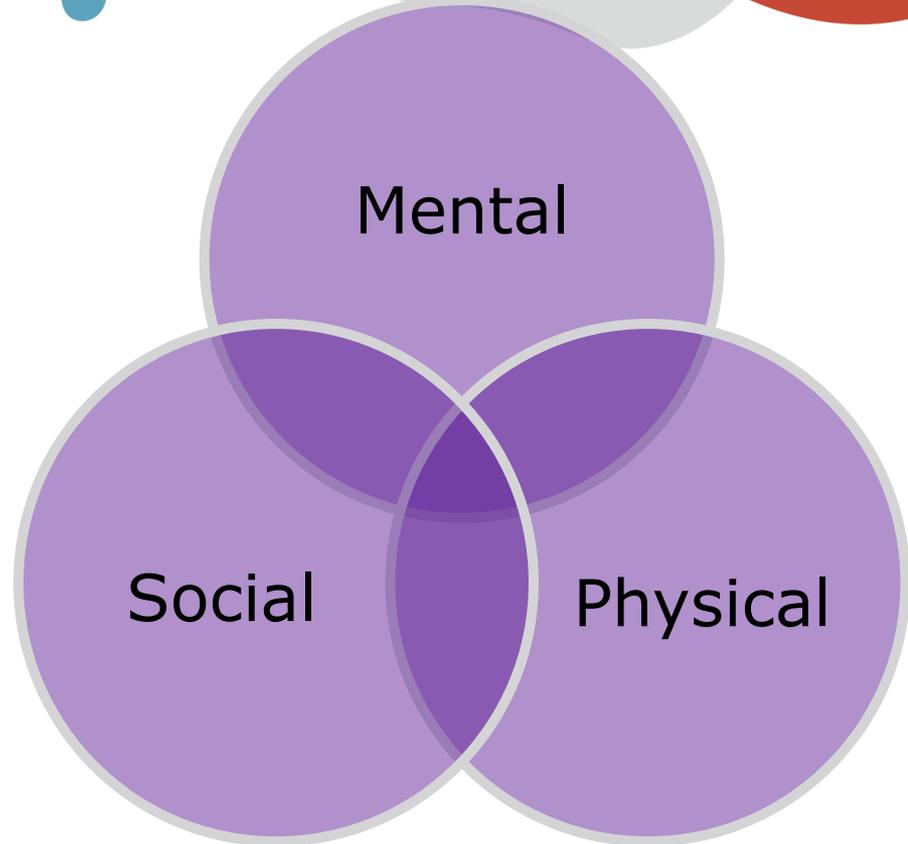
## Before we start...

- Mental health can be difficult to talk about.
- Your safety and wellbeing is really important.
- We won't be talking about specific difficulties like depression, suicide or anxiety in detail due to the length and nature of this session but please do access the resources after.
- Remember your Scout values and be kind in your communication about this subject.
- We all have different ideas and opinions on this topic, respect difference but also be open to different points of view.



## What is health?

- We all have health. Sometimes we are well and healthy and sometimes we are unwell.
- Health is mental, physical and social.



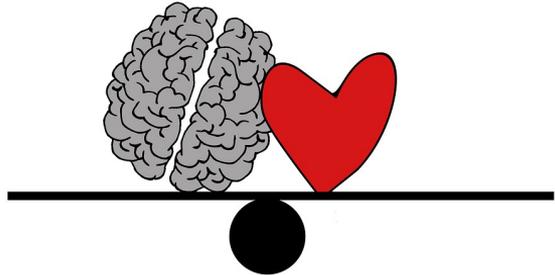


## What is mental health?

“Mental health is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community” (WHO)



## Mental health is...



- About how we think, feel and behave
- How we see ourselves and the world around us
- Something we experience everyday

**Just like physical health, we all have mental health**



## Mental Health & Scouting

### Do you think being a Scout is good for your mental health?

- Scouts are 15% less likely to have a mood disorder over their life time.
- A recent study found that Scouts are also 7% more resilient than non-scouts and scored 9% more on belongingness.
- Mental Health is also part of the Sustainable Development Goals!

**3** GOOD HEALTH  
AND WELL-BEING





## How can I cope during COVID-19?

- This will affect all of our us physically, socially and mentally.
- It's okay not be okay no matter what your situation is
- As Scouts we can help others, but we also need to help ourselves





## Top tips

- Focus on what I can do right now
- This is a new normal for us all. It will take time to adjust.
- Take time out. It's OK to not do everything at once or follow what everyone else is doing on social media. Try to find time to relax.
- Enjoy nature as much as possible in your circumstances.
- To look after our mental health we need to look after our physical health too.





## Do things that are meaningful to you

### Achievement

- Badges
- Awards
- School or education work
- Online courses
- Help others

### Closeness

- FaceTime friends
- Do activities together
- Talk about how you're feeling
- Listening to others

### Enjoyment

- Watch your favorite films
- Do self-care
- Hobbies & interests
- Play games
- Eat good food

- Top tip: Look at the **Great Dream Model** from **Action for Happiness**



## Listening to others (and yourself!)

- Take time to listen to others, we are in this together
- You don't have to make things better or 'solve' the difficulty. Start by asking them how they feel. Listen to them, don't jump in with your own opinions
- Accept what they have to say as their truth
- Don't try and turn everything into a positive. Accept things are hard and tricky.



**Stress, life events or changes**



**Coping skills & activities**

## The stress bucket tool



## The STOPP tool

- **S** – Stop, if you're caught up in worries and getting more and more anxious then pause.
- **T** – Take a few breaths, focus on breathing out slowly, in and out. Steady slow breathing.
- **O** – Observe, what am I reacting to? What is going on around me? Am I safe right now?
- **P** – Pull Back, is this worry important? Can I do something about it right now? What is another way of looking at this situation? This feeling will pass.
- **P** – Practice what works, when I feel anxious, worried, sad or overwhelmed what normally helps? What is the best thing I can do to look after myself right now?



## Coping with loss

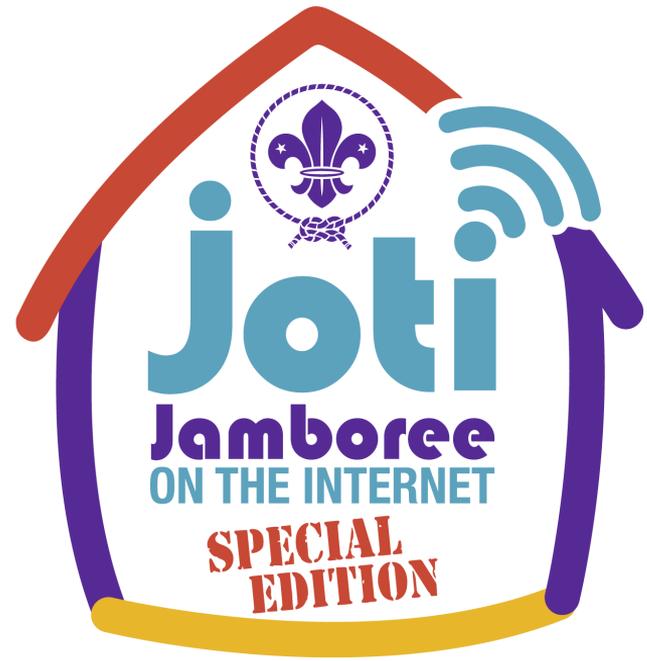
- Take your time, there is no right or wrong way to grieve.
- Try and talk about your thoughts and feelings with someone you trust.
- Seek out support from local charities and organizations.



## Summary

- We all have mental health, and some tools to look after it
- We are in difficult and challenging times. As Scouts, we need to look after our own mental health and support others.
- Scouts can create a better world by promoting mental health awareness and supporting others in an empathetic way.





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