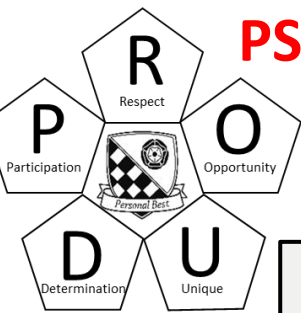


# PSHCE Knowledge Map – YEAR 10



## HEALTH & WELL BEING

**Key words**  
Mental health, emotional wellbeing, wellness, healthy/unhealthy coping strategies, reliability

**What are the 4 types of mental health?**  
mood disorders (such as depression or bipolar disorder) anxiety disorders. personality disorders. psychotic disorders (such as schizophrenia)

**Anxiety Disorders**  
Anxiety is an evolutionary and survival mechanism which is often linked to the flight or fight response. The brain responds to a perceived threat or danger by releasing stress hormones such as adrenaline and cortisol which cause the physical symptoms of anxiety. Once the threatening situation has stopped, the body will usually return to normal. But if someone has an anxiety disorder these feelings of fear and danger can be ongoing and interrupt their daily routine long after the threat has gone. They can make them feel like things are worse than they actually are

**General Anxiety Disorder** is a long-term condition that causes a person to feel anxious about a wide range of situations and issues, rather than a specific event. People with GAD feel anxious most days and often struggle to remember the last time they felt relaxed. As soon as 1 anxious thought is resolved, another may appear around a different issue.

**Social Anxiety Disorder**, also called social phobia, is a long-lasting and overwhelming fear of social situations. Social Anxiety is more than shyness. It's an intense fear that does not go away and affects everyday activities, self-confidence, relationships and work or school life.

**Things to Remember**

- Everyone experiences stress and anxiety at points in their lives.
- Only a Doctor or Mental Health Professional can diagnose Chronic Stress or an Anxiety Disorder.
- There are treatments available and coping mechanisms.
- Having a stress or anxiety disorder is not a sign of weakness and is more common than people think

### The Importance of Self Care

At times people may feel guilty for spending time on themselves. But it's essential for mental wellbeing and can help people to be more resilient. Some self care techniques include

- Doing something you enjoy
- Relaxation techniques
- Get outdoors and fresh air
- Exercise
- Mindfulness

If someone is living with a mental health problem, taking steps to look after their mental health can help you improve your wellbeing.

Strategies can include:

- Knowing triggers and warning signs
- Keeping a mood diary
- Building your self esteem.
- Talking to someone

Define: **Mental Illness**

Mental illnesses comprise of a broad range of problems, with different symptoms. However, they are generally characterized by some combination of abnormal thoughts, emotions, behaviour and relationships with others.



**Hampshire and IOW CYP Crisis Line**  
Monday, Tuesday, Wednesday and Thursday 3:00pm to 8:30pm

Telephone support for Children and Young People aged 8 – 17 years old

Who are experiencing mental health crisis and living in Hampshire or the Isle of Wight

Immediate access to...

- One to one confidential emotional support
- Advice on healthy coping skills and resources
- Signposting to useful apps and websites

Freephone: 0300 303 1590 Starting 4th May 2020