Year 10 Personal Development Unit I: Mental Health

What will I learn about this term?

This term I will study Mental Health. I will learn to identify common Mental Health conditions such as stress, anxiety and depression. I will learn about the link between my mental health and my physical wellbeing. I will learn about coping mechanisms and how my actions and behaviour can impact the mental health of the people around me.

Key Words	Meaning
Mental Health	Mental health refers to our emotional, psychological, and social well-being
Physical	Our Physical wellbeing is our biological health and covers everything from illness and disease to diet, hydration and lifestyle.
Wellbeing Biological Factors	A biological factor is something about our body that effects our mental health, such as genetics, immune system or our physical health.
Social and Environmental Factors	A social or environmental factor is an external factor that effects our mental health such as bullying, friendship groups or money worries.
Psychological Factors	A psychological factor is a factor in our brain chemistry that effects our mental health such as our self-esteem, our attitudes or our temperament.
Mental Health Condition	A mental health condition is a clinically significant disturbance in a persons cognition, emotional regulation or behaviour.
Stress	Stress is the bodies response to pressure. Stress can have many different symptoms including irritability, lack of focus and tiredness.
Anxiety	A feeling of unease such as worry or fear that can be mild or severe.







