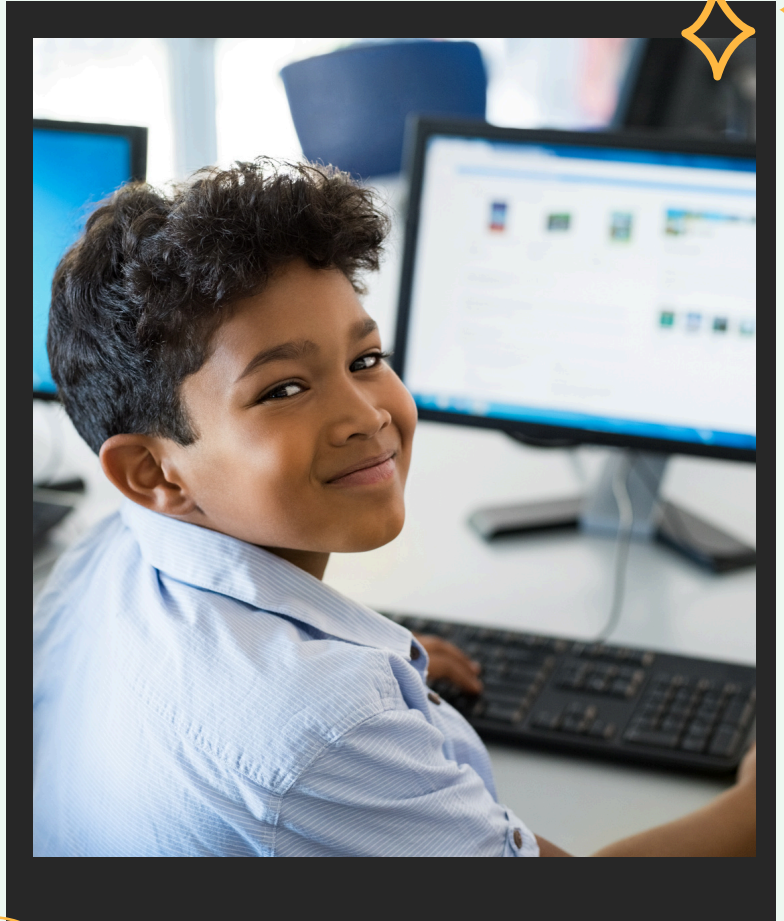


This month's wellbeing edition is linked to Men's Health Month: A focus on boy's/men's mental health

Improving boys' mental health involves fostering environments that promote emotional expression, support, and self-care. Encouraging open communication about feelings and emotions from a young age helps boys develop healthy coping mechanisms and resilience.

Providing access to mental health resources, such as a walk and talk, physical activity, healthy eating habits, and adequate sleep can positively impact their overall well-being. Challenge harmful perceptions around males being 'mentally strong' and 'logical' as protection to mental health problems.

We are human beings with a set of non-negotiable basic needs, which if we are deprived of can lead to our bodies signalling us to change course. In some cases these signals can be anxiety or depression. Help our boys thrive emotionally and lead fulfilling lives by helping them meet need and unhelpful perceptions.



Top Tips this Month

Here are some more tips to support boys' mental health:

Educate about Mental Health. Normalise Mental Health Discussions: Make mental health a regular topic of conversation in your home. This can help reduce stigma and encourage open dialogue.

Provide Resources. Make sure your child knows about resources available for mental health support, such as school counsellors, suitable websites, helplines, and local social support.

Build Resilience. Encourage Problem-Solving Skills and help your son develop strategies for coping with challenges and setbacks. Teach the, to view mistakes as learning and part of every day life.

Praise Effort Over Outcome. Focus on praising your child's efforts and perseverance alongside achievements. This can build a growth mindset.



"Useful Website!"

In recent years, there has been a growing conversation about mental health in the mainstream media. And in part, you could put that down to the power of celebrity. One effect of this seems to be that it gave us all permission to look at ourselves and acknowledge that "it's okay not to be okay."

This might not seem such a revelation for girls and women. After all, it's clear from watching children play and interact that girls are socialised to talk about how they feel and what's going on for them. However, in contrast, boys have been less inclined to communicate how they feel. It's just that it might take more of a keen eye as opposed to a keen ear. Boys and men in our society are just now creating spaces where they feel comfortable talking about "what's the deal".

USEFUL APP OF MONTH:

Chillpanda

Suitable for age: 6-12 years
(can also benefit over 12s)

Learn to relax, manage your worries and improve your wellbeing by measuring your heart rate and following tasks to suit your state of mind. It helps children and their parents and carers understand different emotions, and introduces skills to help regulate these including breathing techniques and calming games.

**"A LITTLE NONSENSE NOW AND THEN, IS
CHERISHED BY THE WISEST MEN." - ROALD
DAHL**



"Book of the month!"

**How to Grow Up and Feel
Amazing!: The No-Worries Guide
for Boys**

What does it mean to be a boy? What is life really like for boys. Growing can be a real minefield! So I've put everything I've learned both from my career as an NHS doctor and my own life experiences into this twenty-first century guide to being a boy.

