

RELATIONSHIPS

Overview	Key Vocabulary
<p>Relationships</p> <p>In this unit I will:</p> <ul style="list-style-type: none">• Know that it is important to take care of their own mental health• Know ways that they can take care of their own mental health• Know the stages of grief and that there are different types of loss that cause people to grieve• Know that sometimes people can try to gain power or control them• Know some of the dangers of being ‘online’• Know how to use technology safely and positively to communicate with their friends and family	<p>Stigma— when someone sees you in a negative way because of your mental illness.</p> <p>Mental health— a person’s condition with regard to their psychological and emotional well-being.</p> <p>Anxiety— Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe.</p> <p>Grief— deep or intense sorrow or distress</p> <p>Denial—A denial of something is a statement that it is not true, does not exist, or did not happen.</p> <p>Despair— the complete loss or absence of hope.</p> <p>Acceptance— the action of consenting to receive or undertake something offered.</p> <p>Bereavement— Bereavement is the experience of losing someone important to us. It's characterised by grief, which is the process and the range of emotions we go through when we experience a loss.</p> <p>Assertive/Assertiveness — Being assertive means communicating with others in a direct and honest manner without intentionally hurting anyone’s feelings.</p> <p>Abuse— to use something for the wrong purpose in a way that is harmful or morally wrong.</p> <p>Authority— the power to give orders or make decisions the power or right to direct or control someone or something.</p>
Key Facts	
<p>Mental health refers to our balanced state of mental wellbeing and that this then has an impact on whether we are enjoying life, making the most of it, and managing to cope when things get difficult. This is different to a mental health problem or issue when a person’s mental health becomes out of balance.</p> <p>Challenges, stress and anxiety are a normal part of life and alone they don’t signify a mental health problem. The things we do to support our mental health helps us to counteract the challenges, so that our mental health stays in balance.</p> <p>Grief is a process that can take time to move through the stages of acceptance and being able to move on. Everyone’s experiences are slightly different due to the nature of the loss, it is normal to experience a range of emotions.</p>	