




CHILD MENTAL HEALTH WEEK
1-7TH FEBRUARY
EXPRESS YOURSELF

WHAT DOES 'EXPRESS YOURSELF' MEAN?


- Expressing yourself can be a creative way of voicing your feelings and thoughts.
- As we are all individual, we all express ourselves in different ways. It could be through one of the following ways;
- Singing
- Dancing
- Sport
- Writing
- Drawing
- Painting
- Colouring
- Playing an instrument



WHY IS FINDING HEALTHY WAYS TO EXPRESS YOURSELF IMPORTANT?

- It can help us to manage our thoughts and feelings better.
 - Allow us to find ways to share our thoughts, feelings and ideas in a creative way. This can be especially helpful when we are finding it difficult to express this through words/conversation.
 - Self-expression is often done through activities that the person enjoys whilst doing it.
 - Gives us a way to show who we are and show how we see the world.
 - Talking about how we feel can sometimes be hard and sometimes there are no words to explain how we feel, so this gives an alternative way to be able to do so.
- 

HOW CAN THE MHST SUPPORT YOU WITH FINDING POSITIVE WAYS TO EXPRESS YOURSELF?

- Psychoeducation to understand the beneficial effects of engaging in sports or drawing on our mental health.
 - Acknowledging safety behaviours and those behaviours that may be maladaptive to expressing how we think or feel.
 - Setting SMART goals and exploring new ways to express ourselves.
 - Exploring mindfulness.
- 

**HERE'S HOW SOME OF OUR YOUNG
PEOPLE EXPRESS THEMSELVES.....**



ERIN – 11 YEARS OLD

Erin expresses herself through writing. Erin has written many books and poems. One of her poems has been published in a book!”



Kiki the Worry Monster



AVA – 6 YEARS OLD

Ava loves dancing and expresses herself through music whenever she can!



IMG_4664.MOV

ANONYMOUS 15 YEARS OLD

Another way of expressing our feelings and emotions can be shown through drawing and art.



QUOTES FROM OUR CHILDREN AND YOUNG PEOPLE ON HOW THEY EXPRESS THEMSELVES

“I like to express myself through talking to others, especially my girlfriend grandparents and parents”

“I would express how I am feeling through drawing or talking to my friends”

“I release my emotions through baking, it helps by focusing my attention on something else and then coming back to how I am feeling. I also like making nice things for people as this makes me feel nice inside too”



TAKE SOME TIME THIS WEEK TO SHOW US HOW YOU EXPRESS YOURSELF

- Share with your friends, family and school the ways that you have been expressing yourself.
- Take some time to reflect on your feelings and the way you express your emotions.
- Try one new way of expressing your emotions.
- Please check out the link below that gives more information on Children's mental health week.
- [Children's Mental Health Week 2021](#)