

**What's on our minds can
be the hardest subject.**

So what's on yours?



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**Sometimes, the world can
feel like a scary place.**

**That's why this
World Mental Health Day,
we've set the nation a
different kind of homework.**

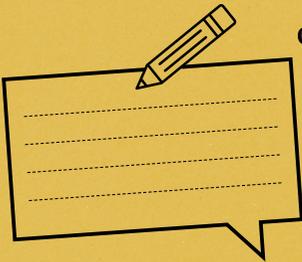
**Because talking about the
hardest subjects on our mind
can help ease our stress,
and reduce our anxiety.**

**And working on a shared task
like this one is a brilliant way
to start a proper chat if you
need a hand.**

1

Ask your parent, carer, or an adult you trust if they'll help you with your homework.

Tell them not to worry - nothing will be marked, and they won't even need a calculator!



Get talking

2

If you're not sure where to start, try writing or drawing your worries or fears on the front cover of this exercise. You can use the box or go outside the lines. Remember: there are no right or wrong answers.

3

Now, spend time together talking through any worries one by one. Discuss questions such as:

*How does it make you feel?
What are you most afraid might happen?
Would it help if you had more information?*

Get listening

Even if we're used to talking together, it can be hard to open up about our worries or fears, particularly the more serious or scary ones. Perhaps you're afraid that talking about them might make you both worry more,

but the reality is the opposite is more likely to be true. When we talk about the hardest subjects, we don't have to have all the answers. The important thing is to listen without judgment, and try not to rush to resolve the problem.

Well done for doing your homework

Talking is often the first step in helping us feel better. And it's always easier over a shared activity, whether that's doing homework, cooking dinner together, or even walking the dog.

World Mental Health Day is a great excuse to have a chat, but talking is a tool we can use at any time to improve our mental wellness.

If you need any more advice, information or support, you can visit itv.com/BritainGetTalking.

And remember - talk to your GP if you're ever seriously concerned.

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