

1	Mental Health	Mental health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community.	9	Self Awareness	Being aware of how we are coming across. If we have high levels of self awareness we are more able to control others' perceptions of us.
2	Mental health problems	Difficult experiences that make it harder for us to get on with our lives. They include the painful feelings and thoughts that we all have at times – including periods of sadness, hopelessness and fear.	10	Highlight Reel	Only seeing the best parts of people's lives & Comparing ourselves.
3	5 ways to wellbeing	There are five things we can do each day to look after our mental health; connect with others, be active, take notice, keep learning and give.	11	Fear of Missing Out - F.O.M.O	Worry that you will not be apart of something everyone else is
4	Signs of poor mental health	Feeling anxious or worried. Most people get worried or stressed from time to time. Feeling depressed or unhappy. Emotional outbursts. Sleep problems. Weight or appetite changes. Being more quiet or withdrawn than usual. Substance abuse. Feeling guilty or worthless.	12	Ways to improve self esteem	Be kind to yourself Try to recognise positives Build a support network Try talking therapy Set yourself a challenge Look after yourself
5			13		
6			14		
7	Self esteem	Confidence in one's own worth or abilities; self-respect.	15	Social currency	Gaining likes, followers, friends etc on social media.
8	Online harassment	The use of information and communication technologies by an individual or group to repeatedly cause harm to another person. This may involve threats, embarrassment, or humiliation in an online setting.	16	Stress	A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.