



This month's wellbeing edition is about '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.



"A little nonsense now and then, is cherished by the wisest men." - Roald Dahl



Engaging in outdoor activities, such as hiking, camping, or playing sports, can significantly improve boys' mental health. Spending time in nature has been shown to reduce stress, anxiety, and symptoms of depression, while also boosting mood and enhancing overall well-being. So, the next time you're feeling a bit down, encourage and engage with heading outside for a nature adventure—it's not only fun but also great for your mental health!



## App of the month

Feeling Good Teens offers audio tracks for 10-15 year olds that train your mind to help them feel more relaxed, more focused and more able to bounce forward from challenges to find positives.

## Useful Website

Men's Health Week provides an annual opportunity to raise awareness about the health challenges faced by men and promote strategies for better physical and mental wellbeing. This significant event encourages men of all ages to prioritise their health, seek preventive care, and engage in conversations about important health issues. In this article, we delve into the essence of Men's Health Week 2024, its history, and how individuals can actively participate in this empowering week.



## BOOK OF THE MONTH

**Stress. Hormones. Relationships. School. Social media. It's a lot for a nearly-teenager to handle. Luckily, this guide has got it all covered: the good, the bad and the kind of icky.**

**The (Nearly) Teenage Boy's Guide to (Almost) Everything supports boys in staying emotionally, mentally and physically healthy through adolescence.**

