



EUROPEAN SCHOOL SPORT DAY – 2020

MENTAL HEALTH
Csilla Kaposvari, DLSHTM, MA

JOIN US
www.essd.eu

#BEACTIVE5
EUROPEAN WEEK OF SPORT YEARS



Co-funded by the
Erasmus+ Programme
of the European Union

What is mental health?

„Mental health **is a state of well-being** in which an individual **realizes his or her own abilities**, **can cope with normal stresses of life**, can work productively and is able to contribute to his or her community. In this positive sense, **mental health is the foundation for individual well-being** and the **effective functioning** of a **community**.” (WHO)



Good mental health is vital for people to be able to lead healthy, productive lives (OECD)

To put it simply

It is all about how people think, feel, and behave.

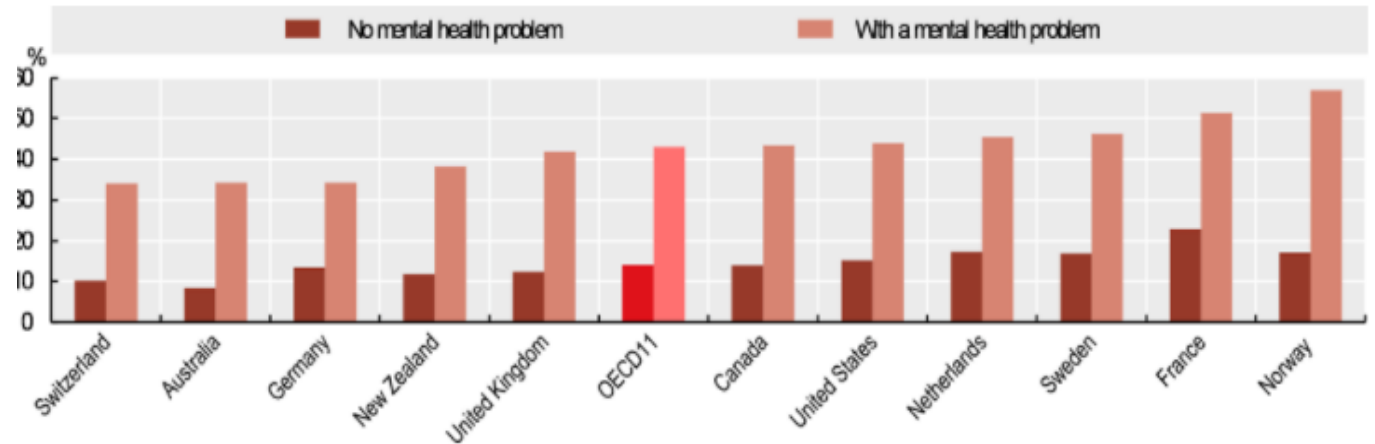


Mental health matters!

- One in two people experience a mental health problem in their lifetime (OECD, 2015)
- Mental illness is the leading cause of disability in the WHO European Region.

The total costs of mental health problems –the costs to health systems and social security programmes, but also lower employment and worker productivity – are estimated to amount to more than 4% of GDP across EU countries, about EUR 600 billion per year. (OECD 2018)

Figure 3.22. People whose health kept them from working full-time or limited their daily activities, 2016



Source: Commonwealth Fund International Health Policy Survey 2016.

BURDEN IS BIG AT INDIVIDUAL, SOCIAL LEVEL



Co-funded by the
Erasmus+ Programme
of the European Union

Mental health matters in childhood!

1

Children and adolescents with poor mental health have worse educational outcomes and job opportunities.

2

Patterns established in childhood and adolescence laid for a lifetime

3

Half of mental health problems develop before the age of 14

4

Depression and anxiety disorders are among the top 5 causes of overall disease burden among children and adolescents.

Children & young people

Mental health problems often develop early

1/10
children
aged 5-16 have
a diagnosable
condition



1/2
of all mental
health problems
are established
by the age of 14



3/4
of all mental
health problems
are established
by the age of 24



Source: The five year forward view for mental health, Mental Health Taskforce, 2016



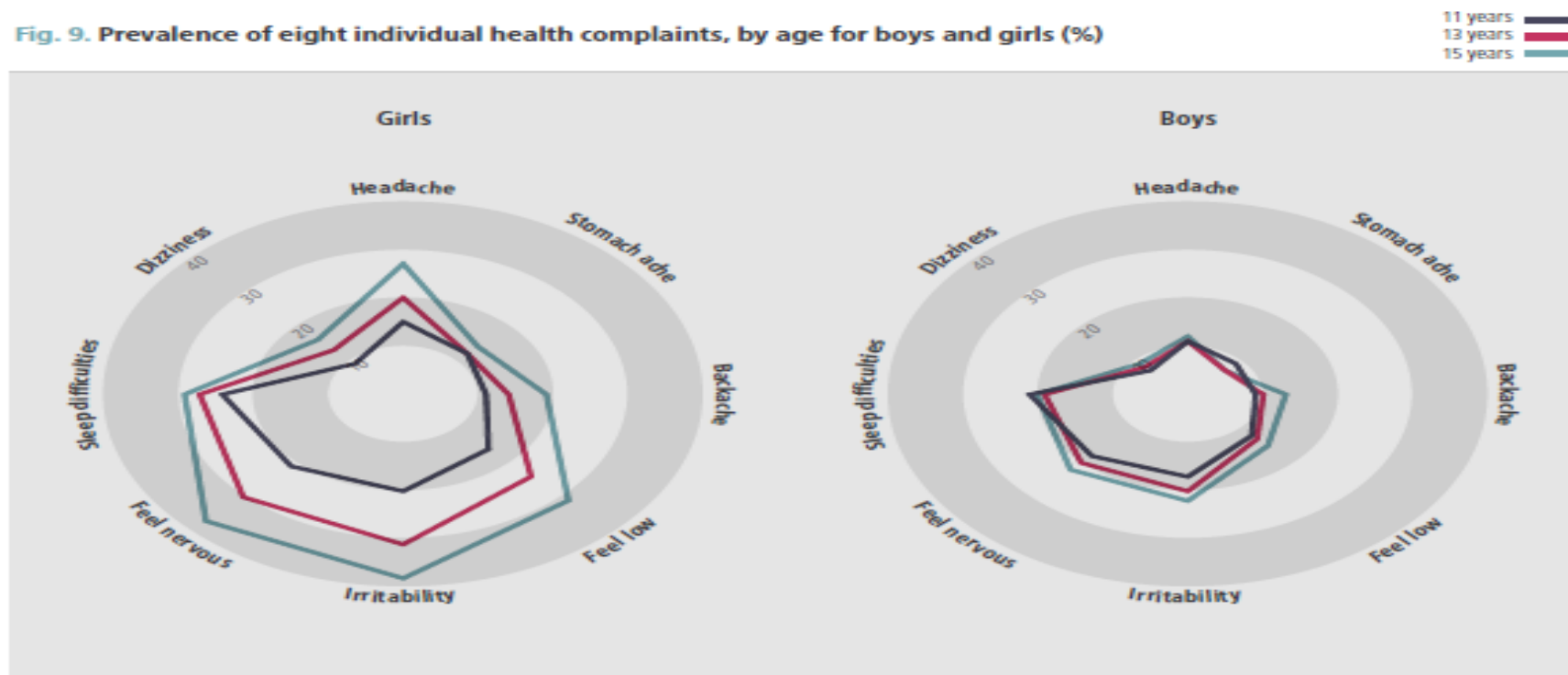
Co-funded by the
Erasmus+ Programme
of the European Union

The mental health of school-aged children in Europe

1

One in four adolescents report feeling nervous, feeling irritable or having difficulties getting to sleep every week.

Fig. 9. Prevalence of eight individual health complaints, by age for boys and girls (%)



“A lot of the time mental health in young people is overlooked and seen as ‘just part of growing up’.

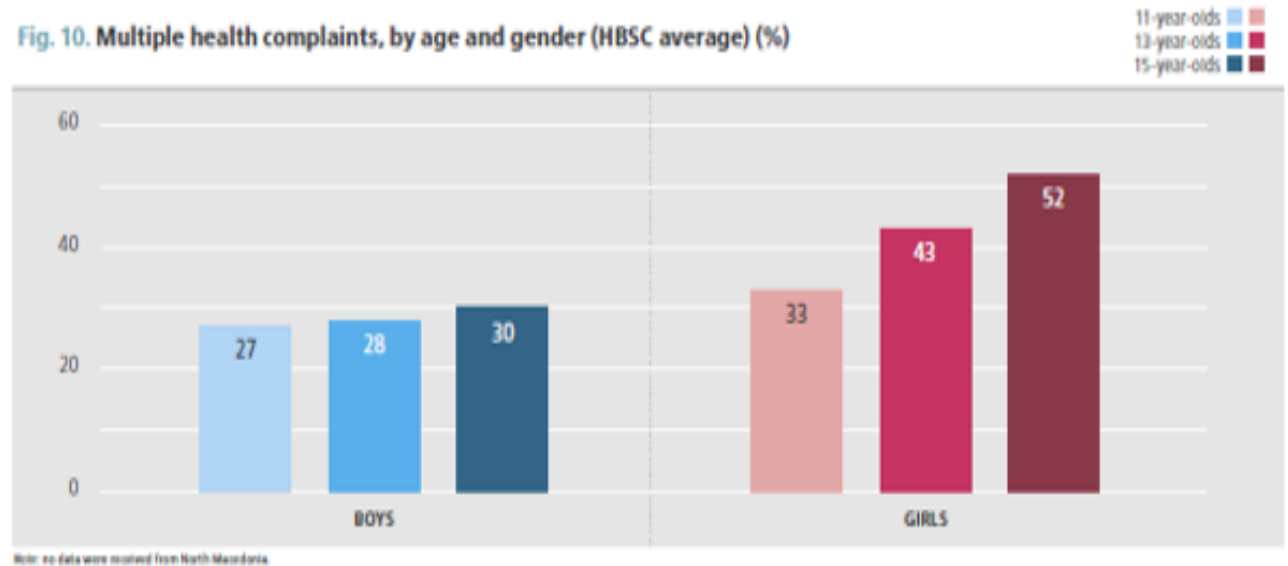
The mental health of school-aged children in Europe

Overall, one in three adolescents (35%) reported multiple health complaints.

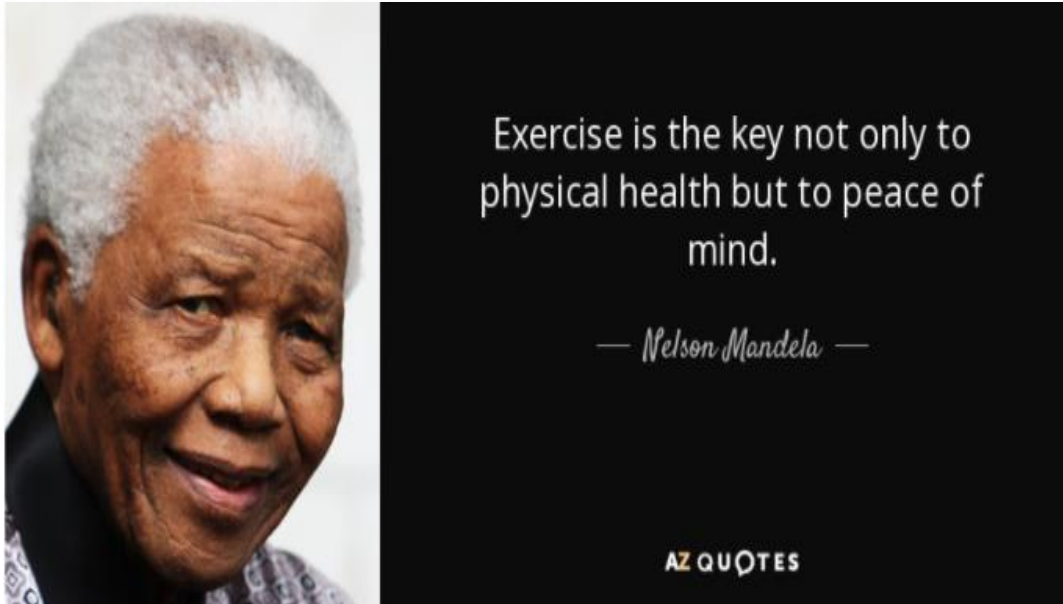
Changes

- Adolescents are more satisfied with their lives, have healthier food intake, more positive body image, experiment less with alcohol and tobacco and are less involved in bullying others.
- But: Gender and social inequalities exist
- overall declines in mental and social well-being and daily physical activity.

Fig. 10. Multiple health complaints, by age and gender (HBSC average) (%)



Physical activity and mental health



What is the association among PA and mental health among children and young people?

- There is evidence for a causal association between physical activity and cognitive functioning in young people
- Partial evidence for a causal association between physical activity and depression in young people

Nature-based solutions for mental health

For mental health, it is even better to do PA outside in the nature or urban green areas.

- Urban green spaces promote health by offering areas for physical activity, social interaction, and stress relief
- Doing physical activity in nature may be more beneficial.



White, M.P., Alcock, I., Grellier, J. *et al.* Spending at least 120 minutes a week in nature is associated with good health and wellbeing. *Sci Rep* 9, 7730 (2019). <https://doi.org/10.1038/s41598-019-44097-3>



Co-funded by the
Erasmus+ Programme
of the European Union

Physical activity of school-aged children in Europe

1

Only 19% of adolescents achieve the recommended daily 60 minutes of moderate-to-vigorous physical activity

“Sport is important
because it affects how
we think and feel.”

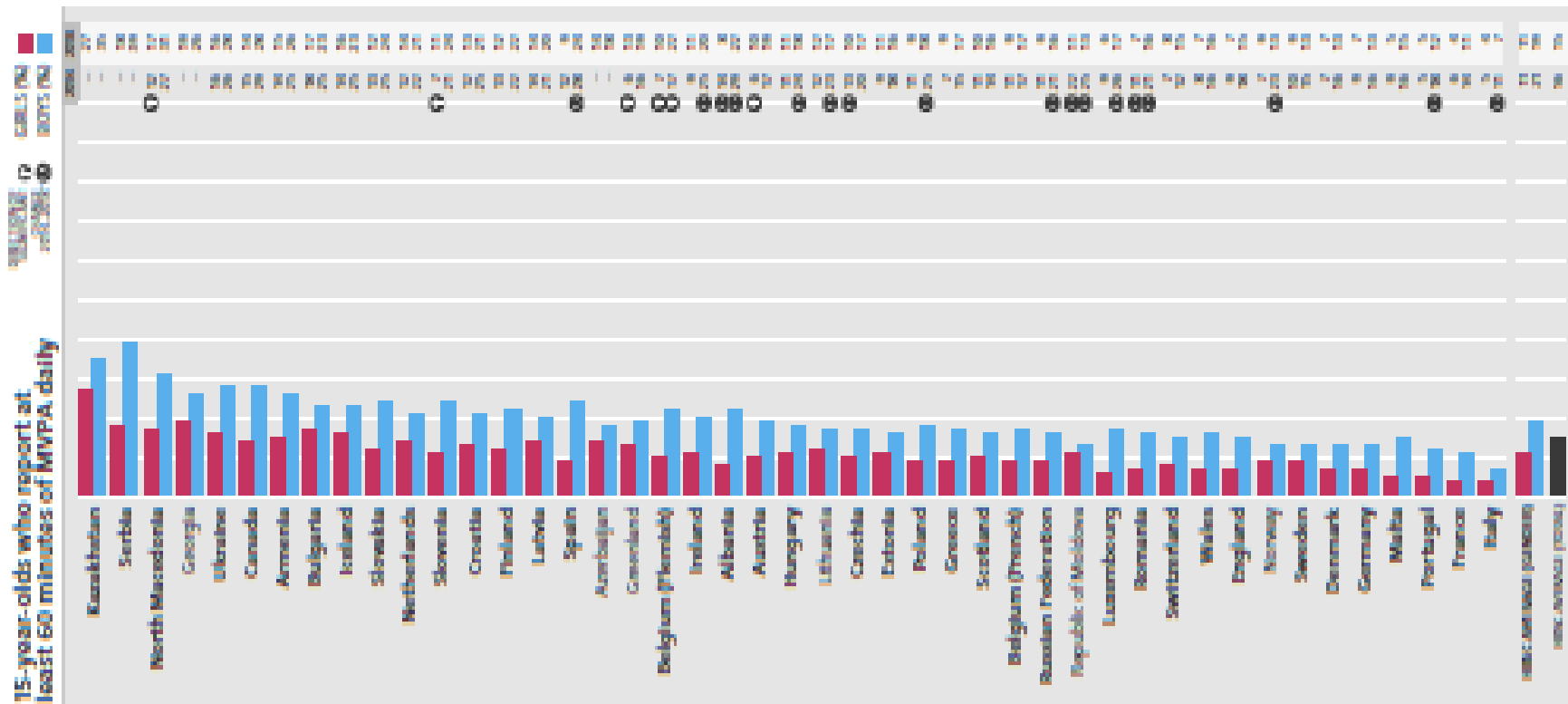
2

Levels have declined in around a third of countries/regions since 2014, mostly among boys, and participation remained particularly low among girls and older adolescents

3

Physical activity participation is lower among those from low-affluence families.

Physical activity of school-aged children in Europe



% of children following
PA recommendation

Spotlight on adolescent health and well-being, WHO Regional Office for Europe, 2020



Co-funded by the
Erasmus+ Programme
of the European Union

What needs to be done about mental health in schools?

- School health services could encourage positive mental health through programmes on the management of cognitive, socioemotional, behavioural and relationship skills.
- Schools should be health-promoting school using a whole-school systems approach to improve physical and social environments, management and organization, teaching, school health services, health promotion and extracurricular activities
- Schools should consider the potential of digital technologies for health promotion, combined with peer strategies that are shown to be effective in school settings

“Young people should be taught the tools to be able to deal with stress.”



A child's mental health is just as
important as their physical health.

— Kate Middleton —

Mental health is even more important during the times of COVID-19

Adverse, stressful situation:

Threats, uncertainty and unknown

Massive change in daily routine with restriction in
mobility, space, social contact during the lockdown

- Common reactions: fear and anxiety
 - fear of falling ill and dying, losing livelihoods, being socially excluded/placed in quarantine, losing loved ones
 - feeling of helplessness, boredom, loneliness, depression, isolation

People react differently



Co-funded by the
Erasmus+ Programme
of the European Union



#ESSD2020

@mdsz_hssf
essdeurope
@european_school_sport_day

#BEACTIVE
European Week of Sport

 Co-funded by the
Erasmus+ Programme
of the European Union



Mental Health Toolkit

For European School Sport Day National Coordinators

*Use this toolkit as a conversation-starter on
children's mental and physical wellbeing in 2020*

MENTAL HEALTH TOOLKIT – AS A CONVERSATION STARTER



CONTENTS

1	MENTAL HEALTH MATTERS!	4
2	CHILDREN ARE STRUGGLING	5
3	DOMAINS OF CHILDREN'S WELLBEING	6
4	PHYSICAL ACTIVITY AND MENTAL HEALTH	7
5	ESSD AS A CONVERSATION STARTER	8
6	WHAT YOU CAN DO	9
7	WHAT SCHOOLS CAN DO	10
	7.1 CREATE SUPPORTIVE ENVIRONMENTS	11
	7.2 ACTIVITY IDEAS	13
	7.3 ACTIVITY IDEAS	14
8	FIND OUT MORE AND PLAN AHEAD	15

MENTAL HEALTH TOOLKIT – NATIONAL COORDINATORS

6

WHAT YOU CAN DO



YOUR ROLE THROUGH EUROPEAN SCHOOL SPORT DAY

By introducing schools to European School Sport Day and its focus topic for 2020, you have an important role to:

- ✓ Raise awareness about the importance of mental health among school-aged children – especially during these challenging times.
- ✓ Raise awareness about how physical activity can have a positive effect on mental health and wellbeing.
- ✓ Convey messages to schools that prevention and early intervention in schools can make a big difference in children and young people's lives.
- ✓ Support schools in putting mental health and wellbeing on the agenda during #ESSD2020.
- ✓ Offer schools activity ideas and ask specialist staff to help deliver them.
- ✓ Identify and engage national stakeholders relevant to mental health promotion.
- ✓ Support schools in identifying and engaging stakeholders at a local level.

SCHOOL STAFF ARE YOUR SPECIAL ALLIES IN ACHIEVING THIS

You are a key person in delivering European School Sport Day, but you can't do everything alone, especially when it comes to a sensitive topic like mental health promotion. Reach out to people who can help you, including:

- Teachers
- School psychologists
- School health staff
- Mental health experts
- Parents, if you are in contact with them
- And the children themselves!

EXTRA TIPS IN STARTING CONVERSATION ABOUT WITH SCHOOLS ON WHAT CAN BE DONE

We want to support schools and offer help in finding their best ways of promoting mental health during ESSD2020.

- Check national health promotion/mental health programs for schools in your country.
- Use your contact list from last year to possible national institutes
- Check your school health system and services
- Check national curriculum for the topic of mental health
- Talk to schools whether they have already running or existing mental health programs and services
- Ask them how they can fit best ESSD 2020 topics: physical activity for mental health, mental health in general, how to promote mental health during COVID-19
- Is there a school psychologist in the school?
- Schools with no specific services or experience
- Involve and target parents too!



EXAMPLE: THE WHOLE SCHOOL APPROACH

„A whole-school approach recognizes that all aspects of the school community can impact upon students' health and wellbeing, and that learning, and health are linked. SHE recommends focus on six components in order to seek to achieve a whole-school approach.”

- ✓ Healthy school policies
- ✓ School physical environment
- ✓ School social environment
- ✓ Individual health skills and action competencies
- ✓ Community links: parents, broader community
- ✓ Health services

Check whether your
country is a member!



WHO Life skills approach:

- communication,
- decision-making,
- problem-solving,
- coping with emotions and stress

AN EXAMPLE

How to promote positive mental health with a whole school approach.
[Mentally Healthy Schools](#), UK, National Centre for Children and Families.

EFFECTIVE SCHOOL PREVENTION PROGRAMS

Effective mental health school prevention programs should have three key elements: cognitive-behavioural, information on mental health and wellbeing, and social competence training.

Trained school staff could work through the following activities with the students:

- How to regulate emotions
- How physical activity effects stress levels and wellbeing
- Boosting positive feelings by releasing endorphins ("happy hormones") through physical activity
- How to solve problems
- How to be aware of situations that trigger bad feelings or certain behaviour
- How to plan ahead and prioritise tasks
- Doing enjoyable things as a positive distraction



INTERNATIONAL EXAMPLES

For a mental health day, week or month

January 22nd, 2015

MENTAL HEALTH AWARENESS WEEK
JANUARY 26TH - 30TH, 2015

MON	TUE	WED	THU	FRI
MINDBFULNESS MEDITATION 12-1PM COUNCIL CHAMBERS	YOGA 12-1PM KMC DANCE STUDIO	ADHD TALK 12-1PM COUNCIL CHAMBERS	DR JOHN GRAHAM-POLE PRESENTS	FREE SKATE! 12-12-50PM KMC DANCE STUDIO
RALLY & VIGIL 6PM MEET @ SUB	COMMUNITY HEALTH RESOURCE BOOTHS 9-5PM - 1-5PM AND FUCHS 20M	PARANET PODCAST 12-1PM COUNCIL CHAMBERS	LAUGHTER PLAYSHOP 12-1PM KMC DANCE STUDIO	WEAR GREEN!
	X-TALKS 4-5PM STAN ADAMS ROOM	DOG DEN 12-1PM - 6-7PM KMC DANCE STUDIO		
		YOGA & ZUMBA 6-8 PM DANCE HALL		

BROUGHT TO YOU BY X MENTAL HEALTH CONNECTION SOCIETY

Place2Be's CHILDREN'S MENTAL HEALTH WEEK
3 - 9 FEBRUARY 2020
#ChildrensMentalHealthWeek

FIND YOUR BRAVE

May is Mental Health Awareness Month

Stay Active
Keep in touch
Know that you're not alone
Talk to someone
Find your support system
Do something you're good at
Child Safety Matters



Co-funded by the
Erasmus+ Programme
of the European Union

ACTIVITY IDEAS FOR ESSD2020

- **Reconnect with your classmates** – reconnect your students after lockdown, create opportunities for them to talk to each other and interact with people they wouldn't usually talk to.
- **Create or visit a green space on the day** such as school gardens, parks, lakes, botanical gardens, forests or nature reserves.
- **Happy hormone-releasing physical activities** such as yoga, nature walks or runs, non-competitive games and play.
- **Resilience and coping strategies** – how to bounce back from difficult times (this could literally involve a bouncy castle 🤗).
- **Start a dance or move challenge** with the help of social media.
- **Launch a new school activity!** You could announce the start of a drama class.
- **Celebrate!** The start or the end of your mental health promotion activities on the day.



Co-design and co-implementation! Children love drawing, involve them to express their thoughts on mental health!



Co-funded by the
Erasmus+ Programme
of the European Union

8

FIND OUT MORE AND PLAN AHEAD

*Check your school mental health
promotion programs and resources
in your country.*

USEFUL RESOURCES TO HELP YOU GET STARTED

*A campaign schools can use in relation to self-esteem
and social media*

- [The DOVE self-esteem project](#) with ready-made materials like flyers, example activities and activity schedules. It is free to use, check the availability in your country.

*National programmes on the digital age and young
people's mental health*

- [The 'Digital 5 A Day' framework](#) by the Children's Commissioner for England.

*New mental health toolkits and resources published
during the Covid-19 crisis*

- [A hub of resources](#) on the World Health Organization's website.
- [Conversation-starter for teachers](#) from Australia.
- [Conversation-starter for parents and carers](#) from the UK government.
- [A collection of resources](#) for students and their families.

INTERNATIONAL EXAMPLES – COVID-19



INTERNATIONAL EXAMPLES – COVID-19

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH



For more information on supporting your child's mental health, contact your child's teacher or school counselor. You can also visit our new Wellness Resources page at fcusd.org/wellness.



Co-funded by the
Erasmus+ Programme
of the European Union

THANK YOU FOR YOUR ATTENTION!

