



We all ask this question when we see people. And, when we are asked, we all usually say, 'fine, thanks!' But sometimes we are not! *How can we spot when someone isn't OK?*

The long sigh Sighing can be a way of regulating breathing when stressed. It can also be a subconscious message of upset or distress, without saying so.



NOPE.



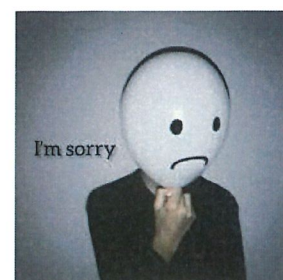
'I'm exhausted!' Lack of sleep and extreme tiredness could be leading someone to burn out. It is the body's way of communicating that rest is needed.

'Fine! Whatever!' Is someone being irritable? We can have an outburst if we are feeling stressed or anxious. Try and understand. Leave them be for now and offer support later on.

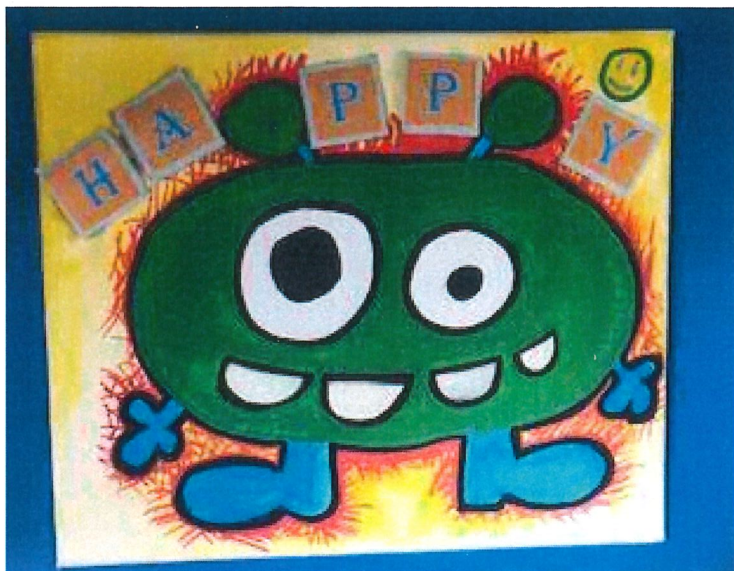


'I forgot!' Poor memory or concentration can be a sign that someone is struggling with their mental health. It can be another sign someone is overwhelmed.

'I'm sorry!' If someone is apologising a lot or being self-critical it can be a red flag they are struggling – a sign of low self esteem and confidence.



Overwhelmed Does someone look worried or stressed? They maybe running low on time, energy and emotional capacity.



In Art the students have been considering emotions and completing their own monsters.



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WE'RE HERE
FOR YOU!