

A hand is shown reaching out from the right side of the frame, hovering just above a body of water. The background is a soft, warm sunset or sunrise sky with a gradient from light blue to yellow. The water shows ripples and a reflection of the hand. The overall mood is serene and hopeful.

THINK ABOUT YOUR physical and mental health

"For God gave us a spirit
not of fear but of power
and love and self-
control."

Timothy 1:7

November '2023 TFCHA




Movember is about mens' and boys'
health – both Physical and Mental





WHAT'S BROKEN
CAN BE MENDED.
WHAT HURTS
CAN BE HEALED.
AND NO MATTER
HOW DARK IT GETS,
THE SUN IS GOING
TO RISE AGAIN.





HEALTHYPLACE.COM



“Therefore do not be
anxious about tomorrow,
for tomorrow will
be anxious for itself.
Sufficient for the day is its
own trouble.” - Matthew
6:34



Think about men and boys' physical health

1. What do we mean by physical health?
 2. Why is physical health so important?
 3. Did Covid 19 lockdown affect people and their physical health
 4. What can be done to help improve our physical health?
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WHAT IS PHYSICAL HEALTH?

Watch the following YouTube clip about physical health and discuss the why fitness is important.


<https://youtu.be/RvW3mIDNY6o?si=I19nDONnVUuNcm90>

DISCUSS THE DEFINITION OF PHYSICAL HEALTH:


- What does the definition mean? Discuss

What is Movember about?

November is the month for raising awareness of various cancers, especially prostate and testicular cancer and physical and mental health in general. The month is called Movember illustrating the 'moustache' and movement.



Men grow their moustaches and beards during the month and this way show their support for the event.



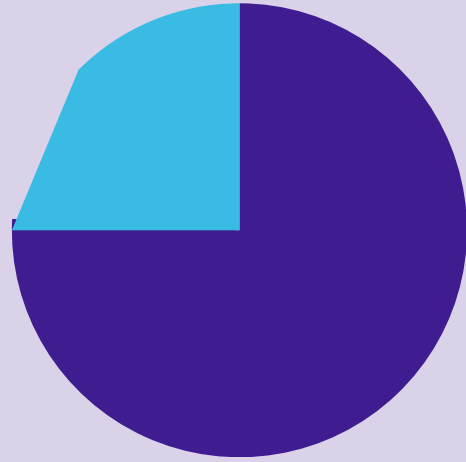


37% of boys and young men
are experiencing mental health
difficulties -



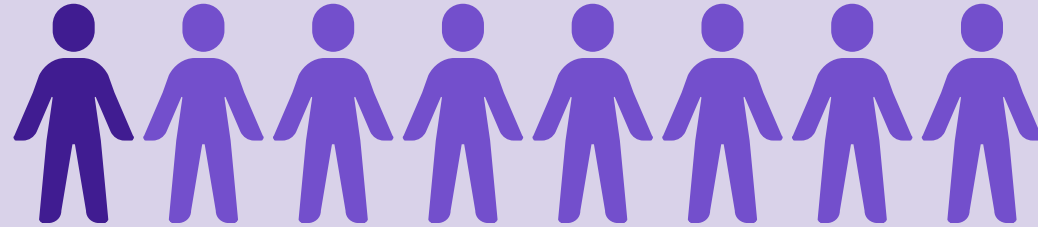
- but half of these are unable or
unwilling to ask for help.

(stem4), 2022 survey - "Toxic masculinity"
stopping boys seeking mental health support,
survey finds



Around 75% of registered suicide deaths in 2020 were for men

(Office for National Statistics, 2021)



1 in 8 men in the UK have a common mental health problem

(McManus S, Bebbington P, Jenkins R, Brugha T. (eds.) (2016) Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014. Leeds: NHS Digital)



Depression

"It took me a long time to realize it but the key is to not be afraid to open up. You're not alone."



Depression, anxiety & panic attacks

I started to have panic attacks right before getting onstage, or right after leaving the stage.



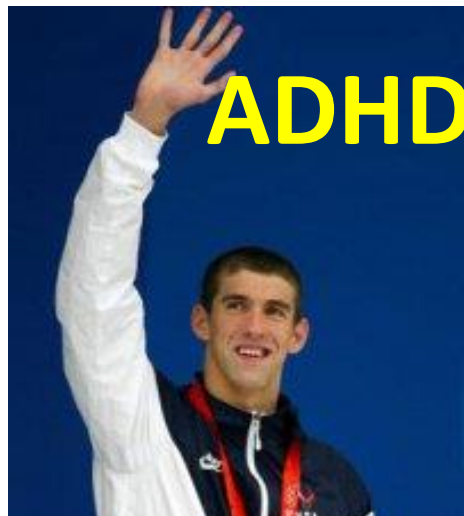
Depression

I can slip in and out of depression quite easily. It started when my grandad died, when I was about 10, I have been in therapy lots.



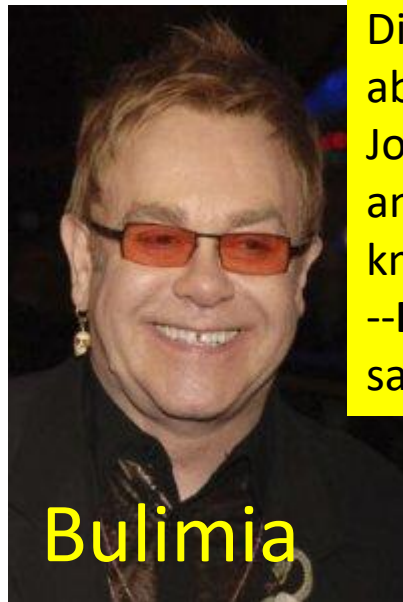
Bipolar – manic depression

I found out recently that I'm manic depressive



ADHD

Diagnosed when he was 9 years old, he had trouble concentrating in school



Bulimia

Discussing his substance abuse and bulimia, Elton John said he had been "sober and clean" years. But, you know, those three words --I need help. If only I'd said them earlier



Post natal depression

My son, Moses, was born in 2006, and I was plunged into one of the darkest and most painfully debilitating chapters of my life

Physical Health:

Discuss different types of physical health issues.

Does being male make it harder to talk about mental and physical health issues? Why?

What are the different types of help people can get to help them cope with mental and physical health problem?

Ways to improve our physical health:

You may feel that your physical health is good, or up and down or more down than up – whatever your situation there are lots of things you can try to help your wellbeing:

- Connect with people – use online social media to chat and talk to people
- Talk more to the people you live at home with
- Talk to people at school
- Watch a good box set!
- Eat regularly and stay hydrated
- Keep active and build physical activity into your day – walking to school is good!
- Find ways to relax and be creative – read, draw, make something, help cook at home.

The background of the slide features a silhouette of two hands, one from the left and one from the right, cupping a bright, glowing sun. The sun is positioned in the center, and its light creates a warm, orange and yellow gradient across the entire scene, suggesting a sunset or sunrise. The hands are dark, almost black, and their fingers are slightly curled around the sun.

Think about this...

1. How can you improve you own Physical health?

2. How can you help others have a healthy outlook- mentally and physically?

3. What can you do if someone you care about is struggling with their own health?

4. What are the most important factors in helping to maintain a positive outlook on life?

A prayer for reflection

Dear Father, I thank You for my health and my positive outlook. I pray that You give strength to the weary and increase the power of those who are weak right now, whether they are struggling emotionally, physically or spiritually. Lord I pray that they lean not on the way they feel, but instead trust in seeking help and support from family, friends and your kindness. I thank You Lord for hearing my prayer right now, I have faith that You will deliver.

Amen