



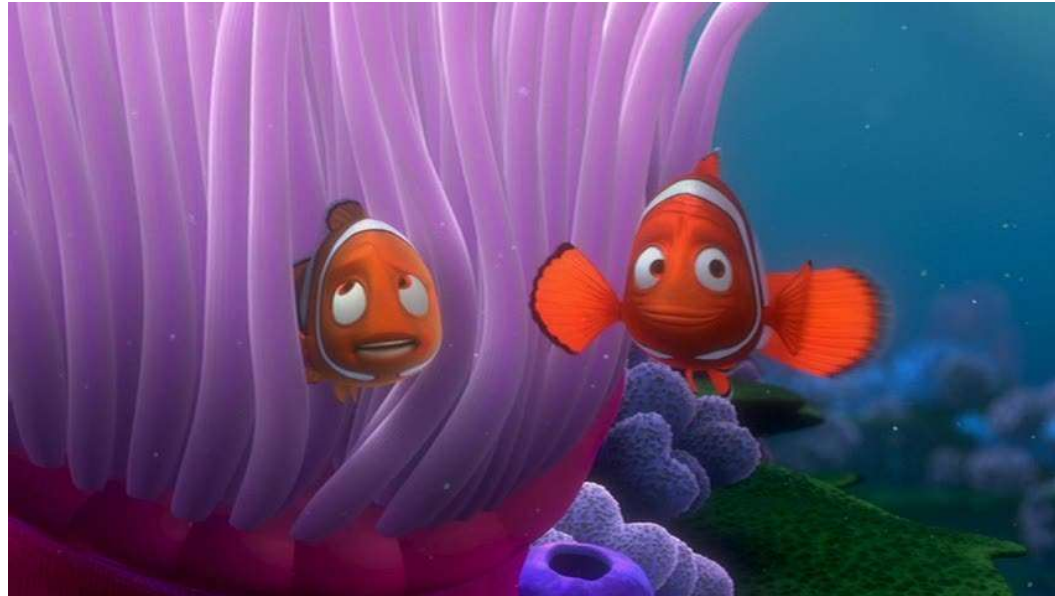
"Don't let them in, don't let them see, be the good girl you always have to be."

In Frozen Elsa spends most of her life afraid of the lack of control she has on her powers. She is told by Grand Pabbie that fear will be her enemy and she must learn to control her magic. Elsa withdraws and isolates from the people she loves out of fear. The more alone she feels, the less control she has. Her fear makes Elsa anxious. People with anxiety can shut themselves away from others and may always feel like something bad will happen or that they will make a mistake.

Elsa grows to be less afraid and lets herself be embraced and supported by family and friends. We still see that she struggles, like when she tries to make Anna's birthday perfect or when celebrating the holidays. Through time she becomes more confident, and when she struggles her support system is always there to help her continue to grow.



Anna shows great amounts of empathy and resiliency. In Frozen II she sings "Take a step, step again, it is all that I can do the next right thing." Resilience is the ability to cope when things go wrong. Anna has had a lot of challenges and does not ignore them or let them define her. She knows it is okay to be frustrated and sad, and she expresses her feelings. She also has empathy for others when they face their own challenges.



Marlin in Finding Nemo has Post Traumatic Stress Disorder (PTSD) and anxiety. He witnessed a barracuda kill his wife and all but one of their eggs. For years Marlin continues to be scared. It also makes Marlin into a protective parent who has a hard time even letting Nemo go to school. When Nemo is kidnapped by scuba divers, Marlin is forced to face his fears in order to save his son. Marlin meets new people and has experiences he would not have had otherwise. Over the course of the movie he learns new things and starts to heal from his past, which makes him more comfortable in the ocean and helps him connect better with others.



Mama Coco has dementia. 15% of people over the age of 71 have dementia. Dementia can affect the way you think and act, and may change someone's personality. Mama Coco has a hard time remembering the people in her life or things that have happened.

At the start we see different ways Miguel connects to Mama Coco. Miguel stops and gives her a kiss and shared his cookies with her, even though she does not recognize him. He takes time to include her in his games and to tell her stories so she can still be a part of things.

At the end when he sings "Remember Me" to Coco to is able to sing along with him which connects their whole family.



Winnie the Pooh is a great example of how friends can have different struggles but still be there for each other.

Eeyore has depression and can have a hard time going out or finding joy in things.

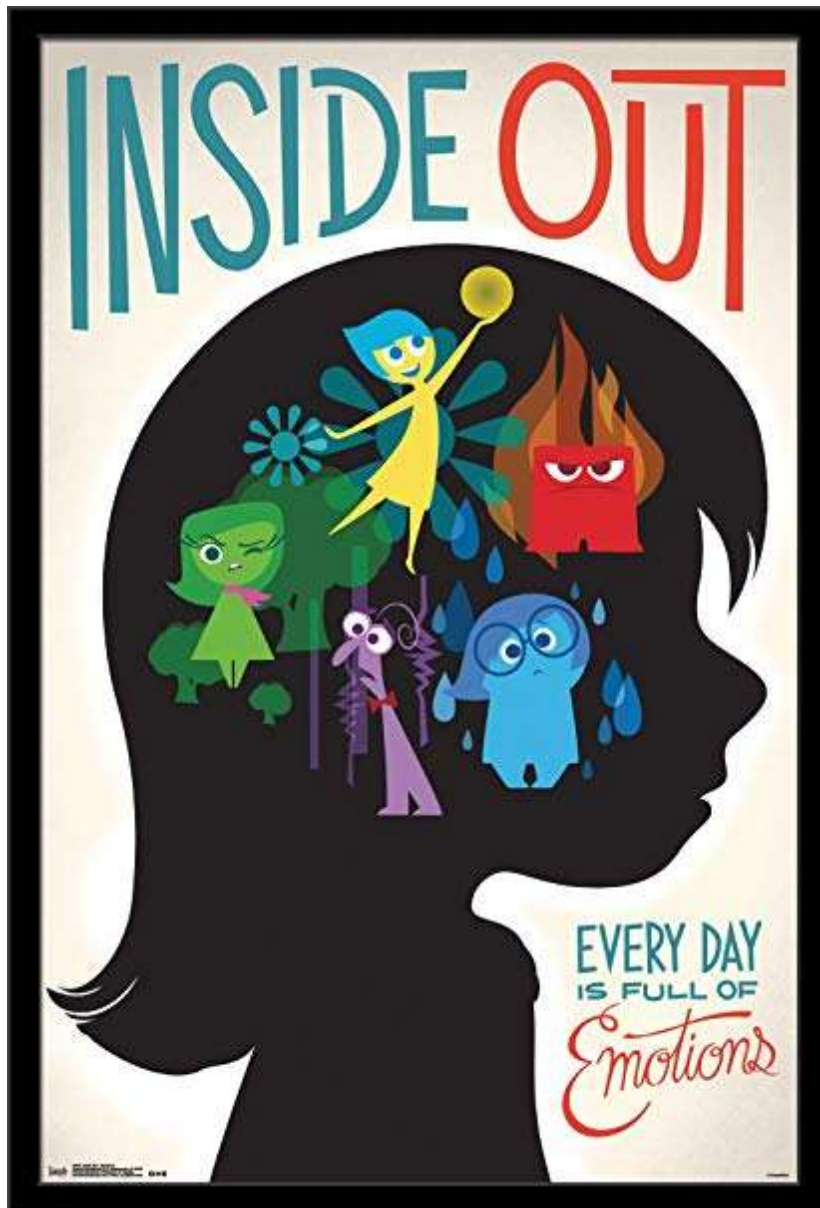
Piglet has anxiety and becomes scared and overwhelmed easily.

Tigger is very hyperactive like a person with Type 2 ADHD.

Pooh can be very disorganized and slow to process things like a person with Type 1 ADHD.



In *Up* Carl's journey brings up a number of uncomfortable truths about dying that often don't get discussed. Carl not only mourns Ellie's death but the fact that they never get to travel to Paradise Falls together. One of the most difficult things about death is that it leaves things unsaid and unfinished. This is true even when someone has lived a long life. He also withdraws from people and gets angry with them. Anger is a part of grief and can make people feel guilty. Carl learns how to have a life without Ellie, while still including her and keeping her memory alive.



In the movie *Inside Out*, we get to meet Riley, an 11 year old who has just moved with her family across the country, to a place where she does not know anyone and that looks very different. Riley tries to always be happy for her parents. Trying to force herself to be happy doesn't help Riley deal with the new changes in her life. It also makes her feel isolated and angry with her parents. Riley decides to run away from home. When she allows herself to feel sadness, in addition to fear and anger, she decides not to go through with her plan. She talks to her parents about why she is sad, and gains a deeper sense of happiness and contentment in the comfort and support she gets from them, even though it's mixed with sadness and fear.

We learn that all our emotions are important, and that it is okay to not always feel happy.

# What are the purposes of our emotions?



<p>To signal to others when you need help and support.</p>	<p>To keep you happy, positive and functioning.</p>	<p>To keep you safe.</p>	<p>To keep you from being poisoned, figuratively and literally.</p>	<p>To keep things fair.</p>
--	---	--------------------------	---	-----------------------------





Nani and Lilo explore loss and grief, as well as adjusting to new family dynamics. There are times they yell at each other and cannot communicate, but they come back together and apologize once they have calmed down. Nani supports Lilo's needs even though she does not understand them, as she realizes they are important to Lilo.



Wreck-It Ralph can help us understand Borderline Personality Disorder. Ralph has a hard time with his emotions, and they can become very big and may seem scary. He cares very much what people think and is afraid people will leave him, so he will do things that are not always safe to keep others happy. Ultimately, he cares very much for his friends and always tries his best.

The past can hurt.  
But the way I see it,  
you can either  
**RUN FROM IT, OR  
LEARN FROM IT.**

— Rafiki - *The Lion King* —



# SEVEN SUPER SKILLS

TO HELP A FRIEND IN NEED



## CALMNESS

COMFORTS YOUR FRIEND IN A TIME OF A NEED



## HONESTY

ENCOURAGES YOUR COMPADRE TO TRUST YOU



## NON-JUDGMENTAL ATTITUDE

CREATES A SAFE SPACE FOR YOUR CHUM



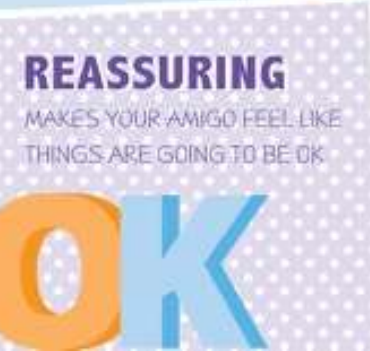
## EMPATHY

SHOWS THAT YOU REALLY CARE



## RESOURCEFULNESS

GIVES YOUR BUDDY IDEAS ON WHERE TO GET HELP



## REASSURING

MAKES YOUR AMIGO FEEL LIKE THINGS ARE GOING TO BE OK

# OK



## ENCOURAGING

HELPS YOUR MATE GET HELP AND SUPPORT

[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

## Talking to your child about mental health



## TOP TIPS

We understand it can seem difficult to talk to your child about their emotional health. Here are some top tips for starting the conversation.



### Start small

You don't need to set hours aside to chat, just opening up conversation can make a difference



### Keep it informal

Informal spaces like car journeys or whilst watching TV allow great opportunities to talk about serious topics in a relaxed way. TV shows and characters are a good way to bring up the topic



### Use face flash cards

Younger children will probably not understand feelings as well as older children. Use pictures of different facial expressions e.g. happy, sad, angry, surprised, to help them identify and understand mental health.

### Let them know



Let your children know you are happy to talk and listen to them about any worries they may have

### Use appropriate language



Talk in their language rather than using terminology they may not understand, but most children will understand the idea of feeling stressed, anxious or low. Explain this is what is meant by mental health

### Keep an open mind



Avoid being critical or dismissive of children's feelings and be accepting in order to normalise talking about it.



*The flower that  
blooms in  
adversity is the  
most rare and  
beautiful of them  
all.*

*-Mulan*

A little consideration, a little  
thought for others makes  
all the difference.

- Eeyore.







# 10 THINGS TO SAY

*instead of Stop Crying*

1

IT'S OK  
TO BE SAD.

6

THAT WAS REALLY  
SCARY, SAD, ETC.

2

THIS IS REALLY  
HARD FOR YOU.

7

I WILL HELP YOU  
WORK IT OUT.

3

I'M HERE  
WITH YOU.

8

I'M LISTENING.

4

TELL ME  
ABOUT IT.

9

I HEAR THAT YOU NEED  
SPACE. I WANT TO BE  
HERE FOR YOU.  
(I'LL STAY CLOSE SO YOU CAN  
FIND ME WHEN YOU'RE READY.)

5

I HEAR YOU.

10

IT DOESN'T  
FEEL FAIR.

# Feeling Upset? Here's 5 Ideas to Help with Anxiety

## 1 Calm Breathing



Relax & do the  
4-7-8 Breathing

## 2 Lifestyle



Get Enough Sleep

Eat Healthy Foods

Exercise Every Day

## 3 Connection 4



Connect with Others



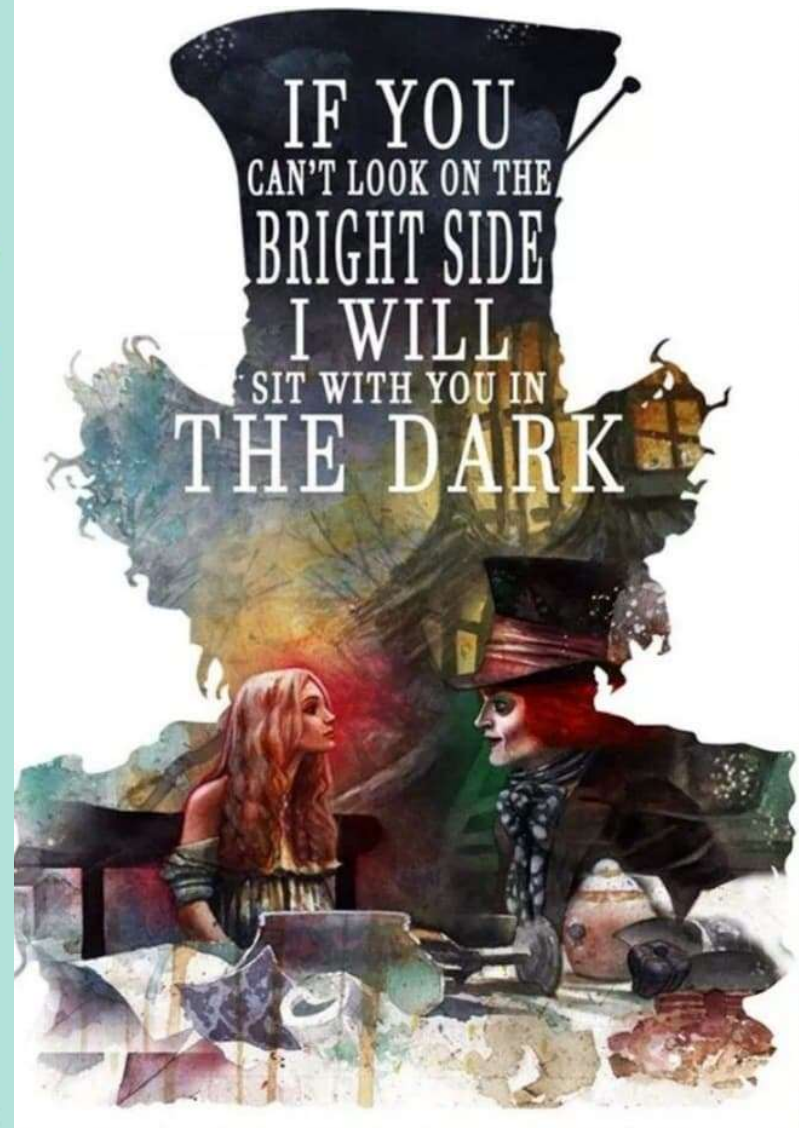
Connect with Nature

## 5 Positivity



Think positive thoughts

Dream & use your imagination to think of good things



You are  
braver than you believe,  
stronger than you seem,  
and smarter than you think.

Christopher Robin, *Winnie the Pooh*



© Lifehack

