



KINGSBURY HIGH SCHOOL

Mental Health Bulletin

Hello there Kingsburians!

Hope all of you and your families are doing well?

This week's well-being bulletin is asking for help.

As simple as it sounds it is very difficult to do.

It is unequivocal that no one of us can do everything without making a mistake or know how to do it. There will always be something that we can't do which is when we should turn to others -our friends, family or a trusted person for help. It is said that asking each other for help deepens friendship. Though it is not just your friends you can ask for help your teachers, the schools staff is also there for you.

By asking for help we show people our human side and create familiarity and trust with those people.

As a student I understand that things get overwhelming to a point where you just want to scream; it is at that time that you should turn to your others for help- you can even vent to them- your teachers have amazing qualifications, they are one of the best at their jobs when ever you get stuck on a question instead of leaving it out -which would do you no good- turn to them for help ask them how to answer the question.

By asking for help as cringe as it sounds you know you have someone to lean on, someone who has your back, it will make you happy. This will be helpful in harsh times when you will know who you can count on and who to ask for help.

A while back I was talking to a friend and I asked how is homework going, he told me it was too much for him, he just wanted to quit. He hadn't asked anyone for help, this started having a negative effect on his mental health. He felt he couldn't ask for help because he hadn't before. It is this mentality that is formed when we don't count on each other, in a way it creates a block between the individual and moving on in life.

Sometimes we feel scared or ashamed for asking for help. Nowadays I laugh at being ashamed at asking for help, by asking for help you are not showing weakness but strength, the strong ones are those that acknowledge themselves and their shortcomings to become better. Being scared can be horrible but through this you will be able to differentiate between those you can trust and can't. Don't let fear or shame trap you.

So we should always turn to people whenever we need to.

Please remember- it is good to talk and talking about a problem is sometimes enough to solve it. If this is not enough then asking for help or talking about an issue is the always the beginning of the solution.

The Well Being Team