

Ben's Story



ISSUES FOR REFLECTION AND DISCUSSION

Start by watching Ben's Story

After you've watched the video of **Ben's story**, read and think about the questions in each box. If you're doing this by yourself, write down your thoughts in the box. If you're doing it as part of a group, talk to each other about each question before writing anything down. Please remember, this is not a test. All thoughts and ideas are welcome.

What mental health issue do you think Ben is struggling with?

In what ways was Ben affected by how he was feeling? Think about this under the headings: emotions, thoughts, actions and physical signs in his body.

Ben called himself an idiot. What do you think made it hard for Ben to accept he was struggling and to reach out for help?

Mental Health Educate

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Ben's friends advised him to get support. What advice would you have given Ben if he was your friend?

Why?

At the end of the video, Ben said he still struggles with anxiety some of the time. Why do you think that is?

What kinds of things do you think might help someone to manage times when they feel anxious?

WANT TO LEARN MORE ABOUT ANXIETY, MINDING YOUR MENTAL HEALTH & GETTING SUPPORT?

You'll find lots of information, personal stories and ways to deal with anxiety on www.SpunOut.ie and www.jigsaw.ie