

SIGN OF THE CROSS AND GATHER

Our prayers this today and this week will focus on Mental Health Awareness. We will consider 5 ways in which you can improve your mental health and wellbeing.

WE LISTEN

“Be strong and courageous. Do not be afraid or terrified, for the Lord your God goes with you; he will never leave you nor forsake you.”

Deuteronomy 31:6



RESPONSE

Dear Lord, we pray for all those pupils beginning their exams this week. We ask that you guide them and support them when things appear difficult. Give them the courage to speak to others to gain the support they might need.
Amen

MISSION

Anxiety can feel very lonely so connecting with people can help a lot. Spend time with your friends or family. Try to talk about how you feel because it can help to reduce your anxiety. Sometimes saying what's worrying you out loud can take away its power over you.

SIGN OF THE CROSS AND GATHER

Our prayers today focus on the importance of physical exercise for mental health. Experts have shown that keeping your body active can reduce anxiety, improve your mood and boost your self esteem.

WE LISTEN

“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own.”

1 Corinthians 6:19

EXERCISE

FOR MENTAL HEALTH



RESPONSE

Lord,
I ask that you would bring me the wisdom, motivation, and ability to properly exercise my body and mind. Provide me with the strength to take care of myself physically and mentally.
Amen

MISSION

Can you set yourself a physical challenge this week? Will you take part in a club after school? Will you walk to school? Can you join a gym or a running club? Can you get outside and spend time walking in nature?

SIGN OF THE CROSS AND GATHER

Our prayers today focus on the importance of education and learning. Research shows that learning new skills can improve your mental wellbeing, boost your confidence and build a sense of purpose.

WE LISTEN

“Let us thank those who teach in Catholic schools. Educating is an act of love. It is life giving.”

Pope Francis



RESPONSE

Lord God, Thank you for the opportunity to learn new skills and stretch my understanding. Thank you for guiding me through my time in school. Help me to appreciate those who teach and guide us everyday. Amen

MISSION

In your work today, **aspire** to reach the gold standard. Appreciate the staff that work hard on your behalf. Ensure that the work you do today and this week is a reflection of your true self. The staff at St Robert's take great pride when our students work to the best of their ability.

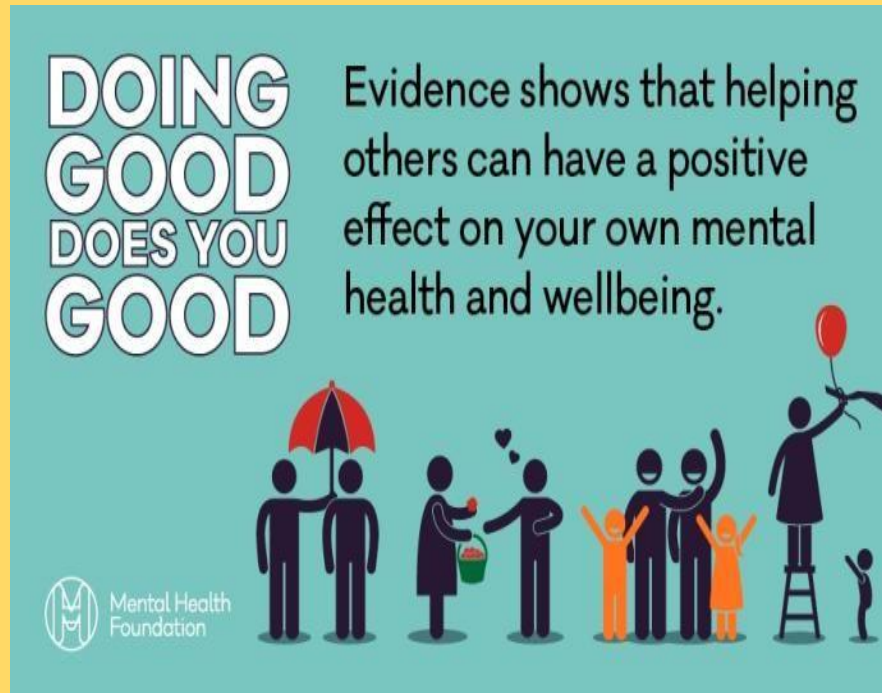
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NHS England suggest that acts of giving and kindness can help improve your mental health and wellbeing by creating positive feelings, improving your self esteem and connecting with others.

WE LISTEN

"In the same way, let your light shine before people, so they can see the good things you do and praise your Father who is in heaven."

Matthew 5:16



RESPONSE

Lord, I know that there are people that need help, give me the strength to help them and always stand for the right thing. I pray for the wisdom to do things the right way. Help me not to remember the people that I have the power to help today. Amen.

MISSION

Today and this week could you: say thank you to someone that has had a positive impact on your life, taking time out to ask someone how they are, spending time with friends or family who need support, volunteer to help in school or think about ways in which our community can fund raise.

SIGN OF THE CROSS AND GATHER

Our prayers today focus on anxiety and our thoughts. Anxiety can lead us to think about things over and over. This is called rumination and it is not helpful.

WE LISTEN

“Do not be anxious about anything, but in everything by prayer let your requests be made known to God.”

Philippians 4:6



RESPONSE

Dear God,
Be with me as I face every difficulty. Guide me with your grace and keep my soul calm with your peace. I pray that you grant me the inner peace that I need for my heart to feel safer and reassured.

Amen

MISSION

When you catch yourself ruminating, write down the thought and challenge it. Is what you're worrying about likely to happen? Are you being realistic? Have you had similar thoughts which have not turned into reality? This can make it easier to challenge the thoughts and stop them from overwhelming you.