



SIXTH FORM SUMMER PROJECTS 2026

Mental Health

MENTAL HEALTH: INDIVIDUALS AND SOCIETY

Understanding Mental Health

Introduction

As future Mental Health: Individuals and Society students, you'll spend the next two years learning about mental health and wellbeing, factors that impact it, and how to support people and organisations.

This summer project gives you a taste of the course before we start, so that you are prepared and ready to start exploring mental health and wellbeing in more depth.

PART 1: WATCH AND OBSERVE

Step 1: Watch the Video

Watch this highly moving documentary from **BBC Ideas**. It features a young person sharing their raw experience of severe anxiety and panic attacks.

Video Link:

Living with anxiety: 'I felt like I was trapped in a box' | BBC Ideas

Alt Search: "Living with anxiety trapped in a box BBC Ideas"

Step 2: Reflection (400–500 words)

This prepares you for studies on Anxiety Disorders, Biological Triggers, and Cognitive Support.

What specific steps, coping mechanisms, or shifts in mindset did the speaker use to start breaking out of their "box"?

The Physical vs. Psychological Reality

- Two physical symptoms
- Two emotional/mental symptoms

How does this demonstrate that mental health conditions affect the whole body?

PART 2: ADD TO YOUR WRITTEN REFLECTION

2. The Amygdala Hijack

Task: Explain the biological dysfunction

The video illustrates a state of constant, overwhelming panic.

Based on your introductory knowledge of brain biology, how is the **amygdala** and the **fight, flight, or freeze response** operating incorrectly in someone experiencing a severe anxiety disorder?

Compare this to someone facing a normal daily stressor like a school test.

3. The Turning Point

Task: Analyse coping mechanisms

What specific steps, coping mechanisms, or shifts in mindset did the speaker use to start breaking out of their “box”?

Classify strategies into:

- Individual steps: Things they did themselves.
- Social/external steps: Seeking outside help.

PART 3: FUTURE MENTAL HEALTH PRACTITIONER REFLECTION

Write a short personal reflection: What have you learned about mental health and wellbeing.

Your reflection should include:

- Why do you want to study the course
- How do you manage your own mental health and wellbeing
- One thing you would like to learn more about in September



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