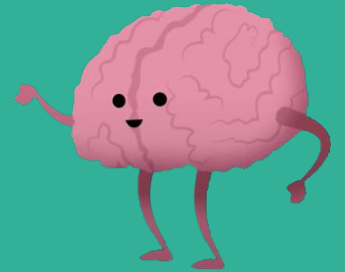
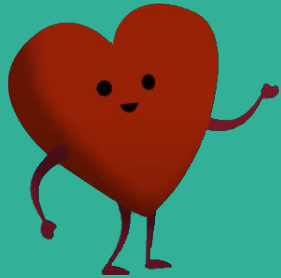


Lesson 1: We All Have Mental Health



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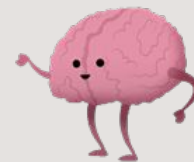


Erika's Lighthouse[®]

To edit/customize this slideshow, please make a copy.



What is Mental Health?



Mental health is about our feelings, thinking, emotions and moods.



Mental health is important for a happy, healthy and productive life.



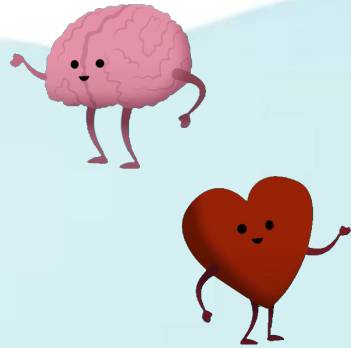
Just like we brush our teeth every day, we need to make sure our brains have the tools we need to be mentally healthy.



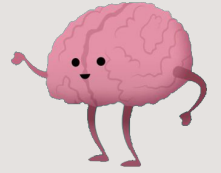
Looking after our mental health is just as important as looking after our physical health.



In today's lesson you will learn:

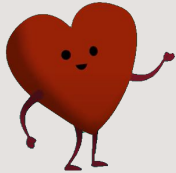


- More about mental health
- Ways to keep your mind healthy
- The difference between everyday feelings and overwhelming feelings.

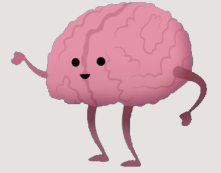


How do we care for our
mental health?

Let's play charades!

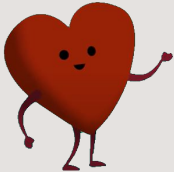


Mental Health and Feelings



Everyday feelings come and go and are a normal reaction to what is happening in our lives. They are always changing and don't usually hang around for too long.

Overwhelming feelings hang around for a long time, change the way we feel and behave and may stop us from doing what we want to in life. You have heard people call them a mental health problem, mental illness or mental disorder.



Everyday Feelings



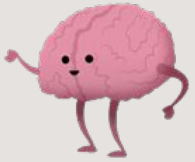
Examples of everyday feelings might include:
happiness, joy,
disappointment.



Overwhelming Feelings

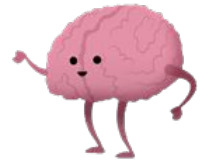


Examples of overwhelming feelings might include:
loss, grief, despair.





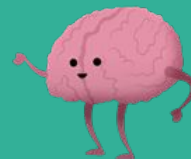
Where you are on the
feeling thermometer?




How are you
feeling today?



Let's watch Sasha and Andre to learn more about feelings

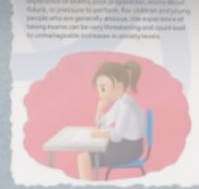




How are the feelings that Sasha & André experiencing different?

What does Sasha do to manage her everyday feelings?





Low mood can mean an absence of feeling, irritability, lack of pleasure, and/or lack of motivation. Most people have experienced this at times. However, low mood means that people feel this way persistently. Doctors define low mood as feeling this way for over two weeks.

It is not always easy to spot low mood. Signs include changes in behaviour and relationships with friends and school staff, becoming more withdrawn and missing attendance. Low mood may be related to challenging home circumstances, bullying or difficult peer relationships.

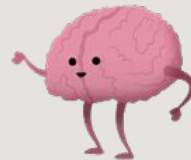
1. Express concern for someone who is withdrawn or isolated.
2. Express concern for someone who is withdrawn or isolated.
3. Arrange to check up on someone who has withdrawn. This will show that you care.
4. Have your concerns with you and discuss them with your support staff.
5. Have your concerns with you and discuss them with your support staff.

What does André do to manage his overwhelming feelings?



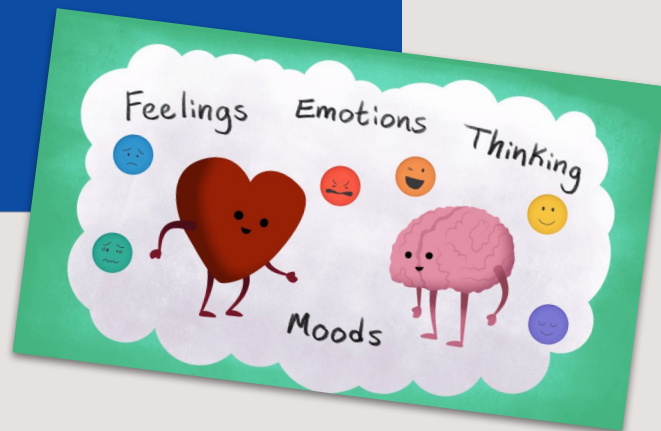
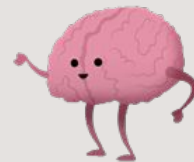
Overwhelming feelings
can be difficult to
admit or talk about.

What made it difficult
for André to talk about
his mental health or to
ask for help?



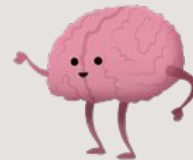
TRUE or FALSE?

We all have mental health.



TRUE





TRUE or FALSE?

Our **physical health** is more important than our **mental health**.

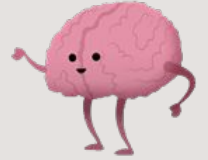


FALSE



TRUE or FALSE?

If I want to talk about my mental health,
I always have to ask a doctor.

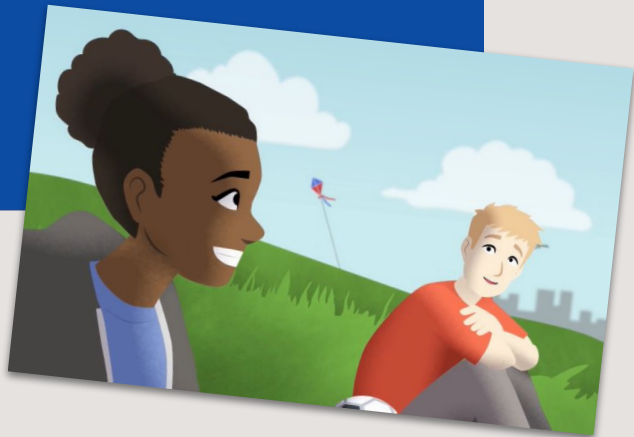


FALSE



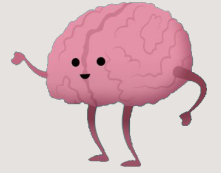
TRUE or FALSE?

One way to manage our mental health is to talk about it with someone we trust.



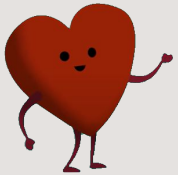
TRUE

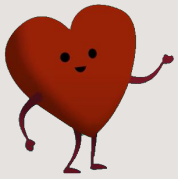




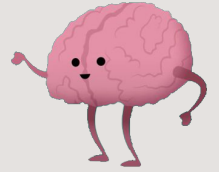
What do you notice?

What do you wonder?

















Exit Ticket: Emotions



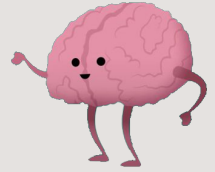
Lesson 1 Exit Ticket:

1. Color in the emoji that you are mostly feeling after today's lesson.
2. Is this an everyday feelings or an overwhelming one? Why?

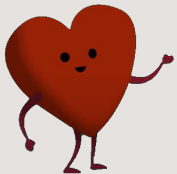
During this lesson/workshop, I hope you learned:

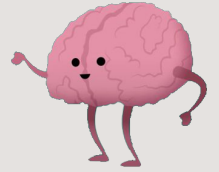
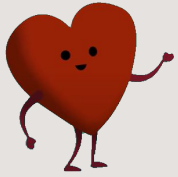
- More about mental health
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- The difference between everyday feelings and overwhelming feelings.



REMEMBER

- Everyone deserves good mental health.
- Mental health is balance: the ability to manage stress and achieve one's potential.
- Stress is normal, but too much increases the risk for health problems, like depression.
- Small improvements in nutrition, sleep, exercise and coping skills can help us to better manage stress and achieve good mental health.

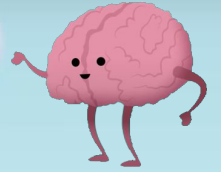




Good mental health is something that everyone deserves, but sometimes too much stress can get in the way of good mental health.

We'll explore **STRESS** next time!

If you or a friend need immediate support,
talk to an adult or dial 911.



→ 988 Suicide and Crisis Lifeline

988

Text or Call

