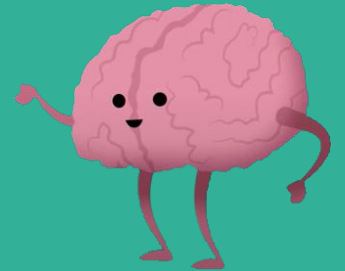
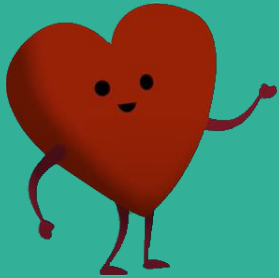


# Level I: We All Have Mental Health

*One-Day Lesson*

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**Anna Freud**  
National Centre for  
Children and Families

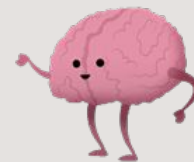


**Erika's Lighthouse**<sup>®</sup>

*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.



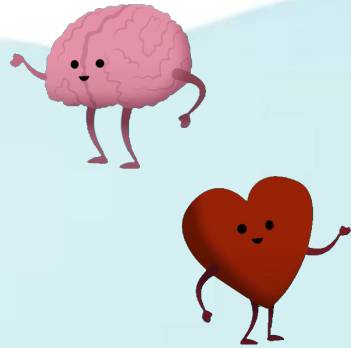
Just like we brush our teeth every day, we need to make sure our brains have the tools we need to be mentally healthy.



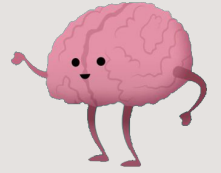
Looking after our mental health is just as important as looking after our physical health.



# In today's lesson you will learn:

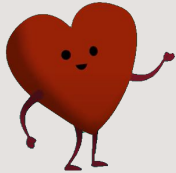


- More about mental health
- Ways to keep your mind healthy
- The difference between everyday feelings and overwhelming feelings.

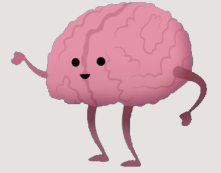


How do we care for our  
mental health?

Let's play charades!

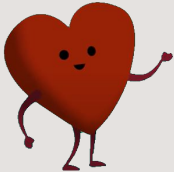


# Mental Health and Feelings



**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



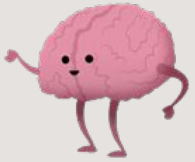
Examples of everyday feelings might include:  
happiness, joy,  
disappointment.



## Overwhelming Feelings

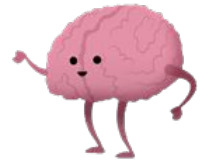


Examples of overwhelming feelings might include:  
loss, grief, despair.





Where you are on the  
feeling thermometer?



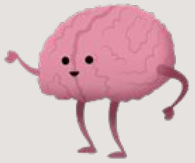
**How are you  
feeling today?**



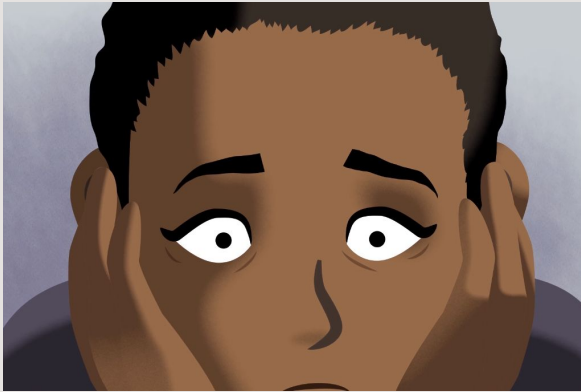
Let's watch Sasha and Andre to learn more about feelings





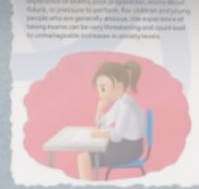


How are the feelings that Sasha and Andre are feeling different?



What does Sasha do to manage her everyday feelings?

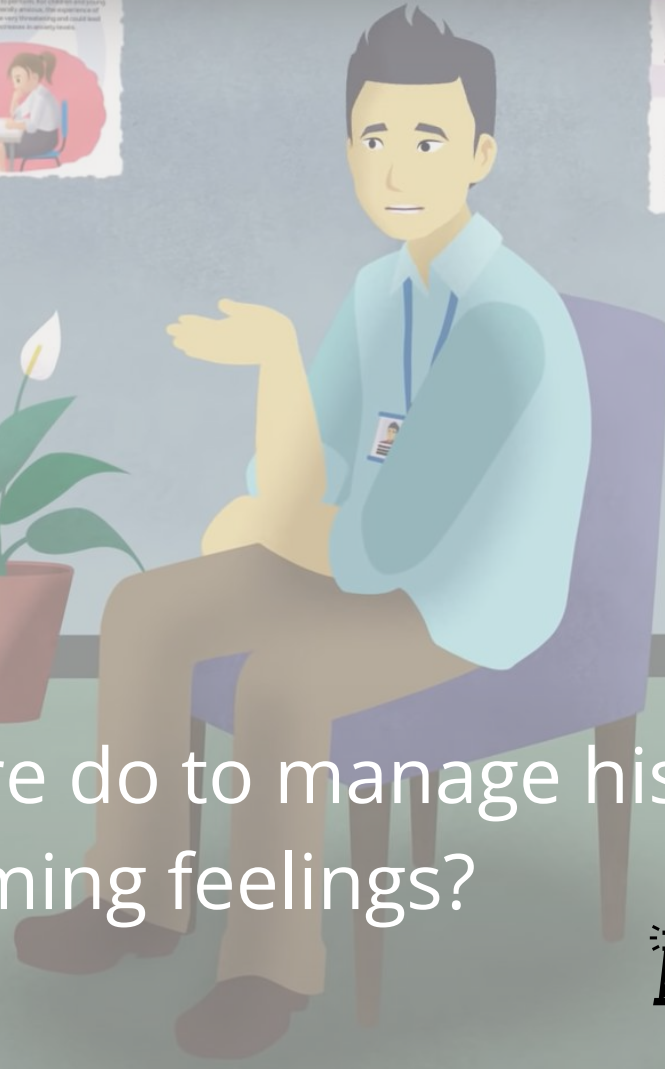




Low mood can mean an absence of feeling, irritability, lack of pleasure, and/or lack of motivation. Most people have experienced this at times. However, low mood means that people feel this way persistently. Doctors define low mood as feeling this way for over two weeks.

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 declining attendance. Low mood may be related to challenging home circumstances, bullying or difficult peer relationships.

1. Express concerns to someone you trust in a confidential way.
2. Express concerns to someone you trust in a confidential way.
3. Arrange to 'check in' with someone you trust on a regular basis to see how you are doing.
4. Take your concerns seriously and get help if you need it. You can talk to your GP, school nurse or a counsellor.
5. Take your concerns seriously and get help if you need it. You can talk to your GP, school nurse or a counsellor.

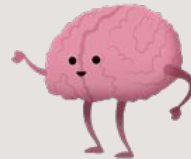


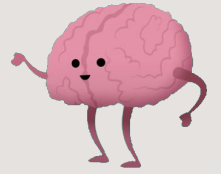
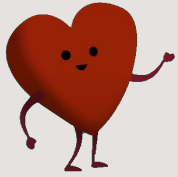
What does Andre do to manage his overwhelming feelings?



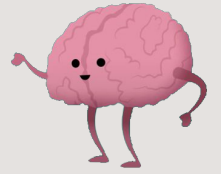
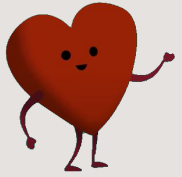
Overwhelming feelings  
can be difficult to admit  
or talk about.

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





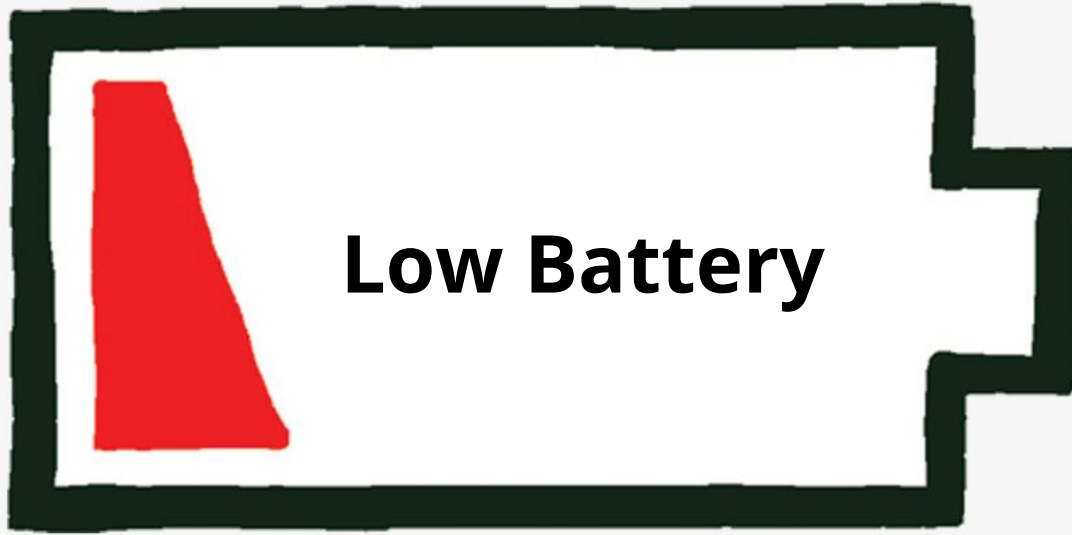
What gets in the way  
of good mental  
health?





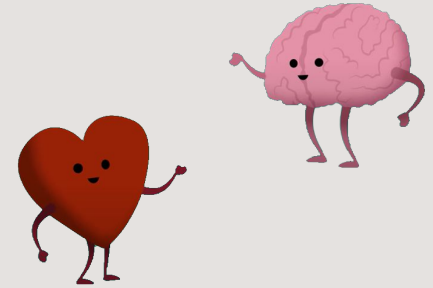


*Too much stress* can lead to  
overwhelming feelings.





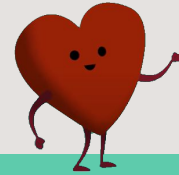
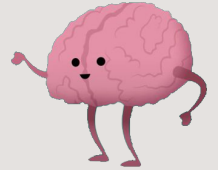
# Coping skills can help us manage life's challenges.



- Doing something you love
- Mindfulness activities
- Journaling



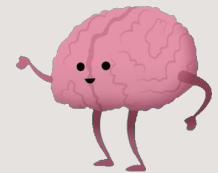
If you are concerned about yourself or a friend, talk to a **Trusted Adult** - someone who is reliable and dependable.

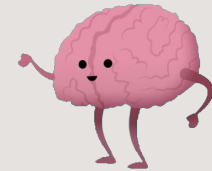




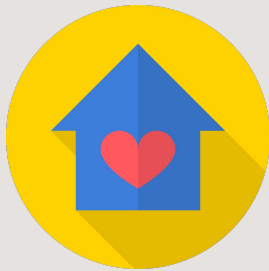
How do you know a person is  
**reliable?**

How do you know a person is  
**dependable?**





# Who are **trusted adults** in your life?



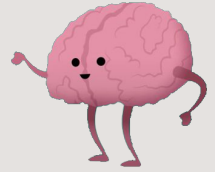
AT HOME



IN THE  
COMMUNITY



AT SCHOOL



# Exit Ticket

Lesson 3 Exit Ticket:

Name:

Teacher:

After learning about mental health,

- I would like to talk to a mental health worker very soon.
- I would like to talk to a mental health worker sometime this week.
- I do not need to talk to a mental health worker now, but if/when I do, I will reach out to \_\_\_\_\_(write name)

# REMEMBER...



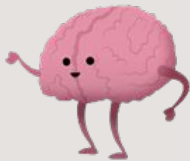
Everyone deserves good mental health



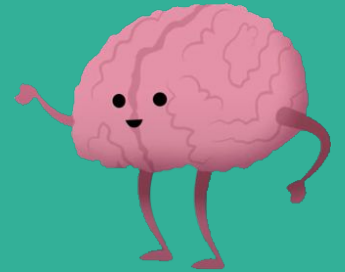
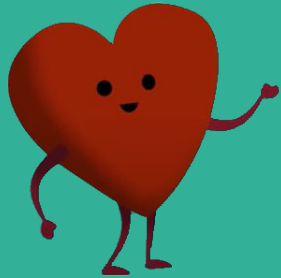
Stress is normal, but too much increases the risk for health problems



Small improvements in nutrition, sleep, exercise and other coping skills can help us to better manage stress and achieve mental health



# Level I: We All Have Mental Health



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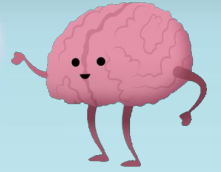


**Anna Freud**  
National Centre for  
Children and Families



**Erika's Lighthouse**<sup>®</sup>

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



→ 988 Suicide and Crisis Lifeline

**988**

Text or Call

