



Sign Up For Orientation!

Don't forget to sign up for an orientation session to get familiar with the Thrival Kits™ program! This 30 minute session will grow your confidence in mental health promotion and provide you with the necessary tools to make implementing Thrival Kits™ simple and fun! Orientation session will run **every Thursday from 3:30-4pm starting Thursday, October 19th.**

Sign up for an orientation when registering your school for Thrival kits. Please consult with your co-teachers to find the best orientation time for everyone to join. For questions about orientation, please email dvermette@cmhawpg.mb.ca

Facilitator Forum

Engage with the new Facilitator Forum section in the Engage and Exchange Hub! A new feature of the Engage and Exchange Hub is the Facilitator Forum section. This is a safe space to share ideas and questions with other Facilitators. We encourage Facilitators to check out the Forum on a regular basis and post their tips and strategies, or pose a question to your fellow Facilitators. Engage in forum discussion for a chance to win some Thrival Kits™ swag!

Check out the first question [here](#).

The Importance of Mental Health

Our mental health is a very important part of our lives. Mental health is how we feel, think and act. In order to thrive and flourish we all need to take good care of our bodies and minds. Just like we need to practice healthy habits to keep our bodies healthy, we also need to practice healthy habits for our good mental health. These healthy habits are called mental health promotion.

Research demonstrates that mental health promotion is an important protective factor against poor mental health and mental illness. Research



links mental health promotion with many positive mental health outcomes including:

- improved resilience and positive coping strategies
- increased help-seeking behaviour
- decreased stress
- decreased stigma surrounding mental illness
- decreased thoughts of self-harm and suicidal ideation

(Barry et al., 2013; Phan et al., 2022; Weare et al., 2011)

Activity: Have a conversation with your students about Mental Health and, as a class, come up with ways you can improve your mental health.

Examples may include:

- Going for a walk
- Breathing exercises
- Journaling
- Doing something you love

Thrival Kits™ Facilitator Resources

Tuesday, October 10th is **World Mental Health Day!** Every year we celebrate World Mental Health Day on **10 October**. The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.

Check out the World Foundation of Mental Health [website](#) to learn more.



Well Central is a Virtual Recovery College for those seeking better mental health, well-being and support in recovery.

Designed to support you on your personal path, Well Central's Virtual Recovery College is a self-directed, web-based online channel with free interactive courses that empower individuals to take control of their recovery and well-being.

Explore the Well Central website by clicking [here](#).



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