



Canadian Mental
Health Association
Manitoba and Winnipeg
Mental health for all



Youth Mental
Health Promotion

- Mental health is also about our **relationships** - the way we get along with others including, our family, friends and classmates.
- Just like there are different types of exercises to keep our bodies healthy, there are different types of activities for good mental health. And, just like some of you prefer climbing instead of running, or skip rope jumping instead of stretching, you will discover which types of mental health promotion activities you like best.
- Some examples of mental health promotion activities are journaling or mindfulness breathing.
- Just like it's important to exercise every day, it's important to do a mental health promotion activity each and every day.

Reflection Questions/Journal Prompts

- What did you think about this activity?
- What do you think mental health means?
- Why do you think it's important to talk about our feelings?
- How do you know when you're feeling happy, sad, or angry?
- What does being a good friend look like?
- What's one way you can take care of your mental health this week?