

What is Mental Health?

Aim

To introduce students to the concept of mental health as an important part of our overall well-being, and the importance of practicing simple, effective mental health promotion activities that can help reduce stress and prevent mental health challenges.

Facilitator Resources

Facilitator script

Student Resources

Journal

Activity

- The Facilitator introduces the topic of mental health and guides students through conversation about what mental health is. Students can also reflect on the prompt questions in a journal.

Facilitator Script

- Today we are talking about mental health.
- Do you know what **mental health** means? Mental health is how we feel, think, act and cope. It's about our emotions, how we deal with challenges, and how we treat others. Just like we take care of our bodies by eating healthy and staying active, we also take care of our minds by talking about our feelings, asking for help when we need it, and doing things that make us happy and calm.
- Taking care of our mental health means building good habits, just like we do for our bodies. These habits are called mental health promotion.
- Mental health promotion is the **daily practice** of good habits that help strengthen our mental health.
- Mental health is about our **emotions** - the way we feel. We might feel happy, sad, angry or scared. Sometimes we might even have feelings that we don't know how to name or describe.
- Mental health is also about our **self-esteem** - the way we feel about ourselves and the way we see our unique gifts and talents.



- 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?



Canadian Mental
Health Association
Manitoba and Winnipeg
Mental health for all



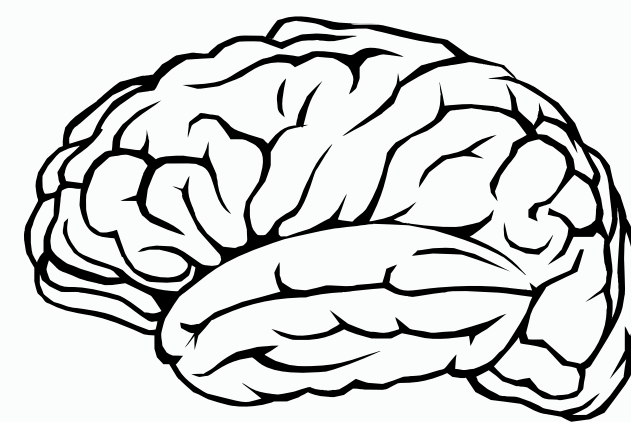
Youth Mental
Health Promotion

Mental Health

It's all about how we think, feel, act, and cope everyday!

THINK

Our thoughts, ideas, and how
we solve problems

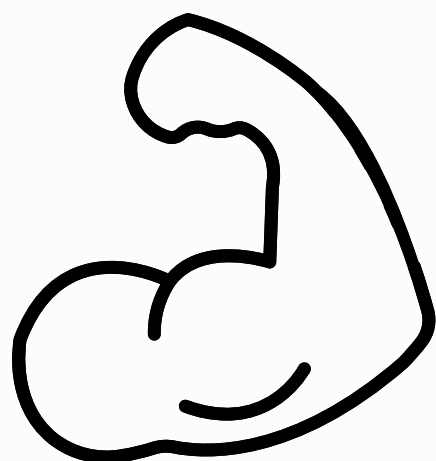


FEEL

Our emotions like happiness,
sadness, or worry

ACT

What we do and how we
behave



COPE

How we handle stress and
challenges

Everyone has mental health, and we can
strengthen it - just like a muscle!