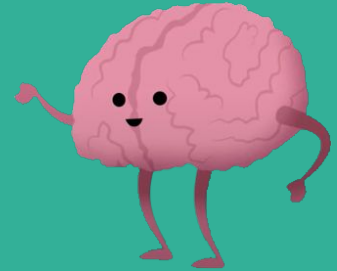
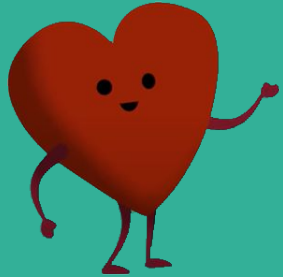


# We All Have Mental Health



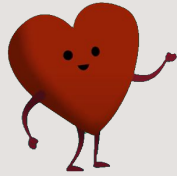
A mental health education program for grades 4-5  
Based on material created by and copyright of the Anna Freud Centre



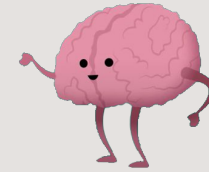
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Part 1:



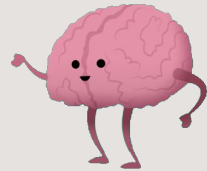
# What is Mental Health?



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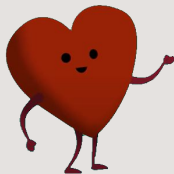


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# What is mental health?

- Mental health is about our feelings, thinking, emotions and moods.
- Mental health is important for a happy, healthy and productive life.

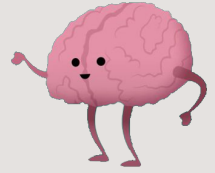


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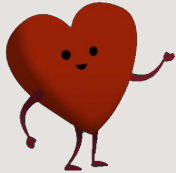


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# What is mental health?



- 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.



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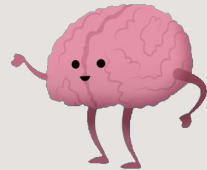
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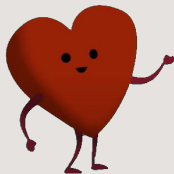
# We all have mental health





**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.

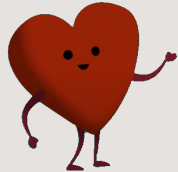
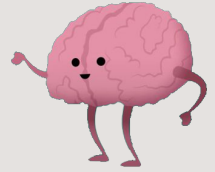


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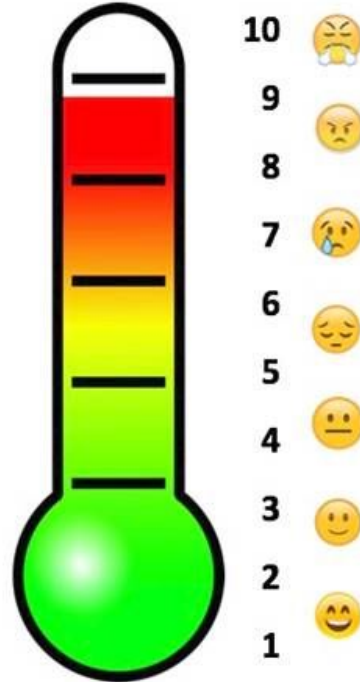
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# How do you feel today?



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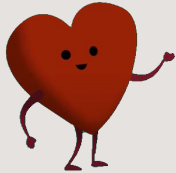
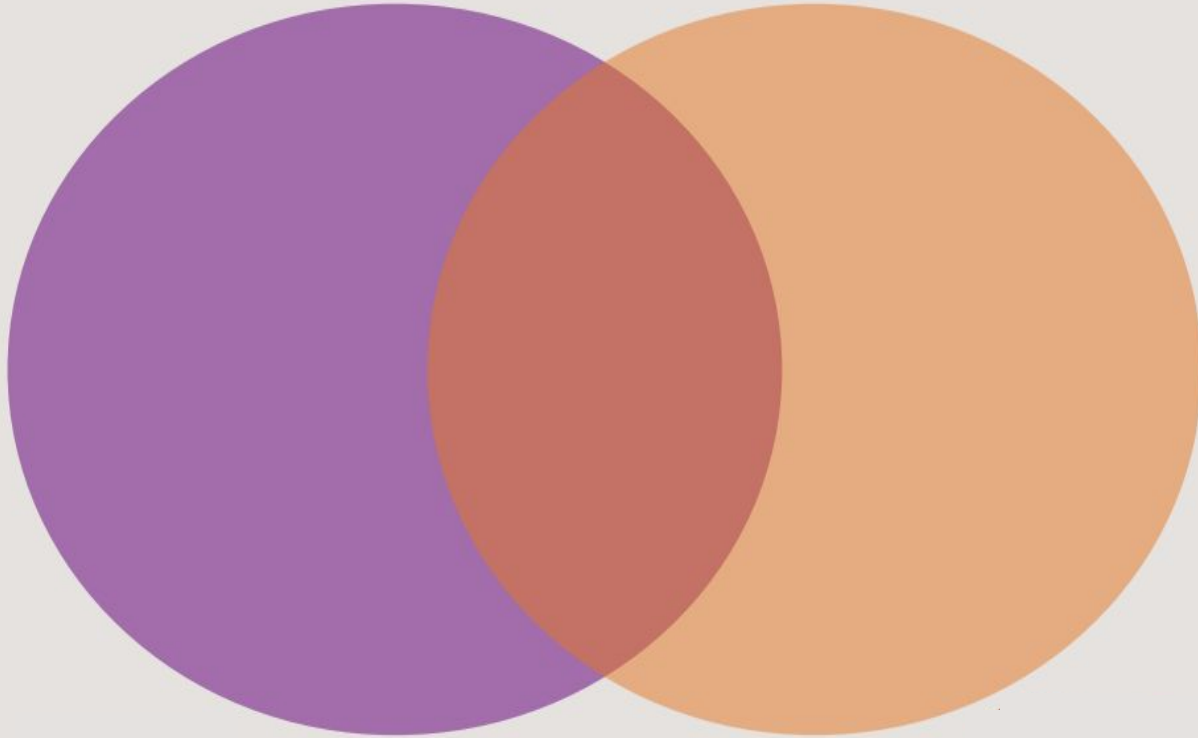
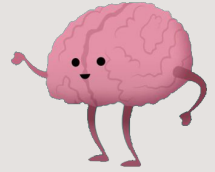
## FEELINGS THERMOMETER



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Everyday feelings

Overwhelming feelings

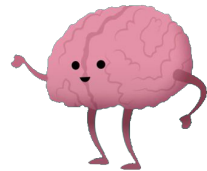


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# Discussion

How are the feelings that Sasha & André experiencing different?



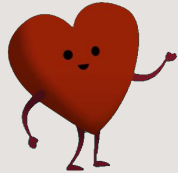
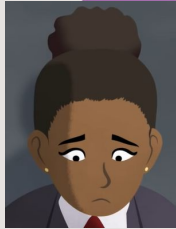
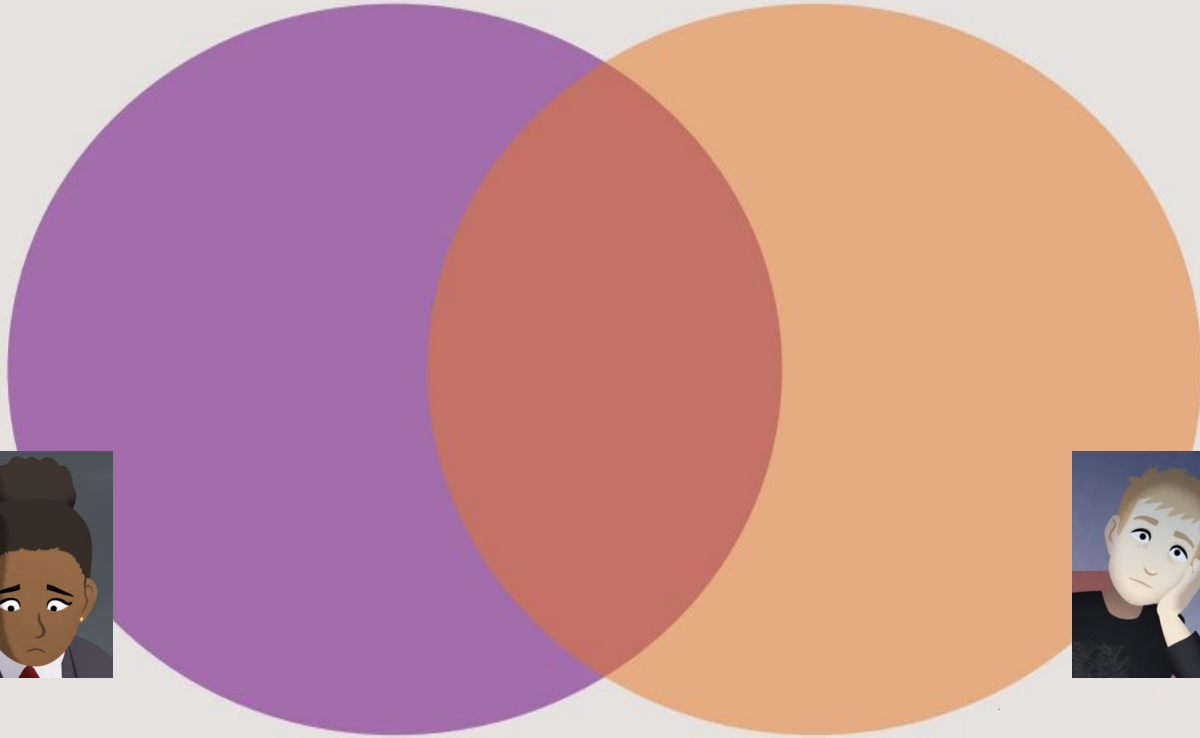
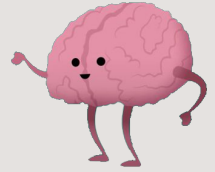
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Everyday feelings

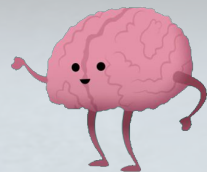
Overwhelming feelings



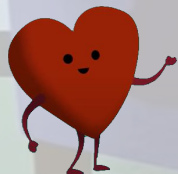
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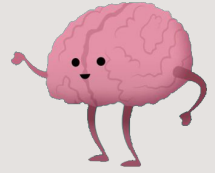
# • *What is coping?*



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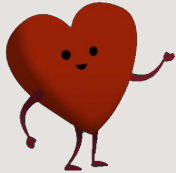


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# Discussion

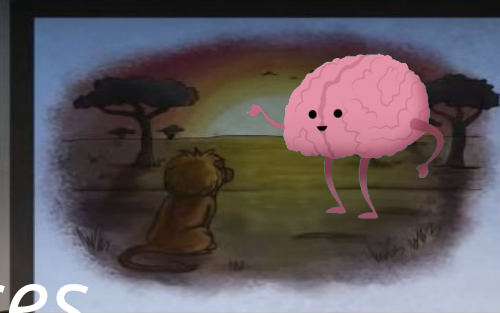
What does Sasha do to manage her everyday feelings?



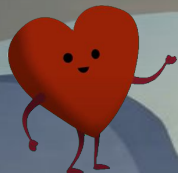
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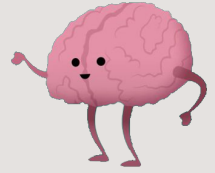


- *good mental health practices*
- *me time*



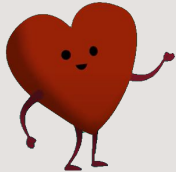
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# Discussion

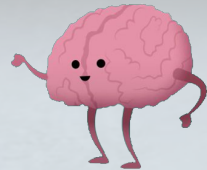
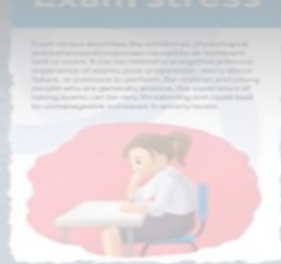
What does André do to manage his overwhelming feelings?



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- *coping mechanisms*
- *talking to a friend and adult*
- *therapy*



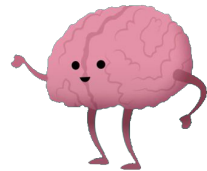
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Overwhelming feelings can be difficult to admit or talk about.



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



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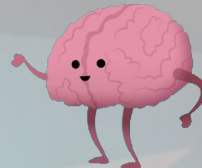


# ***Stigma***

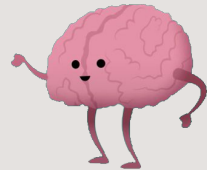
A mark of shame associated with a particular circumstance, quality, or person.



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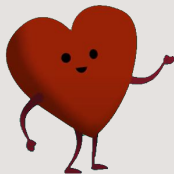


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# TRUE or FALSE

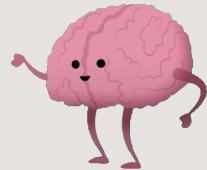
We all have mental health.



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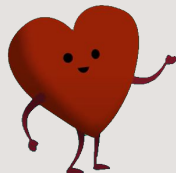
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# TRUE or FALSE

We all have mental health.

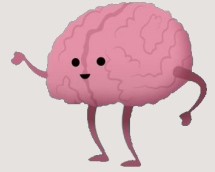
*True!*



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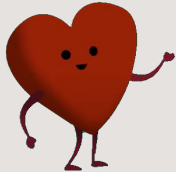


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# TRUE or FALSE

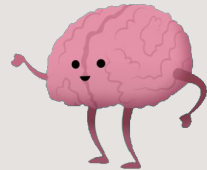
Our physical health is more important than our mental health.



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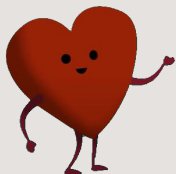
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# TRUE or FALSE

Our physical health is more important than our mental health.

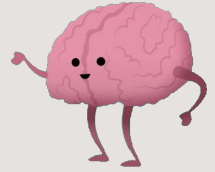
*False!*



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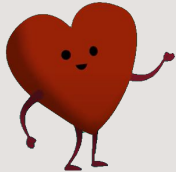


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# TRUE or FALSE

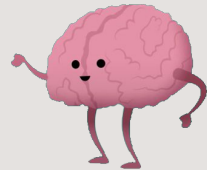
If I want to talk about my mental health I always have to ask a doctor.



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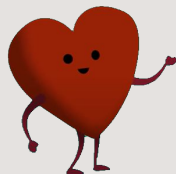
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# TRUE or FALSE

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

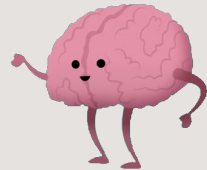
*False!*



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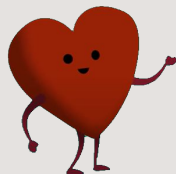


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# TRUE or FALSE

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

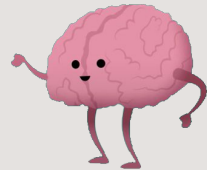


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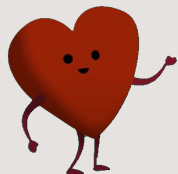
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# TRUE or FALSE

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



*True!*



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# Important Vocabulary to Know

Choose the correct definition for the vocabulary terms below.



Teachers: Reference the "Shared Vocabulary" document on the Resource Portal

C: A professional who diagnoses mental health conditions and provides treatment

E: A mark of shame associated with a particular circumstance, quality or person

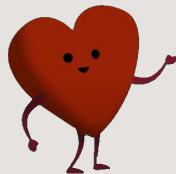
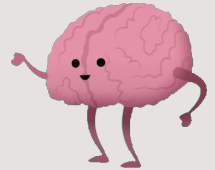
D: Ability to identify, obtain and make sure of information effectively

F: Feelings that hang around for a long time and change the way we behave and feel.

A: Directing oneself for a review, further support or help

B: A person's condition with regard to their psychological & emotional well-being

G: Someone who is reliable and dependable

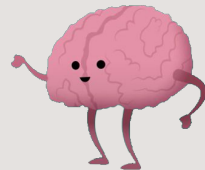


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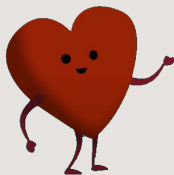


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# REMEMBER



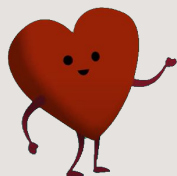
- Mental health is balance: the ability to manage stress and lead a productive life.
- Mental health is just as important as physical health.
- Everyday feelings come and go, and are manageable.
- Overwhelming feelings are also normal, but you might need to talk to someone for help.



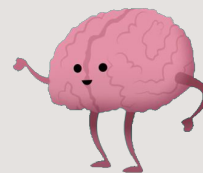
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Part 2:



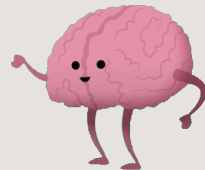
# Good Mental Health



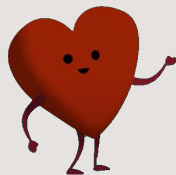
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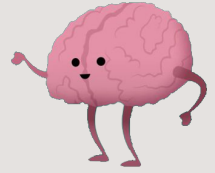
Good mental health is  
something everyone  
deserves.



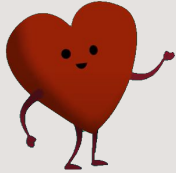
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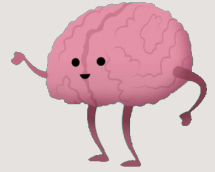
# What gets in the way of mental health?



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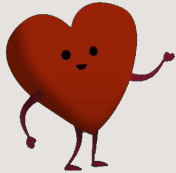


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# What gets in the way of mental health?

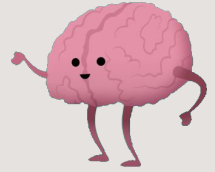
## STRESS



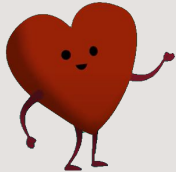
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Health problems can arise  
with ***too much stress.***  
What are some examples?

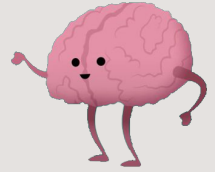


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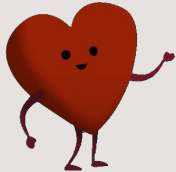
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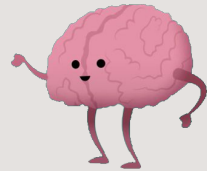




# Examples

1. Stomach hurts (aches)
2. Headaches
3. Body hurts
4. Mood changes
5. Tired
6. Trouble sleeping



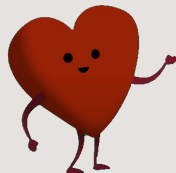


How can you better manage stress and promote good mental health?

**Self-care**

**Nutrition      Sleep**

**Exercise      Coping Skills**

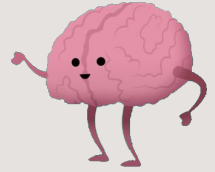


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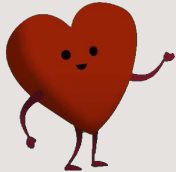


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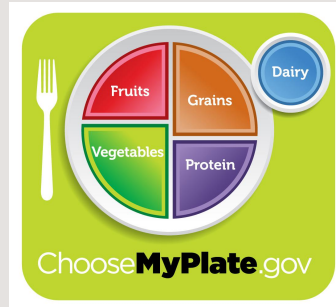
# Nutrition



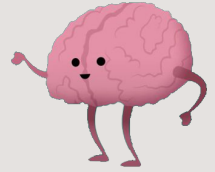
Eat 3 balanced meals a day.



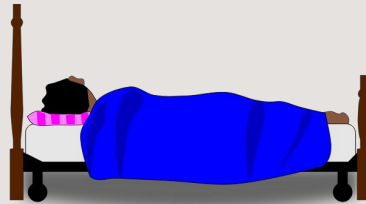
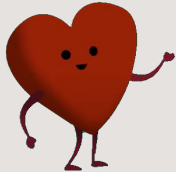
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# Sleep



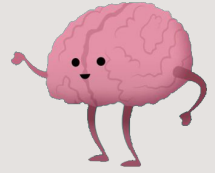
Get 8-10 hours a night.



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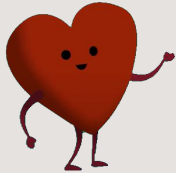


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# Exercise

Exercise at least 2.5 hours per week.



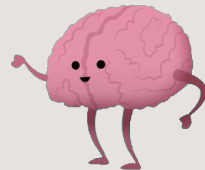
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# Managing Stress

Pick 3 ways to manage stress & improve your mental health. Practice over the next week. Visit the "Teen Toolbox" at [ErikasLighthouse.org](https://ErikasLighthouse.org) to learn more about good mental health.



Be physically active



Get enough sleep



Talk to a trusted friend or adult



Listen to calming music



Practice yoga



Take a bath



Read



Write in a journal



Laugh!



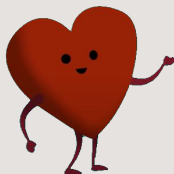
Hang out with friends



Punch a pillow



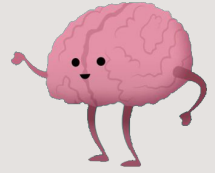
Start a new hobby



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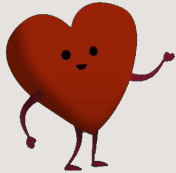


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# Coping Skills

Coping skills can help us manage life's challenges.

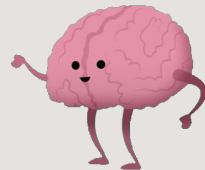


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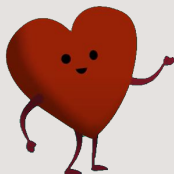


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# REMEMBER



- Everyone deserves good mental health.
- 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 mental health.





# 60-second Mindfulness

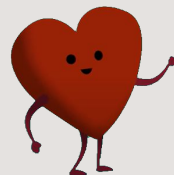
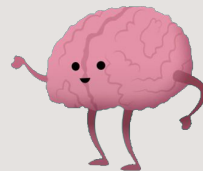
Mindfulness: the practice of being aware of your thoughts & feelings and being fully present in the moment

When we get overwhelmed it is usually because our minds start to think about past setbacks or worry about future challenges. If we live in the present moment we can begin to free ourselves of those negative thoughts.

## INSTRUCTIONS:

1. Close your eyes
2. Get comfortable
3. Slowly Inhale 1, Exhale 2, Inhale 3, counting to 10
4. Let go of tension in shoulders, arms, hands, legs & feet
5. Slowly Inhale 1, Exhale 2, Inhale 3, counting to 10
6. Open your eyes & ask yourself, "how do I feel?"

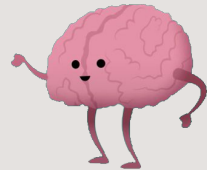
*Mindfulness is something you can do for just a few minutes when you need it, but it is best to practice a few minutes each day to train the brain to become more present and aware. Be sure to check out the Teen Toolbox on [erikaslighthouse.org](http://erikaslighthouse.org) for more.*



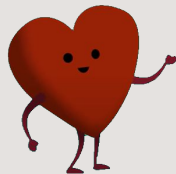
Virtual  
Awareness into Action



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# Part 3: Helping Yourself or A Friend

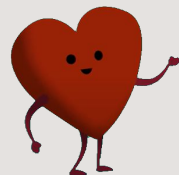
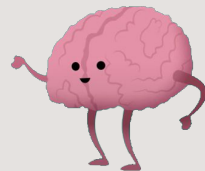


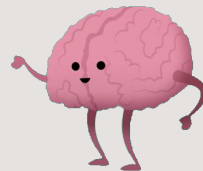
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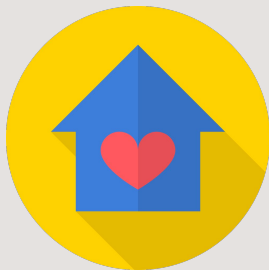
If you are concerned about yourself or a friend, talk to a Trusted Adult - someone who is reliable and dependable.



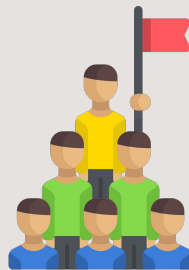


# Who are they?

Identify your Trusted Adults at:



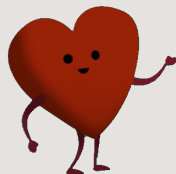
HOME



COMMUNITY



SCHOOL



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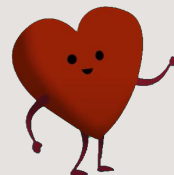
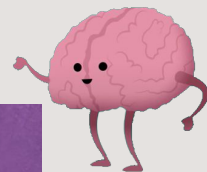
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# Sometimes people feel ashamed to ask for help.

## How do you ask for help?

Tell a Trusted Adult:

- How you **Feel**
- What you've **Tried**
- What they can do to **Help**



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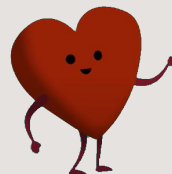
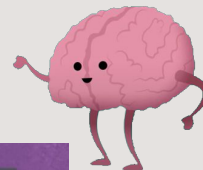
# Sometimes people feel ashamed to ask for help.

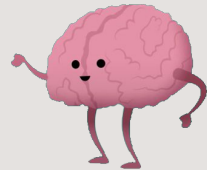
## How do help a friend?

Tell them:

- I've **noticed** changes in you.
- I **care** for you.
- How can I **help** you?

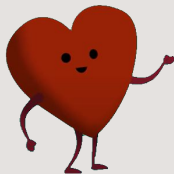
Be a good friend by listening, showing you care and helping them find help.





# Where can I learn more?

What other valid and reliable people, resources or information can you access to learn more about mental health and depression?

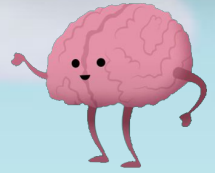


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If you or a friend need help,  
talk to an adult or dial 911.



For help in our school, contact:

**LOCAL CONTACT NAME**

**Email or Phone**



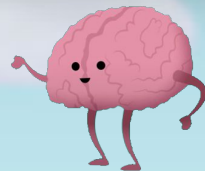
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If you or a friend need help,  
talk to an adult or dial 911.



National Suicide Prevention Lifeline:  
**1-800-273-TALK (8255)**

Crisis Text Line:  
Text **"Listen"** to **741741**

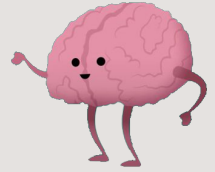


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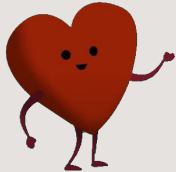


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Please complete a short survey:



For more information  
visit us online at  
**ErikasLighthouse.org**



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