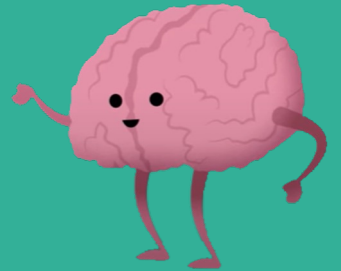
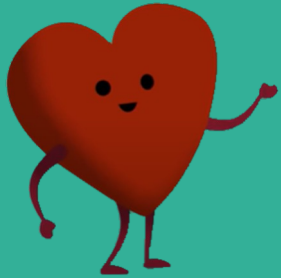


Level I: We All Have Mental Health

One-Day Lesson



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Anna Freud
National Centre for
Children and Families



Erika's Lighthouse®

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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.



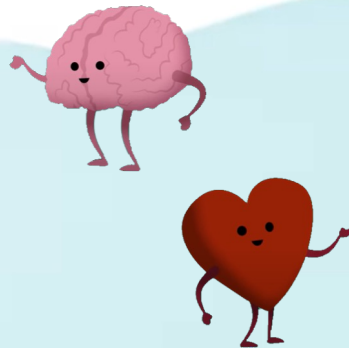
Just like we brush our teeth every day, we need to make sure our brains have the tools we need to be mentally healthy.



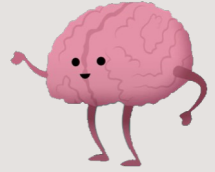
Looking after our mental health is just as important as looking after our physical health.



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.

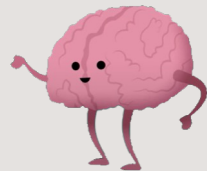


How do we care for our mental health?

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.

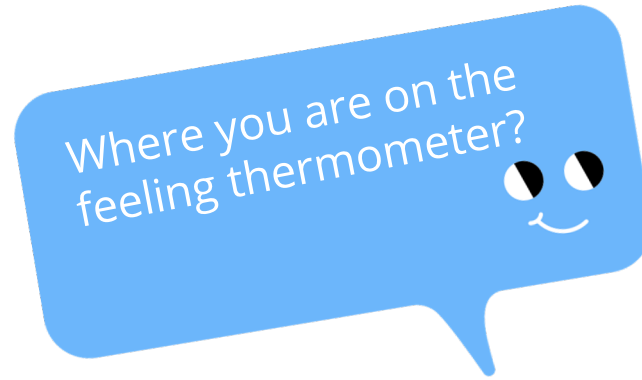


Overwhelming Feelings

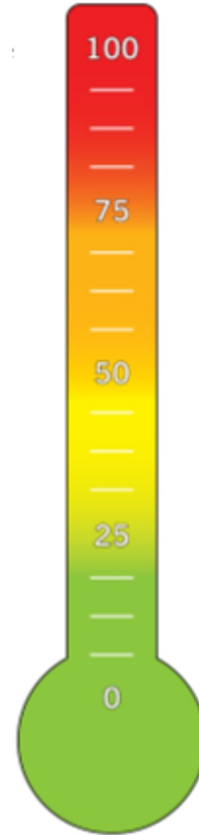


Examples of overwhelming feelings might include:
loss, grief, despair.





**How are you
feeling today?**



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



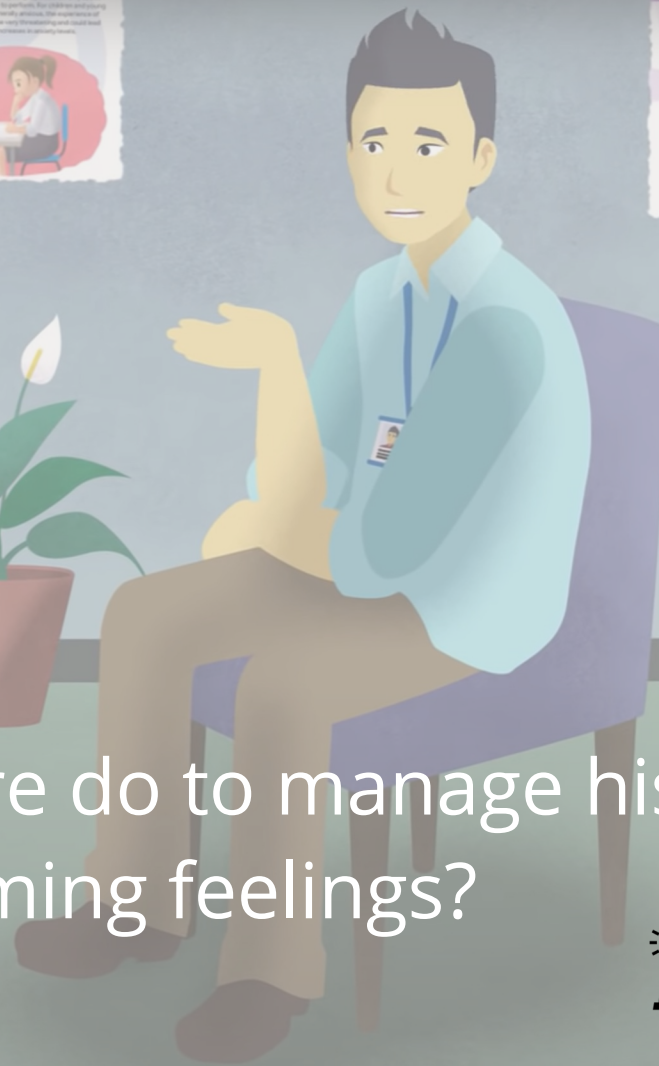
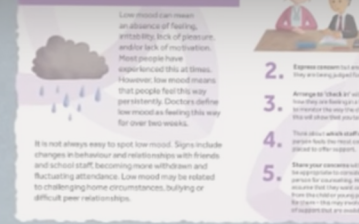
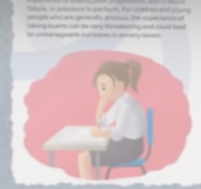


How are the feelings that Sasha and Andre are feeling different?



What does Sasha do to manage her everyday feelings?



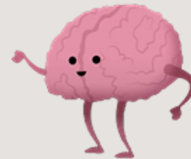
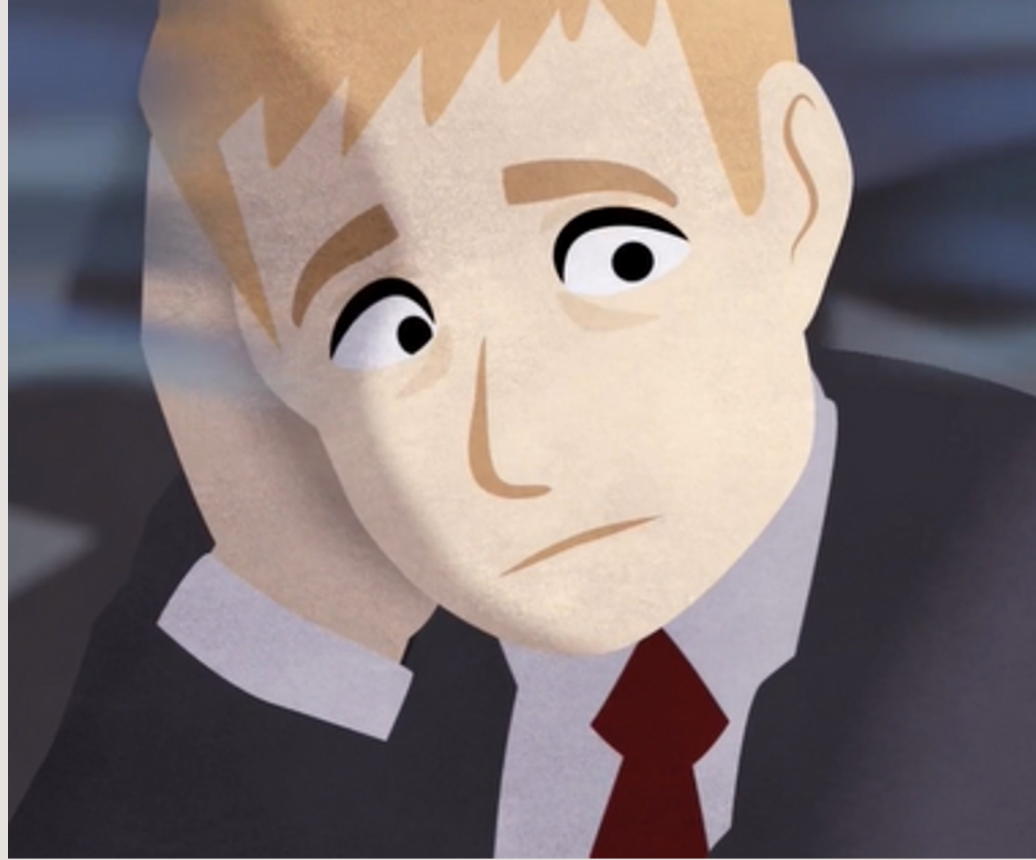


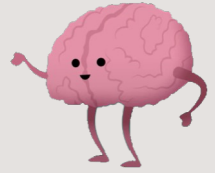
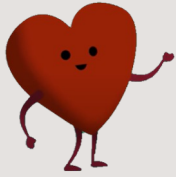
What does Andre do to manage his overwhelming feelings?



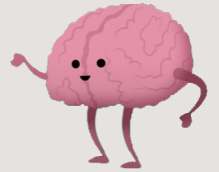
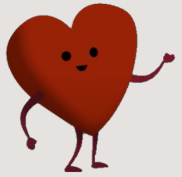
Overwhelming feelings
can be difficult to admit
or talk about.

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?



Stress

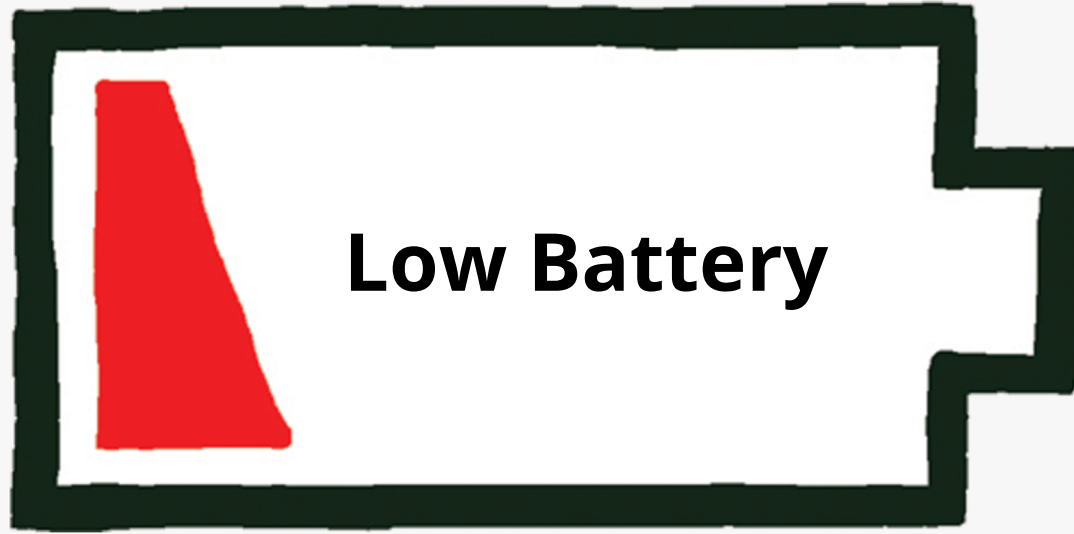




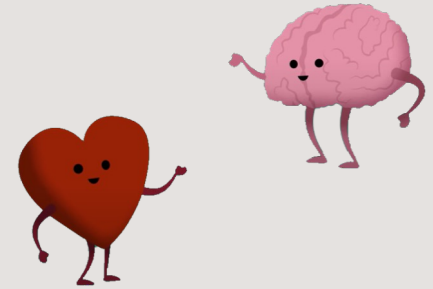
Too much stress can lead to
overwhelming feelings.



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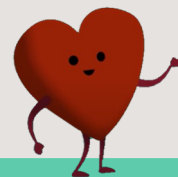
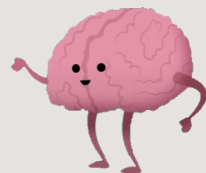
Coping skills can help us manage life's challenges.



- Doing something you love
- Mindfulness activities
- Journaling



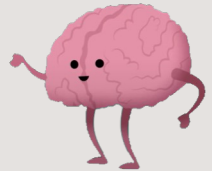
If you are concerned about yourself or a friend, talk to a **Trusted Adult** - someone who is reliable and dependable.



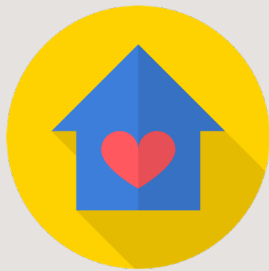
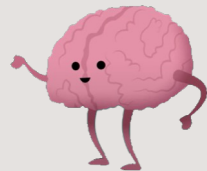


How do you know a person is
reliable?

How do you know a person is
dependable?



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



AT HOME



IN THE
COMMUNITY



AT SCHOOL

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

