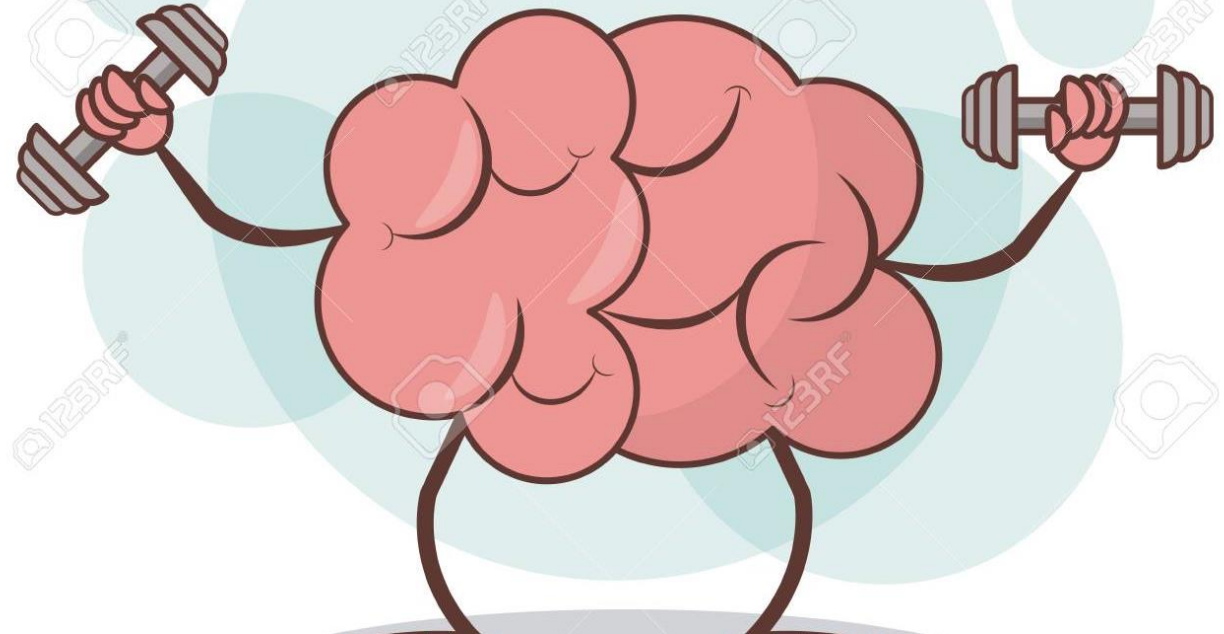




**MENTAL**  
HEALTH



# Mental Health Awareness Month

Let's keep our minds as healthy as we keep our bodies.



Anna Freud  
National Centre for  
Children and Families

# We all have mental health



## Think:

What are the differences between everyday feelings and overwhelming feelings?

What are some self-care strategies that we can use to deal with everyday feelings, what does Sasha do? does it work?

How are the feelings that André is experiencing different? What does André do to manage these feelings?

What advice does André get from Sasha and his Head of Year? What are some other things André could do?

What can you do if you are worried about a friend?



# Think:

With everything that is going on, what emotion or emotions are you feeling right now?

How can you measure your emotions?

Do emotions change or stay the same?

“There are no good or bad emotions.” Do you agree or disagree? Why?



Why do we lose  
**CONTROL**  
of our  
emotions?



## Think:

Have you ever gotten so mad that you turned a small problem into a big problem?

Have you felt sad or embarrassed after having a big reaction to a small problem?

What does it mean to “flip your lid”?

How do our brains work to keep us safe?

What can you do if you’re about to “flip your lid”?

## Activity:

Think about a time you “flipped your lid.” What happened? What could you have done differently to stay calm?



# Anger Iceberg

Our emotions affect our thoughts, behaviors and the sensations we feel in our bodies. What changes do you notice?

When we are angry, there are often other emotions under the surface

Icebergs are giant floating pieces of ice found in the coldest parts of the ocean.

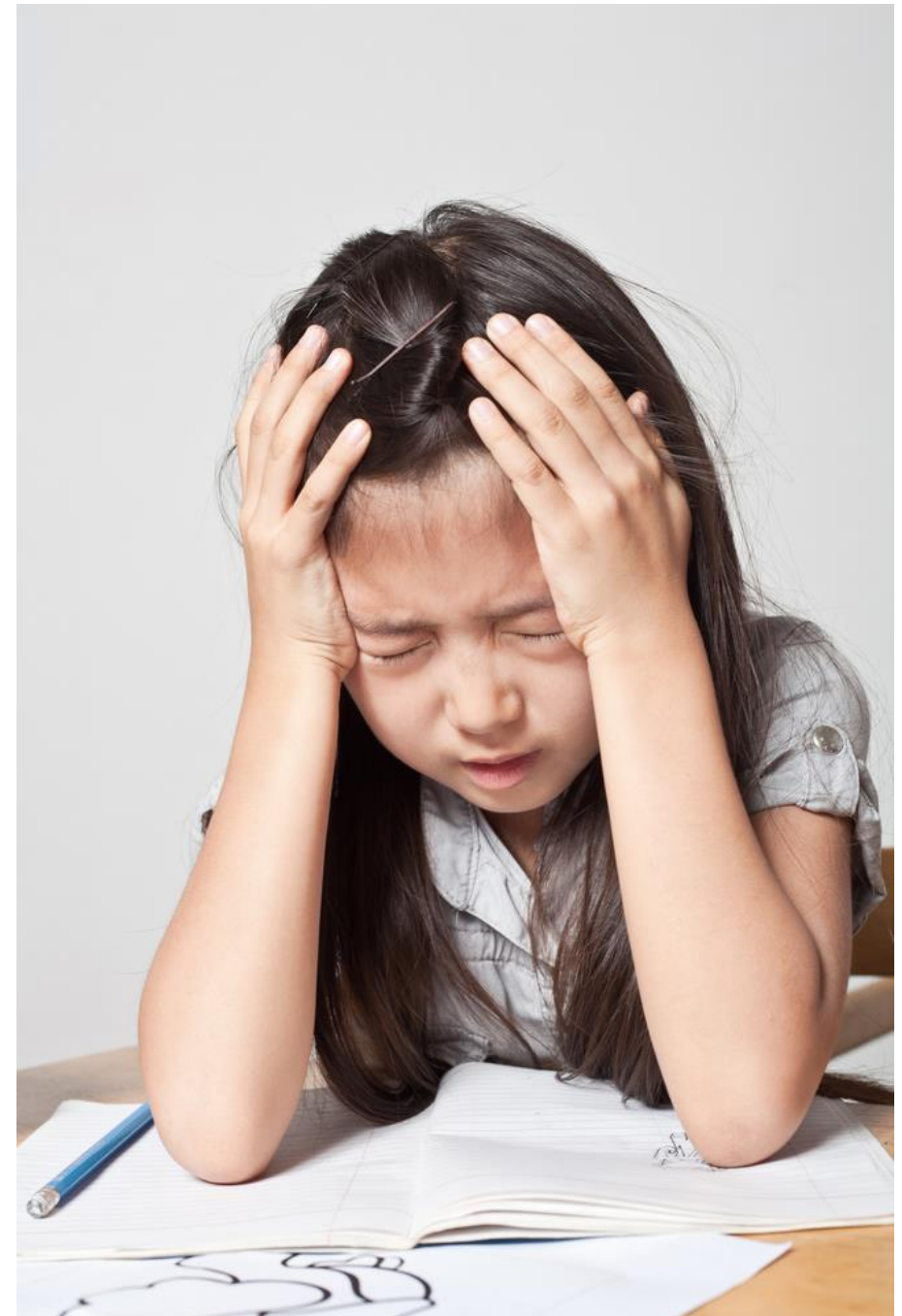
What you can see from above is just a tiny part. Most of the iceberg is hidden under the surface.





## **Activity:**

- **Write/think about something you worry about.**
- **Why do you worry about it?**
- **How does it affect your life?**
- **Can you control it?**
- **What are some steps to take to help with this worry?**



# Healthy vs Unhealthy Coping Skills

## Healthy

- Asking for help and helping others
- Deep Breathing techniques
  - Taking a walk
- Playing an instrument
  - Dancing
  - Talking to a friend
- Playing your favorite sport
  - Reading a book

## Unhealthy

- Over-eating junk food
- Isolating yourself
- Yelling at others
- Staying up all night
- Buying things you don't need
- Engaging in self-harming activities
  - Drugs, cutting, joking about suicide



# A to Z of coping strategies

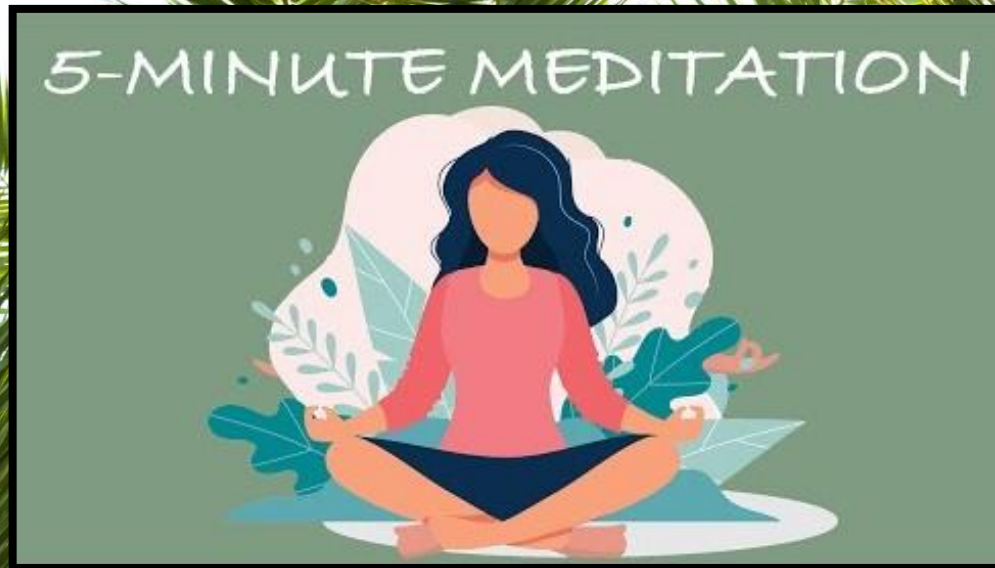
Let's keep our minds as healthy as we keep our bodies.



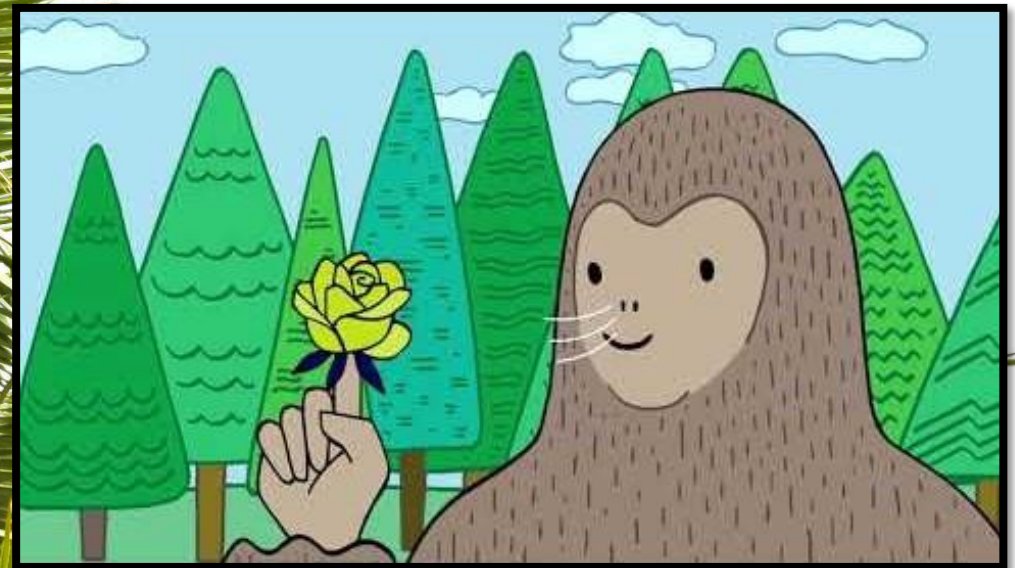


# Mindfulness and Meditation

## Meditation



## Mindful Breathing




# Activity:

As we saw in the video, we all have mental health and we need to take care of our mental health in the same way that we take care of our physical health. What are some of the ways we can take care of our mental health? We call this self-care. Choose one of these self-care strategies to practice now:

- Writing
- Read a book
- Art
- Sports or exercise
- Playing with a pet
- Relaxing
- Eating a healthy snack and drinking water
- Listening to uplifting music
- Talk to a friend or family member







We all need someone. If  
you need to talk with  
someone,

**Health and Wellness Services:**

To chat through text message: Send "HOME" to 741741

To talk on the phone: 1.800.273.8255

Hours: 24/7

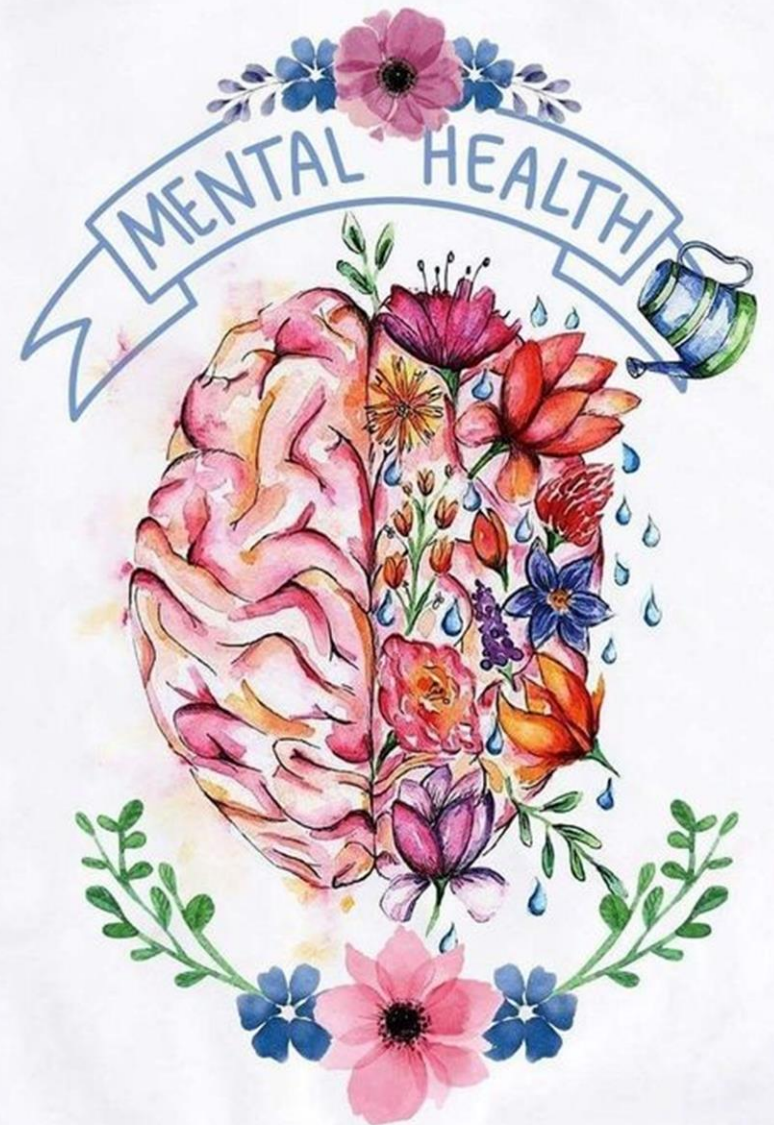
**Detroit Public Schools Community District Hotline:**

Phone: 1.833.466.3978

Hours: M-F 9:00am -3:00pm



# REMEMBER...



IS JUST AS IMPORTANT  
as physical health





# HAPPY Mental Health Awareness Month

Let's keep our minds as healthy as we  
keep our bodies.