

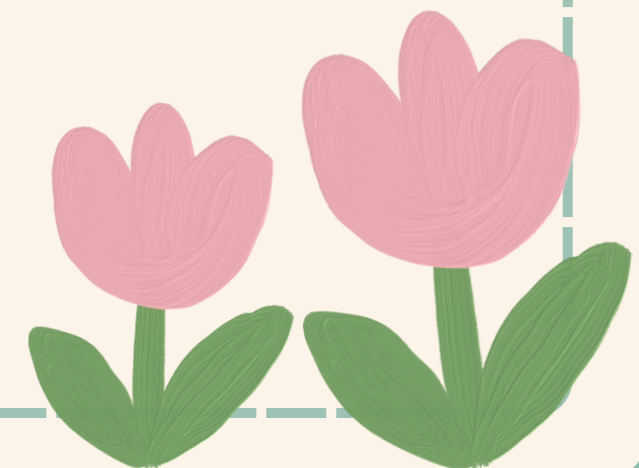
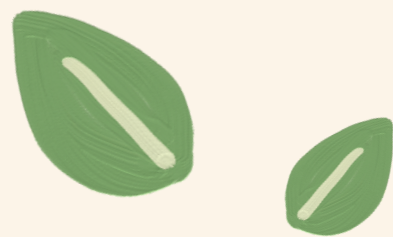


Presented by Melody Hartman-
Kelly



Mental Health Awareness

Created in collaboration with Ms. Rand, Explore's School Social Worker



WHY?

Benefits of mental health education:

- Greater understanding of total health
- Decrease in mental health stigma
- Greater self-awareness in the mind
- Lower stress levels and higher levels of contentedness
- Increases ability to recognize a mental health issue and get help
- Increased knowledge of coping skills





FURTHER INFORMATION



This presentation was created with licensed mental health professional and excellent teacher Ms. Rand. The information in this presentation is accurate because it has been created using professional knowledge and high-quality research and was reviewed by Ms. Rand.

WHAT IS...

Stress

Stress is a physical and emotional response to difficult situations. Stress is an extremely normal reaction to situations, but can take a toll on your mental and physical health.

Mental Health

Mental health is comprised of social, emotional, and physiological wellness. Mental health involves how you handle stress, deal with everyday situations, and build and maintain relationships. It also has to do with how you feel about yourself and others.

TABLE OF CONTENTS



Contents

01

Mental Health
Bases

02

Coping Skills

03

Mental Health
Stigma

04


Applying Coping
Skills



01

MENTAL HEALTH BASES

Mental health bases are the components of overall health that have a particular impact on your mental health.



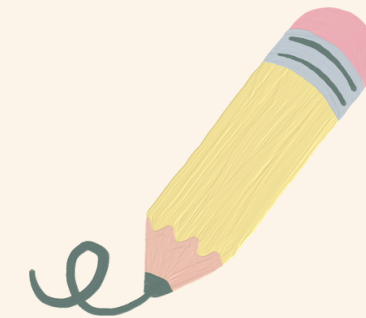
Chapter 1

WHAT ARE MENTAL HEALTH BASES?

Mental health bases are components of physical health that you need to implement into your routine for total health, especially if you find that you have difficulty doing these things.



MENTAL HEALTH BASES

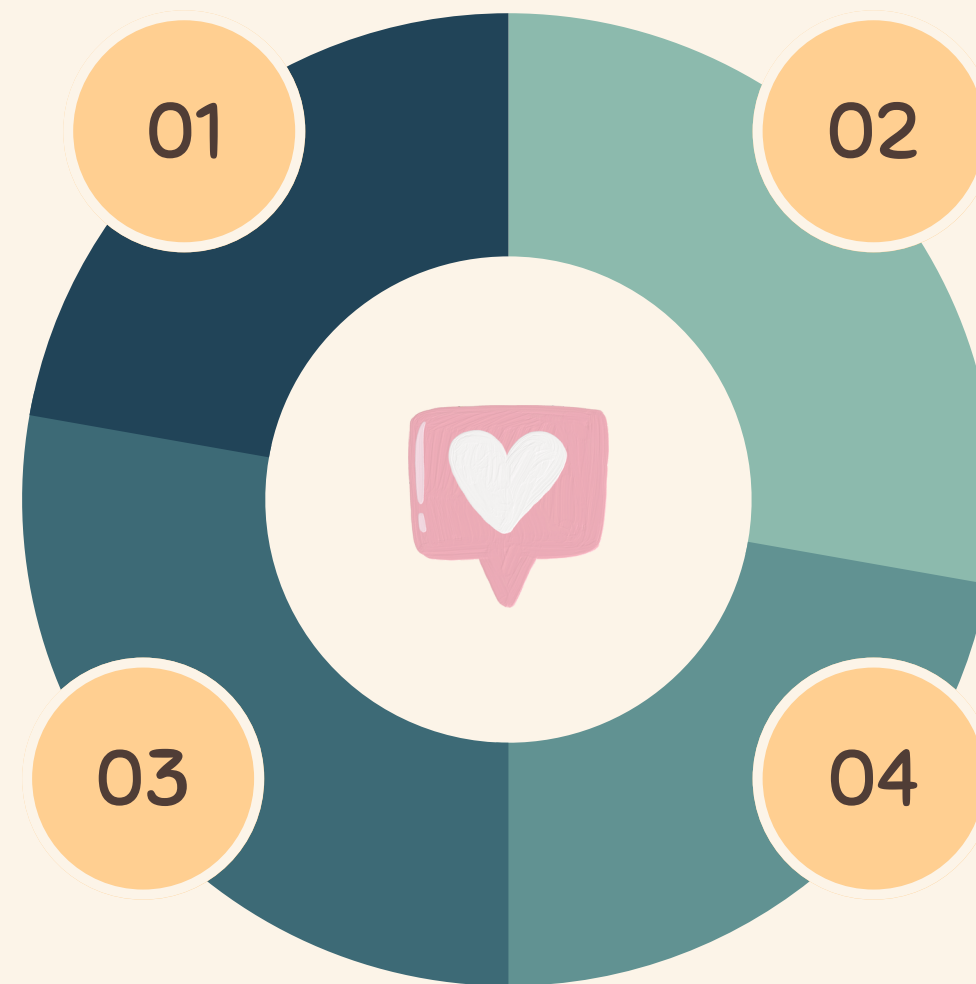


Getting Enough Sleep

Sleep helps the brain process memories and emotions. Sleep has a proven connection to physical and emotional health. Teens need at least 8 hours of sleep every night. Tip: Go to bed as early as you can and sleep as late as you can without disrupting your routine.

Physical Activity

Physical activity produces endorphins, which can decrease stress levels. Endorphins also boost your mood. Physical activity can be a walk, dancing, playing sports, or even just participating in gym class. The CDC recommends 1 hour of movement per day.



Staying Nourished + Hydrated

Food and water are the fuel for your brain and body. Even if you're not engaging in a lot of movement, you still need food to run all of your body systems. The absence of nutrients impairs brain reasoning and can exacerbate stress and other issues.

Going Outside/Sunlight

Sunlight regulates your circadian rhythm, which is your internal sleep schedule. Sun increases your serotonin, which is a neurotransmitter and sometimes referred to as a happy brain chemical. Try opening your blinds or just taking more time at your bus stop if you can to increase your sun exposure.

02

COPING SKILLS

Chapter 2

WHAT ARE COPING SKILLS?

COPING SKILLS ARE...

- Ways to actively manage stress in your life
- Skills that require practice to get
- Things that can be applied in the moment and during a standard routine.
- Numerous, and come in many forms
- For everyone.

COPING SKILLS ARE NOT....

- Ways to control a situation or others in your life
- Things that will immediately be easy to apply the first time you apply them.
- Only for bad mental health days
- Limited, and only in a specific form
- Only for those with a mental health diagnosis.

COPING SKILLS

01

Breathing Exercises

Breathing exercises come in many forms, but they all cause you to focus on your breath. This anchors you to your body and helps you take a step away from your mind.

03

Talk to friends

Talking to your friends disrupts the thought pattern and causes a change of scene. In addition, talking to your friend about it can offer perspective and encourage laughter.

02

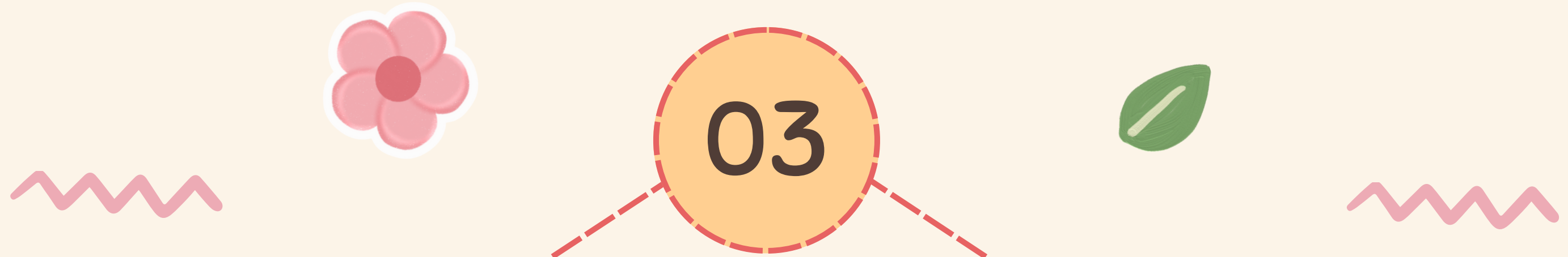
Creative Expression

This can include journaling, dancing, coloring, sketching, painting, etc. Creative expression helps you get your emotions out of your body so you can process your emotions more fully.

04

Take a walk

Taking a walk connects you to your body and creates a change of scene. These are both important elements in disrupting the thought pattern. Most coping skills have these two elements.



03

MENTAL HEALTH MYTHS

Mental health myths are misinformation about mental health or preconceived notions about people with mental health conditions.



Chapter 3



MENTAL HEALTH STIGMA

Mental health stigma is shame associated with mental health issues or conditions.



According to the American Psychiatric Association, there are three types of mental health stigma:



Public Stigma:

- Discriminatory attitudes toward those with mental health conditions or issues

Self-Stigma:

- Internalized negative attitudes towards living with a condition or experiencing mental health issues

Institutional Stigma:

- Discrimination against those with mental health conditions or issues from a policy level.



BEING YOUR OWN ADVOCATE & STIGMA

- One example of institutional mental health stigma is the stigma from professionals. There is a lot of stigma surrounding the capabilities of those with mental health conditions to give mental health history, experiences, or what they need from professionals.
- Some professionals can minimize or ignore their patient's needs and symptoms and can provide ineffective or harmful treatment.

YOU ARE THE ONLY ONE IN YOUR HEAD.

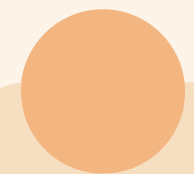
- If something doesn't feel right, advocate for a different course of action.
- If you have difficulty doing this on your own, or in the case that you are a minor, bringing an advocate other than yourself to certain appointments or situations can be helpful in fighting stigma from professionals.





MYTHS





"You can just snap out it."




"You only need to take care of your mental health if you have a mental health diagnosis"



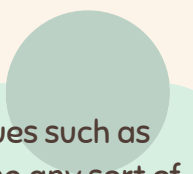
"Mental health is not an issue for teens because teens have hormone fluctuations and they will grow out of it."




Mental health problems are caused by a variety of factors that can't really be controlled. There are things that can be done to mitigate symptoms, but a person can't just stop having a mental health issue.



Everyone has mental health, so everyone should take care of it.




Teens are more prone to mental health issues such as depression and anxiety. If you are experiencing any sort of mental health difficulty, please talk to a trusted adult.






MYTHS




"Mental health is a sign of weak character."

Anyone can experience mental health issues and experiencing mental health issues or having a condition has nothing to do with character or strength.




"Smart, social adolescents don't have mental health troubles."

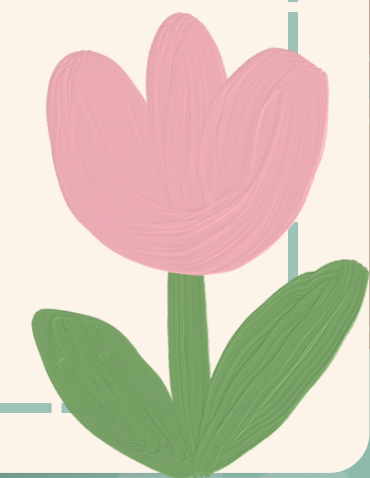
Again, anyone can experience mental health issues.



"Mental health issues only affect those with low intelligence."



Mental health has nothing to do with character or intelligence, it has to do with a combination of physical and mental factors.







MYTHS



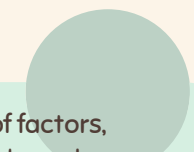
"Mental health issues are uncommon."



1 in 5 people has or continues to experience a debilitating mental health issue.




"Mental health problems are caused by bad parenting or bad peer connections."



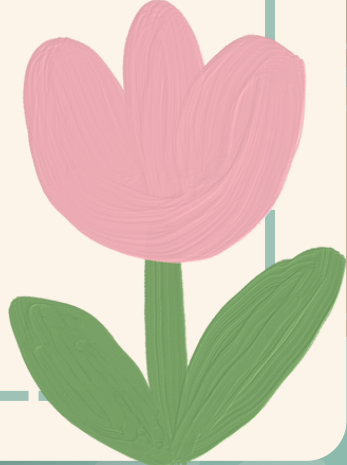
Mental health problems are caused by a variety of factors, including past trauma, brain structure, chemicals, and genetics. While trauma can increase the likelihood of experiencing a mental health issue, it is not the sole determinant.




"Get help makes you weak."



Conversely, getting help makes you strong. Asking for help is difficult, but know that asking for help is the first step in building a better quality of life.





04

APPLYING COPING SKILLS

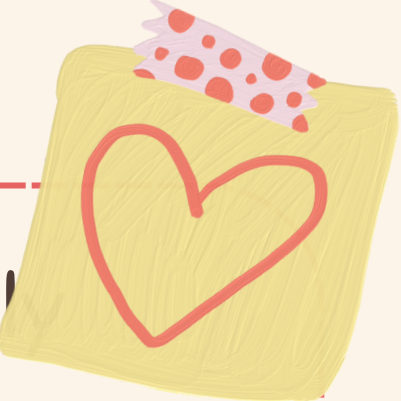
This section will discuss identifying stressors and making action plans to incorporate coping skills into your life.



Chapter 4



STRESSORS ON THE WORLD STAGE



Not only do we have to deal with school, social, and family stress, the constant news cycle is also a documented form of stressors for teens.

Things such as

- graphic violence
- greater access to societal messaging
- being constantly bombarded with information






HOW TO APPLY COPING SKILLS



Choose


Create a list of coping skills that appeal to you or can easily be incorporated. If you've tried a coping skill and it's been successful or you like it, list it.



Sort


Sort the selected coping skills into three categories:

- Panic Coping Skills
- Routine Coping Skills
- Things that work for both



Plan

Take a look at your daily routines, such as your morning or night routine. Incorporate one coping skill into a routine. Then, create a plan for when you're panicking.



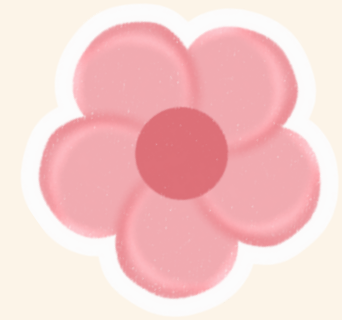
KAHOOTS




We are going to do a Kahoot with all of the information in this presentation.



SPREADING AWARENESS & SUPPORTIVENESS



Your Challenge:



Make a poster, Instagram post, or script for the morning announcements with information discussed in this presentation.



Thank You

By Melody Hartman-Kelly