

Mental Wellness Presentation

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What is Mental Health?

It refers to the management of daily mental activity. How you think, feel and act in order to face life's situations. How you look at yourself, your life and the people in your life. How you evaluate your options and make decisions.

What are examples of daily activities that can affect Mental Health?

- The management of daily mental activity.
 - School work, sports, clubs, job, maintaining your house and projects.
- How you think, feel, and act in order to face life's situations.
 - Covid-19, time, deadlines, due dates, friendships, public or virtual profile.
- How you look at yourself, your life and the people in your life.
 - Parents, sibling, friends, intimate relationships.

Usual outcomes to stressful situations or arguments:

- **Flight:** When the person simply ignores or leaves the stressor or situation
- **Fight:** When the person engages in the situation
- **Freeze:** When the person allows the stressor or situation to continue

Rarely in school do we talk about our emotions or take time to reflect on them

- What do we do outside of our school time?
- How do we manage our time?
- Are we managing our mental health?
 - Are we expressing how we feel?

What is the "Profile Generation?"

Students are excellent at showing understanding of concepts (*hard work, hustle, etc*), but at times struggle with explaining it. Many people express themselves through snippets or moments through avenues like Instagram, Snap Chat, Facebook, etc.

| Normal | Not Normal |
|---|--|
| Feeling pressure about our responsibilities . | Feeling VERY sad and hopeless and things over an extended period. |
| Being concerned about a test or project. | Obsessing about the test to the point where you stop doing your other work |
| Conflict with friend(s). | You stop coming to school due to conflict. |

Some Mental Illnesses or Disorders:

- Generalized Anxiety Disorder
- Major depression
- Bipolar
- Panic disorder
- Social Anxiety
- Obsessive compulsive disorder
- Addictions
- Borderline Personality disorder

Why should we track our Mental Health every day? It affects your relationships with others. Mental illness can lead to problems with friends, family, the law and school.

- It affects how you learn:
- Your attentiveness
- Your concentration
- Your ability to organize
- Your ability to communicate

What can I do to protect my Mental Health?

- Build a productive routine each day
- Eat Healthy
- Workout Regularly
- Find a hobby you love
- Take time away from electronics
- Sleep
- Play often
- Say No sometimes
- Talk to someone about your stuff when you start to feel “off”

Resources to help:

- **Kids help line:** 1-800-668-6868
- **Mental Health Apps:** Headspace / Calm / Stop, Breathe and Think
- **Anxiety Canada:** www.anxietycanada.com
- **School Counsellors**