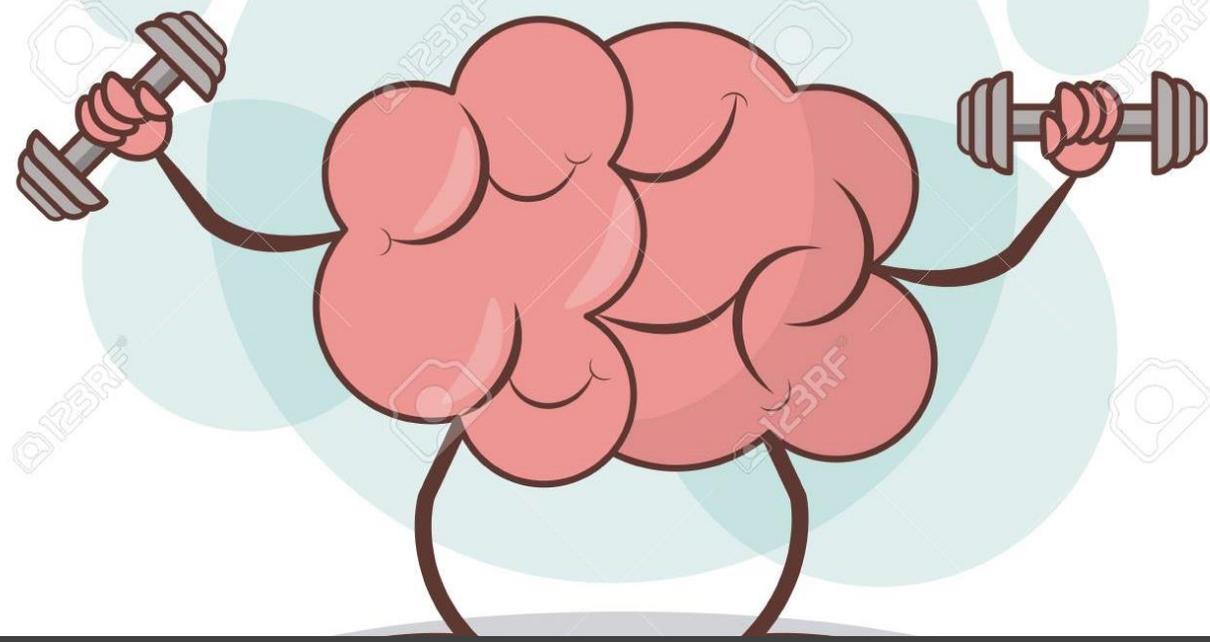




MENTAL
HEALTH



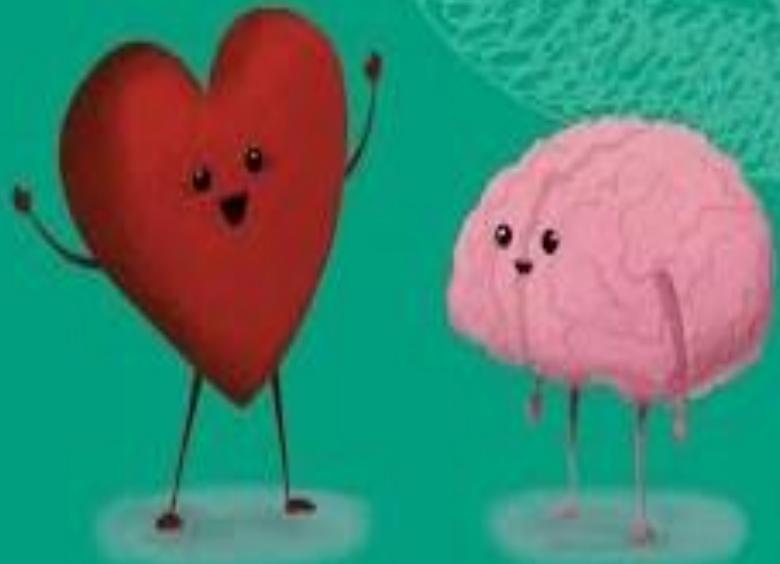
Mental Health Awareness Month

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?

FLIPPING your lid



You lose access to your prefrontal cortex, your “thinking brain.” Your amygdala activates the fight, flight, freeze response, and you operate from a place of fear.

Since all of the parts of your brain are working in harmony, you feel calm, balanced, and alert yet relaxed.



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.



Angry

Mad
Enraged
Boiling or exploding
Livid
Outraged
Vengeful
Storming
Cross
Furious
Inflamed, hot or fuming
Annoyed

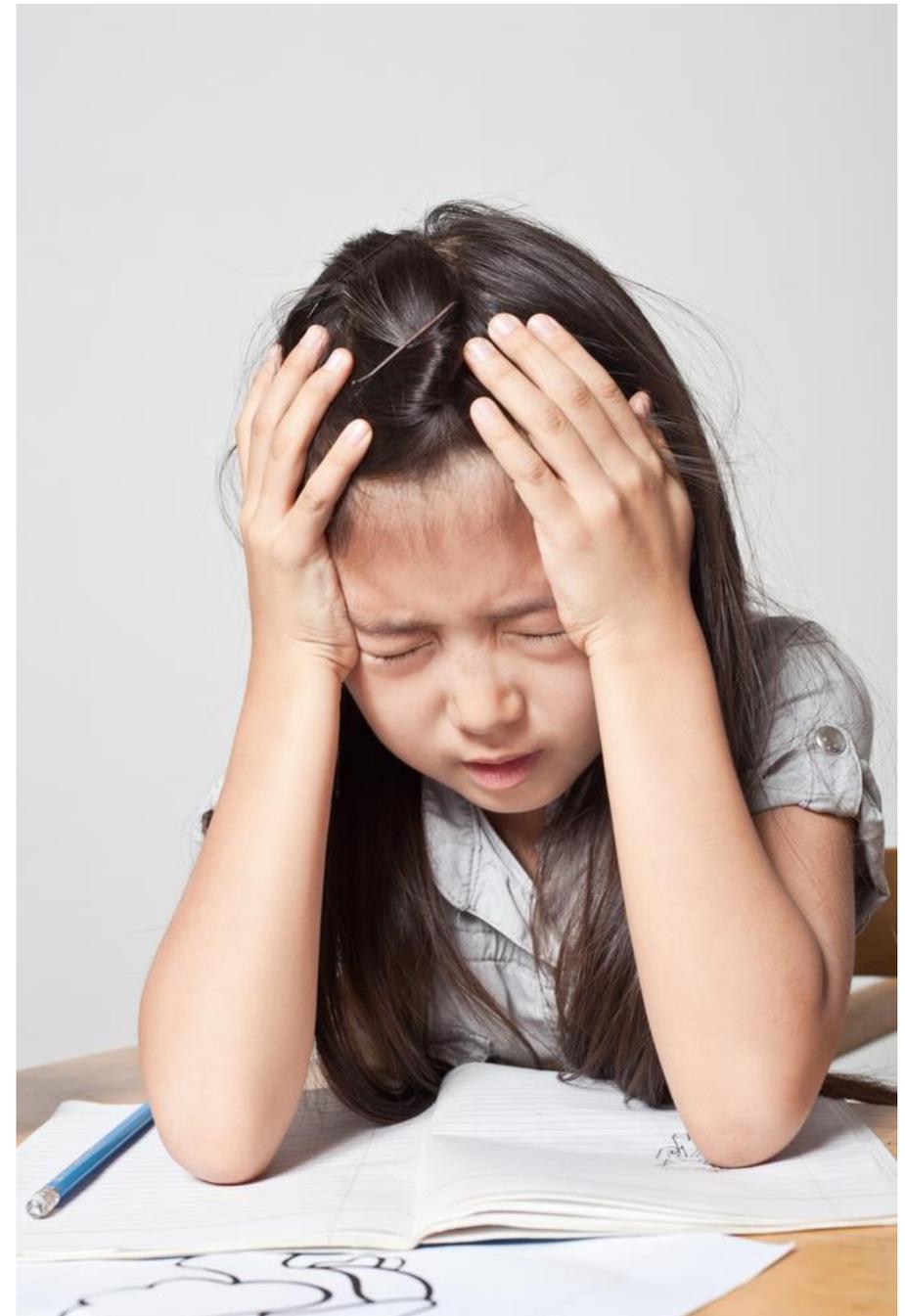
Fearful
Embarrassed
Trapped
Exhausted
Tricked
Nervous
Distrustful
Depressed
Envious
Disgusted
Shame
Regret
Disrespected
Overwhelmed
Scared
Tired
Attacked
Lonely
Rejected
Offended
Helpless
Anxious
Disappointed
Jealous
Insecure
Uncomfortable
Hungry
Sad
Grumpy
Worried
Disgusted
Trauma
Frustrated
What do you feel?
Grief

Ship: Anger, Straight Ahead! Watch Out!

Whale: Let's go deeper!

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

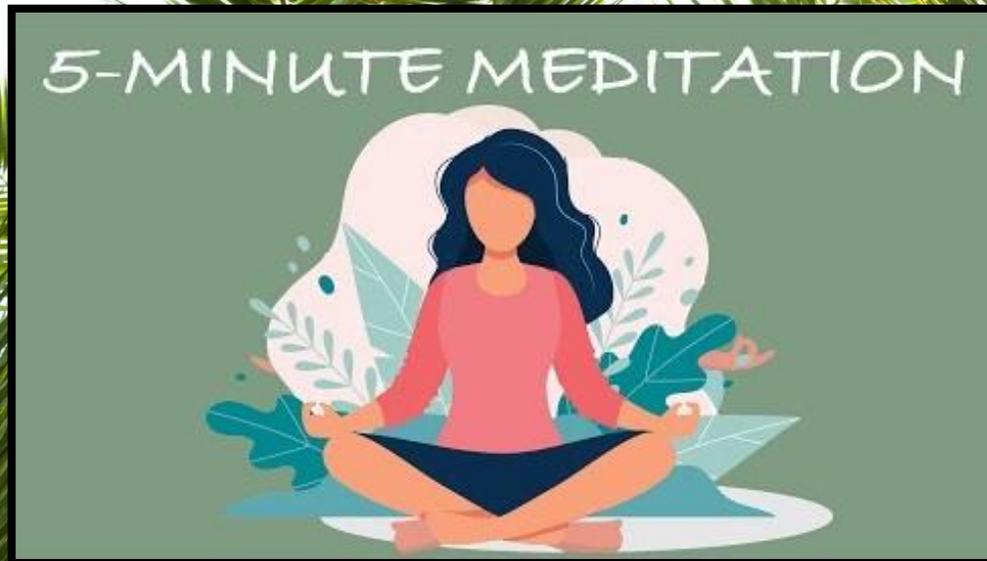
A to Z of coping strategies

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

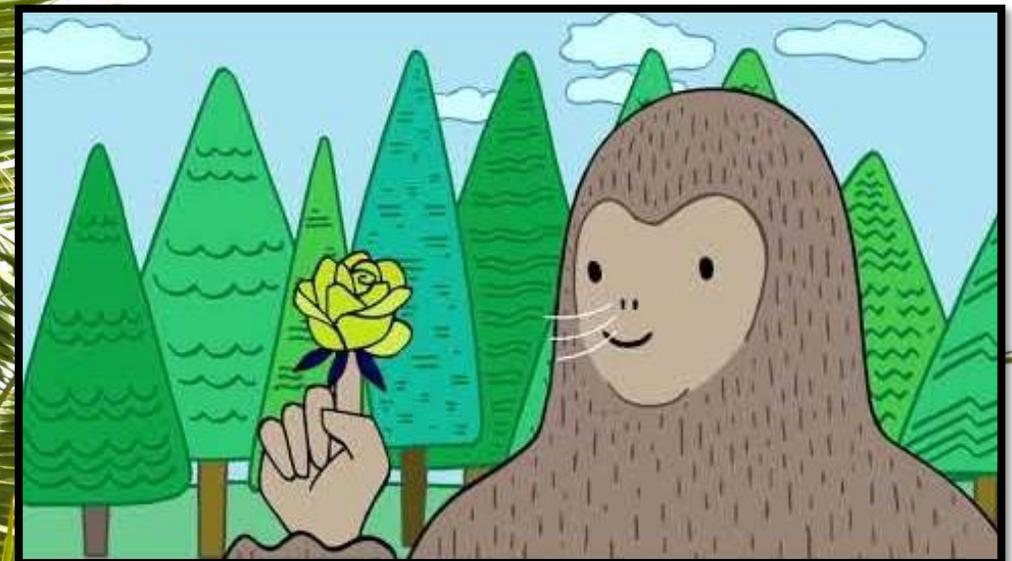


Mindfulness and Meditation

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

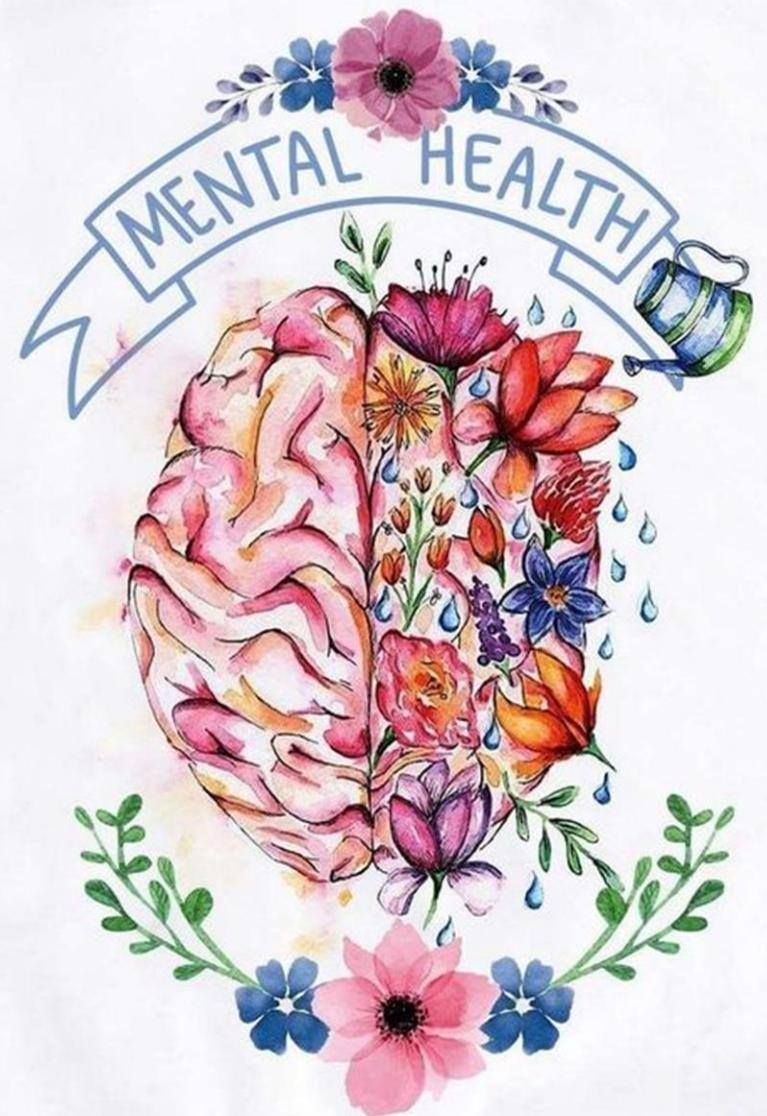
Hours: 24/7

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.