Mental Health Awareness Month

Let’s keep our minds as healthy as we keep our bodies.
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?
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”? 

Why do we lose control of our emotions?
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.

Angry

Mad

Boling or exploding

Enraged

Livid

Outraged

Cross

Flushed

Vengeful

Storming

Upset

Covetous

Furious

Trapped

Tricked

Embarrassed

Distrustful

Nervous

Disgreased

Envious

Depressed

Shame

Disregarded

Regret

Overwhelmed

Attacked

Frightened

Disappointed

Shocked

Hurt

Grief

Jealous

Helpless

Insured

Lonely

Guilt

Unsure

Sad

Grumpy

Trauma

Frustrated

What do you feel?

www.creativesocialworker.tumblr.com
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?
Think:
What are the differences between everyday feelings and overwhelming feelings?

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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?

**Healthy vs Unhealthy Coping Skills**

<table>
<thead>
<tr>
<th>Healthy</th>
<th>Unhealthy</th>
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<tbody>
<tr>
<td>◦ Asking for help and helping others</td>
<td>◦ Over-eating junk food</td>
</tr>
<tr>
<td>◦ <strong>Deep Breathing techniques</strong></td>
<td>◦ Isolating yourself</td>
</tr>
<tr>
<td>◦ <strong>Taking a walk</strong></td>
<td>◦ Yelling at others</td>
</tr>
<tr>
<td>◦ <strong>Playing an instrument</strong></td>
<td>◦ Staying up all night</td>
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<tr>
<td>◦ <strong>Dancing</strong></td>
<td>◦ Buying things you don’t need</td>
</tr>
<tr>
<td>◦ <strong>Talking to a friend</strong></td>
<td>◦ <strong>Engaging in self-harming activities</strong></td>
</tr>
<tr>
<td>◦ <strong>Playing your favorite sport</strong></td>
<td>◦ <strong>Drugs, cutting, joking about suicide</strong></td>
</tr>
<tr>
<td>◦ <strong>Reading a book</strong></td>
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</tbody>
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A to Z of coping strategies

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

Find something to make you laugh.
Mindfulness and Meditation

Meditation

Mindful Breathing

5-Minute Meditation
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...

MENTAL HEALTH

IS JUST AS IMPORTANT
as physical health
Mental Health Awareness Month

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