

Health: Promoting Mental Health

Competency (5+6): Describe and assess strategies for promoting mental well-being, for self and others

First Peoples Principles of Learning: Learning is reflective

Name: _____

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Mental health¹ is a range of thoughts, feelings and experiences that make up your overall mental, emotional and spiritual well-being. Your mental health can be impacted by a number of different things that are unique to you, so **no one person's experience is the same.**

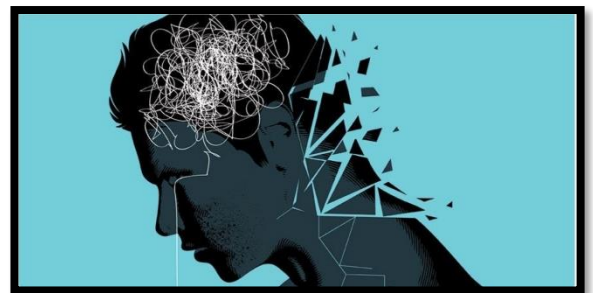


Some factors that can influence your mental health include:

- your physical health
- school / work
- your community / social supports
- your family, friends and other relationships
- spirituality
- experiences of prejudice / discrimination (e.g. colonialism, racism, ableism, sexism, homophobia, etc.)
- past trauma / ongoing traumatic experiences
- gender
- age
- race
- abilities
- ethnicity
- access to services and support (e.g. income, food insecurity, housing, job security, etc.)
- tools you've learned for coping with tough emotions
- stigma / barriers that impact your ability to get support
- other things

What are mental health challenges?

Because so many things can impact your mental health, it's common to experience challenges from time to time. Things in your life such as school, family / community, work and physical health may all seem separate, but are actually all connected. When one thing changes, it can affect other areas of your life and as a result, impact your mental health. For example, if you're not feeling well and can't visit your friends or participate in activities you enjoy, you may feel sad, lonely, stressed, worried, etc. No matter how you're feeling, your experience is valid and you can connect for support when you need it. It is normal to experience moments where you feel mentally unhealthy.



When you start to experience mental health challenges and difficult feelings, it can be helpful to try activities you enjoy, practise self-care and / or use coping strategies that work for you.

¹ Taken from <https://kidshelpphone.ca/get-info/what-is-mental-health>

Your coping strategies might include:

- breathing exercises
- getting exercise
- spending time in nature
- eating healthier food
- practising mindfulness
- communicating with a safe adult or friend
- connecting with your community
- having a relaxing bath or shower
- journaling
- being creative
- getting more sleep
- communicating with a counsellor
- dealing with the things that are causing you distress



Of the 13 strategies listed, re-write them in order of effectiveness FOR YOU personally, and write down why you would find it helpful:

Strategy	Why would it be helpful for you?
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	