

# Mental Health

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We all know that food and exercise are important in keeping us healthy, but did you know it is also important to make sure we take care of our minds?

This is called mental health and it's important to take time aside to take care of it.

It is normal to feel upset, unhappy, or frustrated. It is just like we feel excited, joyful, and peaceful. All these feelings don't last forever, they come and go and it's a part of our life to feel all of these feelings.

When we feel upset, unhappy, or frustrated, we have to ask ourselves why we are feeling this way. For example, if we are feeling stressed because of school work then we should take a break and do something we like. This could be anything from playing a sport, to baking, to even doing a craft!

When we take the time to understand why we are feeling the way we do, it is easier to deal the problem. When we take the break and understand that school work is causing stress, we can ask family members or teachers to help us in getting organized and tackle the school work issue!

Understanding these feelings will help us to figure out what to do next and take a needed break!

If these feelings are sticking around too long or if we are not sure of why we are feeling down, frustrated, or sad, it is important that we share our feelings with an adult. Sometimes we need help in understanding our feelings and that's okay to ask for help!

## **Activity:**

**See if you can find these 12 emotions hidden in here!**

# Emotions Word Search

O R H Y K Z D E R A C S  
T D T A O G U I V W W O  
S N A S D C P X W T S K  
W T X S E E K I L S I D  
M E B U S H A P P Y V R  
D A E S I E X C I T E D  
E W U I R S Y D Y C G M  
I P K C P V R F E H G I  
R K F K R X G R W R S Q  
R D Z S U Y N S F Y I K  
O P M H S W A C C O X T  
W S U S P I C I O U S C



ANGRY



DISLIKE



EXCITED



HAPPY



SAD



SCARED



SHY



SICK



SURPRISED



SUSPICIOUS



TIRED



WORRIED

# Stress Management

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Stress... we hear this word all the time, but what does it really mean for our mental health?

Stress is a feeling of emotional or physical tension that is often a response to our external environment.

Stress can even come from our own thoughts.

Let's think about this: if we have a big math test coming up. This is an external event. We can become very stressed about it and become emotionally and physically upset. It may cause our emotions to be frustrated, or angry, or annoyed or all of the these. This may cause our bodies to feel tense and may result in poor sleep, sore muscles, or a headache.

On the other hand, let's think of an example of how our internal thoughts can lead to stress. Think about a time that you felt uncomfortable in a social situation and maybe felt worried you would say or do the wrong thing. These tense feelings are stress that results from your own thoughts!

New meetings, tests or quizzes, presentations, and other such events are always going to be around us in life. This means that we may not be able avoid stress in our lives. The good news is that we can manage it with healthy habits and may also be able to limit its effect on us. By practicing some healthy stress management habits, such events can come at us and we can remain calm and confident.



# COPING With Stress



So now that we have these amazing stress management tools, we are going to revisit the situations we talked about above and use some of these techniques to avoid the stress.

Let's talk about math test, we already know that a math test can make us stressed and nervous. Instead of letting that stress hold us down, we should start with making a list to prioritize our tasks. If we make a list of all the things we need to study ahead of time, we will feel in control and prepared for the test. Additionally, we can make sure that we get a good night's sleep the night before the test and also eat a balanced breakfast. This will give us all the energy we need for the test.

If we are in an uncomfortable social situation, try taking deep breaths which will help us relax. These stress management techniques will not make stress go away, but it will make it so much easier to handle!

**Activity: Color how often you use each of these positive or negative coping skills to manage a difficult situation.**

# COPING SKILLS ASSESSMENT

Color in how often you use each of these positive or negative coping skills to cope with your feelings!



**ALWAYS**  
**SOMETIMES**  
**NEVER**

USE MY WORDS TO HURT OTHER PEOPLE'S FEELINGS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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TAKE A "TIME-OUT" FROM THE SITUATION

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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USE MY BODY TO HURT OTHERS (HIT, BITE, KICK, PUSH)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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YELL AND SCREAM

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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DO DEEP BREATHING OR COUNT TO TEN

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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MAKE THREATS OR LOOK THREATENING

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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TALK TO A FRIEND OR SIBLING ABOUT MY FEELINGS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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TALK TO AN ADULT ABOUT MY FEELINGS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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NAME-CALL OR INSULT OTHERS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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HURT MYSELF

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

EXPRESS MY FEELINGS IN A POSITIVE WAY

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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FIND SOMETHING TO DISTRACT ME

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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THROW OBJECTS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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CRY

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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USE BAD WORDS OR SWEAR/CUSS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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# Positive Self Talk & Loving Yourself

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We all know the "Golden Rule", right? Treat others the way you would want to be treated?

One thing that we don't always talk about is how important it is to treat OURSELF the way we would want to be treated by others. This means talking to ourselves and thinking about the very same things that we would want from others as well.

Positive self-talk can help us feel better about negative situations in our lives. Practice saying these positive phrases while looking in the mirror to put a smile on our face.

healthy Self-Talk	
THIS	NOT THAT
✓ Whoops. I made a mistake.	✗ I'm so stupid.
✓ I like me.	✗ No one likes me.
✓ I did something bad.	✗ I'm a bad person.
✓ This is really hard, but I'm going to keep trying.	✗ I give up. I'll never be able to do this.
✓ I haven't figured it out...yet.	✗ I never get anything right.
✓ I am enough. And worthy, too.	✗ I'm not good enough.

Good job! You just practiced positive self-talk. From now on, anytime something negative happens in life or you feel like you messed something up, go back to looking at yourself in the mirror and saying one or multiple of these phrases. Reminding yourself of these positive aspects of yourself will put a smile on your face and give you the confidence needed to tackle any tough experience or emotion!

Activity: Practice some more self love with this fun activity below!

