

Name: _____

mental
health



What is Mental Health?

- Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Positive



- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their community

Ways to maintain positive mental health include:

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills

Why is Mental Health important?

- Emotional and mental health is important because it impacts your thoughts, behaviors and emotions. It affects your productivity and effectiveness in activities like work, school or caregiving. It plays an important part in the health of your relationships, and allows you to adapt to changes in your life and cope with adversity.



How can you improve your emotional health day-to-day?

- There are steps you can take to improve your mental health everyday. Small things like exercising, eating a balanced and healthy meals, opening up to other people in your life, taking a break when you need to, remembering something you are grateful for and getting a good night's sleep, can be helpful in boosting your emotional health.

Tuning in to MY INSTINCTS

WHAT IS AN INSTINCT?

All creatures are born with an instinct to live and grow strong.

Instinct is linked to different sensations in our body, it tells us what we need.

Tuning into our natural instincts can help keep our body and mind healthy.

When I feel hungry...

Most instincts are driven by the need to survive, either in response to something that is happening around us, or internal signals from within our body.

If we learn to trust our own feelings about our bodies, it can help us tune into our instincts and keep our body healthy and balanced.

When I feel thirsty...

When I feel tired...

USE THIS MANTRA:

My Body,
My Choice,

(From: Lulashie Hippyspoke)

Trusting instincts helps develop autonomy, self-confidence and independence.

When I feel cold...

When I feel bored or restless...

TUNING IN

Draw, Write (or cut Pictures out of a magazine) to show how you listen to what your body needs and how you keep yourself healthy and growing strong.

I might put another layer of clothing on
or wear a hat or scarf to keep warm

I might run around or play a game

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MY ROOMS OF EMOTION

What Do You Think is Behind Each Door?



Happy Room?



Sad Room?



Angry Room?



Scary Room?



Draw or Write, What you will find behind each door.

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