

Learning About Mental Health



Activities to help
you feel good and
be at your best

How are you feeling?

Think about how you are feeling today and circle the star that best shows your mood. Then fill in each box.

I feel great today!



I feel OK today.



I feel a little blah today.



I'm having a hard day.



I feel like this today because...

To help me feel better on days I'm not feeling great, I...

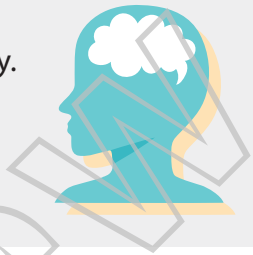
Someone I can talk to about how I'm feeling is...

To help someone else feel better, I can...

What is mental health?

Mental health is how you think and feel about yourself, others, and the world around you. *Good mental health is not about being happy all the time.* Good mental health is:

- ▶ dealing with your feelings in a healthy way.
- ▶ believing in yourself.
- ▶ taking good care of your mind and body.



Your feelings

Mental health has a lot to do with feelings and knowing what causes them.

Complete the sentences below about your feelings.

I feel happy when _____.

I feel sad when _____.

I feel angry when _____.

I feel excited when _____.

I feel nervous when _____.

I feel proud when _____.

I feel scared when _____.

Why care for your mental health?

You do a lot to take care of your body. You eat well, play outside, and get enough sleep at night. That's great, but it's important to care for your mind, too.



Here are a few reasons why it's good to take care of your mind.

You will have more good days. When you're calm and happy, you feel good and life is easier. When you feel sad, angry, or nervous, life can feel harder.

Check the box that describes how you've felt lately.

I've had mostly... good days. OK days. bad days.

If you have had mostly bad days, think about talking to someone.

Your body will be healthier. You feel better, have more energy, and even sleep better when your mental health is good.

How do you keep your body healthy? _____

You will do better in school. When you feel good, it's easier to pay attention in class and keep up with all of your work.

How else do you think good mental health can help you in school?

What is stress?

There are many things that cause young people to feel bad inside. Stress is one of the most common. Stress is how your body reacts to something that's difficult.

Everyone feels stress from time to time—even kids like you! But too much stress can make life feel really hard.



Below are some ways to tell if you're stressed. Read each question and think about how you feel right now. Then mark *Yes* or *No*.

Yes No

Are you having trouble sleeping?

Is anyone teasing or bothering you a lot?

Is there anything you're worried about?

Is any of your schoolwork too hard for you?

Do you feel like you just have too much to do?

The best way to handle stress is to know what causes it. Then you can make a plan to deal with it.

What is something that makes you feel stressed? _____

Make a plan for how you can deal with it. _____

What is anxiety?



Anxiety is how your body reacts to something scary or stressful. Anxiety is common in kids and adults. It can make your heart beat fast or make you feel sweaty and sick.

Anxiety usually goes away after awhile. But some people have anxiety a lot of the time—and that can affect their mental health.

Here are some ways you can deal with anxiety.

Know what calms you. Knowing ways to calm yourself down can help ease anxiety. What do you do to feel calm?

- | | | |
|--|--|--|
| <input type="checkbox"/> listen to music | <input type="checkbox"/> take a walk | <input type="checkbox"/> watch TV |
| <input type="checkbox"/> read a book | <input type="checkbox"/> play with a pet | <input checked="" type="checkbox"/> go outside |
| <input type="checkbox"/> talk to someone | <input type="checkbox"/> take a bath | <input type="checkbox"/> other _____ |

Try deep breathing. Take a deep breath in, count to four, and then slowly let it out. Do this as many times as you need to.

Try it now! How did that make you feel? _____

Picture a happy place. Close your eyes and imagine that you are in a place that makes you feel calm and happy.

What place did you imagine? _____

Being your best you



There are things you can do every day to care for your mental health. Here are some ways to be your best you.

Take care of your mind and body. Your mind and body are connected. If you're sick or hurt, it can put you in a bad mood. If you're stressed, anxious, or sad, you might feel tired or sick.

Getting enough sleep, eating food that is good for you, and getting exercise will help you keep your mind and body strong.

Do you get enough sleep each night?

yes sometimes hardly ever

How healthy is your diet? good just OK not great

Do you exercise? yes sometimes hardly ever

How can you take better care of your mind and body?

Be a helper. Helping others can take away stress, improve your mental health, and just make you feel good inside.

How can you help a family member today? _____

How can you help a friend today? _____

Be grateful. Think about the good things in your life—and the things you are most grateful for.

List three things you are grateful for.

1. _____
2. _____
3. _____

Talk to someone who cares. Talking about your feelings is a great way to work things out. If you have a problem or if something is bothering you, talk to someone. Don't keep it inside.

Make a list of people you know you can talk to.

1. _____
2. _____
3. _____
4. _____

Is there anything that you'd like to talk to someone about now?

yes maybe no

If you're struggling and need help, reach out to someone on your list.

Talk to yourself with kindness.

Sometimes the voice in your head can be negative. Tune it out. Then try talking to yourself with kindness. Choose words that lift your mood and remind you why you are awesome!

Write something kind to yourself below.

