

WHAT IS MY MENTAL HEALTH AND WHY SHOULD I PROTECT IT?

INTRODUCTORY LEVEL



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Interactive Magazine

What is My Mental Health and Why Should I Protect It?



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LEVEL

Introductory Level

AGE GROUP

13–17-Year-Olds

TOPIC

What is My Mental Health and Why Should I Protect It?



Hello and welcome. Today we're going to talk about something that is very important, and that's mental health. Mental health is all about how we think, feel, and behave, and it's just as important as our physical health. Taking care of our mental health can help us feel better, be happier, and handle life's challenges.

Link: <https://youtu.be/nGfScXc2V44?feature=shared>



CHECK-IN QUIZ

Thank you for watching this short video!

Can you spare 2 minutes to reflect and answer some questions about the video? For this, you will need to take a pen and some paper, and answer the following reflection questions:

1. Did you find that short video interesting?
2. Did you learn something new from the video?
 - a. If yes, what did you learn?
3. Did you ever consider implementing some strategies to take care of your mental health such as journalling, breathing techniques or self-reflection?
4. Did you ever consider the impact that good sleep could have on your mental health?
5. What are some fun activities you could incorporate into your daily routine to improve your mental health?

EXPECTED LEARNING OUTCOMES

KNOWLEDGE

- Knowledge of what mental health is, and why it is important to protect it.

SKILLS

- Define mental health.
- Describe what impacts our mental health.
- Outline why it is important to protect our mental health and well-being.

ATTITUDES

- Willing to learn about your mental health and to understand its importance.



**TAKING CARE OF
NUMBER ONE**

TAKING CARE OF NUMBER ONE

Taking care of our mental health is just as important as taking care of our physical health. Our mental health influences how we feel, think, and act. Because it affects our relationships, how we handle stress, and how we achieve our goals, it is important to understand what affects our mental health. Good mental health helps us enjoy life, while poor mental health can lead to mental illnesses like anxiety and depression that can negatively impact our daily lives.

Several things can affect our mental health, such as our experiences, genes, and environment. We must recognise when our mental health is at risk and take steps to safeguard it. This means taking care of ourselves, like getting enough rest, eating healthy, and staying active. It also means seeking help when we're struggling, just like we would for a physical illness.

It is essential to understand that mental health is not something to be ashamed of. It's okay to ask for help when we need it. There are resources available, like mental health professionals, support groups, and online resources, that can assist us in maintaining good mental health.

In summary, taking care of our mental health is crucial for our overall well-being. It affects how we think, feel, and act, and it's essential to recognise when our mental health is at risk. We should take steps to maintain good mental health, including taking care of ourselves and seeking help when we need it. Remember, it's okay to ask for help. There are resources available to support us.



**SELF-HELP ACTIVITY
– THE SELF-CARE
SURVEY**

SELF-HELP ACTIVITY – THE SELF-CARE SURVEY

Self-care is an important part of a mental health journey. Completing a self-care check-up can help you assess your own mental health and identify areas where you can practice self-care. By taking care of yourself, you can improve your mental health and feel better overall.

Find a quiet and comfortable place to work. It could be your bedroom or a quiet corner in your house.

Take a few deep breaths and clear your mind. Focus on the present moment.

Use the following link to test your self-care routine by completing the survey: <https://positive.b-cdn.net/wp-content/uploads/Self-Care-Checkup.pdf>

Take some time to answer each statement honestly. Write down your answers on the paper or print out a copy of the survey to complete!

Review your answers and think about the areas where you could practice more self-care. For example, if you're not sleeping well, you might try going to bed earlier or practicing relaxation techniques before bed. If you're not eating well, you might try adding more fruits and vegetables to your diet.

Make a plan to practice self-care in the areas where you need it most. Write down some specific actions you can take to improve your mental health.

Remember to be kind to yourself and take things one step at a time. Practice self-care regularly to maintain good mental health.

Link to Video/Resources:

<https://positive.b-cdn.net/wp-content/uploads/Self-Care-Checkup.pdf>



VIDEO LIBRARY

[VIDEO] Adolescent mental health – Moving forward after the pandemic | Thorhildur Halldorsdottir | TEDxBasel

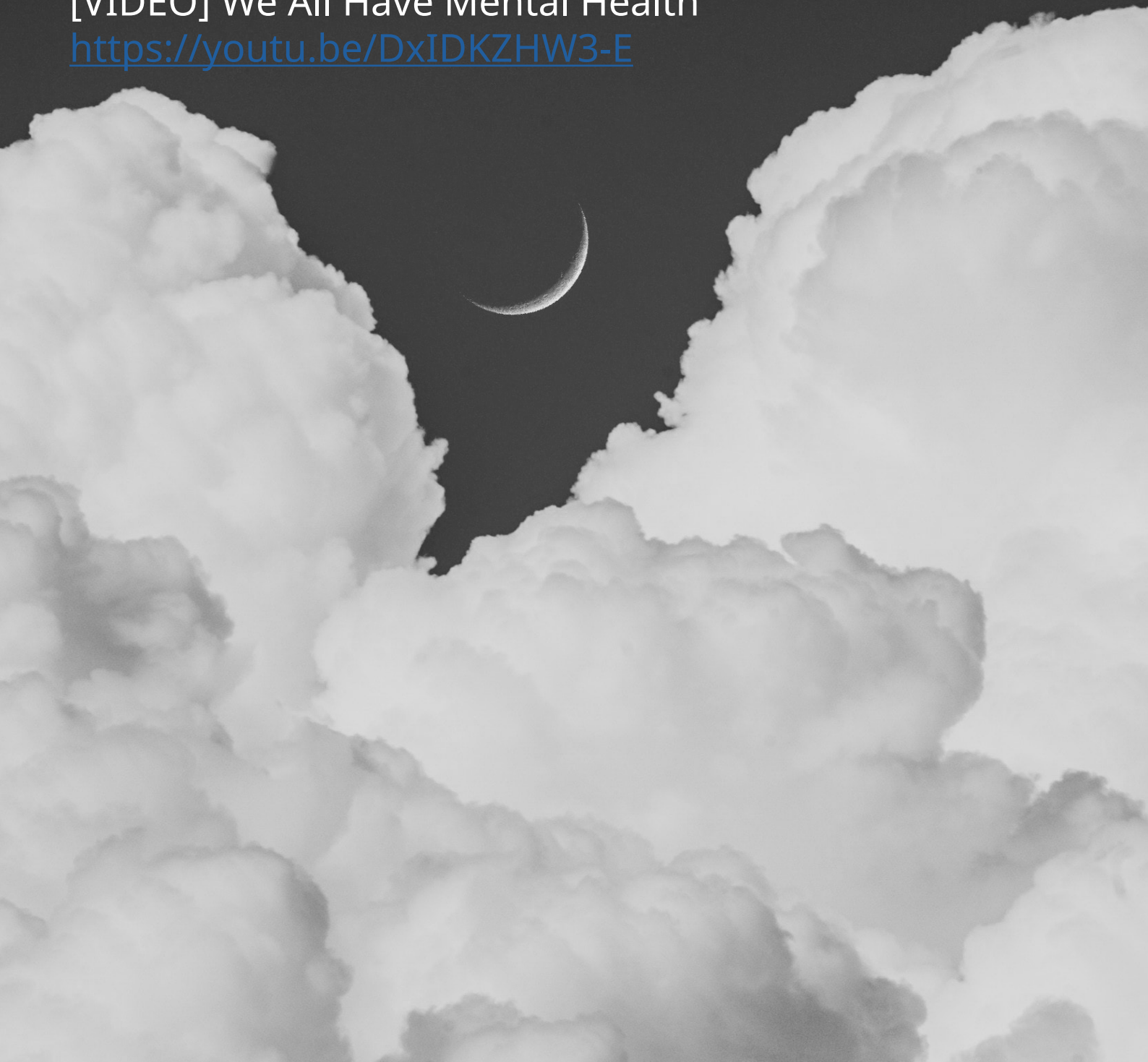
<https://youtu.be/WfwA6Ai1BmM>

[VIDEO] 8 Things You Can Do To Improve Your Mental Health

<https://youtu.be/3QIfkeA6HBY>

[VIDEO] We All Have Mental Health

<https://youtu.be/DxIDKZHW3-E>





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Co-funded by
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Project number: 2022-1-DE02-KA220-ADU-000085693