

Mental Health Lessons

Voices of the East 2024




Session one

Mental
health
language


Real life
experience

Improving
wellbeing


Keeping
calm



What words/phrases do
we think about when it
comes to mental health?



Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.



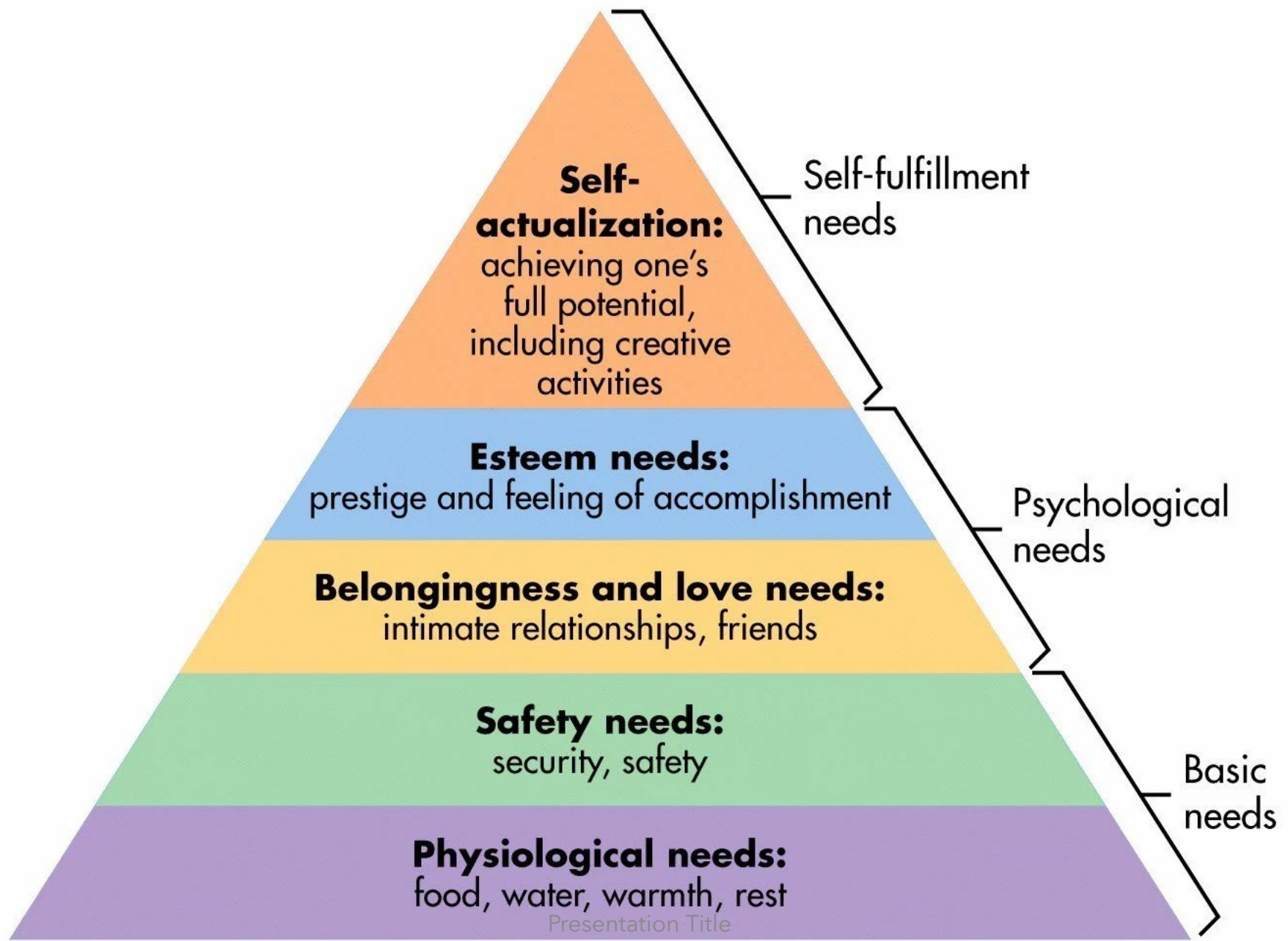


VIDEO's

See lesson notes



Can you
discuss the
videos you
have just
seen?



The importance of sleep

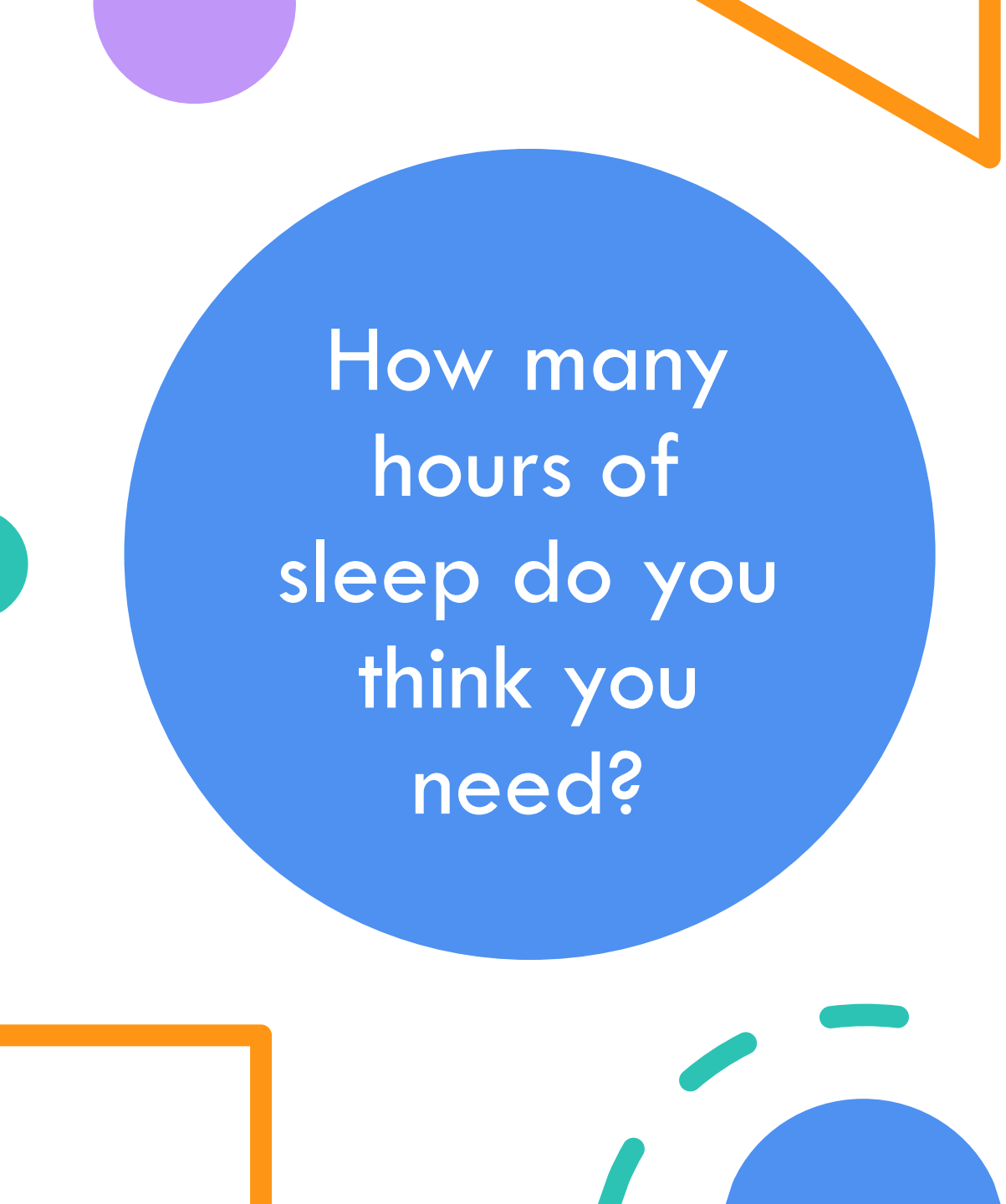
Helps to restore our brains

Supports memory skills

Manage your feelings better

Gives you more energy

Helps your body fight off illness



How many
hours of
sleep do you
think you
need?

Healthy eating and mental health



Keeps you motivated



Keeps you hydrated



Food can change how you are feeling



Plenty of vitamins and protein



Planning meals in advance can help



Design your
balanced
plate

Special interest's



Can bring you joy and positivity



Can help with friendships



Can help you achieve things



When you know plenty about a particular subject/event/topic



Calming techniques

Final questions

- How would you describe mental health?
- What did you learn from the videos?
- How could you improve your well-being?
- What helps keep you calm?