

# Mental Health Lessons

Voices of the East 2024



# Session three

In the  
past

Worry

Pressure

Kindness

The image features a large blue semi-circle on the right side, containing the text "Past experiences" in white. To the left of the blue shape is a purple circle. Further left are several teal dashed lines of varying lengths and orientations. At the top center, there is an orange L-shaped line. On the far left, there is an orange rectangular outline. In the top right corner, a portion of a teal circle is visible.

Past experiences

# Building resilience



Surround yourself  
with good friends



Understand  
yourself



Don't let your  
worries build up



Listen to advice



Make time for  
yourself




Remember the  
good things




What do you worry  
about?

# The bucket activity





A person might feel pressure to do something just because others are doing it (or say they are). Peer pressure can influence a person to do something that is relatively harmless — or something that has more serious consequences.





# VIDEO's

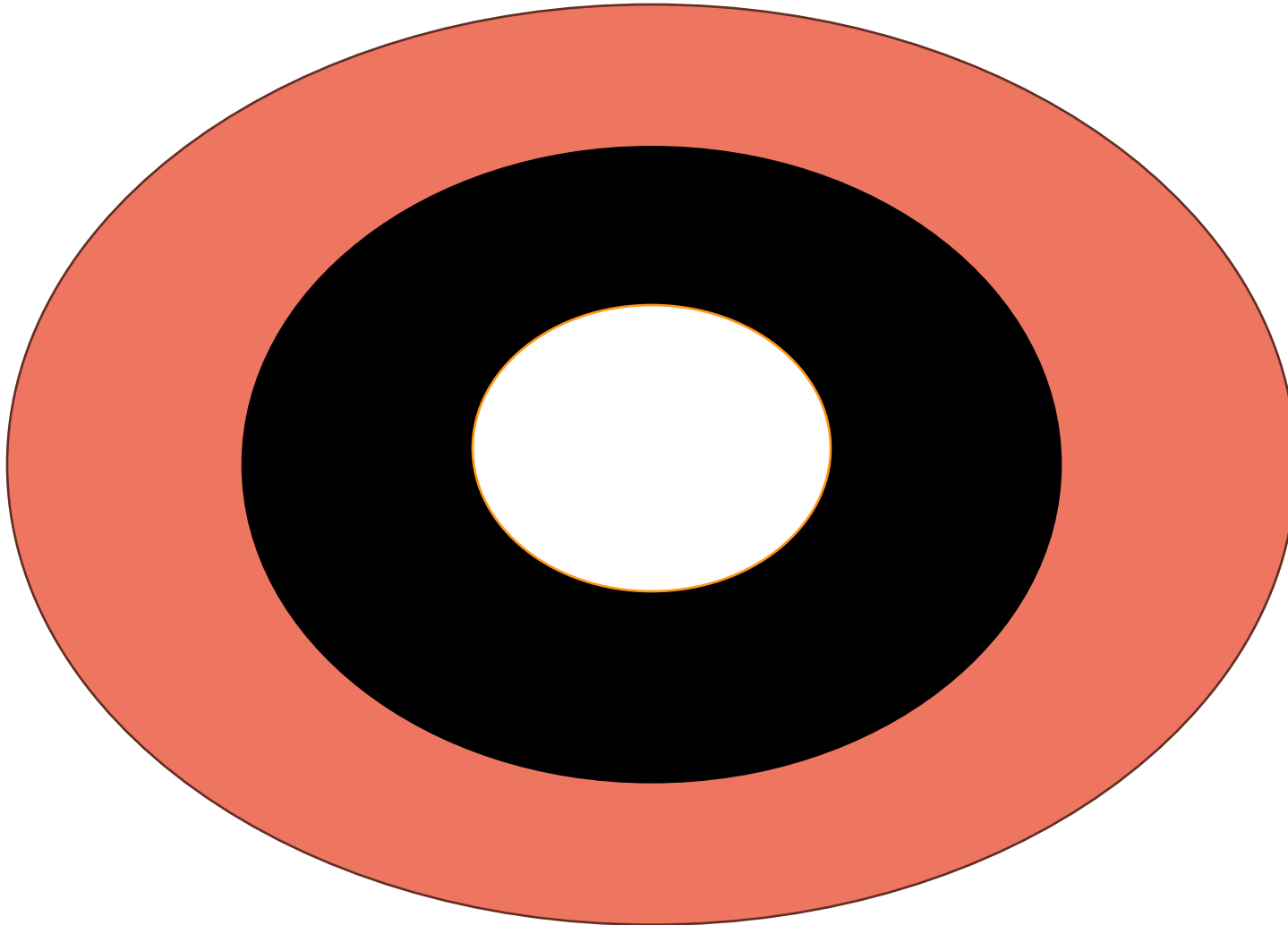
See lesson notes





Can you  
discuss the  
videos you  
have just  
seen?

# Having the right people around you





Let's  
complement  
each other!

# Final questions

- How can you be more resilient?
- Is there a worry you have learnt to deal with?
- What did you learn about peer pressure?
- Who do you have around you that can help you?