



On today's episode...

YOU MATTRESS, I CHAIR!



Supporting Students' Mental Health in Schools



AGENDA

01. Introductions

02. What is Mental Health?

04. Why is Mental Health so important at school?

05. Wellness Day

06. Student Wellness Space

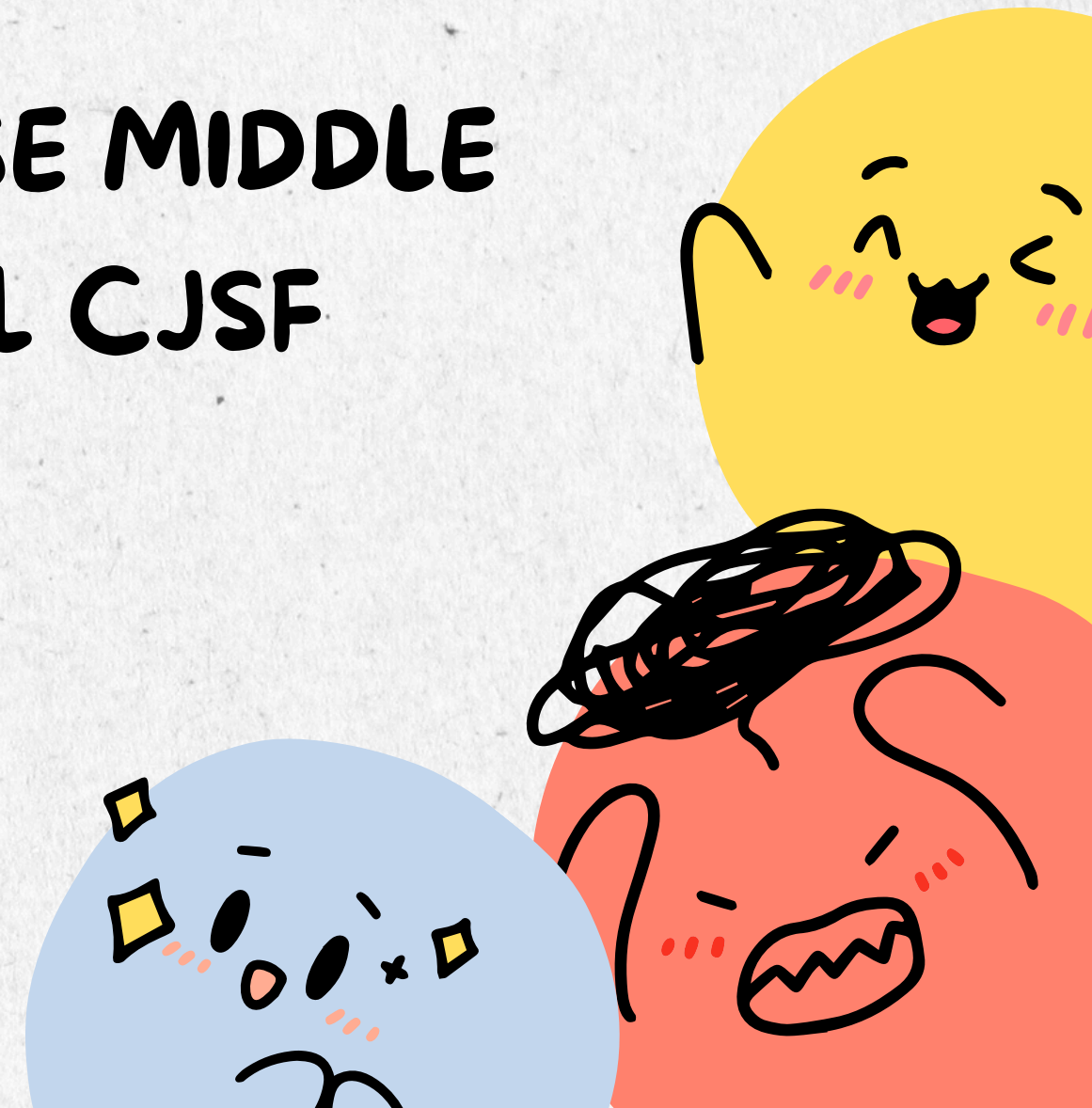
07. Take Action



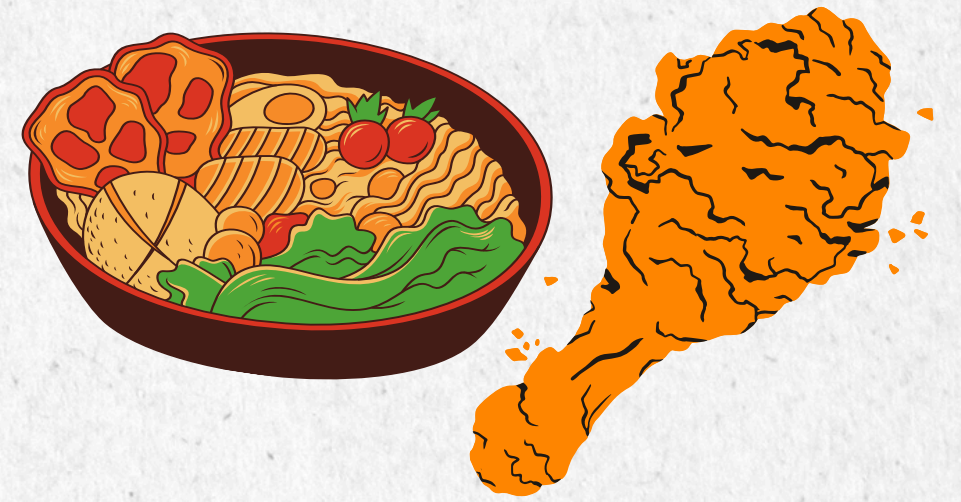
Introductions



**IRON HORSE MIDDLE
SCHOOL CJSF**

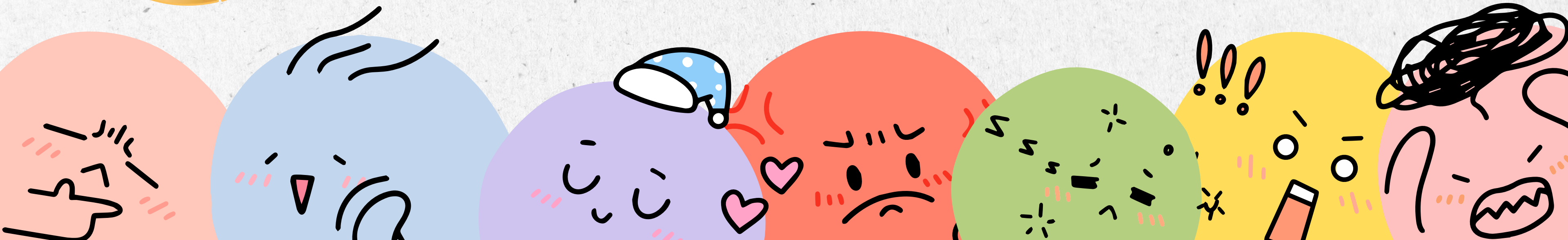


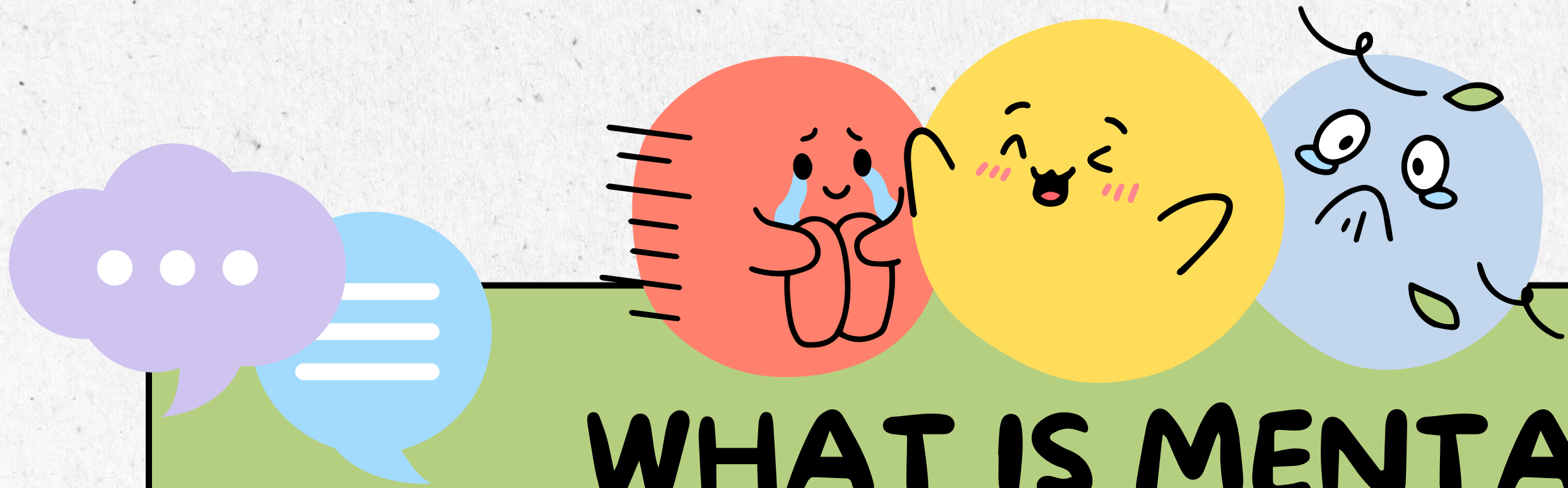
WARM UP



If you could eat any food right now, what would it be? Why?

Type your answers or raise your hand to answer aloud





WHAT IS MENTAL HEALTH TO YOU?

Think about how your own emotions influence you. How about those of your peers?
How do you manage your negative thoughts? How do you generate positive thoughts?

Share any experiences you have.



MENTAL HEALTH

[noun]

our state of well being, which affects how we think, act, and feel as we cope with life

- Crucial to our daily lives, community, and personal developments
- Important to maintain our mental health at every stage of our lives
- Remember, Mental Health is a basic human right!

Emotional Resilience

- ability to cope with stress and challenges

Personal Growth

- striving for personal improvement
- learning new things
- embracing change

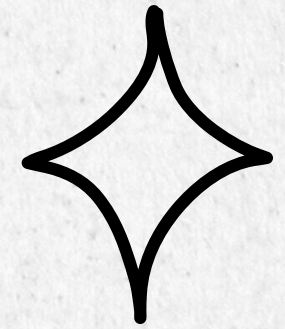
WHAT DOES A POSITIVE MENTAL HEALTH LOOK LIKE?

Positive Emotions

- happiness, excitement, interest



MENTAL HEALTH CHALLENGES



Factors that lead to a Lack of Mental Health

- environment
- people
- lack of access to basic needs
- lack of opportunities
- substance use
- violence
- discrimination

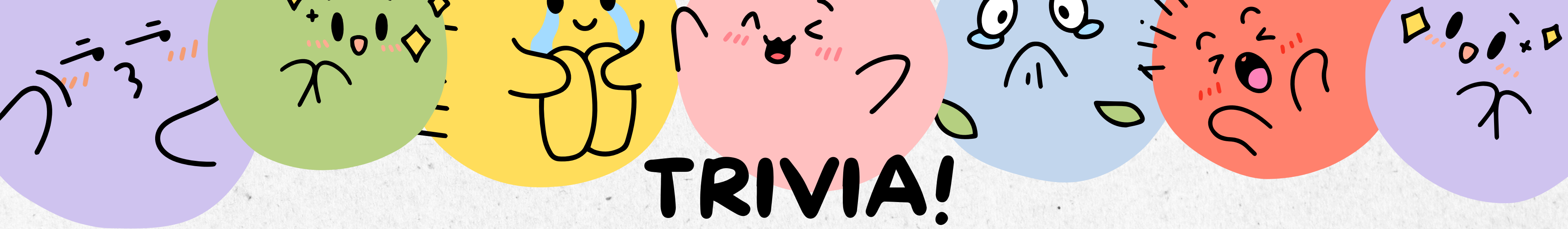
Mental Illness vs Mental Health

- Mental Illnesses are conditions that affect the way a person thinks and behaves, often impairing them from relating and interacting with others.
- Mental Health is their overall well-being.

Mental illnesses are more common than you may think!

- Anxiety Disorders
- ADHD
- Mood Disorders
- Depression
- Bipolar Disorder
- Substance Use Disorder
- PTSD





About what percentage of teens have had a mental disorder in their lives?

A
25%

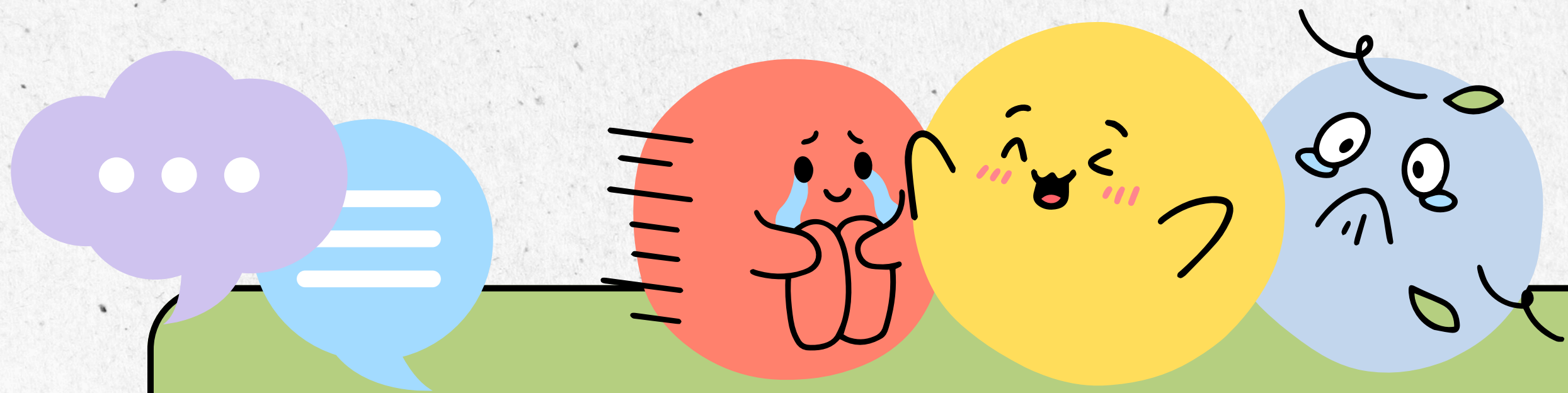
B
50%

C
87%

WHY IS IT SO IMPORTANT AT SCHOOL?

- Mental Health issues are prevalent among students
- Many challenges at school
 - transitions
 - academics
 - social-emotional
 - personal lives
 - stress
- Affects our abilities to learn and thrive in the school environment
- untreated mental health issues can lead to serious consequences



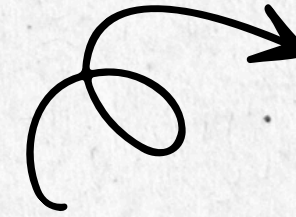


HOW DOES YOUR MENTAL AFFECT YOUR SCHOOL EXPERIENCE?

Share about your own experiences

Academics

- decreased interest in activities
- anxiety and procrastination
- poor academic performance
- trouble concentrating
- attendance



Social-Emotional

- manage emotions
- interactions with others
- struggles with self-esteem
- increased conflicts
- difficulty communicating
- social isolation



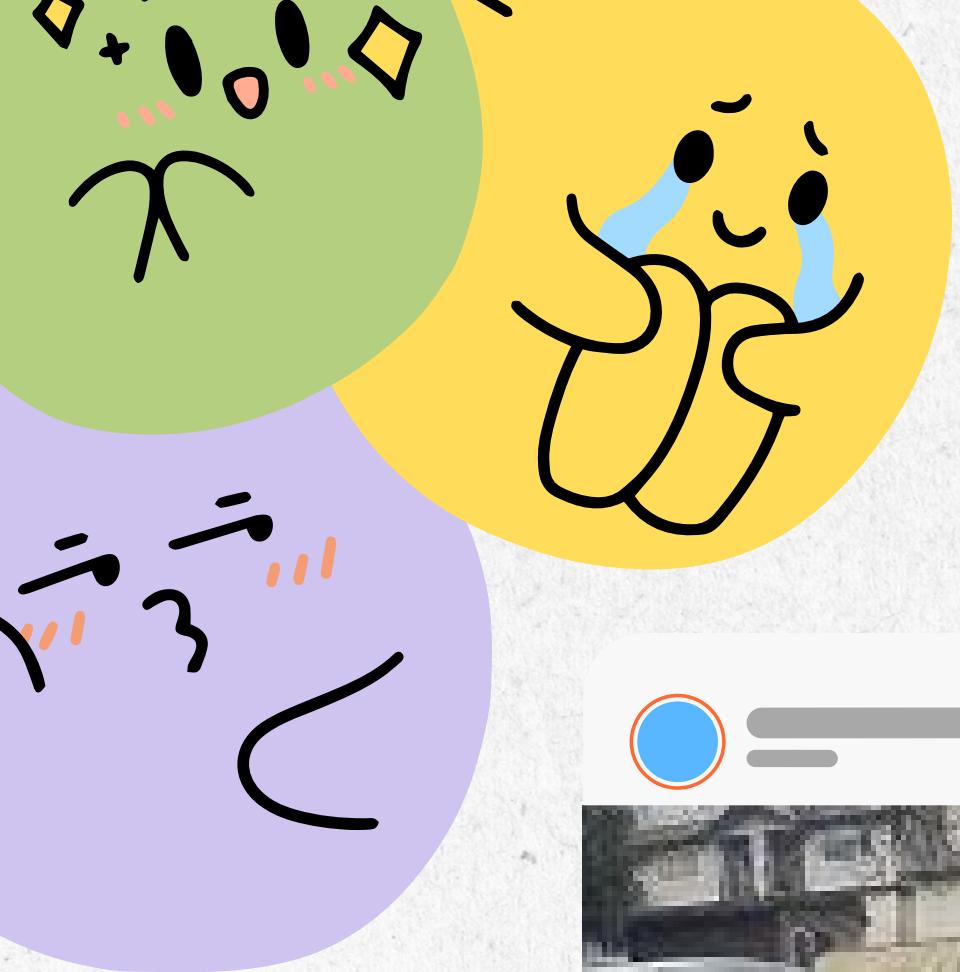
IMPACTS OF A NEGATIVE MENTAL HEALTH

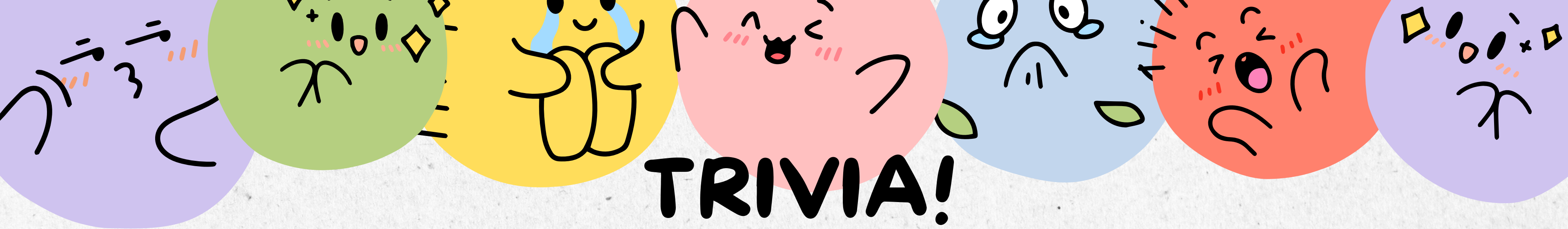


Spreading Positivity



**YOU
MATTRESS,
I CHAIR!**





True or False: Exercise can improve your mental health

A

True!

B

False!

IRON HORSE'S WELLNESS SPACE

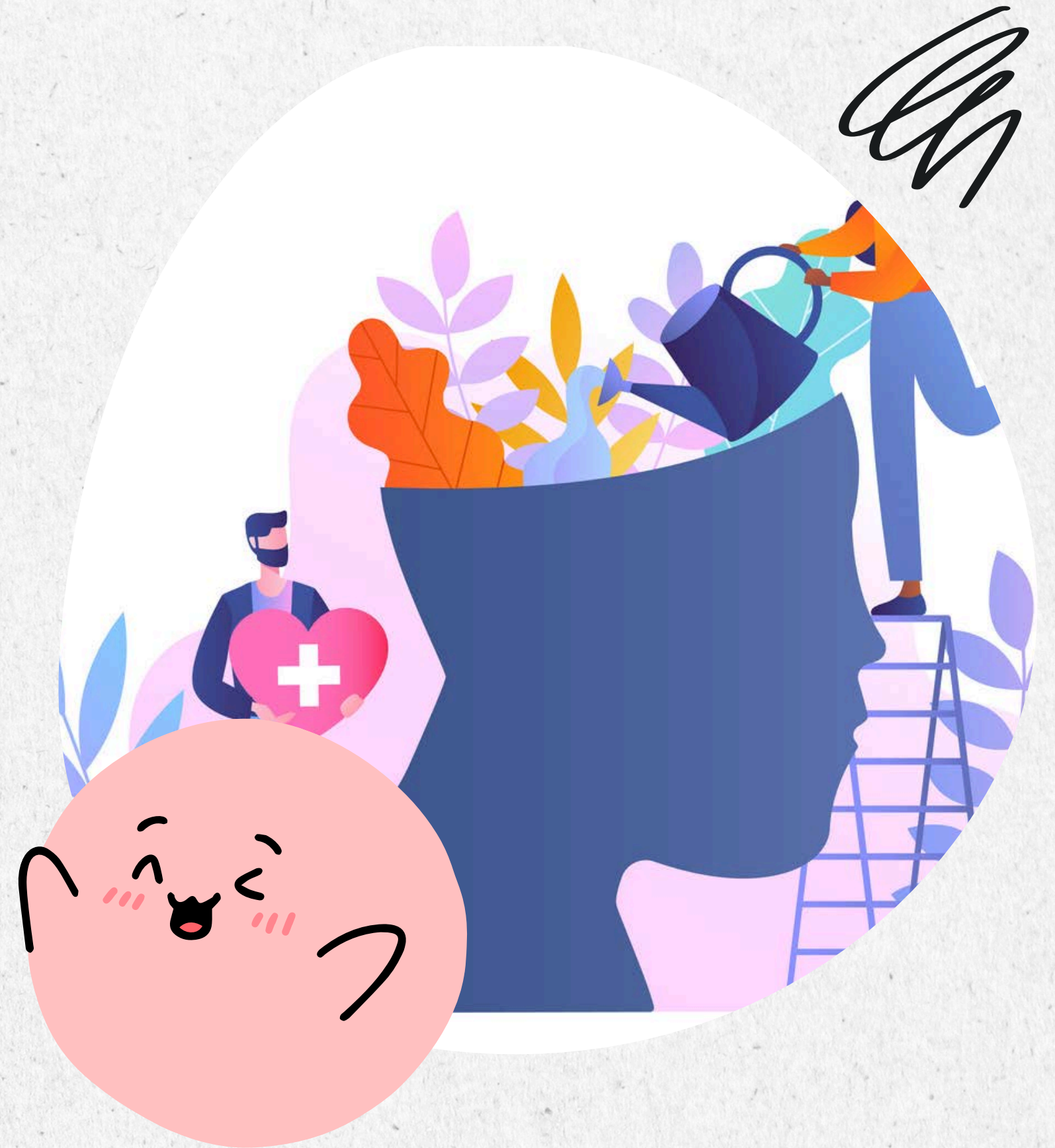
- tech-free, reset place for students to manage their emotions
- allows students to de-stress and advocate for themselves in a calming environment
 - students learn to take care of their mental health by going to the wellness space
- students can come at any time, during break, lunch or during classes
- variety of creative and relaxing activities
 - puzzles, coloring, toys, boardgames, and more





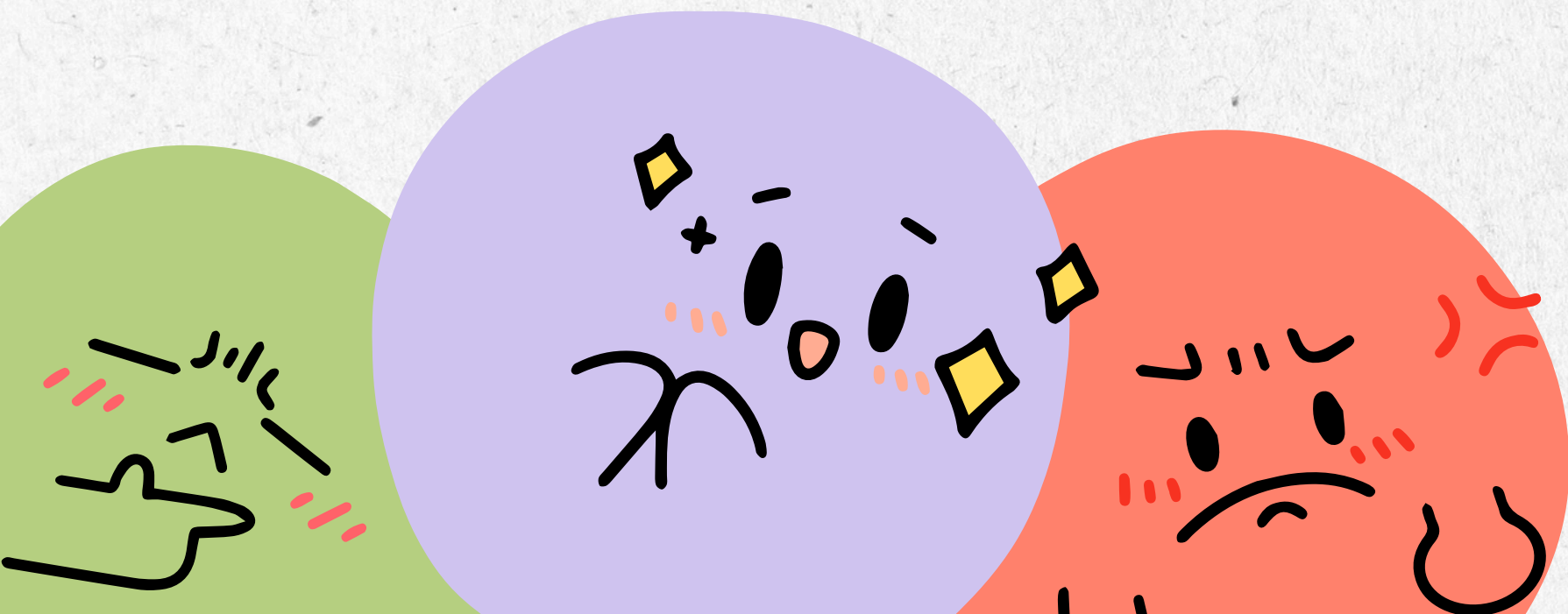
WELLNESS DAY!

- A day to allow students to focuss on their own wellbeing and de-stress
- Students spend their day going to sessions of their choice
 - sessions may include: watching a movie, playing games, or taking a walk
- Occurs once or twice a year to allow students to recollect themselves



DEALING WITH STRESS

Managing your stress is so important to your overall health. It allows you to do so many more things that you love.



Process.

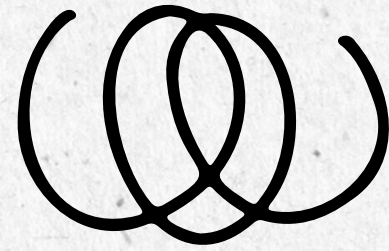
- reflect on how you're thinking
- pay attention to your thoughts and emotions
- Journal, Mindfulness

Remind Yourself of What You Love

- engage in activities that you love
- baking, playing sports, drawing
- exercise, walking, being in nature

Talk to a Trusted Adult

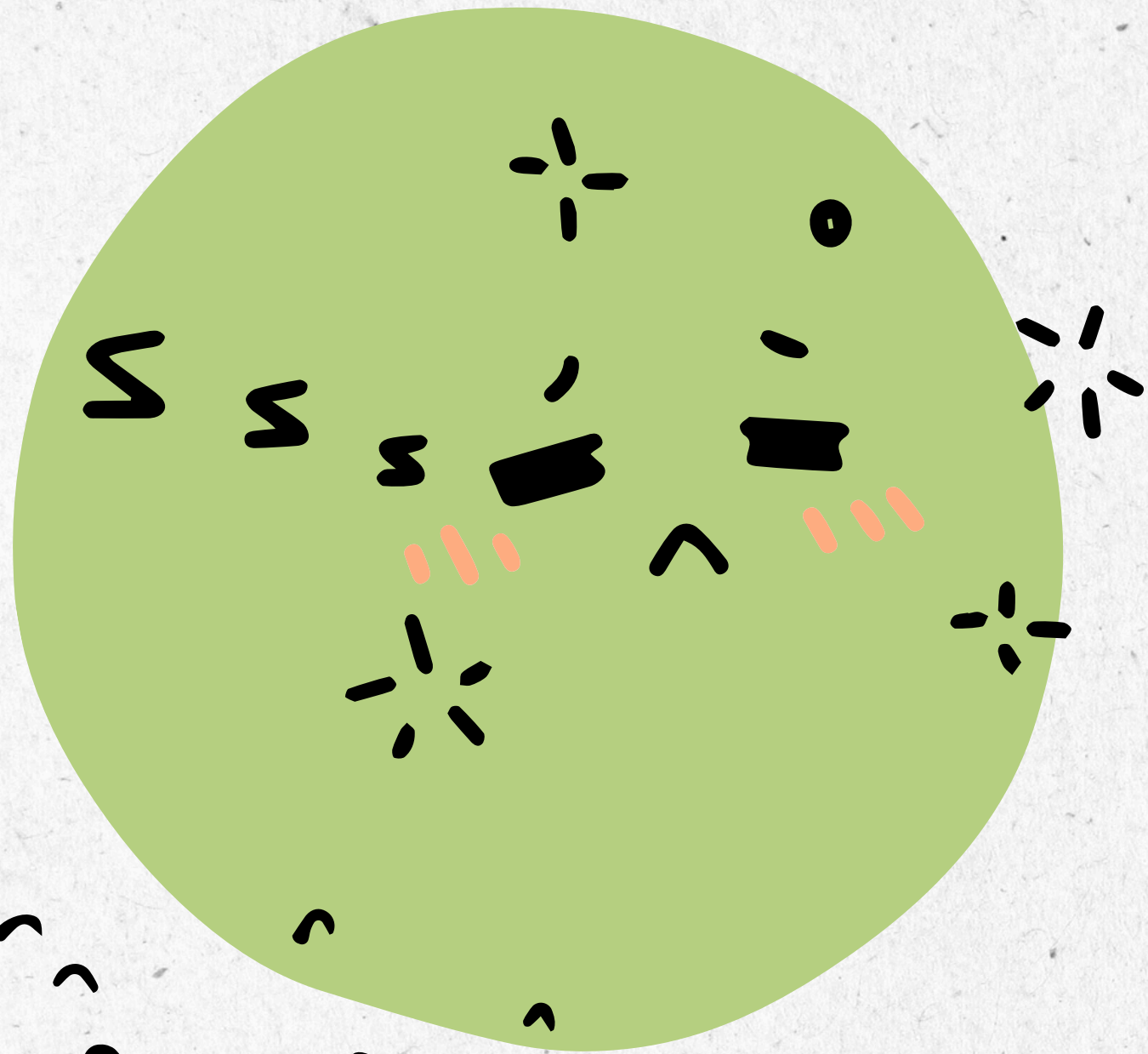
- Reach out to Counselors/Guardians/teachers
- Seek a trusted program
- Normalize seeking help for mental health issues



HERES THE THING....

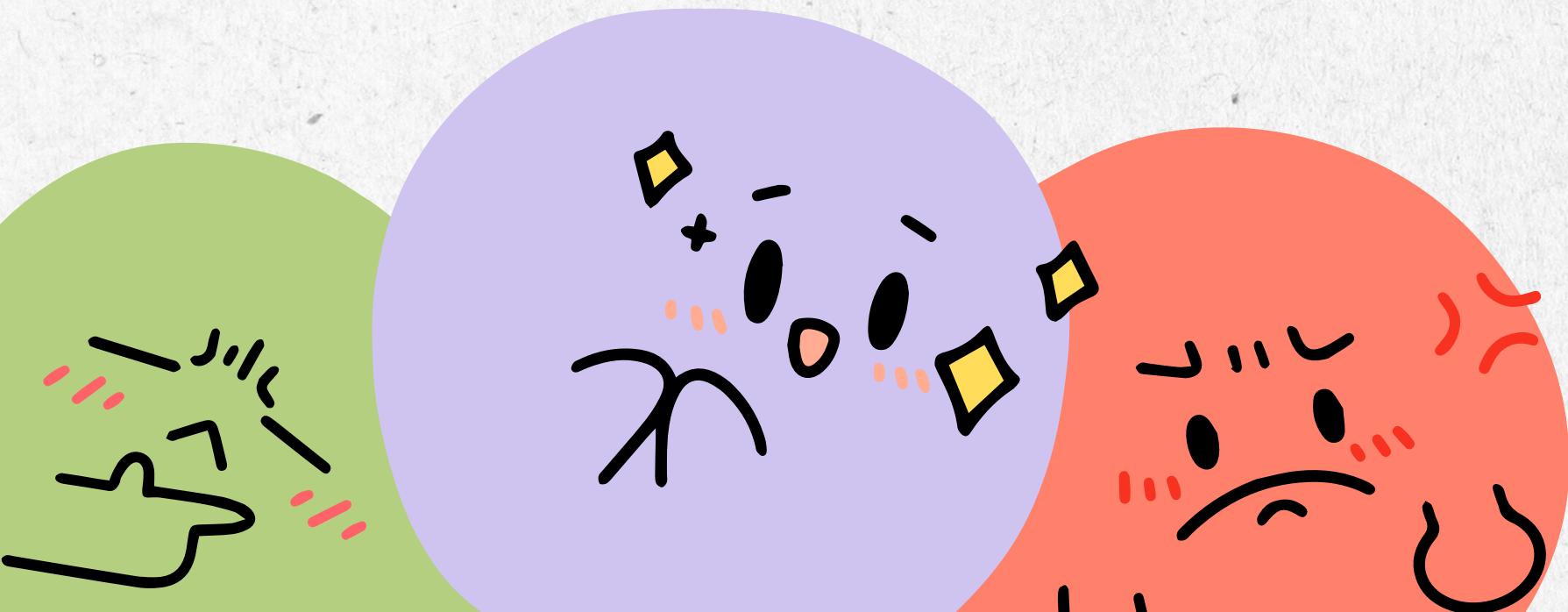
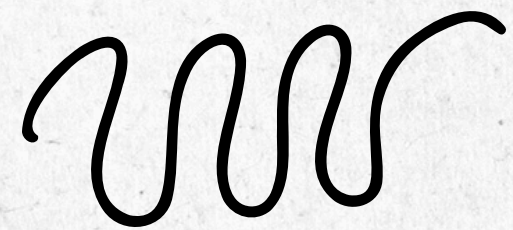
A lot of schools do not have enough resources or support to provide for students who are facing mental health challenges. This is a very serious issue as it doesn't give students the opportunity to achieve mental health. (Remember, Mental Health is a basic human right)

If this is your school, take action! No matter how significant your contribution is, every step you take is important to making your school into a welcoming and safe environment.



TAKE ACTION

There are endless possibilities, but here are some that you can do.



01

Raise Concern of the Issue!

- Talk to your school counselors, teachers, faculty, or principal
- Discuss within your school community

02

Do Your Part and Spread Positivity

- Random Acts of Kindness
- Provide Support

03

Create a Wellness Club

- a space for students to connect together and unwind from their stress

Find an Adult on Campus

- Talk to an adult on campus about starting a wellness club
- Teachers, Principal, Counselor, etc

Highschool: NAMI Club

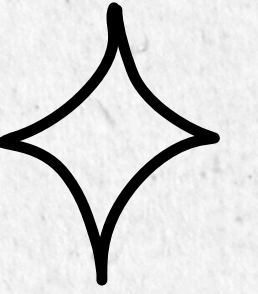
- [NAMI.org](https://www.nami.org)
- resources by the National Alliance on Mental Health

Middle School: Erika Lighthouse

- erikaslighthouse.org
- needs an adult to get started
- great resources to establish your club

Random Acts of Kindness

- randomactsofkindness.org
- ideas and inspirations on how to spread positivity and kindness around school



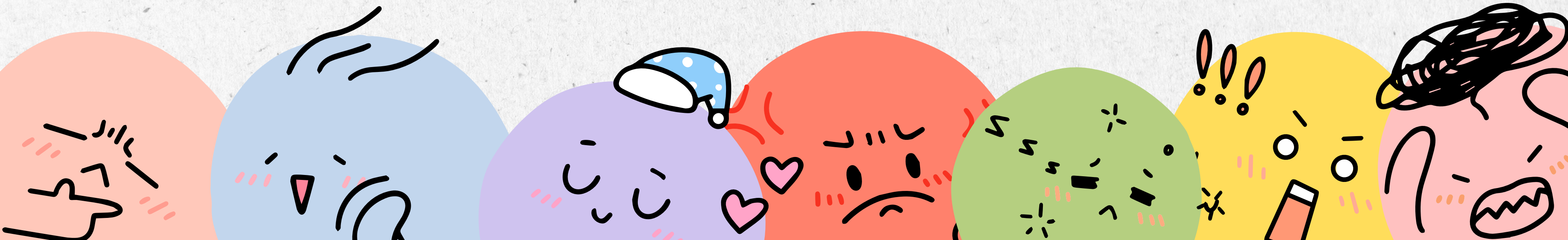
THIS ISN'T THE END...

Throughout the meeting, we've discussed about mental health, identified the issues, and learned about its impacts. We've also gone through ways we can resolve these issues. Most importantly, you've learned how to take action.

Take what you've learned and spread it throughout your own school!

Every Step is A Step Worth Taking.

Go Tell Someone, "You Mattress, I Chair!"





YOU MATTRESS

I CHAIR.

