

Navigate

Introduction and Strategies to Manage Mental Health 2021-2022 School Year

6th-12th Grade Outline for a One-Hour program

Portions of the program will be omitted if less than one hour.

Introduction - Our longest road trip is called LIFE, and the vehicle is our bodies, our minds, and our overall mental health.

Managing Emotions

Regulate, don't repress your emotions. Calm yourself down or pick yourself up.
Breathing techniques and the importance of relaxation are discussed.
Get Enough Sleep: Sleep is very important and can help regulate emotions.

Relationships

Healthy and unhealthy traits of a friend are discussed.
Friends can influence you to make positive choices or negative choices.
Show empathy by being K.I.N.D.

Keep checking in / Be Interested / Navigate through tough times / Deepen understanding

Resilience

Challenging experiences may impact your life, but you can turn it into a positive outcome...you can bounce back.
Keeping your dreams and goals in mind will give you traction when faced with unexpected challenges.

Trauma - Physical, verbal, or sexual abuse is never the victim's fault. Tell an adult and seek help.

Positive Self-Talk

Words of Affirmation: "I will overcome life's challenges", "It's not where I started, but how I finish that matters".

Stigmas

Talking about mental health is not weak, it's wise.
Students are given tips on starting the conversation and methods you can use to reach out if it's too intimidating to start with a verbal conversation.
Know when you need to refuel.

Anxiety

The brain's response when it thinks you are in danger or there is a threat (Fight/Flight/Freeze).
Difference between common anxiety vs. anxiety disorder.
Review of regulation techniques.

Depression - Defining depression and review of regulation techniques. The effects of technology on mental health are discussed.

Suicide/Self Harm (not included in 6th grade)

If extreme pain is too overwhelming to handle on your own, see help from a trusted adult or professional.
Students hear the true story of Reece Johnson.
Discussion of healthy vs. unhealthy coping.

Conclusion

A rubber band can stretch and hold things together, but when it is stretched too much it can break. Taking care of your mental health will help you to not stretch too far.
A voluntary, anonymous survey is offered to students. Response averages/comments are sent to the school.