

MENTAL HEALTH AWARENESS WEEK 2021

Get Real About How You Feel



Naming Our Emotions & Keeping It Real

Even in times of high anxiety and stress, mental health is something we can protect. Being mentally healthy does not mean you need to be happy all the time. It's okay to feel a wide range of emotions. This is what it means to be human. Heavy feelings lighten when we can put words to them.

Reflective Question: Can you name the emotions you have experienced this past week? Say them out loud, acknowledge them, know that they all make sense.

Compassion for Self & Others

Think about what the experience of compassion feels like. Having compassion for yourself and others means that you honour and accept our humanness. Things will not always go the way we want them to.

The more you open your heart to this reality instead of constantly fighting against it, the more you will be able to feel compassion for yourself and others.

Reflective Question: To whom will you show the gift of compassion to this week? How will you show the same compassion towards yourself?

Positive Mindset

Positive thinking can impact your mental health and well-being. Finding hope and optimism contributes to improved stress management and coping skills, higher energy levels and overall better quality of life. Positive thinking isn't magic and it won't make all of your problems disappear. What it will do is make problems seem more manageable and help you approach hardships in a more positive and productive way. Spending time with positive people, focusing on gratitude, opening up to humour and adding music into your routines are all ways to support our positive mindset.

Reflective Question: What is one thing that you can name in your life that brings feelings of positivity?

Kindness is Contagious

A simple smile, holding a door open, a kind word or compliment are all ways of spreading a little sunshine and making ourselves feel good at the same time. Acts of kindness help us engage in more compassionate ways with one another and appreciate the value of helping others. Through acts of kindness, we can build more positive relationships with each other and feel good about our experiences. Kindness can spread from one person to many, in a sort of ripple effect of happiness.

Reflective Question: What's one act of kindness you can do for yourself or others today? Can you think of someone who needs this today?

Reaching Out

Support seeking is an essential skill for personal resiliency. Everyone experiences stress and some stress can be necessary and normal. When we become overwhelmed, we need to find ways to manage this. Knowing how and when to seek support is an essential skill both personally and academically. Modelling and practicing help-seeking can reduce the stigma sometimes associated with asking for help.

Reflective Question: Consider who you can reach out to for support. What is it about them that makes you feel safe and comforted?

Additional Resources

ROCK

Kids Help Phone

SMHO

CMHA 2021 Toolkit

#HCDSB_MentalHealth