



MENTAL HEALTH

Awareness

CLASS OF 2028
9TH GRADE LESSON

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PRE-TEST SCAN QR CODE



DISCLAIMER

SOME OF THE MATERIAL AND CONVERSATIONS WE WILL HAVE TODAY MAY BE DIFFICULT.

IF AT ANY POINT YOU NEED TO STEP OUT, PLEASE FEEL FREE TO LET ONE OF US OR YOUR TEACHER KNOW.

EVERYONE'S FEELINGS AND THOUGHTS ARE WELCOME.

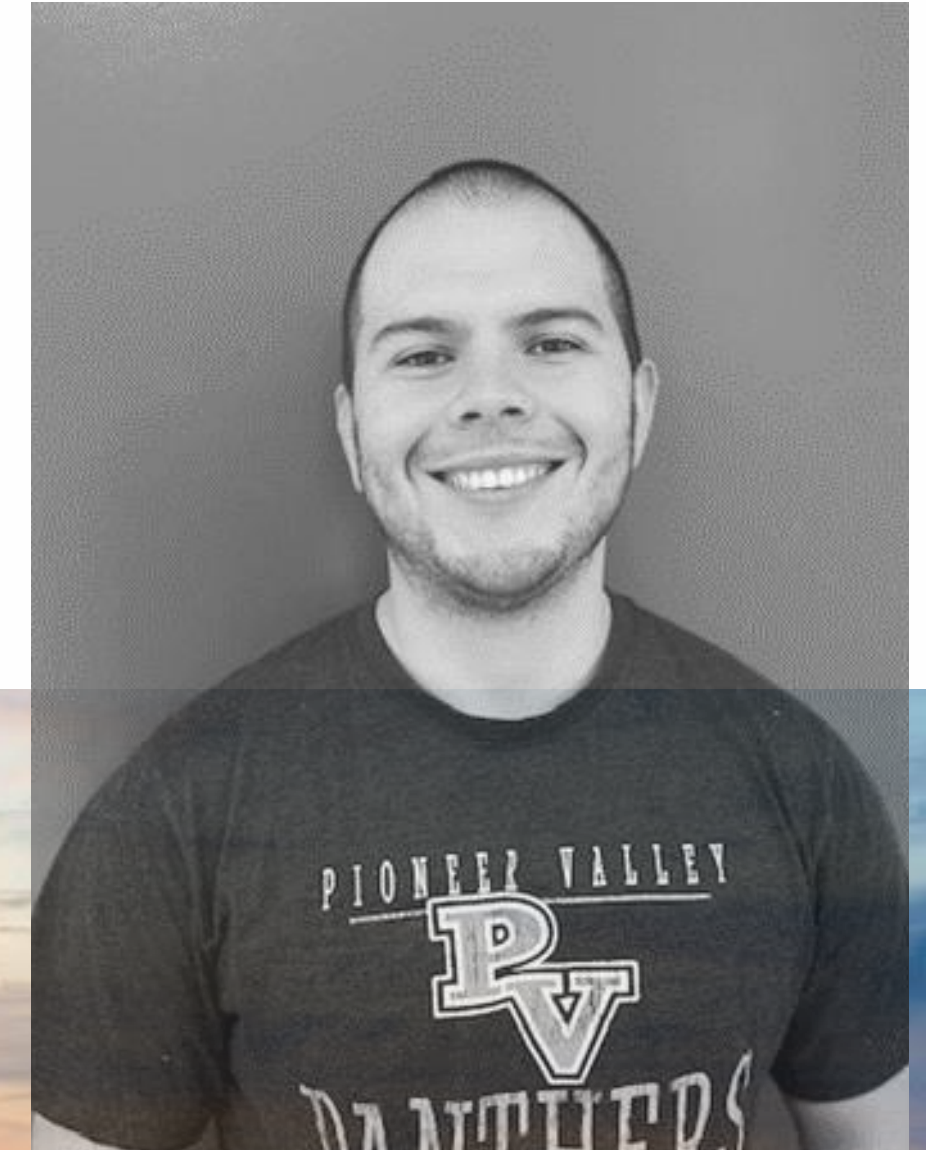
YOUR COUNSELORS



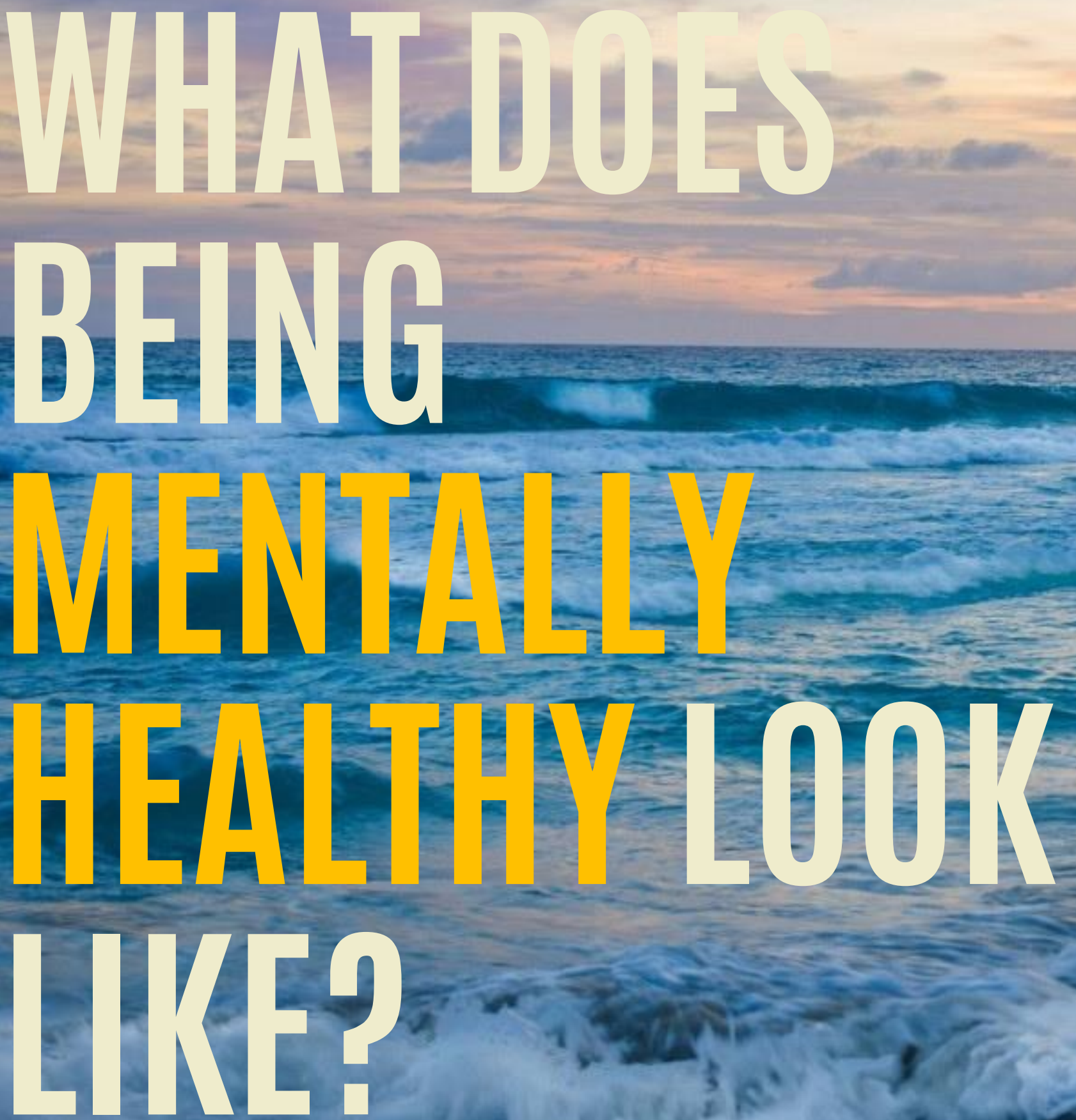
Mr. Carrillo
A-L



Mrs. Avrit
M-Z




Mr. Hernandez
Intervention/Wellness Center



WHAT DOES BEING MENTALLY HEALTHY LOOK LIKE?

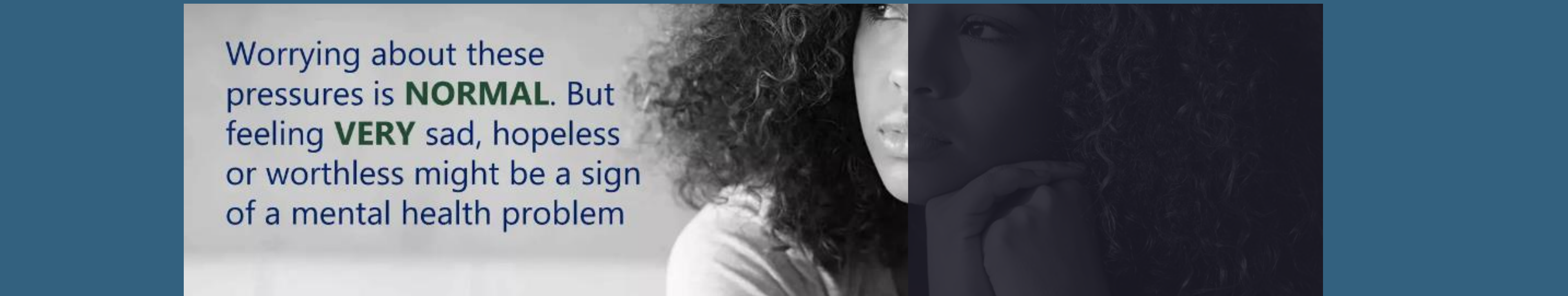
A state of well-being is where individuals realize their **own potential**, can **cope with the normal** stresses of life, and can contribute and be a productive **member of society**.

- Feel good
- Think clearly
- Enjoy life
- Cope with the stresses of life
- Work productively
- Be physically healthy
- Have good relationships
- Make meaningful contributions to your community
- Realize your full potential



It is definitely **NOT** easy
being a teenager!

Sometimes it is tough to
avoid feeling stressed, and
pressure can build up in
many areas of life (socially,
in school, at home, and
while making big life
decisions)



Worrying about these
pressures is **NORMAL**. But
feeling **VERY** sad, hopeless
or worthless might be a sign
of a mental health problem

HIGH SCHOOL STRESSORS

trauma grades

relationships

health

loss

fitting in

self esteem

bullying

family life

feeling lonely

public speaking

workload

violence

exams

appearance

depression

divorce

future plans

money shame
time management

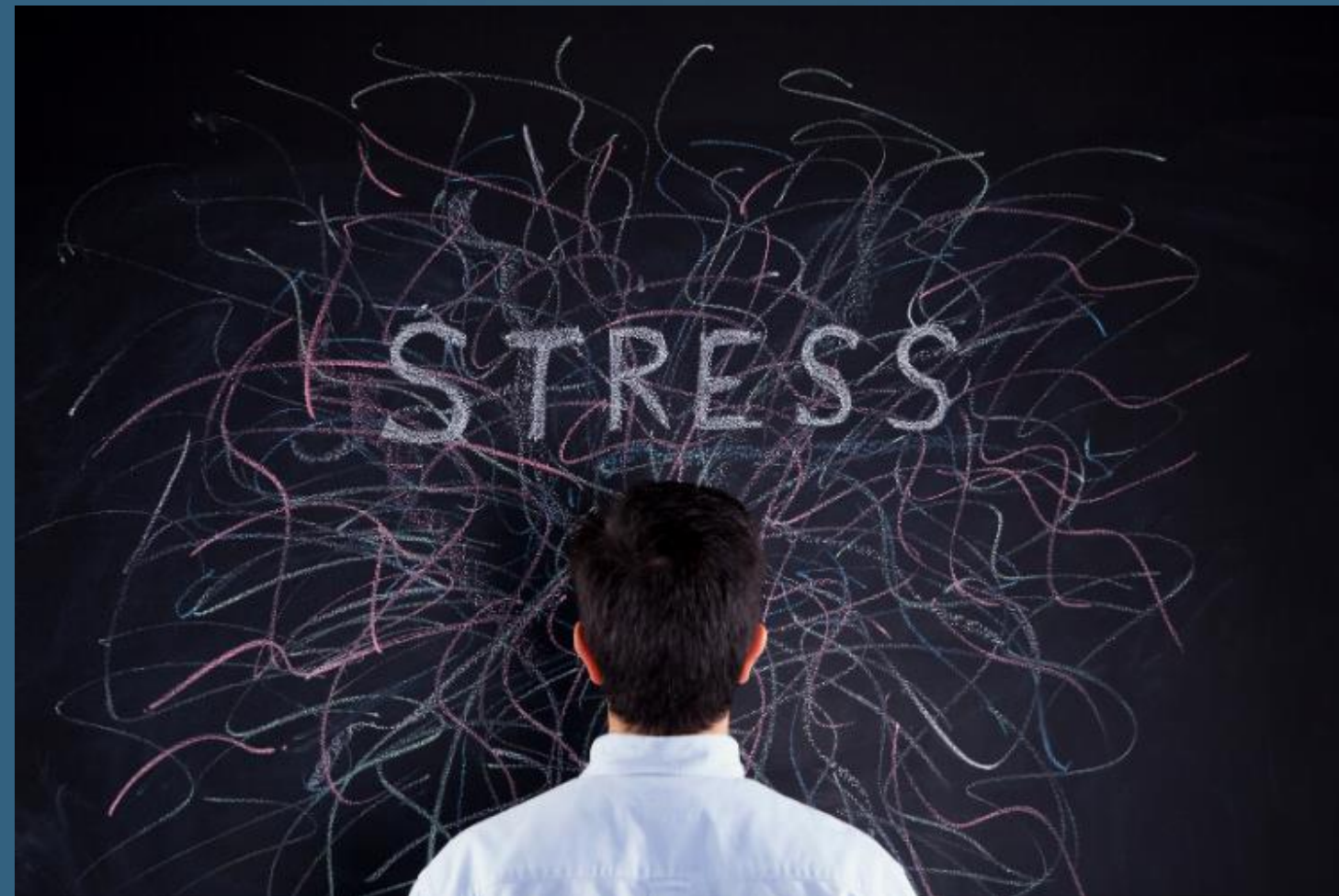
priorities

grief

SOCIAL MEDIA

comparison

peer pressure



WHAT'S is causing

you stress right now?

1 minute pair and share





**WHAT'S GOING ON
IN YOUR BRAIN**

when you feel stressed or anxious?

FLIGHT

FIGHT

FREEZE



WHAT IS STRESS?

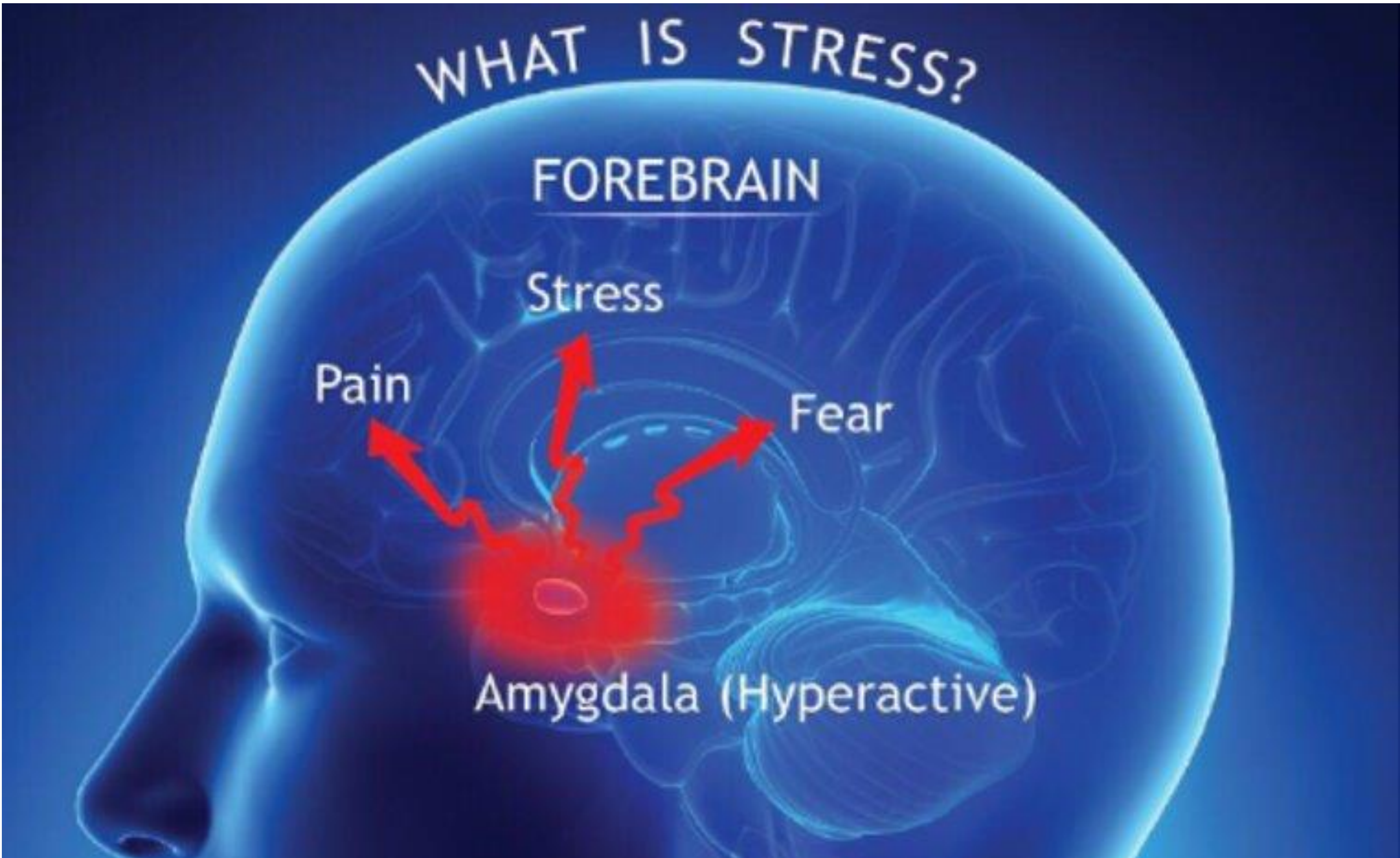
FOREBRAIN

Stress

Pain

Fear

Amygdala (Hyperactive)



STRESS ANXIETY & COPING CYCLE

Anxiety is not inherently bad. It can help you avoid danger & take action. It tells us something is important.

(anxiety = excitement) same chem reaction in the brain.

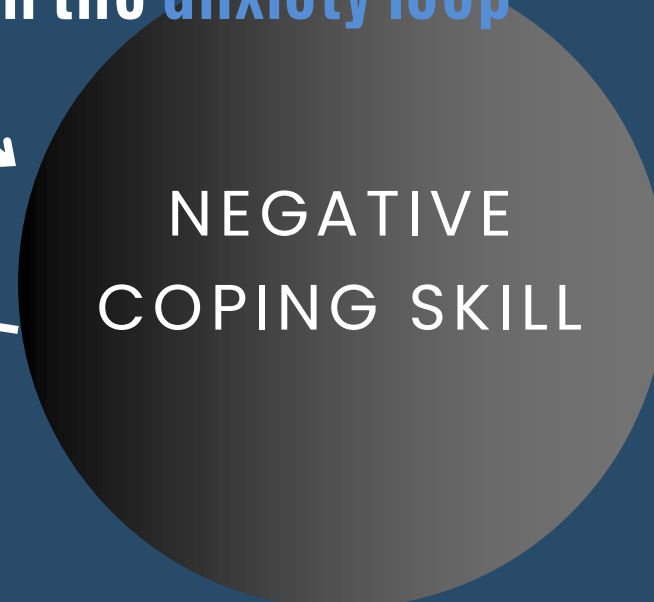
Learn to walk through & manage anxiety.



Anxiety becomes disordered when it starts to take over your life and interferes with functioning. You start avoiding things and anxiety gets worse over time.

Break the Cycle- create new neuropathways

Stay in the anxiety loop



POSITIVE
COPING
SKILL

sit with your anxiety and do these things to re wire your brain

GET OUTSIDE

MOVE YOUR BODY

DEEP BREATHING

DRINK WATER

COUNTDOWN

FOCUS ON NOW!

sign, hear, see, smell

POSITIVE TALK

(SAY 3 THINGS)

TRACE YOUR HAND

HOLD SOMETHING

EAT SOMETHING TART

listen to uplifting music

clean your room

talk to your parents or a friend

watch a feel good movie

notice nature

go for a walk

draw or color

listen to a podcast

sit in the sun with your eyes closed

read a book

play an instrument

hold an icecube

sip on hot tea / eat your favorite food

write a gratitude list

stretch / lift weights

do this and stay in the same stress/anxiety cycle

NEGATIVE
COPING
SKILL

avoid the situation

denial

drug and alcohol abuse

endless scrolling/social media

negative self talk / comparison

self harm (cutting, hair pulling, etc..)

stop talking to people

risky behavior

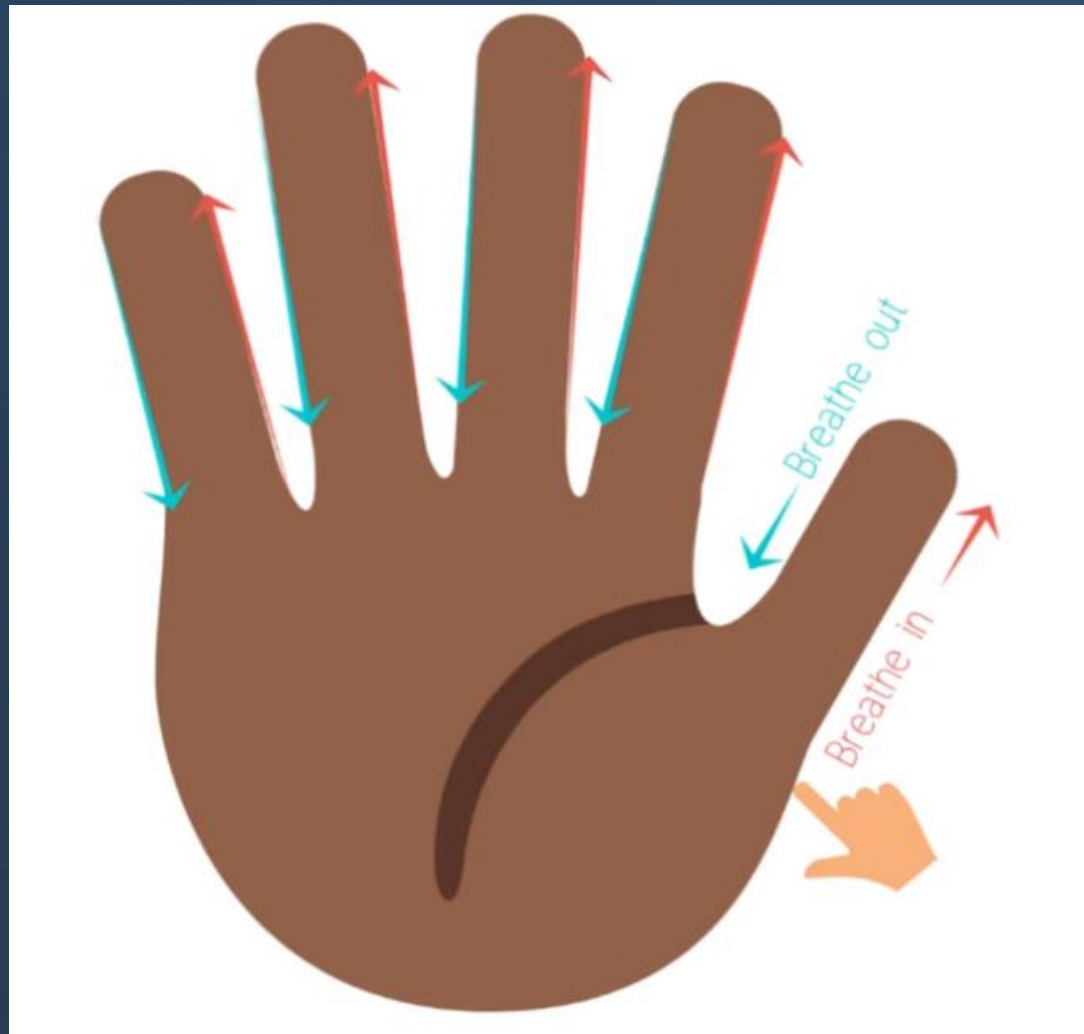
anger- fighting

limiting food

Lets PRACTICE- find what works for you

1. Stand up and Stretch

2. Slow Deep breathing exercise



3. Count Down in your head

10 - 9 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1 - 0

4. Tell yourself 3 facts you observe

- I am okay, I am not in danger.

- It is 9:30am in science class.

- The date is []

5. Look up at the sky/ceiling and describe every details you see

6. Hold onto something. Pen, paper, worry stone, etc...

8. Massage head, ears, temples

RECOGNIZING SIGNS OF DEPRESSION

Sadness

an emotion that we experience in response to a trigger (can persist for days or weeks it usually comes and goes throughout any given day)

≠

Depression

a much more persistent and “sticky” state of mind, which occur “out of the blue” and is not typically a response to a single event

EARLY SIGNS OF DEPRESSION

YOU MAY NEED HELP

Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual

- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others

Group Counseling on Campus and Clinical Therapist on campus. Talk to your counselor.

How you respond makes a difference!

What NOT to Say to Someone with Depression

1. "Man-up" or "Toughen up."
2. "I've dealt with worse; you'll be fine."
3. "Why are you always so sad?"
4. "You've just got to stay positive."
5. "But you have such a great life!"
6. "It's all in your head."



How to support someone who is suicidal

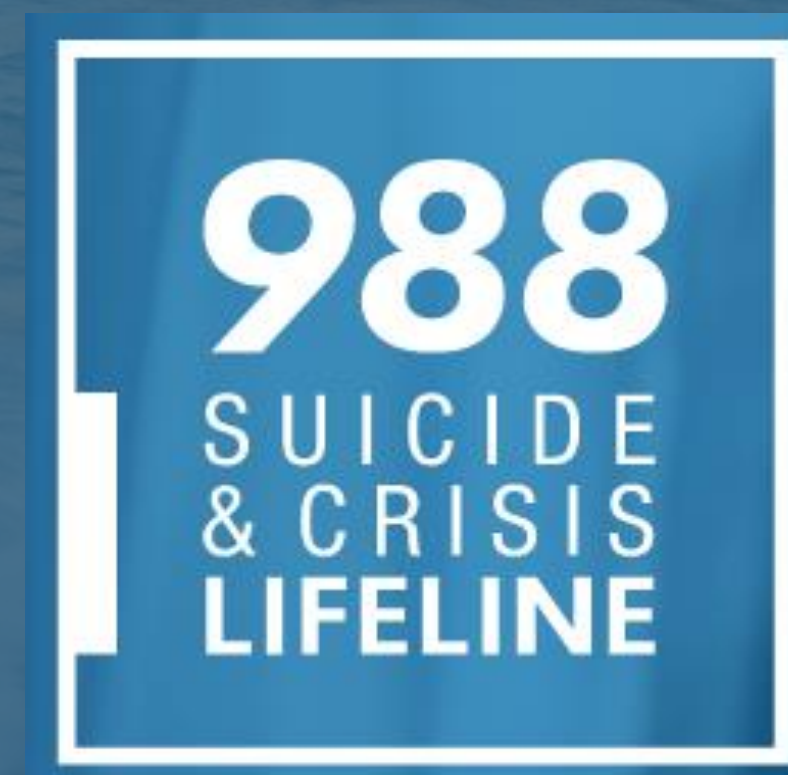
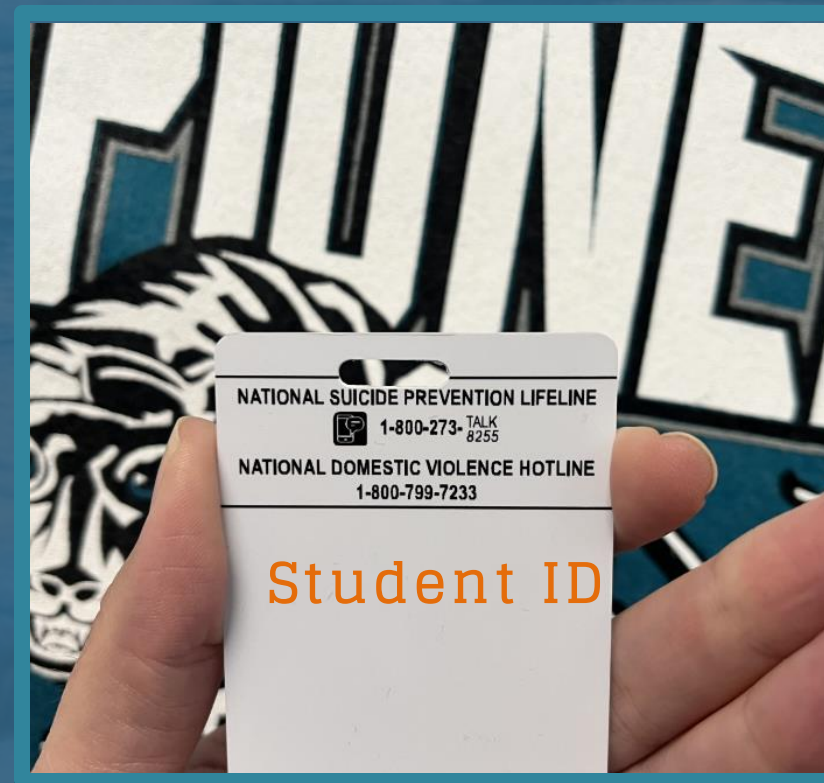
@what.is.mental.illness

Things not to say	Things to say instead
<input type="checkbox"/> How could you leave me behind?	<input checked="" type="checkbox"/> I acknowledge your pain, now what can I do to help?
<input type="checkbox"/> You're so desperate for attention!	<input checked="" type="checkbox"/> I'm glad you came to me, i'm here to listen with no judgement
<input type="checkbox"/> Your life isn't that bad, other people have it worse	<input checked="" type="checkbox"/> I'm here for you. Let's find the help you need together
<input type="checkbox"/> I understand what you're going through	<input checked="" type="checkbox"/> I'm sad you're hurting like this
<input type="checkbox"/> Suicide is the cowards way out	<input checked="" type="checkbox"/> What's going on that makes you want to die?
<input type="checkbox"/> Suicide is so selfish...	<input checked="" type="checkbox"/> You are not alone. I love you

HOW TO GET HELP

- **TELL SOMEONE** – Trusted adult. FAMILY MEMBER, FRIEND, TEACHER, COACH, COUNSELOR, DOCTOR.
- Come to the Counseling office/ WELLNESS CENTER.
- IF YOU NOTICE A FRIEND IS STRUGGLING, OR SEE SOMETHING, **SAY SOMETHING TO AN ADULT.**
- PVHS TIPLINE.

EMERGENCY





POST TEST

