**Mental Wellness Research Information**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ October 22, 2019**

**Reminder for Wednesday, October 23, 2019 – WEATHER PERMITTING – the class will be doing an activity (walk) to boost our mental wellness and physical wellness. Your challenge is to come up with a small group challenge along our walk that does not take much organization or requires any special equipment. Example: Stop and share “knock knock jokes”!**

IDEAS:

Find a short video we can use in class (on YouTube) that can boost our moral.

Video Title/Name:

**1.3: Demonstrate an understanding of mental wellness and its effect of health.**

Mental health is determined by our overall patterns of thoughts, emotions, behaviours and body reactions.

TRUE OR FALSE: Mental Health is not the same thing as the absence of mental illness.

If true, provide an example of what mental health includes:

1. One’s mental health can affect many areas of your life. For example, affects ones appetite in the spaces below provide other examples of how or where is affects one’s life.



2. THOUGHTS

The way you think about something has a big impact on your mental health. Changes in your thoughts often go along with changes in your mental health. When you feel well, it is easier to see positive aspects. When one is not well, it is easy to be stuck on negative things and ignore positive things.

Examples of positive thoughts (provide your own examples below):

Examples of negative thoughts (provide your own examples below):

3. BODY REACTIONS

Body reactions are changes in your body functions such as heart rate, breathing, digestion, brain chemicals, hormones and more. Changes in your body reactions often go along with changes in your mental health.

For example, effects of stress on the body can affect one in many parts of one’s body. Indicate in the list provide of how stress affects these body parts.

Brain –

Heart –

Lungs –

Stomach –

Bone –

4. Behaviours

Behaviours are the helpful or harmful things you do. Other people can usually see your behaviours. Changes in behaviours often go along with changes in mental health.

What types of behaviours can one do to improve or change their mental health? For example, exercise; avoid things that upset you, etc.

Provide more examples below:

a.

b.

c.

d.

e.

5. Emotions

Emotions are the way you feel. They can be pleasant or unpleasant. Changes in emotions often go along with changes in mental health.

Examples of pleasant emotions:

Examples of unpleasant emotions:

6. STRESS: MEASURING YOUR STRESS AND COPING SKILLS

Stress: In a medical or biological context stress is a physical, mental, or emotional factor that causes bodily or mental tension.

Stresses can be external (from the environment, psychological, or social situations) or internal (illness, or from a medical procedure).

What is the difference between acute stress and chronic stress? Provide examples

Acute stress is

Examples:

Chronic Stress is

Examples:

Managing Stress – What are some unhealthy ways to manage their stress?

Provide examples below:



Provide some “Stress Management Strategies” below:

(a)

(b)

(c)

(d)

(e)