GMS SEL Lesson

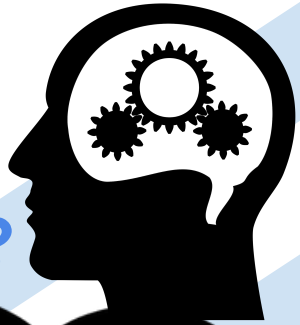
1/26/2024

WOULD YOU RATHER?

Would you rather play games outside or play video games?

Would you rather play sports or do an elective?

HOW IS MENTAL HEALTH IMPORTANT?



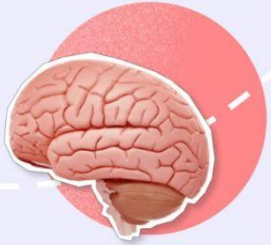
Mental health is like physical health, but it's mental. It is just as important as physical health.

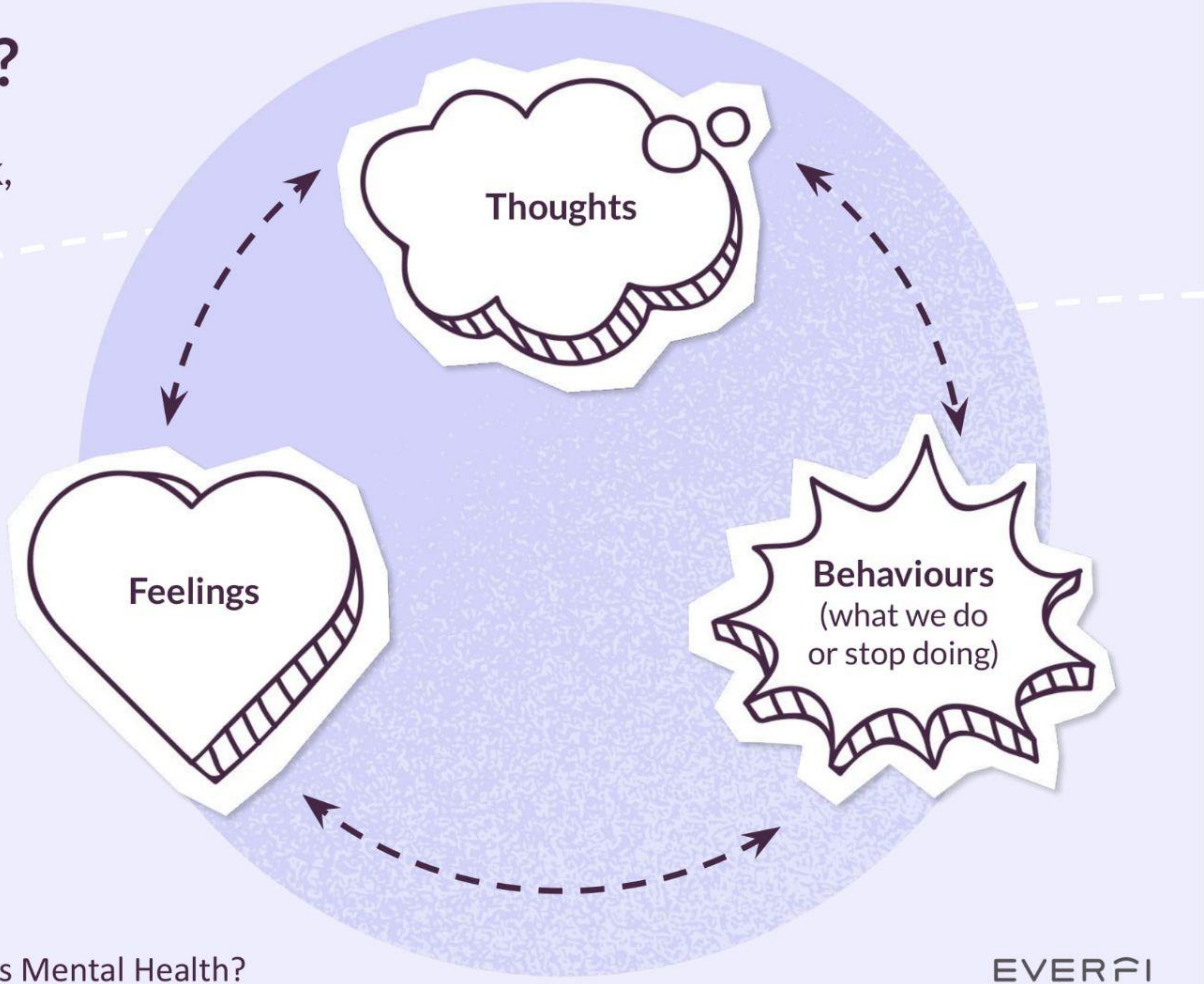
Mental Health is very important. It affects your personality, actions, and even happiness.

What is mental health?

Mental health is about how we think, feel and act.

> **Just like physical health, our mental health can go through ups and downs.**





EVERFI

It’s okay to feel bad.

All feelings are okay to have, including guilt or sadness, no matter how young you are. Don’t ignore those feelings. People share your experiences. Everybody experiences a variety of feelings everyday. They don’t last forever.
You might not want to share your feelings with others, but it will help.

WHAT ARE YOUR FEELINGS?

Sadness

Anxiety

Depression

Regret

Worried

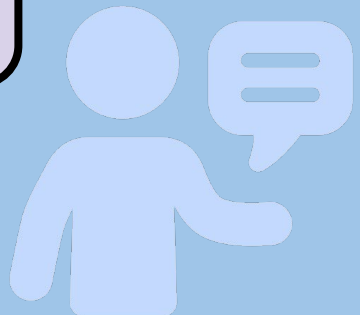
These are all normal feelings that most people feel when they are in middle school.

Who to talk to when you need help

You can talk to a friend or family member that you feel comfortable sharing with

You can talk to a counselor at school

You can talk to a therapist or doctor



Resources

If you ever feel overwhelmed or think you might benefit from some support, always speak to a trusted adult in your life, a member of staff or a local doctor who can refer you to local mental health services.

Other sources of support online are:

Teen Line
310-855-HOPE or 1-800-TLC-TEEN
(6-10pm PST)
Text TEEN to 839863
(6-9pm PST)
https://teenlineonline.org/

Crisis Text Line
Text HOME to 741741 for free in the USA
https://www.crisistextline.org/

National Mental Health Alliance (NAMI)
1-800-950-NAMI (10-6pm EST)
Text NAMI to 741741
https://www.nami.org/

The National Suicide Prevention Lifeline
1-800-273-8255
https://suicidepreventionlifeline.org/

The Trevor Project
1-866-488-7386
https://www.thetrevorproject.org/

Substance Abuse and Mental Health Administration (SAMHSA)
1-800-662-HELP (4357)
https://www.samhsa.gov/

Ways to Support Mental Health

Connection

Building meaningful connections. Focus on relationships the support you and allow you to be who you are.

Mindset

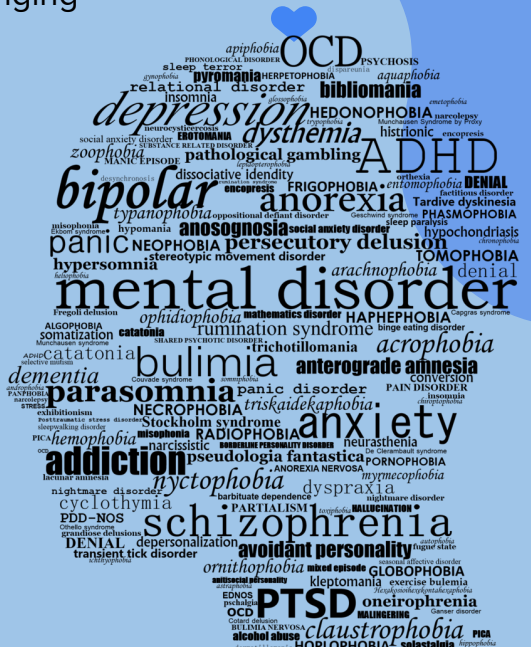
Positive, growth mindset; challenging negative beliefs

Emotional Awareness

Understanding your emotions and how they are connected to you thoughts and actions.

Habits

Routines that help care for your physical health



How can mental health be supported?

Seeking support from **family** and **friends** (this might include doing something new like an activity/youth group)

Seeking mental health support **in school** (school counsellor/therapist/local youth mental health services)

Seeking mental health support **online** through trusted sources

Talking to a **doctor** (who might offer medication or a referral for therapy)

These are all important sources of support, but if you are ever in crisis, especially if you experience any feelings of wanting to self-harm or end your life, don't wait.

Make sure you reach out and talk to someone or by using one of the resources for help provided in this course. You don't have to go through things alone.

African American History Month

February is Black History Month and celebrates the histories, cultures, contributions, diversity, and achievements of Black Americans and African Americans in the United States.

One way we celebrate is by creating a playlist of school appropriate songs by your favorite black artists or composers. . Submit your suggestions here: https://forms.gle/vwVo5ze8fKW51aG86

Optimistic Closure

Practice helping your body regulate

Tense and Release

THE FIRST FIVE
PRESENTED BY edtomorrow

Focus on the outermost parts of your body: your **fingers** and **toes**.

Curl them up super tight, hold a few seconds, then release them.

When we focus on controlling and relaxing even a small part of the body, it can help our mind and body to feel calmer.