

# MENTAL HEALTH

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# WHAT IS MENTAL HEALTH?



[mental health video](#)

# MENTAL HEALTH IS...

- Something we all have
- Thoughts and feelings about ourselves and others and how we relate to other people, function day to day and handle the ups and downs of life
- Resiliency
- Doing things we need to do
- Coping skills
- Everyone's experience is personal and unique

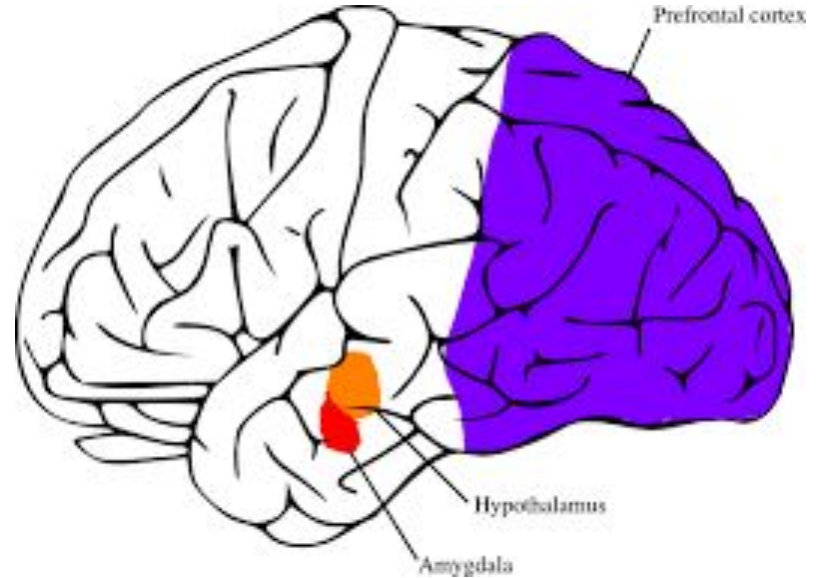


# THE BRAIN

*Volunteer Actors! :)*

“Wizard Brain”--Prefrontal Cortex (stop & think)

“Lizard Brain”--Limbic System (primitive/emotion brain)



# DEVELOPMENTALLY APPROPRIATE OR...

Big Strong Feelings and disruptive behaviors happen. *When is it an actual problem?*

When it significantly interferes  
with everyday life –learning, peer  
relationships, participating in  
daily tasks, personal hygiene,  
basic needs.

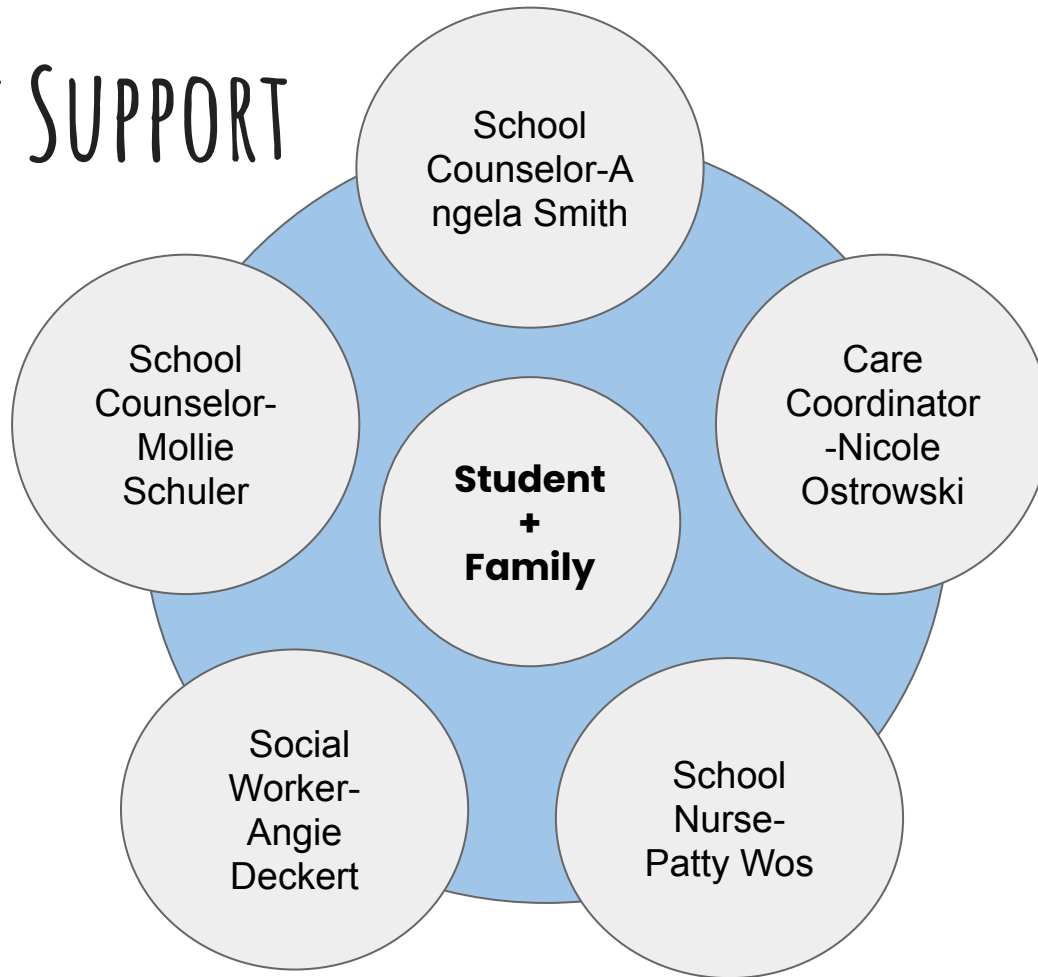
- How you deal with different experiences and feelings
- There are healthy and unhealthy coping skills
  - Unhealthy coping skills may feel good in the moment but have consequences later that could hurt you/someone else
- Some coping skills may work in one situation but not in another
- It's OK to feel angry, disappointed, frustrated or sad but it's how you deal with those feelings that matter

# WHAT ARE COPING SKILLS?

# COPING SKILLS KEEP US BALANCED



# CIRCLE OF SUPPORT





**ANY QUESTIONS**



# IMPORTANT CONTACTS

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