

UCIWAI SANGAM SCHOOLYEAR 8HEALTHY LIVING WORKSHEET NO. 1

Strand 2	BUILDING HEALTHY RELATIONSHIPS
Sub Strand	RESILIENCE AND PROACTIVE BEHAVIOR
Content Learning Outcome	➤ Recognise the importance of sound mental health

GOOD MENTAL HEALTHLesson Notes

1. Good mental health might have a different meaning to each of us, but it's generally understood to mean being able to think, feel and react in the ways that you need and want to live your life as fully and independently as possible." Good mental health doesn't mean that you always feel happy or that you never have bad moods or bad days.
2. **Good mental health** is characterised by a person's ability to fulfil a number of key functions and activities, including: the ability to learn the ability to feel, express and manage a range of positive and negative emotions the ability to form and maintain **good** relationships with others the ability to cope with and manage change and uncertainty.
3. Mental health includes our **emotional, psychological, and social well-being**. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Exercise Study the extract carefully

*"It usually begins for me by waking up in the wrong mood and starting the day with a negative outlook. Everything I do, like eating breakfast and getting ready for school, feels awful, I just want to stay in bed where I'm comfortable and feel secure. The prospect of having to deal with the day just feels so scary. I notice particularly when I get ready that no matter what I look like when I'm finished, I am never satisfied with the way I look which causes me to have low confidence and self-esteem throughout the day because I don't feel I am being the best I can be. This increases throughout the day. I become easily irritated, tired and bored. I believe my negative outlook on things is a strong factor as to how my day turn out as a whole."*

**Answer these Questions**

1. Can you say that this person has good mental health? Why?

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2. What can happen to this person if this continues?

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3. If this person comes to you for help, what advice would you give?

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4. What advice would you give to the people (friends, teachers, neighbours, etc.) who are around this person?

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**Activity for you** – *Given below are some behaviours. Put a tick on good characteristics of mental health and a cross on the ones that are not.*

1. Having enough sleep.	
2. Thinking positively when in difficult situations.	
3. Losing hope during trouble times.	
4. Balances work, play and family time.	
5. Complaints about hard situations faced.	
6. Withdraw herself/ himself from the rest of the people around her / him.	
7. Eat any kind of food at any time of the day.	
8. See a difficult situation as a challenge.	
9. Support other people who need help.	
10.Sleep most of the time.	

## Characteristics of Good Mental Health

# 15 ways to promote and support Good Mental Health

1. Make sure you get enough sleep
2. Eat healthy food and drink healthy drinks
3. Learn how to relax and switch off
4. Connect with friends and family
5. Learn new things every day
6. Help others when ever you can
7. Exercise each day
8. Talk about your feelings
9. Be mindful and take notice of what is happening around you
10. Be thankful for all the things you have
11. Set goals for yourself and embrace your wishes and dreams
12. Challenge any negative thoughts
13. Learn how to smile more!
14. Ask for help if you have a problem
15. Have fun and laugh!

