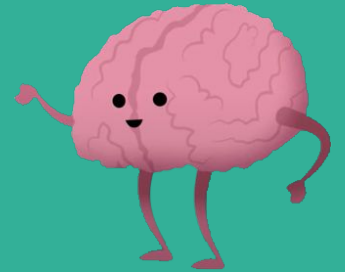
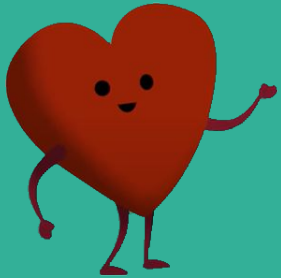


Lesson 2:

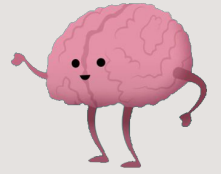
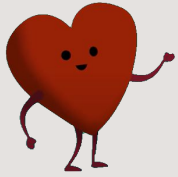
We All Have Mental Health



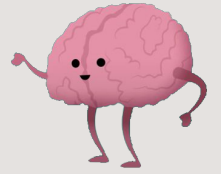
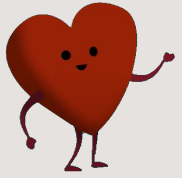
Erika's Lighthouse®



Good mental health is
something everyone deserves



What gets in the way
of mental health?

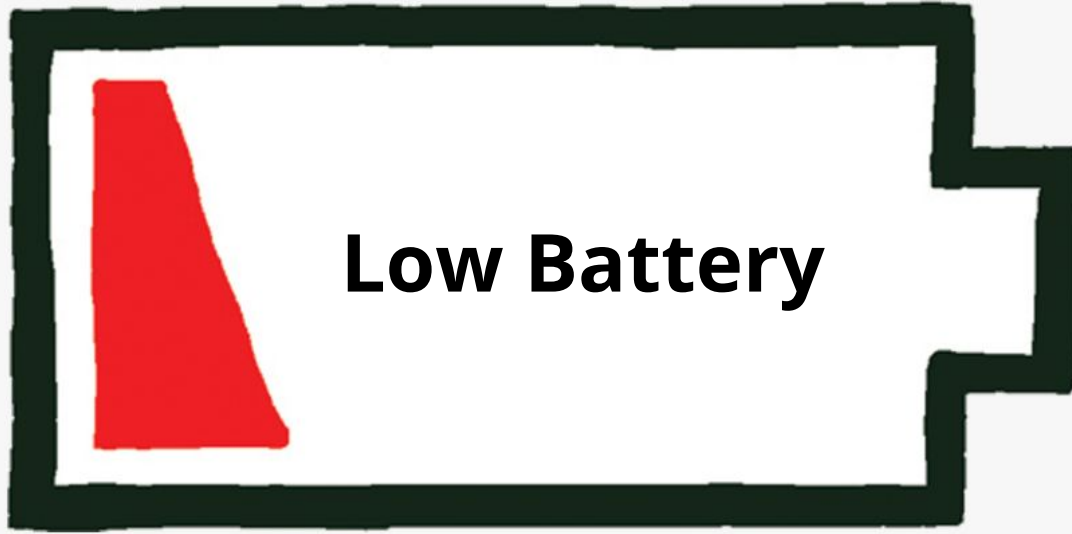


What gets in the way
of good mental health?





Too much stress can lead to
overwhelming feelings.





KidsHealth / for Kids / Stress

Stress

Reviewed by: [D'Arcy Lyness, PhD](#)

Have you ever felt sick to your stomach during a test? Have you had days when you were so loaded down with [homework](#) that you had trouble sleeping? Have you ever been so worried about something that you ended up with a terrible [headache](#)?

en español

[La historia del estrés](#)

If so, then you know what it's like to feel **stress**. You've probably heard people say, "Wow, I'm really stressed out" or "This is making me totally stressed." Maybe you hear adults say those kinds of things all the time. But kids have lots of things going on in their lives that can cause stress, too.

What Is Stress?

Stress is what you feel when you are worried or uncomfortable about something. This worry in your mind can make your body feel bad. You may feel [angry](#), frustrated, scared, or [afraid](#) — which can give you a stomachache or a headache.

When you're stressed you may not feel like sleeping or eating, or you might sleep or eat too much. You also may feel cranky or have trouble paying attention at school and remembering things at home.

What Causes Stress?

Plenty of things can cause stress in a kid's life, and there are such things as good stress and bad stress. Good or normal stress might show up when you're called on in class or when you have to give a report. Have you ever gotten butterflies in your stomach or sweaty hands? Those can be signs of good stress — the kind of stress that can help you to get things done. For example, you may do a better job on your book report if the anxiety inspires you to prepare well before you have to read it to the class.

MORE ON THIS TOPIC FOR:

Kids

[Relax & Unwind Center](#)[Worry Less in 3 Steps](#)[Yoga for Lowering Stress](#)[Five Steps for Fighting Stress](#)[Talking About Your Feelings](#)[View more](#)

NAME: _____ TEACHER: _____
CLASS: _____ DATE: _____

Managing Stress Worksheet

- It is important to know how you react to stressful situations in your life.
- Answer the questions and use it as a guide to help you manage stress in the future.

Answer the following questions:

What are three strengths of yours?

Examples: having a sense of humor, being a good friend, being a good listener, not losing your temper easily

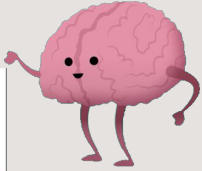
What are three challenges that you face or things about you that you would like to work on?

Examples: Having a bad temper, procrastinating, having a hard time talking to other when you are feeling down?

When you get stressed, how do you cope?

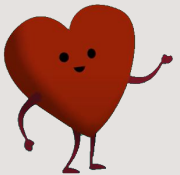
Positive Examples: Talk to someone, listen to music, read a book, journal
Negative examples: fight with family, bully someone, procrastinate, not do your homework, eat unhealthy food

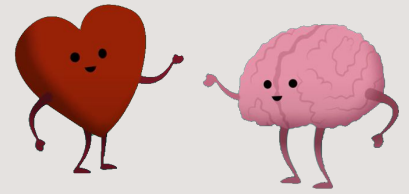
One of the best ways to cope during stressful times is having someone to talk to. Who are you able to talk to when you are feeling stressed?



How can you better manage stress and promote good mental health?

Nutrition
Sleep
Exercise
Coping Skills

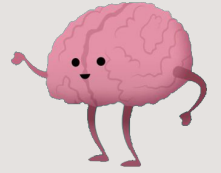




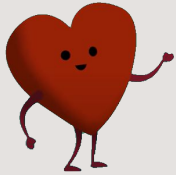
Coping skills can help us manage life's challenges.

- Doing something you love
- Mindfulness activities
- Journaling

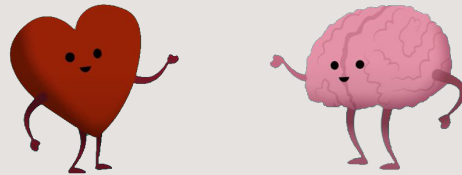




Coping Stations Activity



- How do you feel after doing this activity?
- How many of these activities can you actually do in real life?
- Who is responsible for your mental health?
- What healthy behaviors can you do to keep mentally healthy?

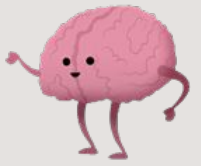


Exit Ticket: Trusted Adult

Who is a trusted adult that you can talk to today after school about this lesson ? _____

What will you tell this trusted adult about this lesson?

REMEMBER...



Everyone deserves good mental health



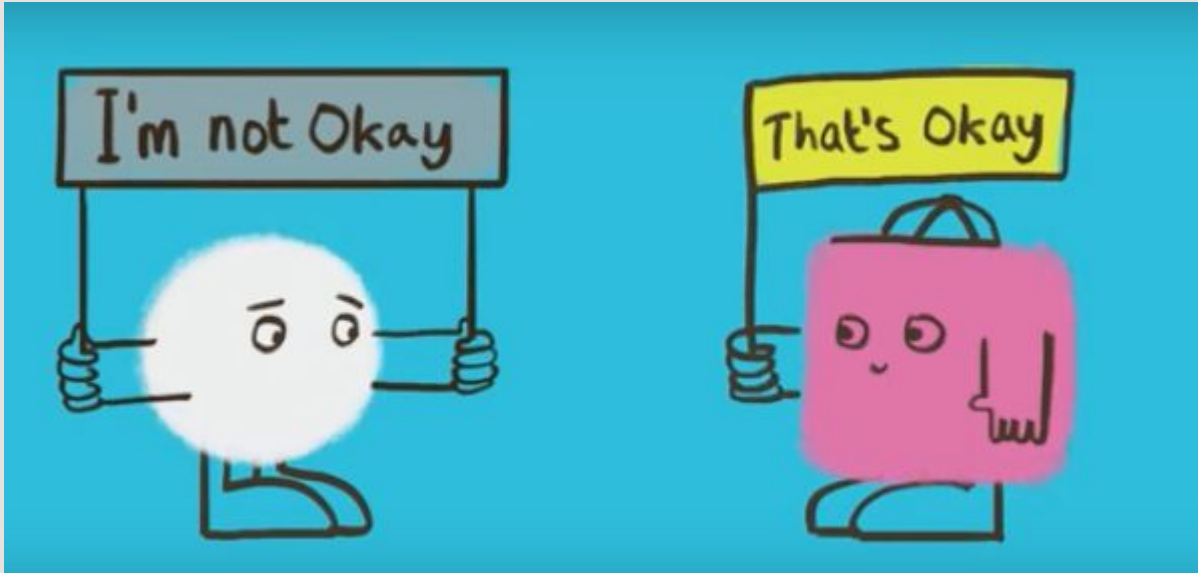
Stress is normal, but too much increases the risk for health problems



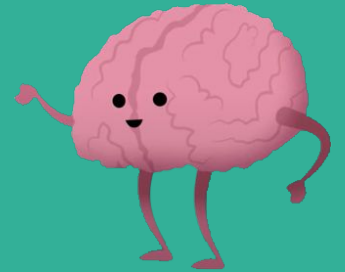
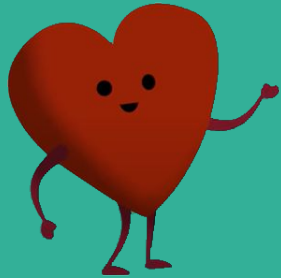
Small improvements in nutrition, sleep, exercise and other coping skills can help us to better manage stress and achieve mental health



It's ok not to feel ok.



Level I: We All Have Mental Health



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National Centre for
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