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Mental Health Outline

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### **Introduction:**

The purpose of the research paper is to educate children about mental health and to find treatment or how to handle stress.

Thesis Statement: Mental health will affect each of differently

### **Body**

- Mentally healthy children are more successful in school and in life
- Students who receive social–emotional and mental and behavioral health support achieve better academically.
- School climate, classroom behavior, engagement in learning, and students’ sense of connectedness and well-being all improve as well.
- Mental health is not simply the absence of mental illness but also encompasses wellness promotion; social, emotional, and behavioral health; and the ability to cope with life’s challenges
- Left unmet, mental health problems are linked to costly negative outcomes such as academic and behavior problems, dropping out, and delinquency.

What are some mental health issues that middle schoolers could face

- Stress, anxiety, bullying, family problems, depression, learning disability

- Serious mental health problems, such as self harm behaviors and suicide, are on the rise.

Ask the students questions throughout each section. Goal is to get each student or most of them to express themselves, share their feelings.

## **Stress**

Of a show of hands, how many of you feel stressed?

Can someone tell me what is stress?

Can you tell me what that feels like?

Here are some signs that you may feel when stressed:

- You might feel angry or irritated with a lot of things.
- Trouble sleeping (you might stay up later in the night)
- You might want to be alone and not be others
- Sometimes it's hard to focus on your school work. Might not be able start and/or finish it all
- You might get some headaches or some stomach aches (sometimes you might not feel like eating)

What do you do to not feel stressed? Or How do you handle stress?

Here are some ways can deal with stress:

- Go outside: Get some fresh air
- Step away from what's making you feel stressed
- Do some of your favorite activities to relieve your stress

Different techniques to relieve stress

Imagery, relaxation, sleeping for 8 hrs, dancing or listening to music and eating healthy food.

Talk to your parents or a role model.

Youth

Classroom activities to relieve stress in children:

Games



We will do a yoga activity in the classroom.

## **Anxiety**

Can someone tell me what anxiety is?

So anxiety can make you feel cautious, nervous, shy and even afraid.

Don't worry, Feeling anxious is normal

They might feel your heart racing, start sweating, stomach aches, hard for you to breathe, you might start fidgeting with your hands, hair, or little objects.

For me, I feel very anxious with heights. Especially with roller coasters. My heart starts racing and I sweat and then I tell myself I can't go on.

Way to feel relieve stress

- Go for a walk, you can ask your friends or family for some assurance, and participate in your favorite hobbies.
- Can ask the students what they love to do (in regards to hobbies).

Does anyone feel the same way? What makes you guys feel anxious?

Idea to hand out (Acupressure rings)

How to relieve anxiety?

Deep breathing exercise, go for a walk

Let's practice deep breathing exercise together

Talk about these topics like the way we did above. Note how to spot signs and symptoms and how to cope with it

- **Bullying ( 6-8 grade)**  
What is a bully ?
- **Depression**
- **Learning disabilities** (how to be respectful and patient with those that have them)

Mental Health Activities

- Still in the process on what do with the age group (grades 6-8)

## Conclusion

Are there any questions you have for us?

Is there anything new that you learned or anything you might want to add?

1) <https://www.nimh.nih.gov/health/publications/children-and-mental-health>

2) <https://www.nytimes.com/2022/03/23/magazine/mental-health-crisis-kids.html>

3) Jurewicz I. Mental health in young adults and adolescents - supporting general physicians to provide holistic care. Clin Med (Lond). 2015 Apr;15(2):151-4. doi: 10.7861/clinmedicine.15-2-151. PMID: 25824067; PMCID: PMC4953734