

# Maintaining Mental Health

**Media Type:** Microsoft® PowerPoint® Presentation

**Duration:** 63 slides

**Goal:** To understand the factors, symptoms and management techniques of various mental health disorders.

**Description:** Mental health is equally as important as physical and social health. This presentation will demonstrate how all three areas of health are interrelated. It provides an in-depth look into various mental health disorders including eating disorders, mood disorders, personality disorders, anxiety and depression. The stages of grief and how those can be managed are also discussed, as well as suicide and health maintenance.

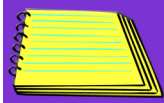
## Objectives:

1. To understand, identify and prevent eating disorders.
2. To understand growth patterns.
3. To understand anxiety, identify its causes, and learn to manage anxiety.
4. To understand and learn to manage grief.
5. To understand stress, identify its causes, and learn to manage stress.
6. To understand the interrelationship of physical, mental and social health.
7. To understand suicide.

## Horizontal Alignments

Core-Subject Area	Foundation Concept	Basic Understanding
Math	<i>Logical Skills</i>	<ul style="list-style-type: none"> <li>• Reasoning</li> <li>• Problem solving</li> <li>• Real-life applications</li> </ul>
Language Arts	<i>Application of Writing Skills</i>	<ul style="list-style-type: none"> <li>• Editing/proofreading</li> <li>• Descriptive, informative and creative writing</li> <li>• Brainstorming</li> <li>• Creating bibliographies</li> <li>• Vocabulary enhancement</li> </ul>
	<i>Analysis of Text, Literature and Information</i>	<ul style="list-style-type: none"> <li>• Reading/content literacy</li> <li>• Critical thinking</li> <li>• Expression of thoughts and ideas</li> <li>• Communication skills</li> <li>• Developing listening and comprehension skills</li> <li>• Creating visual representations</li> </ul>
	<i>Technology Applications in Literature</i>	<ul style="list-style-type: none"> <li>• Utilizing document processing software</li> <li>• Utilizing presentation processing software</li> <li>• Internet-based research</li> </ul>
Science	<i>Scientific Thinking and Investigating</i>	<ul style="list-style-type: none"> <li>• Analytical skills</li> <li>• Collecting data</li> <li>• Technology-based research</li> <li>• Compare/contrast findings</li> </ul>
	<i>Scientific Laws and Principles</i>	<ul style="list-style-type: none"> <li>• Principles of psychology</li> <li>• Human development</li> </ul>

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## Lesson Plan

Student and Teacher Notes are available to print in outline format. You can access these documents under the "Printable Resources" section. If student licenses have been purchased, an interactive version of the Student Notes is available in the "Interactive Activities" section. If printing the full PowerPoint® is desired, you may download the file and print the handouts as needed.

**Class 1:** Distribute the *Maintaining Mental Health Vocabulary Handout* for students to reference during the segment. Show the *Maintaining Mental Health - Physical, Mental & Social Health* segment followed by its *Assessment*. Students should read the *Maintaining Mental Health & Wellness Across the Lifespan Student Handout*. Distribute the *What Would You Do? Activity* for students to complete. Later, introduce the *Therapy Project* and have students begin working on it.



Slides  
1-14

**Class 2:** Remind students to utilize their *Vocabulary Handout*. Show *Maintaining Mental Health - Grief, Stress & Anxiety* followed by the corresponding *Assessment*. Allow students to complete the *Stress Management Activity*.



Slides  
15-27

**Class 3:** Remind students to utilize their *Vocabulary Handout*. Show *Maintaining Mental Health - Depression & Suicide*. Follow the segment with the corresponding *Assessment*. Introduce the *Ethics & Counseling Project* and have students begin working on it. It should be finished for homework.



Slides  
28-37

**Class 4:** Remind students to utilize their *Vocabulary Handout*. Show *Maintaining Mental Health - Types of Mental Disorders*. Follow the segment with the corresponding *Assessment*. Then have students complete the *Diagnosis Activity*.



Slides  
38-63

**Class 5:** Distribute the *Maintaining Mental Health Final Assessment* for students to complete. Introduce the *Mental Health Assessment Project* and have students begin working on it.

**Class 6:** Allow students time to finish all *Projects*. Have students present the *Therapy Projects*.



## Lesson Links

### National Institute of Mental Health

- <http://www.nimh.nih.gov>

### National Eating Disorders Association

- <http://www.nationaleatingdisorders.org>

### Kids Health

- <http://www.kidshealth.org>



## Career & Technical Student Organizations

### Family, Career & Community Leaders of America

- **Nutrition & Wellness**



## Career Connections

Using the *Career Connections Activity*, allow students to explore the various careers associated with this lesson. See the *Activity* for more details. *If student licenses have been purchased:* Students will select the interviews to watch based on your directions. *If only a teacher license is purchased:* Show students all the career interviews and instruct them to only complete the interview form for the required number of interviews.

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## Lab Activities

### What Would You Do?

#### Directions:

Students will be faced with certain scenarios and must describe how they would handle each situation if faced with it in daily life. For example, a friend confesses to contemplating suicide and students must determine a course of action.

### Stress Management

#### Directions:

Students should think about the most stressful times of the school year for them. In one brief page, they should summarize what they consider to be the stressors in their lives during those times and the management techniques they use. They should also include how they came up with their preferred techniques.

### Diagnosis

#### Directions:

Students will be provided a list of various symptoms. Using those symptoms, they must determine what mental disorder the symptoms might apply to. Furthermore, they should describe the course of treatment they would prescribe if they were a doctor. *Student Notes* and other research may be utilized for assistance.



## Projects

### Therapy

#### Directions:

Divide students into groups of three. Using the Internet, as well as the information provided in the presentation, the groups will research the benefits of therapy as a treatment for mental health disorders. Using their information, groups should create a five to seven slide Microsoft® PowerPoint® presentation summary. Students should conduct their presentations for the class. All sources should be cited.

### Ethics & Counseling

#### Directions:

Assuming the role of a school counselor, students will dictate how to handle a sensitive situation. If a student confessed to considering suicide, what would the counselor's ethical and legal responsibilities be? Have students research such responsibilities and then in two to three pages, they should describe them. Students should also include how these responsibilities may differ from how they would personally handle the situation. Any sources used should be cited.

### Mental Health Assessments

#### Directions:

Students should research the various forms of mental health assessments doctors can use to diagnose mental health issues. Of all assessments researched, they must choose two to compare and contrast in a one to two page paper. Sources should be cited.