

# Navigate

## *Introduction and Strategies to Manage Mental Health 2023-2024 School Year*

### 6<sup>th</sup>-12<sup>th</sup> Grade Outline for a One-Hour program

Portions of the program will be omitted if less than one hour.

#### **Introduction**

Our longest road trip is called LIFE, and the vehicle is our bodies, our minds, and our overall mental health.

#### **Managing Emotions**

Regulate, don't repress your emotions. Calm yourself down or pick yourself up.

Breathing techniques and the importance of relaxation are discussed.

Get Enough Sleep: Sleep is very important and can help regulate emotions.

Eating healthy foods can help manage emotions.

#### **Positive Self-Talk**

Consistently saying positive words to yourself can have a positive impact on your mental health.

#### **Suicide / Self Harm**

Difficult issues and how we deal with them can sometimes negatively impact your mental health.

Seek help from a trusted adult or professional.

#### **Relationships**

Healthy and unhealthy traits of a friend are discussed.

Show empathy by being K.I.N.D.

Keep checking in • Be Interested • Navigate through tough times • Deepen understanding

#### **Resilience**

Challenging experiences may impact your life, but you can turn it into a positive outcome.

Keeping your dreams and goals in mind will give you traction when faced with unexpected challenges.

#### **Trauma**

Physical, verbal, or sexual abuse is never the victim's fault. Tell an adult and seek help.

#### **Stigmas**

Talking about mental health is not weak, it's wise.

Students are given tips on starting the conversation and methods they can use to reach out if it's too intimidating to start with a verbal conversation.

Know when you need to refuel.

#### **Anxiety and Depression**

The brain's response when it thinks you are in danger or there is a threat (Fight/Flight/Freeze).

Difference between common anxiety vs. anxiety disorder.

Depression is defined, and the difference between depression and sadness is explained.

Review of regulation techniques.

The effects of technology on mental health are discussed.

Consult with parents and medical professional if needed.

Things that help release the brain's natural "happy chemicals" – Dopamine, Oxytocin, Serotonin, and Endorphins

#### **Conclusion / Survey / Additional Resource**

A voluntary, anonymous survey is offered to students. Response averages/comments are sent to the school.

Additional text to chat service 494949 provided by RemedyLIVE, along with a resource card, is offered to high school students (service is limited to students 13 years old and older).