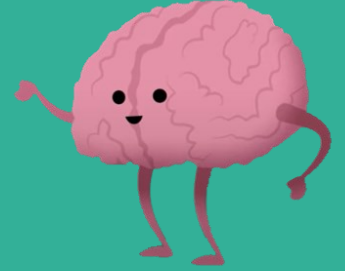
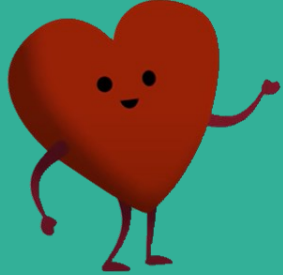


Lesson 2: We All Have Mental Health

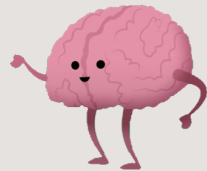


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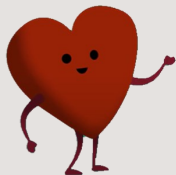
Erika's Lighthouse®

Mental Health and Feelings



Everyday feelings come and go and are a normal reaction to what is happening in our lives. They are always changing and don't usually hang around for too long.

Overwhelming feelings hang around for a long time, change the way we feel and behave and may stop us from doing what we want to in life. You have heard people call them a mental health problem, mental illness or mental disorder.



Everyday Feelings



Examples of everyday
feelings might include:
happiness, joy,
disappointment.

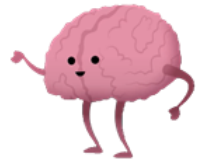
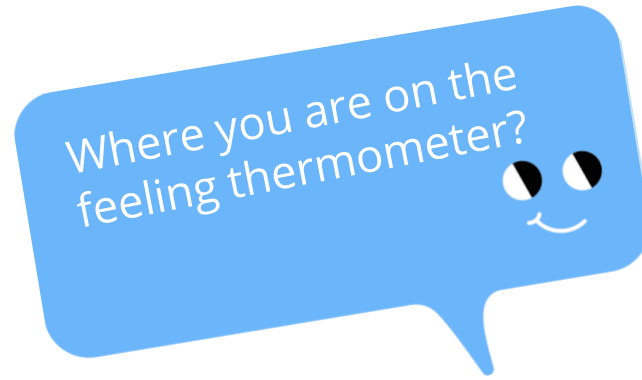


Overwhelming Feelings

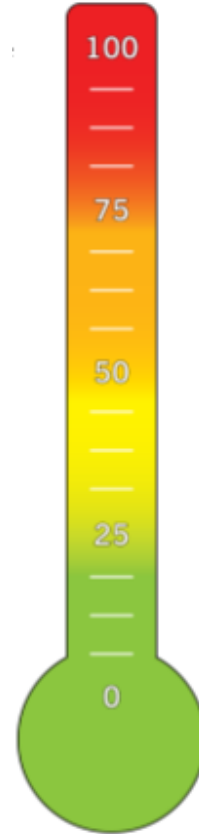


Examples of overwhelming
feelings might include:
loss, grief, despair.

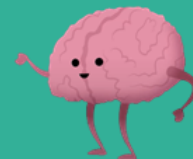


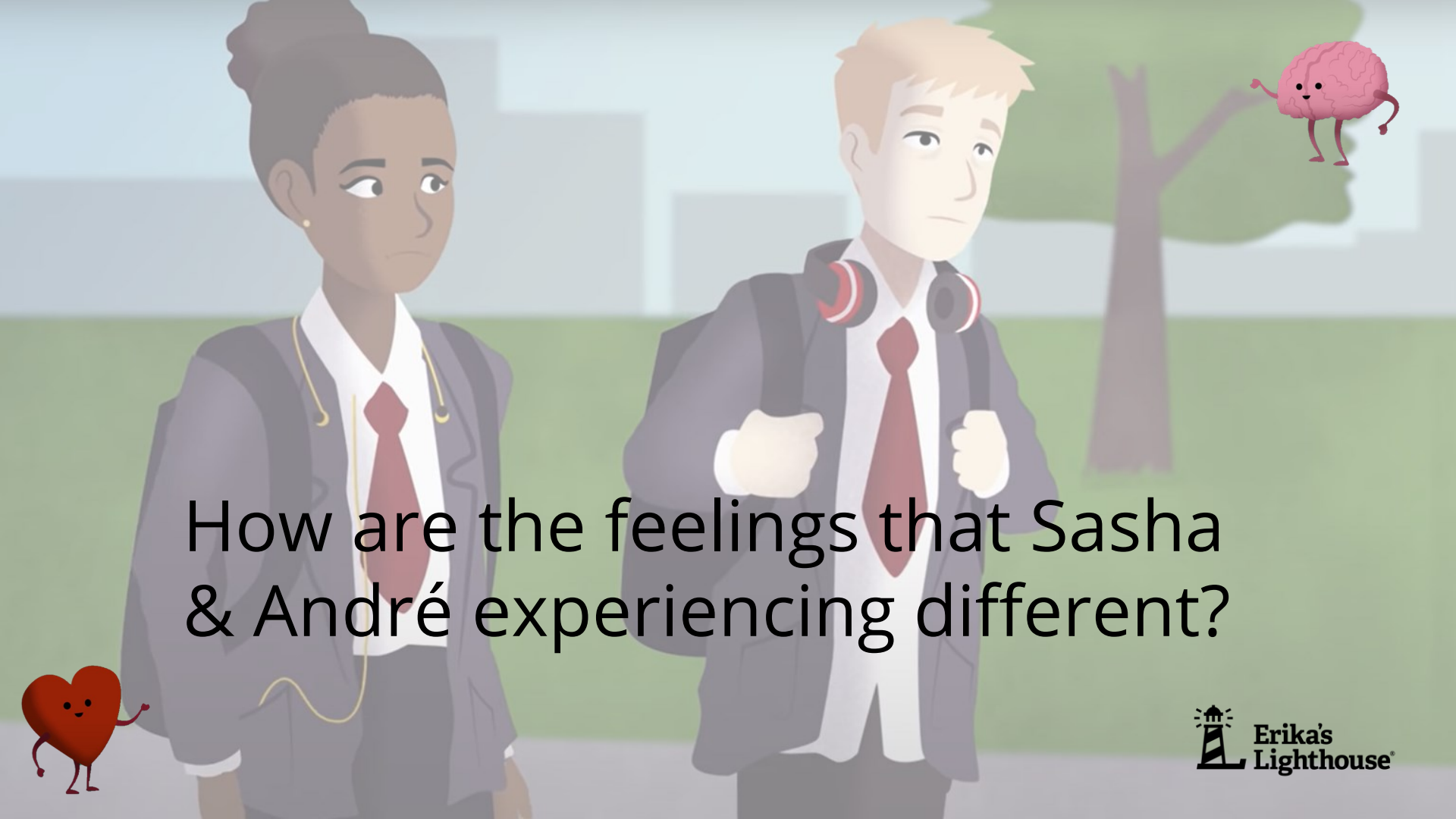


**How are you
feeling today?**



Let's watch Sasha
and Andre to learn
more about
feelings

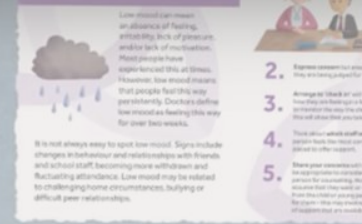
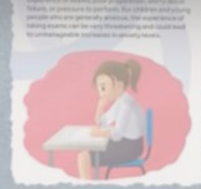




How are the feelings that Sasha
& André experiencing different?

What does Sasha do to
manage her everyday feelings?



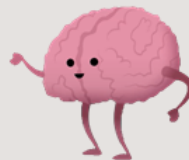


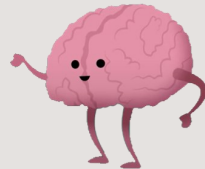
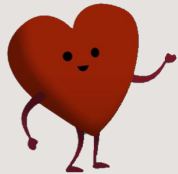
What does André do to manage his overwhelming feelings?



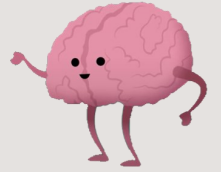
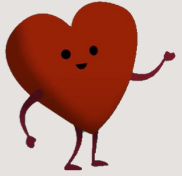
Overwhelming feelings
can be difficult to
admit or talk about.

What made it difficult
for André to talk about
his mental health or to
ask for help?





What gets in the way
of good mental
health?



Stress

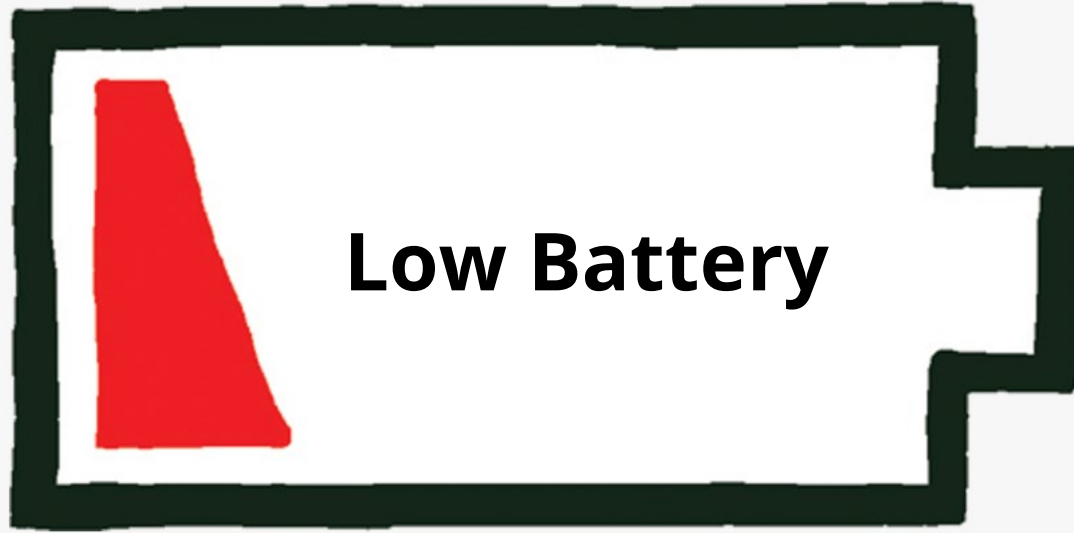




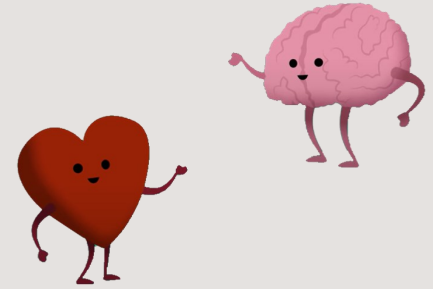
Too much stress can lead to
overwhelming feelings.



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Coping skills can help us manage life's challenges.



- Doing something you love
- Mindfulness activities
- Journaling



REMEMBER...



Everyone deserves good mental health



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

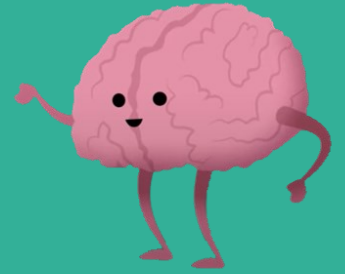
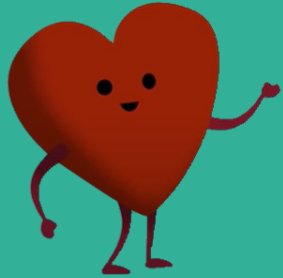


Small improvements in nutrition, sleep, exercise and other coping skills can help us to better manage stress and achieve mental health



Lesson 2

We All Have Mental Health



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