

A person wearing a white lab coat is sitting at a desk, looking at a laptop. The laptop screen displays the words "MENTAL HEALTH" in large, bold, black letters. The person's hand is visible, holding a pen over some papers on the desk. The background is a soft-focus office setting with a white textured surface.

**MENTAL  
HEALTH**

PRESENTED BY THE MADISON  
COUNTY MENTAL HEALTH AND  
ADDICTION TASK FORCE

# Mental Health Awareness Community Toolbox

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COUNTY MENTAL HEALTH AND  
ADDICTION TASK FORCE

# Mental Health Awareness Community Toolbox



IN-  
SCHOOL  
LESSON  
PLANS



OUT OF  
SCHOOL  
LESSON  
PLANS

## The Goal

Our goal is to recognize the importance of self-care and reinforce that positive mental health is essential to a child's healthy development. Our "toolkit" will consist of activities for the classroom and activities to continue the conversation at home due to the mental health challenges affecting the youth population among Madison County. This toolbox will provide activities that include self-care tips and education that can help improve students' mental health at school and at home.

Lesson Plans

# IN-SCHOOL

01.

PEP RALLY

02.

READING HOUR

03.

WRITING PROMPTS

04.

MAKE A SAFETY PLAN

05.

FACT VS. MYTH

06.

BINGO

# 1.

# PEP RALLY

## Purpose

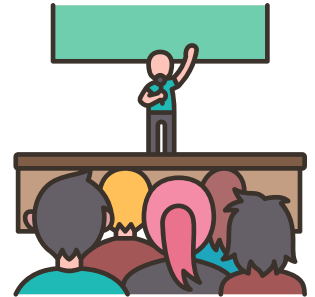
Work with an elementary, middle, or high school (or multiple schools), or technical center to create a "Prevention Pep Rally". The event will focus on different mental health strategies as well as the effects of mental health.

## Age Range

Holding a pep rally can focus on elementary, middle school and high school students while teaching about mental health.

## Pep Rally Ideas

- Distribution of incentives from local services and national hotlines
- Decorate T-shirts to wear to the pep rally
- Wear green (the color for mental health awareness)
- Invite keynote speakers
  - psychologists or local pediatricians to speak on effects of drugs and alcohol on the brain
  - A leader with an advocacy organization to speak with students about recovery
  - Law enforcement



## Potential Partners

- School officials, educators, and teachers
- Youth leaders in the school or community
- School or youth clubs
- Elected officials
- Law enforcement officers
- Local business organizations



# 2.

# READING HOUR

Setting aside 30 minutes of uninterrupted time per day to read can help reduce stress.

**“Reading can even relax your body by lowering your heart rate and easing the tension in your muscles. A 2009 study at the University of Sussex found that reading can reduce stress by up to 68%.”**

## Benefits of Reading

- Engages the mind and imagination
- Enhance relaxation
- Reduced stress levels
- Less muscle tension
- Slower heart rates



## Middle School and High School Students

The 30 minutes may be at the beginning or ending of a class period to allow students to read a book of their choice. Allowing students to pick a book of their interest allows their mind to relax and escape. When reading books chosen for the students, they are unable to disassociate from the stress around them. Creating this time and space is a great way for students to break free from their daily stressors.

## Elementary Students:

Depending on age range, having story time for a set 30 minutes allows students to relax throughout their day as well as creating a healthy escape from the stressors in students' lives.

# 3.

# WRITING PROMPTS

## Why is Journaling Important?

Everyone has busy lives and journaling is one way to take time to sit with your emotions. Prioritizing to focus on your emotions and how you may feel is a great coping strategy as well to clear your mind. Using journaling as a coping strategy can not only help focus on your feelings but it can help identify triggers or patterns. Creating this habit is a great way to see improvement over time as well as create a positive impact on your mental health!



## Different Ways to Journal

Journaling is great tool to help mental health as well as express your emotions. Ways journaling can be beneficial are:

- Help prioritize problems, fears or concerns
- Relax or meditate
- Cope with depression
- Track symptoms and recognize triggers
- Manage anxiety
- Provide positive self-talk
- Reduce stress

## Writing Prompts

[Click here to be directed to list of mental health inspired journal prompts](#)

# 4.

# MAKE A SAFETY PLAN

## Objectives

Students will be able to...

- Understand their warning signs
- Conceptualize coping strategies
- Distinguish support system
- Understand the importance and how to create a safe environment

## About a Safety Plan

Creating a safety plan is a written set of instructions to help and guide you when in psychiatric distress. By creating the plan in a good frame of mind it will best help when you may be unable to think clearly and are overwhelmed.

## Creating a Safety Plan



[Make a safety plan here!](#)

## Steps of Implementing a Safety Plan

### Warning Signs

Point out some signs when you may not be feeling well. Warning signs may be seen as thoughts, images, mood or behaviors

### Internal Coping Strategies

Internal coping strategies are different ways to help yourself and create strategies that you can do on your own

### Social Contacts

Social contacts are settings or people that may take your mind off of things for a little while. These can be places or people. The goal in this step is to distract from suicidal thoughts and feelings. In this step, identifying obstacles and creating ways to problem solve is just as important.

### Family Members/ Friends

Identifying people who can help in a crisis is important. Identifying supportive people in your life and who you can talk to when stressed.

### Professional Contacts

Professional contacts can be recognized as mentalhealth professionals or healthcare providers. Writing down names, numbers and clinicians that may be helpful.

### Creating a Safe Environment

Asking what a patient may use in a time or crisis to identify what may need to be secured or have limited access to, to keep everyone as safe as possible.

# 5.

# FACT VS. MYTH GAME

## Purpose

This is a great activity to include within lesson plans as a quick and effective way of challenging the preconceptions we hold about mental health. The game also provides a simple opportunity to expand students and teachers level of mental health awareness.



[Mental health myths and facts that can be utilized in the game can be found here!](#)

## How to Play

Take each fact or myth in turn and ask the students whether they believe it is a myth or a fact. Provide the correct answer one by one, providing the associated explanation. Even if everyone knows (or guesses) the correct answer, be sure to run through the explanation – these provide facts that support the correct answer and provide a learning opportunity.



[Mental health fact vs. myth flashcards can also be found here to use with younger age groups!](#)



# 6.

# BINGO

## Mental Health Management Bingo

Positive coping strategies play an important role in helping us maintain good mental health. Use this bingo game in your classroom to support your students by building awareness of mental health at school and in daily life. Mental Health Management Bingo can be a great way to open up discussions on this key element of overall well-being.

- Before playing, hand out a copy of the Mental Health Management Bingo cards to each student, as well as something to write with. Ask the class to take a look at their bingo sheets.
- Mental Health Management Bingo can be repeated with students' second favorite strategies if there is no winner the first time around.
- Click [HERE](#) to be navigated to the mental health management bingo card printout.



## Instructions

1. To begin, read through each square at a time. As you go, ask your students whether the coping strategy matters to them, and try to find out which they find helpful when they are stressed or struggling emotionally.
2. Ask each student to note down the three coping strategies they find most useful when they are unhappy. Tell them to keep these hidden from other students, for now.
3. Explain why each coping strategy might be helpful for someone who has a mental health condition, such as depression, anxiety, or stress.
4. Next, invite the class to walk around with their sheets. They should ask their classmates for their favorite coping strategy, as well as a few questions about it. If a student has chosen e.g., "Paint, draw, or write something," their peer might ask "How does it help?" "What do you paint?" "How does it make you feel?". With the answers to three strategies, students can cross off the corresponding box on their squares.
5. The first student to complete a row or column of checked boxes wins. Tell them to call out 'Bingo!'

# OUT OF SCHOOL

Lesson Plans

01.

SELF-CARE CHECKUP

02.

MOOD TRACKER

03.

SCREEN TIME TRACKER

04.

FAMILY CHALLENGES

05.

MENTAL HEALTH GUIDANCE

06.

MENTAL HEALTH  
PASSPORT

# 1

# SELF-CARE CHECKUP

## Purpose

With the use of the self-care worksheets and other activities, we will become aware of how often, and how well we are practicing self-care habits. Along with identifying how often and how well, this page will encourage and share new strategies on how to practice self-care habits to help enhance our well-being.

## Self-care Tips

- Try a relaxing activity
- Focus on positivity
- Set goals and priorities
- Exercise
- Make sleep a priority
- Eat healthy
- Stay hydrated
- Practice gratitude
- Stay connected



## What is Self-care?

According to the NIH, "Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact".

## Self-care checklist

[Click here for a self care checklist](#)



# 2.

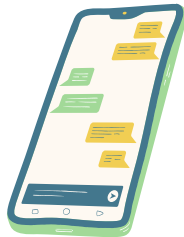
# MOOD TRACKER

## Purpose

A mood tracker is utilized to help look for patterns in how moods change over time and how they change due to different situations and circumstances. Mood trackers also allows individuals to express their feelings and give them an opportunity to self-reflect.

## Best Mood Tracker Apps

- Moodfit
- Worry Watch
- MoodTools



## Elementary students:

For this age range, a monthly mood tracker using colors is recommended. A monthly mood tracker for this age group is available by clicking [HERE](#).



## Middle School and High School Students:

- For these age groups, a daily mood chart can be utilized and can be found [HERE](#).
- Daily mood chart instructions:
  1. Use the daily chart to give an assessment of your mood on a daily basis. You will rate from 1 to 10, where 1 is the worst and 10 is the best.
  2. Recording your mood is best done at the same time each day. You can plot both a morning and an evening mood level, if there is a significant difference throughout the day.
  3. You can also use the chart to record sleep, activities, and significant events (both positive and negative).
  4. You can also use the chart to document medication changes, pain levels, episodes of anxiety, and new activities started in the comment section provided.

# 3.

# SCREEN TIME



The CDC recommends kids get at least 60 minutes of physical activity each day. The time kids spend watching TV, playing video games, surfing the web, is time they could be physically active.

## Purpose

Reducing screen times is a way to be self aware of the amount of time spent on your phone per day. When becoming self aware of the amount of time spent on your phone per day, creating healthy habits to reduce screen time can benefit your physical and mental health.

## Risks of Too Much Screen Time

- Effects on sleep
- Behavior
- Brain Development

## Tips to Reduce Screen Time

- **Curate your social media feeds**
  - Don't be afraid to unfollow accounts! Follow accounts that you find useful and post content you enjoy
- **Turn off/ limit notifications**
- **Resist screen time when bored, distracted or stressed**
- **Put devices down while eating**
- **Spend quality time with others**
  - Putting your phone in DND or airplane mode while spending time with friends and family is a way to devote full attention to those you are with
- **Designate screen-free times**
  - Blue light given off of phones can interrupt sleep. Putting your phone down 1-2 before bed can help or putting your phone on "night-mode" can help the amount of blue light before going to sleep.
- **Make screen-free zones in your home**
  - Creating rules or zones that you cannot use your phone can help limit use of screen-time as well as maintain calm before going to sleep.
  - This can be made into a family rule or challenge, benefiting everyone in the family.
- **Consider screen-time alternatives**
  - Practicing self-care activities are a great way to decrease screen time while focusing on your mental health!

# 4.

# FAMILY CHALLENGES

## Purpose

Family challenges allow families to learn about their mental wellbeing together with these fun, inspiring, and kid-friendly activities.



## Family Challenges

- 30 day challenges



- 7 day challenges



## Creating Your Own Challenge Ideas

- **Put devices down while eating**
- **Designate screen-free times**
  - Blue light given off of phones can interrupt sleep. Putting your phone down 1-2 before bed can help or putting your phone on "night-mode" can help the amount of blue light before going to sleep.
- **Make screen-free zones in your home**
  - Creating rules or zones that you cannot use your phone can help limit use of screen-time as well as maintain calm before going to sleep.
  - This can be made into a family rule or challenge, benefiting everyone in the family
- **Spend quality time with others**
  - Putting your phone in DND or airplane mode while spending time with friends and family is a way to devote full attention to those you are with
- **Mood tracker**
  - Filling out personal mood trackers each night with one another

# 5.

# MENTAL HEALTH GUIDANCE

## What is Post-Graduation Depression & Anxiety:

Depression and anxiety after high school is a real and prevalent phenomenon in many graduates. Many graduates quickly realize that their hard-earned diploma doesn't fully prepare them for the next step: independent, adult living. New challenges await, and they might worry that they are not prepared for them.

## What Causes Post-Graduation Depression & Anxiety:

- Uncertainty about the future
- Lack of structure and guidance
- Relationship changes
- Separation anxiety
- Others' Unrealistic Expectations

## How to Cope with Post-Graduate Depression & Anxiety:

1. Stay connected:
  - Keep regular communication with high school friends to maintain your support network. Even if you're no longer in the same community, make it a point to text, chat, or connect via video platforms a few times a week at first.
2. Form new connections:
  - Make yourself visible wherever you go. If you're in a new job, socialize during breaks rather than avoiding new people. If you go to college, sit near others in class, and hang out in common areas.
3. Maintain & Identify new interests:
  - Join campus organizations, clubs, or intramural sports. Look into community centers and groups.
4. Forge your direction:
  - Create a plan of action for the next six months of your life. It can be helpful to begin this well before graduation, but it's never too late. Describe your goals, make a realistic budget, and include action steps (e.g., searching for an apartment, listing references, etc.).
5. Practice mindfulness:
  - Mindfulness is the practice of paying complete attention to each moment you're in. Use your senses to focus on what is going on around you.
6. Enlist the help of a therapist:
  - A therapist can help you process problems and plan for a positive future.

# 5.

# MENTAL HEALTH GUIDANCE CONT.

## Why to Avoid Unhealthy Coping Strategies:

Anxiety and depression associated with high school graduation are disruptive. You might be willing to do almost anything to reduce them. While it's healthy to want to do things to minimize your depression and anxiety symptoms, certain coping strategies end up increasing symptoms, further interfering in your healthy, independent, adult life.



## 5 Coping Strategies to Avoid:

1. Unhealthy eating habits:
  - Overeating, eating a lot of unhealthy “comfort” foods instead of nutritious foods, or avoiding food altogether because of lack of appetite negatively affect your physical and mental health and make it harder to fight stress.
2. Substance use:
  - Use of alcohol, marijuana, tobacco, nicotine, caffeine, and illicit drugs.
3. Emotional spending:
  - Spending a lot of money on things not related to your life goals can prevent you from living independently, going to college, or other things you will enjoy when your anxiety and depression are no longer interfering.
4. Procrastination and avoidance:
  - putting off or completely avoiding tasks like finding a job, applying for college, securing a place to live, filling out scholarship applications might help keep worries at bay, but in the long run they’ll create more anxiety and stress as you scramble to put these in place.
5. Social withdrawal:
  - Withdrawing from friends and loved ones and isolating removes you from your support system, prevents you from enjoying activities, and can increase symptoms of depression and anxiety.



# 6.

# MENTAL HEALTH PASSPORT

## Purpose

Organize a day for community organizations and school clubs to set up informational tables or booths at a local school (or multiple schools). Explain to students that they can be a part of substance use prevention and raising awareness about mental health by getting involved with a club, community organization, team, or other activity, and that being part of a group that shares their interests provides a built-in support system to help them if they are facing a tough time or a difficult decision.

## Description of the Event

Working with the school, agencies, clubs and organizations will set up tables and booths around the school or an outside area. Students and parents will walk around to each booth to learn about different mental health awareness topics. After visiting each table students/ parents will be able to stamp their mental health passport!



## Age Range

All age ranges are encouraged to participate! With each age range, different mental health awareness facts and strategies will be presented by agencies for appropriate age levels. Parents are also encouraged to come if possible to learn what they can be doing at home!

## Potential Partners

- School officials, educators, and teachers
- Youth organizations
- Intramural sports leagues
- Community-based organizations
- Local business organizations
- Mental health and substance use experts and organizations
- Health care providers

**To help organize the event please email**

**[lsweeney@madisonpublichealth.org](mailto:lsweeney@madisonpublichealth.org)**

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HEALTH CHALLENGE



# ***WEEKLY JOURNAL***



















# Safety Plan

A safety plan is designed to guide you through a crisis. As you proceed through the steps, you can help yourself and feel safer. Keep your plan easily accessible in case you have thoughts of hurting yourself.

## Step 1: My Warning Signs

A warning sign is something you think, feel, or do as suicidal thoughts are starting to develop.

.....

.....

.....

**Ask Yourself:** How will you know when to use my safety plan?  
**Ask Yourself:** What is happening when you start to experience suicidal thoughts or feel overwhelmed?  
**Ask Yourself:** How do you feel physically before you begin feeling suicidal or like harming yourself? (e.g., heart racing, not sleeping or eating well)

## Step 2: My Coping Strategies

Coping strategies are things you can do on your own to help feel a little better in the moment.

.....

.....

.....

**Ask Yourself:** What can you do, on your own to help yourself stay safe?

## Step 3: My Distractions

Distractions are people or places that may offer comfort in a time of distress.

.....

.....

.....

**Ask Yourself:** Which people or places help you take your mind off your problems at least for a little while?  
**Ask Yourself:** Who helps you feel better when you socialize with them?  
It is not necessary to tell the people on this list what you are going through or feeling.

## Step 4: My Supports

Supports are people you feel comfortable talking to about what you're going through, and who can provide some help.

<b>Name</b> .....	<b>Contact Info</b> .....
<b>Name</b> .....	<b>Contact Info</b> .....
<b>Name</b> .....	<b>Contact Info</b> .....

Who do you feel you can talk to about what you're experiencing and who will be supportive?  
Among your family or friends, who do you think you could contact for help during a crisis?  
Listing multiple people can help if one contact is unreachable. Prioritize the list. In this step, unlike the previous step, you reveal to others that you are in crisis.

## Step 5: Professional Supports

Professional contacts are people who can provide professional care and support.

Name .....	Contact Info .....
Name .....	Contact Info .....
Name .....	Phone Number .....

**Ask Yourself:** Who are the mental health professionals you feel belong on your safety plan?

List other contacts, such as urgent care, mobile crisis team, mental health clinic, or a crisis center.

## Step 6: My Safe Environment

In this step, evaluate means that could be considered during a suicidal crisis and how to clear them from your environment.

.....

.....

.....

Do you own a firearm, such as a gun or rifle?

What other items do you have access to and may use to attempt to kill or harm yourself?

What would make it harder for you to access and use these items?

### Emergency contacts

**National:**

National Suicide Prevention Lifeline: Call 1-800-273-8255  
Chat <https://suicidepreventionlifeline.org/chat>

**Mental health problems are rare.**

**Fact**

**Myth**

Mental health problems affect one in four people in any one year. So, even if you don't have a mental health problem, it's likely your friend, a family member or work colleague will be affected.

**Myth**

**Fact**

**Myth**

**People with mental health problems are violent.**

People with mental health problems are much more likely to be the victim of violence. The violence myth makes it harder for people to talk openly about mental health problems. It can also make friends reluctant to stay in touch.

**Myth**

People can **recover** from a mental illness.

Fact

Myth

Fact

Many people can and do recover from mental health problems. Alongside professional help, the support of friends, family and getting back to work are all important in helping people recover.

Fact

Myth

On average, people with **severe** mental illnesses **die ten years younger.**

Fact

But it's not the mental illness that kills - it's the discrimination. The physical health needs of people with mental health problems are often dismissed, causing higher rates of death from heart attacks, diabetes and cancer for people with severe mental illness.

The **stigma** and **discrimination** around a mental illness can be more difficult than the **illness itself**.

Fact

Myth

Fact

In a recent survey, 58% of people said this stigma and discrimination is equally as damaging, or harder to deal with, than the illness itself. 87% of people with a mental health problem have experienced discrimination.

Fact

Myth

There's not much you can do to **help a friend** experiencing a mental health problem.

If someone you know is experiencing a mental health problem, just staying in touch can really help. For many people, it is the small things that friends do that can make a difference like visiting or phoning.

Myth



**People can't work  
if they have a mental  
health problem.**

**Fact**

**Myth**

With one in four people affected by mental health problems, you probably work with someone with a mental health problem. Many successful people, including MPs, sports stars and business leaders, have been open about difficulties with their mental health.

**Myth**

**Fact**

**Myth**

**If you use a mental health  
service, there's a  
one in three chance  
you'll lose contact  
with friends.**

**Fact**

Sometimes friends feel like they don't know enough to be able to help or feel uncomfortable. But you don't need to be an expert on mental health to be a friend. It's often the everyday things, like a phone call or text, that make a difference.

## Quizmaster Card

**Mental health problems are rare.**

Myth

Mental health problems affect one in four people in any one year. So, even if you don't have a mental health problem, it's likely your friend, a family member or work colleague will be affected.

**People with mental health problems are violent.**

Myth

People with mental health problems are much more likely to be the victim of violence. The violence myth makes it harder for people to talk openly about mental health problems. It can also make friends reluctant to stay in touch.

**People can recover from a mental illness.**

Fact

Many people can and do recover from mental health problems. Alongside professional help, the support of friends, family and getting back to work are all important in helping people recover.

**On average, people with severe mental illnesses die ten years younger.**

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But it's not the mental illness that kills - it's the discrimination. The physical health needs of people with mental health problems are often dismissed, causing higher rates of death from heart attacks, diabetes and cancer for people with severe mental illness.

## Quizmaster Card

**The stigma and discrimination around a mental illness can be more difficult than the illness itself.**

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Myth



















With one in four people affected by mental health problems, you probably work with someone with a mental health problem. Many successful people, including MPs, sports stars and business leaders, have been open about difficulties with their mental health.

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Fact

Sometimes friends feel like they don't know enough to be able to help or feel uncomfortable. But you don't need to be an expert on mental health to be a friend. It's often the everyday things, like a phone call or text, that make a difference.

# Mental Health Management Bingo Card

<p>Repeat a positive affirmation:</p> <p>_____</p> <p>_____</p>	<p>Spend time with good friends</p> 	<p>Forgive yourself</p> 	<p>Enjoy nature</p> 	<p>Take a walk outdoors</p> 
<p>Talk to an adult that you trust</p> 	<p>Do some exercise</p> 	<p>My #1 Strategy:</p> <p>_____</p> <p>_____</p>	<p>Breathe in and out deeply for 2 minutes</p> 	<p>Have a good night's sleep</p> 
<p>Squeeze a stress ball</p> 	<p>Read a good book</p> 	<p>My #2 Strategy:</p> <p>_____</p> <p>_____</p>	<p>Paint, draw, or write something</p> 	<p>Stop thinking about the problem</p> 
<p>List three things you're grateful for:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>Play a game</p> 	<p>My #3 Strategy:</p> <p>_____</p> <p>_____</p>	<p>Sing!</p> 	<p>Do something kind for someone else</p> 
<p>Donate to a charity you care about</p> 	<p>Compliment someone</p> 	<p>Celebrate an accomplishment</p> 	<p>Hug a pet or friend</p> 	<p>Buy someone a 'just because' gift</p> 

# Self-Care Checkup

Self-care activities help us enhance our well-being and maintain good mental health.

They can include habitual, routine activities such as eating well and getting regular exercise, which often get neglected during particularly difficult or stressful periods in our lives.

Becoming aware of how often, or how well, we practice self-care activities can help us identify areas we are neglecting and improve upon them for better mental health.

## Instructions

This *Self-Care Checkup* can help you consider the frequency and quality of your self-care in five important life domains:

- Emotional
- Physical
- Social
- Occupational; and
- Spiritual self-care.

Using the key provided below, rate how you believe you are doing in each activity.

**1** *I can improve in this*

**2** *I'm average at doing this*

**3** *I do this very well*

Then decide whether this is a priority for you or not. For example, you may mark meditation as a '1' on the scale because you do not practice meditation, yet it may not be something you are interested in or that aligns with your personal values. In that case, you would likely not make it a priority to work on, therefore marking 'no' under 'priority?'. Mark 'yes' only if this is something you would like to work on and make a priority.

It's important to remember the list is not exhaustive - some activities or domains may not pertain to you at all, or you may feel that others are missing. If you think of ideas that you'd like to add to the list, use the spaces provided at the bottom.

There is no right or wrong way to fill out this form, it is to be used as a guide for yourself to inspire you to work on ways to better your self care.

Rating	Priority?	Emotional Self-Care	Notes/ Ways to Improve
1 2 3 1	Yes No	Enjoying hobbies	
2 3	Yes No	'Unplugging' from technology (e.g. email, social media)	
1 2 3	Yes No	Expressing emotions and feelings (e.g. talking, journaling)	
1 2 3	Yes No	Appreciating own talents, accomplishments, and strengths	
1 2 3	Yes No	Taking days off/rest days from responsibilities	
1 2 3	Yes No	Learning about or exploring new things (e.g. hobbies, foreign languages)	
1 2 3	Yes No	Practicing self-nurturing activities (e.g. long bath, gentle walk outdoors)	
1 2 3	Yes No	Laughing about things	
1 2 3	Yes No	Taking a holiday, escape, or mini-break	
1 2 3 1	Yes No	General emotional self-care	
2 3 1 2 3	Yes No		
1 2 3	Yes No		
	Yes No		

Rating	Priority?	Physical Self-Care	Notes/ Ways to Improve
1 2 3	Yes No	Attending health upkeep appointments (e.g. dental or GP checkups)	
1 2 3 1	Yes No	Resting when unwell	
2 3 1 2 3	Yes No	Drinking enough water	
1 2 3	Yes No	Getting sufficient sleep	
	Yes No	Moving your body (e.g. exercise, dancing) Eating regular meals	
1 2 3 1	Yes No	Limiting recreational substances (e.g. drugs/ alcohol)	
2 3	Yes No	Maintaining good hygiene	
1 2 3 1	Yes No	Eating a healthy diet	
2 3 1 2 3	Yes No	General physical self-care	
1 2 3	Yes No		
	Yes No		

Rating	Priority?	Social Self-Care	Notes/ Ways to Improve
1 2 3 1	Yes No	Making time for loved ones	
2 3	Yes No	Staying in contact with distant connections (e.g. Zoom, Facetime)	
1 2 3	Yes No	Engaging in mentally stimulating discussions	
1 2 3	Yes No	Being intimate/romantic with someone you feel safe with	
1 2 3 1	Yes No	Asking for help when you require it	
2 3	Yes No	Doing fun activities with others/ enjoyable group activities	
1 2 3	Yes No	Spending quiet private time with a loved one	
1 2 3	Yes No	Making new friends/talking to new people	
1 2 3	Yes No	Overall social self-care	
1 2 3 1	Yes No		
2 3	Yes No		

Rating	Priority?	Occupational Self-Care	Notes/ Ways to Improve
1 2 3	Yes No	Seeking support when it's required at work	
1 2 3	Yes No	Maintaining a comfortable or pleasant work environment	
		Socializing or bonding with co-workers	
1 2 3 1	Yes No	Balancing work and leisure activities	
2 3 1 2 3	Yes No	Accepting stimulating/interesting new tasks or projects	
	Yes No	Taking lunch breaks/regular work breaks	
1 2 3	Yes No	Turning down unnecessary/unreasonable tasks	
1 2 3	Yes No	Pursuing further professional development opportunities	
1 2 3	Yes No	Seeking recognition/promotion/reward where deserved	
1 2 3	Yes No	General professional self-care	
1 2 3 1	Yes No		
2 3	Yes No		



Rating	Priority?	Spiritual Self-Care	Notes/ Ways to Improve
1 2 3 1	Yes No	Enjoying outdoor/nature time	
2 3 1 2	Yes No	Acts of kindness	
3 1 2 3	Yes No	Religious practice	
1 2 3 1	Yes No	Practicing gratitude	
2 3 1 2	Yes No	Meditating	
3	Yes No	Allocating quiet time for reflection	
	Yes No	Applying personal strengths, talents, or values	
1 2 3	Yes No	Appreciating beauty (e.g. music, art, literature)	
		General spiritual self-care	
1 2 3 1	Yes No		
2 3	Yes No		

Rating	Priority?	Other Self-Care	Notes/ Ways to Improve
1 2 3 1	Yes No		
2 3 1 2	Yes No		
3 1 2 3	Yes No		
1 2 3 1	Yes No		
2 3 1 2	Yes No		
3 1 2 3	Yes No		
	Yes No		
	Yes No		

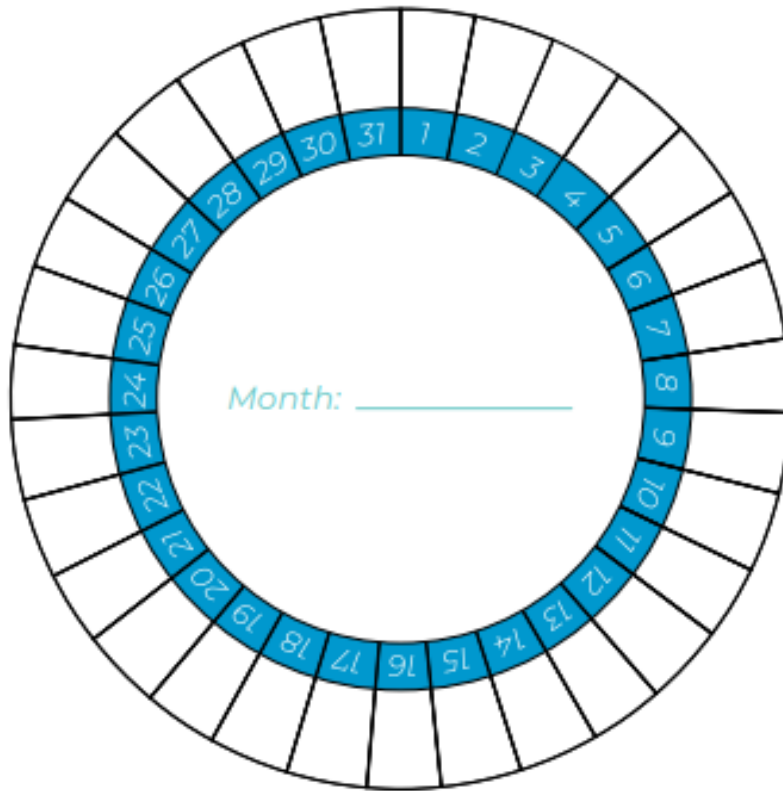
# Elementary Student Monthly Mood Tracker











## Monthly Mood Tracker

How are you feeling today?

Name: \_\_\_\_\_



Color in the boxes using the color chart!

- |  |   |  |  |
|--|---|--|--|
| <br>Calm        | <br>Happy      | <br>Excited | <br>Surprised |
| <br>Embarrassed | <br>Frustrated | <br>Sad     | <br>Grumpy    |

# Middle School/High school Student Monthly Mood Tracker

## Daily Mood Chart

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM		
Best	30																																	
Daily mood scale	9																																	
	8																																	
	7																																	
	6																																	
	5																																	
	4																																	
	3																																	
2																																		
Worst	1																																	
Hours of sleep																																		
Comments on medication, activities, other, etc.																																		

Comments section: You can also rate pain, anxiety, current or new behaviours or anything else which is relevant to you.

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# FAMILY MENTAL HEALTH CHALLENGE!

**MASKS4CANADA**

1) Write love and/or thank you letters and deliver and send to those who you can't see in person.



2) Create an online photo collage/montage/album of family pictures and then share.

3) Make splatter painting as a family.



4) Set up a disco ball and play disco music for the evening.



5) Collect some rocks and paint them. Paint inspirational messages and then leave them on trails where people might be hiking.

6) Make home-made personal pizza with home-made dough and toppings.



7) Make a country theme night with food and drinks, music and crafts.

8) Board games night and cards and online chess



9) Have a dress up night based on a theme.



10) Family Karaoke night.



11) Pick a really healthy recipe and figure out where to get the ingredients. Prepare the meal together.



12) Do a pretend beach day in the bathroom/bathtub.

13) Start a family gratitude journal, write down something you're grateful for.



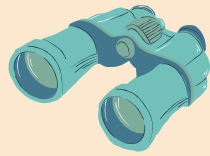
The COVID-19 pandemic has created a sense of loneliness and anxiety for many families. These activities are creative suggestions designed to help restore family mental health and wellbeing. We recommend families try out 1-2 activities each week over the next 30 days!

- Dr. Karen Wang

# FAMILY MENTAL HEALTH CHALLENGE!

## MASKS4CANADA

14) Bird watching



15) Outdoor scavenger hunt



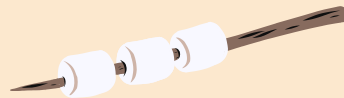
16) Have a pretend picnic at home.



17) Face painting characters from a favourite fairy tale.

18) Secret Act of Kindness day

19) Family meditation exercise (deep breathing, yoga poses, PMR)



20) Making s'mores over a BBQ grill or fire pit outdoors.



21) Discover new yoga or fitness apps and try them out together.

22) Create a virtual travel trip for 2022 by creating a bucket list of travel ideas or plan a virtual museum trip.



23) Complete a family jigsaw puzzle together and Lego challenges



24) Parent date night where kids are the servers. Set up dining area as if it were a restaurant.

25) Crafts day/night 26) Set up a zoom call with loved ones.



27) Star gazing night (learn about the different constellations in the night sky) and make up your own myths about the stars



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Contact us:

info@masks4canada.org

Instagram:

masks4canada\_advocacy



Masks4Canada's FIRST WEEK OF THE ...

# 30 DAY FAMILY MENTAL HEALTH CHALLENGE

Because of the lockdown, it is important for family members to keep each other company to maintain the mental wellbeing of everyone in the household. Try these activities to start out the first week of our Mental Health Challenge!

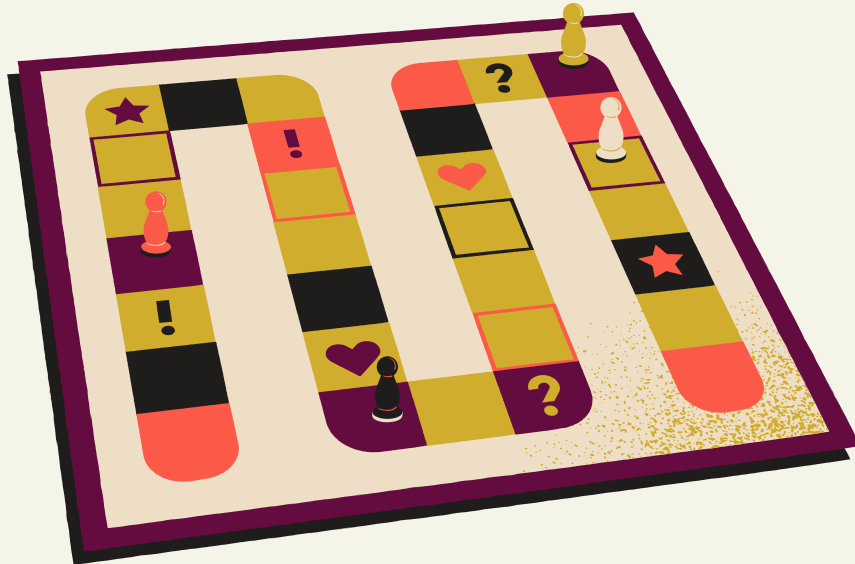
## DAY 1



## BAKING

Bake a dessert like cake or brownies with your family using ingredients at home.

## DAY 2



## GAME NIGHT

Find board games and card games to play with your family!



## DAY 3



ZOOM MEETING WITH  
FRIENDS Hop on a video call  
and have a  
virtual party with your friends!

## DAY 4



### KARAOKE NIGHT

Sing your heart out at a karaoke night with your family; find song instrumentals to sing to on YouTube.

DAY 5



## STAR GAZING

Learn about the different constellations in the night sky by downloading the apps Skyview or Skylight, and see them in real time!

DAY 6



FITNESS

Discover Yoga or Fitness apps to  
try out together! (eg. Nike  
Training Club)

DAY 7



## PHOTO COLLAGE

Create an online photo collage/montage/album of family pictures  
eg. Get baby pictures of each family member

Made in association with: Masks4Canada

Contributions by over 20 GTA Child and Adolescents, Psychiatrists, and  
Masks for Canada Education Group

Instagram: @masks4canada\_advocacy  
Website: <https://masks4canada.org/>

