

MODULE 6

The Importance of Positive Mental Health

Presented by Soaring Minds Inc.



Resources from teen mental health were used in the making of this module.



Activity 6.1: Stress

What do you think of when you hear the word stress?



Myths vs Realities About Stress

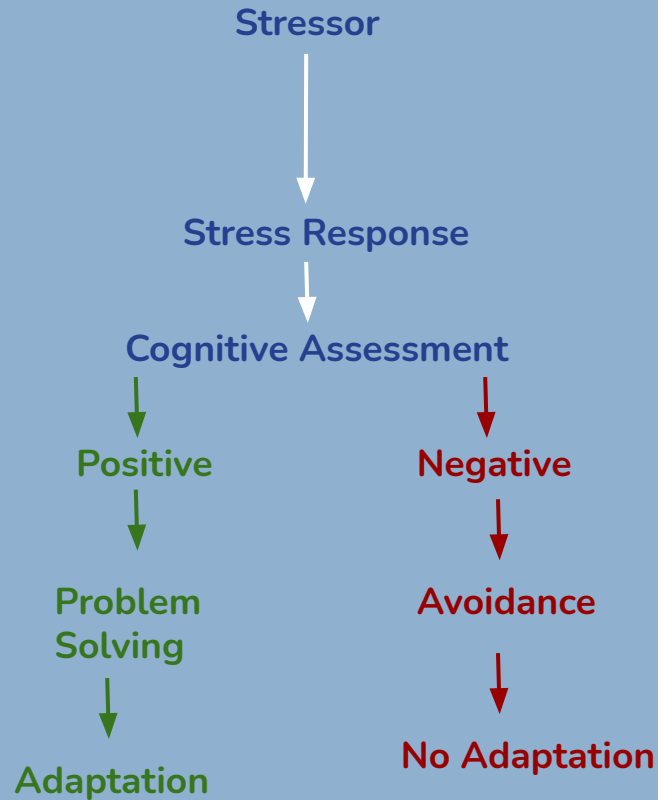


- bad for you
- avoiding stress is best

- normal and useful
- Learning how to adapt



Stress Response



Activity 6.2: TED talk



Activity 6.3: Box Breathing

Step 1: Inhale your breath (preferably through your nose) for 4 seconds.

Step 2: Hold your breath for 4 seconds. You're not trying to deprive yourself of air; you're just giving the air a few seconds to fill your lungs.

Step 3: Exhale slowly through your mouth for 4 seconds.

Step 4: Pause for 4 seconds (without speaking) before breathing again.



QUESTIONS?

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