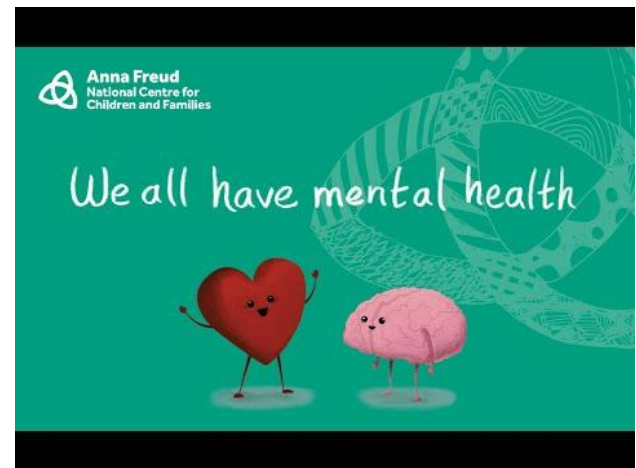


It Is Okay to Talk About Mental Health



Mental Health

- Something we all have
- Need to feel safe talking about our mental health
- Mental Health Discussion Video
- We know ourselves best



Discussion Points

- Feeling stress is normal
- Need to talk to someone or do an alternate activity
- Sometimes you will need to listen to someone
- Who do I talk to at RJHS?

The Two Main Types of Stress



<h2>Positive Stress</h2>	<h2>Negative Stress</h2>
<ul style="list-style-type: none">● “Positive stress”● Short-term● Feels exciting● Motivates● Improves performance ● Examples:	<ul style="list-style-type: none">● “Negative stress”● Short-term or long-term● Cause anxiety● Decreases performance● Decreased motivation ● Examples:

How Can I Manage Stress?



RESILIENCE



Anything Else WE Want to Add?



Time Permitting a discussion around what we learned from Gregg Wells regarding:

- Sleeping
- Eating