

A silhouette of a person wearing a hooded jacket and shorts, standing on a rocky mountain peak. The person is facing away from the camera, looking out over a vast landscape at sunset. The sky is a mix of dark blue, orange, and yellow, with some clouds. The foreground consists of dark, jagged rocks.

6. Mental wellbeing

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Mental health skills

3. Relationships and emotions

- Are you a trustworthy friend to someone?
- What emotions have you felt today?

4. Exercise and teamwork

- How does exercise affect your mental health?
- Why is co-working skills essential for mental wellbeing?

2. Eating and nutrition

- How does the collective meal with friends/family support your wellbeing?
- How does a good meal affect your mood?

5. Hobbies and creativity

- What gets you enthusiastic?
- Why does art and creativity keep you mentally healthy?

1. Sleeping and relaxing

- How and how much do you sleep and relax?

Mental health skills

Strengthens mental health

- ☺ Taking care of your physical health
- ☺ Going to school, having hobbies learning new
- ☺ Parents, friends and people around support you and cheer you up
- ☺ Knowing how to express your emotions and talk about them
- ☺ Sharing things that worry you
- ☺ Accept and respect yourself
- ☺ Knowing when you need help
- ☺ Having confidence in that you can solve conflicts

Mental health skills

Undermines mental health

- ☹ Having low self-esteem and underestimating oneself
- ☹ Bad or abusive relationships
- ☹ Isolation and loneliness
- ☹ Bullying and violence
- ☹ Losses and break ups
- ☹ Too early sex experiences
- ☹ Drugs

Homework...

- How do you describe mental health? How does someone with good mental health act like?
- What are the things that affect your mental health that you can control? What about those you can not control?
- Write these things down in your notebook