

Mental Health

What is mental health?
<ul style="list-style-type: none">•



What is self care?	What is misconceived as self care?
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Resource: <http://canwetalk.ca/wp-content/uploads/2016/03/COOR-791-2016-03-CWT-lesson-plans.pdf>

How did you feel about meditation? What is it for?
First Time
Second Time

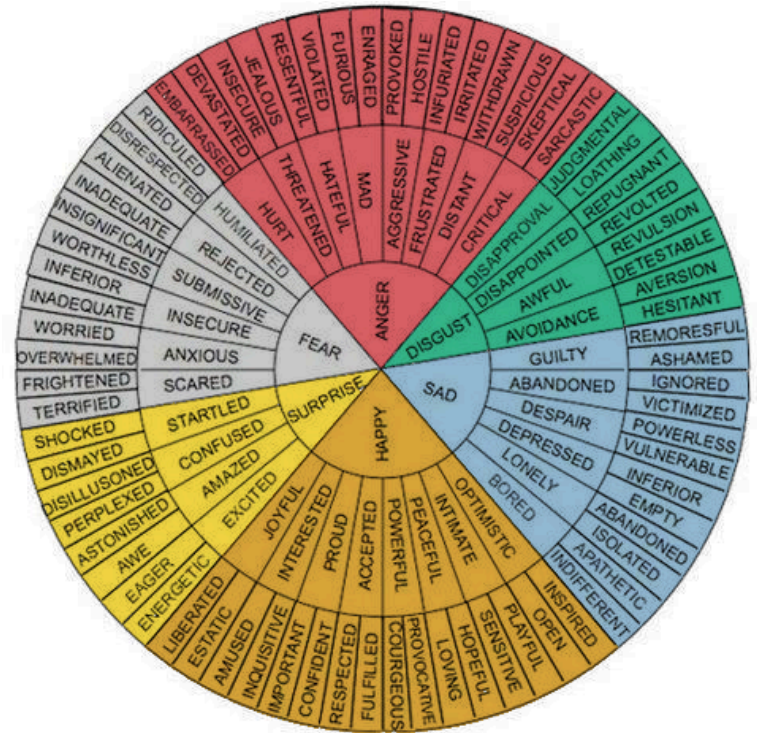
Mental Health

Mood Vocabulary

Fill out the Tracking Sheet Below, then answer the questions.

Reflection Questions:

- What did you notice in your findings?
- What sort of activities affected your mood?
- Do you think your physical health had anything to do with your mood?
- Do you think your social interactions had any affect on your mood?
- What else could affect your mood?



Mood Tracking

Track your mood, and a list of activities you did that might have affected your mental health.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am -10am							
10am-2p m							
2pm-6pm							
6pm-10p m							
Before Bed							

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Habit Tracking

With the knowledge you gained from class and guest speakers. Create a habit that is **Specific, Measurable, Attainable, Relevant, and Time Based**. Track this habit with a similar worksheet to below for the next two weeks. An example is placed below.



_____ 's Mental Health Goals

Goal:							
Specific							
Measurable							
Attainable							
Relevant							
Time Based							
SUN	MON	TUES	WED	THUR	FRI	SAT	

Mental Health

SUN	MON	TUES	WED	THUR	FRI	SAT

For each day jot down what you accomplished (or did not accomplish) towards your goal. Note any types of behaviour or changes in your life.

Reflection:

1. Challenge
 - a. What is challenging? Why?
 - b. How did you make it attainable?
2. What did you learn about yourself? Why do you think this is?
3. Would you continue this goal? Why or why not?
4. How can you make this goal better for your future? Was it ___ enough?
 - a. *Specific*
 - b. *Measurable*
 - c. *Attainable*
 - d. *Relevant*
 - e. *Time efficient*
5. Make a revised goal: _____