

# MENTAL HEALTH



**MENTAL ILLNESS**  
an illness that affects the way people think, feel or interact with others

**MENTAL HEALTH**  
mental well-being, emotions, thoughts, feelings, etc.

1 in 5 people live with Mental Illness



We ALL have Mental Health



## STRESS:

Stress is defined as a constraining force or influence such as: A physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation.

Stress is relative. Levels of stress and the kinds of stress we experience will change over time - and that's okay.

## WHAT NOT TO SAY:

“Oh just you wait – your stress will get worse!”



## FIND YOUR UMBRELLA.



We all have stress in our lives

It's important for us to learn how to cope with stress at a young age

Different coping mechanisms work for different people

### WAYS TO COPE WITH DAILY STRESS

- Going for a Walk, Biking, and Sports
- Photography, Theater, Dancing, and Visual Arts
- Talking with Friends and Family
- Baking, Cooking, and Family Meals
- Volunteering and Community Involvement
- Movies, Music, and Entertainment
- Journaling, Doodling, and Blogging
- Faith and Spirituality

We call these coping mechanisms our **UMBRELLAS** because they help us get through our "every day rain"

# DEFINING MOMENT

## THE PLATE:

The plate contains the things we do each and every day. Not just the "bad things" its the things like school, expectations, and sleep.

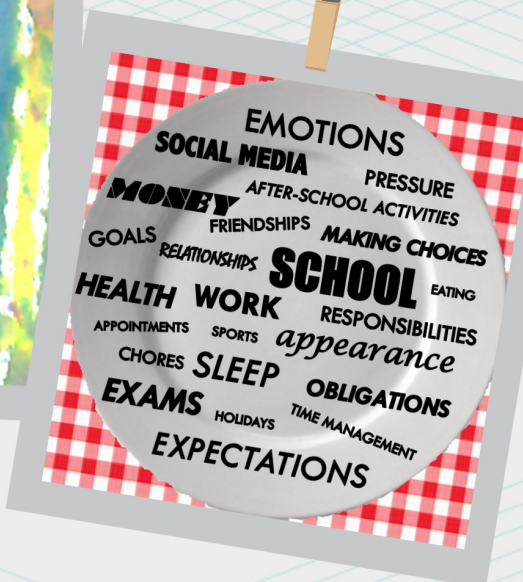
## THE RAIN:

The rain is what's happening around us all the time. it affects the things on our plate and the outside world.

We don't want to say that it rains everyday, we call it our "everyday rain".

## THE UMBRELLA:

The umbrella stands for the positive coping mechanisms we use to get through our everyday rain.



## NEGATIVE COPING MECHANISMS

If we are unable find an umbrella it can be easy to fall into negative coping mechanisms that are harmful to ourselves and others

Some examples of Negative Coping Mechanisms are:

- o Substance Use and Abuse
- o Self-Harm and Toxic Thoughts
- o Risky Behaviors and Bullying

## ACTION STEPS



Understand the difference between Mental Health and Mental Illness

Identify the stressors that make up your "every day rain"

Find umbrellas that help you in different situations

Stand up to stigma and start talking about mental health!

[www.CharihoYouth.org](http://www.CharihoYouth.org)

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SNAPCHAT  
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