



Mental Health Mondays



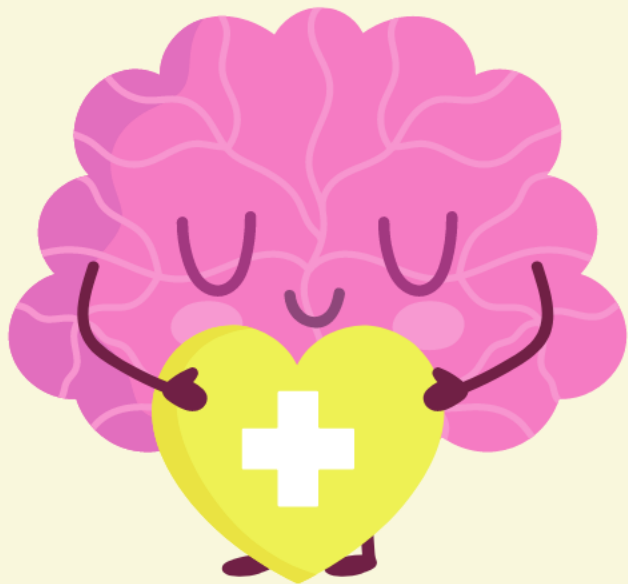
Mental Health Mondays



*Brought to you by Alex
Warman, Ella
Summerville, Joey
Murphy, Faith Kilpatrick,
Abbie Smith, and Autumn
Saiz*



What is mental health?



February's Theme: *Mental health consists of our emotional, psychological, and social well-being. Mental health helps establish how we hold our stress, relate to others, and make choices. Overall, it impacts how we think, feel, and act.*

Our goal is to develop a knowledge of the matter with our peers.



Anxiety

There are many ways to cope with anxiety that are not really talked about. We talked about anxiety in one of our first episodes. We thought it would be good to mention it in **March** because we came back to school with no masks and no mandates.





Suicide Prevention



Suicide prevention is the effort to reduce the risk of suicide. Suicide is preventable, and the efforts to prevent it may occur at the individual, relationship, community, and society level.

In **April** we had special guests from SJ Suicide Prevention on our show.



Body Image



May episode: In preparation of the "summer body" myths



It's important to teach others and yourself how to improve body image. Like

- 1.) talking to someone you trust about your insecurity(s)
- 2.) "spring clean" your apps, get rid of anything and everything that makes you feel less than perfect in your body.
- 3.) Stop comparing yourself to people you see online
- 4.) think about what and how you comment and say to someone about their and your body

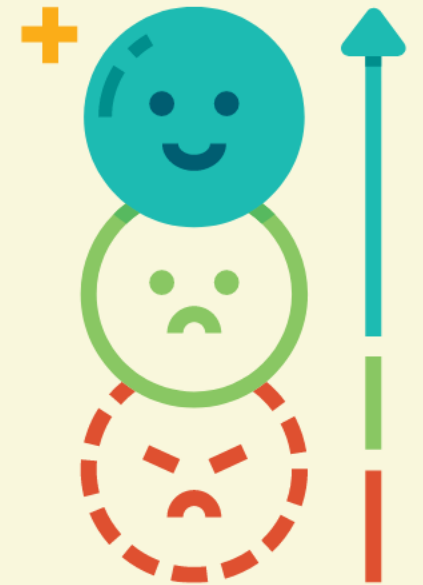


What is Stress?

In **June** we will be talking about stress with our school as students prepare for assessments and graduation. Stress is our bodies' reaction to pressure. It can be caused by a variety of situations or events in one's life.

Ways to reduce stress:

1. Get enough sleep
2. Practice meditation
3. Listen to music
4. Talk to someone
5. Get Organised
6. Practice positive affirmations





Moving Forward



THANKS FOR WATCH!

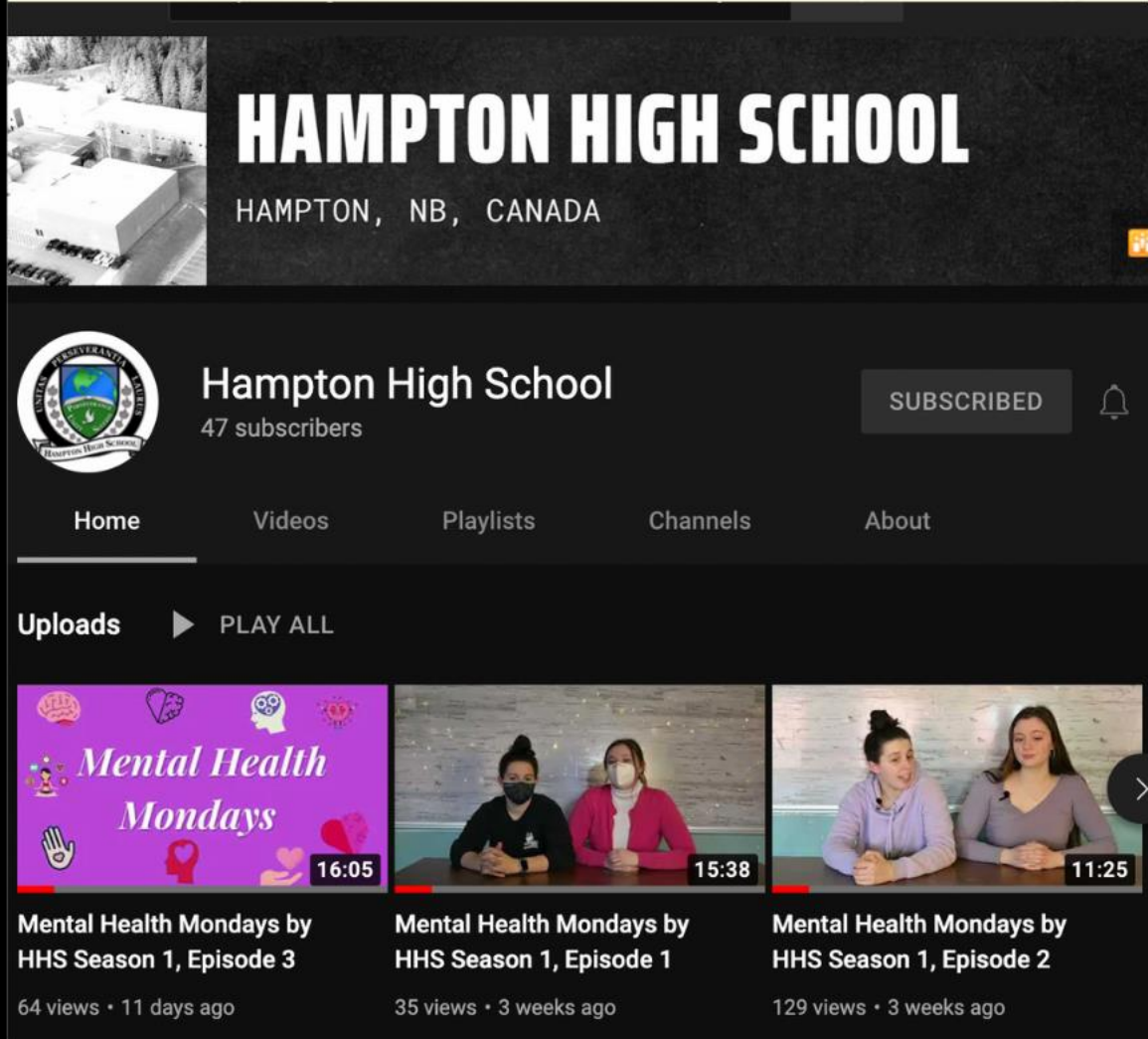
Here is a local
mental health
help line

Saint John CHIMO helpline
1-800-667-5005



What are our next steps?
How can we grow our
audience?
What can we do to
educate staff and
students about mental
health?
What can you do?

For more information:



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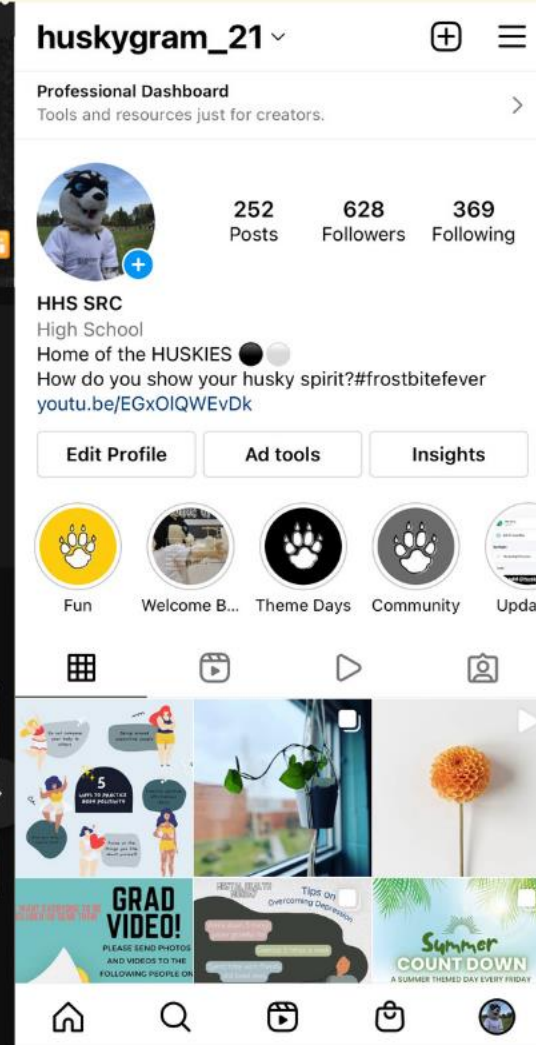
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GRAD VIDEO!
PLEASE SEND PHOTOS AND WORDS TO THE FOLLOWING PEOPLE ON

Tips on Overcoming Depression

Summer COUNTDOWN
A SUMMER THEMED DAY EVERY FRIDAY

Find episodes of **Mental Health Mondays** on our YouTube Channel @ **Hampton High School**. Follow us on Instagram @**huskygram_21** for updates. Contact our advisor: **tara.finnigan@nbed.nb.ca**