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# Emotional Workshop: Introduction to mental health and well-being



## Objective:

- Understand the basic concepts of mental health and well-being
- Recognize the importance of mental health in everyday life
- Identify common mental health challenges

## Key components:

- Importance in personal and community life
- Common mental health challenges
- Tips for maintaining positive mental health
- Free toll to strengthen community well-being

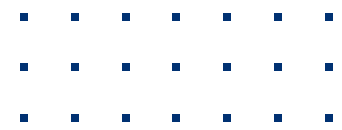
## Duration:

45 minutes



# Workshop:

## Introduction to mental health and well-being



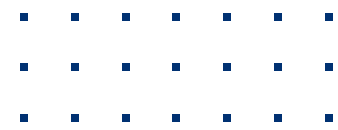
### Workshop overview

Welcome to *The emotional education workshop*! In the next 45 minutes, we will explore mental health and well-being, discussing their impact on emotional, psychological, and social aspects of life.

- **Introduction (5 minutes).** We will give an overview of the various steps of the workshop and the tools to be used.
- **Defining mental health (10 minutes).**
  - **What is mental health?** Facilitate a group discussion where participants share their thoughts on mental health. Encourage them to express how they understand mental health and its impact on their lives.
- **The importance of mental health (10 minutes).**
  - **Why it matters.** Lead an exploration into why mental health is as crucial as physical health. Use relatable examples to illustrate its effects on personal relationships, productivity, and overall life satisfaction.
- **Common challenges (10 minutes)**
  - **Overcoming obstacles.** Facilitate a session engaging students in identifying mental health challenges and finding coping strategies.
- **Conclusion (10 minutes).**
  - Summarize the session by reviewing the key points discussed. Emphasize the importance of ongoing awareness and management of mental health.

# Workshop:

## Introduction to mental health and well-being



### Defining mental health

(10 min)

#### What is mental health?

In this activity, we aim to establish a foundational understanding of what mental health means to each participant. Begin by inviting students to think about the term "mental health" and what it signifies to them personally. Encourage them to consider how mental health influences their daily lives, emotions, and interactions with others.

#### Step-by-step guide:

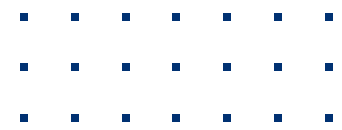
- **Introduction (2 minutes):**
  - Start by explaining that mental health is a broad concept that encompasses emotional, psychological, and social well-being.
  - Highlight that mental health affects how we think, feel, and act, and it plays a role in how we handle stress, relate to others, and make choices.
- **Group discussion (5 minutes):**
  - Ask students to share their initial thoughts or definitions of mental health. You can prompt them with questions like:
    - "What comes to mind when you hear the term 'mental health'?"
    - "How do you think mental health affects your daily life?"
  - Write down key words or phrases on the whiteboard as students share their ideas. This visual aid will help consolidate their thoughts and provide a reference point for the discussion.
- **Clarification and expansion (3 minutes):**
  - After gathering input, provide a concise definition of mental health, emphasizing its importance in maintaining a balanced and fulfilling life.
  - Explain that mental health is not just the absence of mental illness but also involves the presence of positive characteristics such as resilience, self-esteem, and the ability to manage emotions effectively.

#### Objective of the activity:

This activity aims to build a mutual understanding of mental health. By sharing and listening, students will value diverse views and its importance in their lives, preparing them for deeper future exploration.

# Workshop:

## Introduction to mental health and well-being



### The importance of mental health

(10 min)

#### Why it matters

This activity emphasizes how vital mental health is to well-being and daily life, helping participants realize its importance for a balanced life.

#### Step-by-step guide:

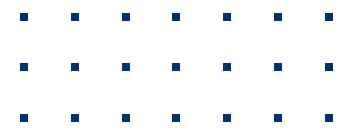
- **Introduction (2 minutes):**
  - Begin by explaining that mental health is as vital as physical health. Just as we take care of our bodies, we must also nurture our minds.
  - Highlight that mental health affects relationships, work, physical health, and stress management.
- **Illustrative examples (4 minutes):**
  - Share relatable examples that demonstrate the impact of mental health on everyday life. For instance:
  - **Example1:** Stress and anxiety reduce concentration and productivity at work or school, causing lower performance and more frustration.
  - **Example2:** Explain how poor mental health can strain personal relationships, causing misunderstandings and conflicts due to irritability or withdrawal.
  - Use these examples to show that mental health challenges are common and can affect anyone, regardless of age or background.
- **Interactive discussion (4 minutes):**
  - Invite students to reflect on the examples and share their thoughts on how mental health has impacted their own lives or the lives of people they know.
  - Urge considering benefits of good mental health: improved mood, relationships, and resilience.
  - Facilitate a brief discussion on how maintaining mental health can lead to a more satisfying and productive life.

#### Objective of the activity:

This activity aims to highlight the importance of mental health. By linking it to real-life, students recognize its impact on daily life, encouraging them to prioritize their well-being and explore coping strategies, preparing them for upcoming challenges.

# Workshop:

## Introduction to mental health and well-being



### Common challenges

(10 min)

#### Overcoming obstacles

This activity is designed to familiarize students with the common mental health challenges many people encounter, such as stress, anxiety, and depression. By recognizing these challenges, participants can better understand how they manifest and explore basic strategies for managing them effectively.

#### Step-by-step guide:

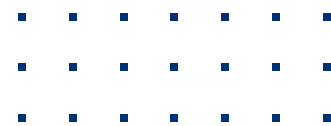
- **Introduction to common challenges (2 minutes):**
  - Acknowledge mental health challenges as normal and identify them early to manage effectively.
  - Briefly define each of the challenges you will discuss—stress, anxiety, and depression—highlighting that they vary in intensity and impact.
- **Examples and symptoms (4 minutes):**
  - **Stress:** Talk about daily stressors like school or work. Stress can show up physically (e.g., headaches, tiredness) and emotionally (e.g., irritability, trouble focusing).
  - **Anxiety:** Situations like public speaking or major life changes can cause anxiety, leading to symptoms like worry, restlessness, and sleep issues.
  - **Depression:** Depression is more than temporary sadness, with symptoms like ongoing low mood, lack of interest, appetite shifts, and feeling worthless.
- **Discussion and coping strategies (4 minutes):**
  - Engage participants by asking them to think of coping strategies they might use or have heard of for dealing with these challenges.
  - Share deep breathing for stress, cognitive reframing for anxiety, and seek trusted support for depression.
  - Highlight that developing personalized coping mechanisms can significantly improve one's ability to manage these challenges effectively.

#### Objective of the activity:

This activity seeks to normalize mental health discussions, helping participants recognize symptoms and find coping strategies. It empowers self-management and boosts empathy and support for others with similar challenges.

# Workshop:

## Introduction to mental health and well-being



### Conclusion

(10 min)

As we wrap up our session on "Introduction to Mental Health and Well-being," let's take a moment to reflect on the key insights we've gained today. Understanding mental health is crucial not only for our personal development but also for fostering a supportive community around us.

#### Recap of key points:

##### 1. Understanding mental health:

- We began by defining mental health and well-being, recognizing that they encompass emotional, psychological, and social aspects of our lives. Mental health is not merely the absence of illness but the presence of positive attributes like resilience and emotional balance.

##### 2. Importance of mental health:

- We explored why mental health matters, emphasizing its impact on our daily functioning, relationships, and overall life satisfaction. Just as we prioritize physical health, nurturing our mental health is essential for a fulfilling life.

##### 3. Common challenges and coping strategies:

- We identified common mental health challenges such as stress, anxiety, and depression. By understanding these challenges, we can better recognize symptoms and apply effective coping strategies to manage them.

#### Final thoughts:

Mental health is a journey needing constant care. By staying aware and practicing well-being, we can live more balanced lives. Seeking help shows strength. Use professional or personal strategies to improve mental health. Keep exploring, share knowledge, and apply what you learn to enhance well-being. Together, we can foster a supportive environment. Thank you for your participation today.



# Workshop:

## Introduction to mental health and well-being

### Instructions for Teachers

**Objective:** To introduce students to the concept of mental health and its importance.

**Duration:** 45 minutes

**Materials needed:**

Paper and pens for participants  
Whiteboard markers  
Printed handouts with definitions  
discussion prompts.

### Workshop step by step

**Step 1: Introduction (5 minutes)**

- Briefly explain the objectives of the session.
- Pose questions to prompt initial thoughts about mental health.

**Step 2: Defining mental health (10 minutes)**

- Guide students through discussing what mental health means to them.
- Facilitate sharing of definitions and encourage understanding.



# Workshop:

## Introduction to mental health and well-being

### **Step 3: The importance of mental health (10 minutes)**

- Present points on why mental health is important.
- Use examples or short stories to make the concept relatable.

### **Step 4: Common challenges (10 minutes)**

- Introduce examples of mental health challenges.
- Engage students in identifying these challenges and suggest coping strategies.

### **Step 5: Interactive discussion (5 minutes)**

- Open the floor for questions.
- Clarify any misconceptions or answer queries.

### **Step 6: Conclusion (5 minutes)**

- Recap key learnings.
- Encourage students to continue exploring mental health topics.

### **Tips for teachers:**

- Encourage a safe and open environment for sharing thoughts and ideas.
- Be attentive to students who might be struggling with the topic or show signs of discomfort.





## Workshop:

# Introduction to mental health and well-being

### Follow-up activity at home:

Ask students to write a short reflection on their understanding of mental health and list three strategies they can implement to improve their well-being.

### Assessment:

- Observe participation levels during activities and discussions.
- Evaluate students' reflective writing for understanding and insight into their thoughts on mental health.

### Final notes:

Remember that this topic may be sensitive for some students. Be prepared to offer guidance or refer them to school counselors if needed. Reinforce the idea that mental health is evolving, and continuous learning and self-awareness are vital.



# TOOLS



## Wavers.io



Wavers is an free-to-use easily accessible and practical tool available to you and your students, which helps strengthen the community/unity and social cohesion of your educational institution and study environment. Get a quick insight into the Wavers app - watch the [video](#)

Wavers is a tool that lies outside the core curriculum, but as a teacher, you can utilize it at any time. Wavers does not require downloading as an app; instead, it functions as a web-based tool accessible on mobile devices. This ensures that assistance is always just a pocket away for students. Additionally, Wavers empowers students by enhancing their ability to reach out and accept help, fostering a proactive approach to their learning and well-being.



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