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12-2022

Making Mental Health A Priority

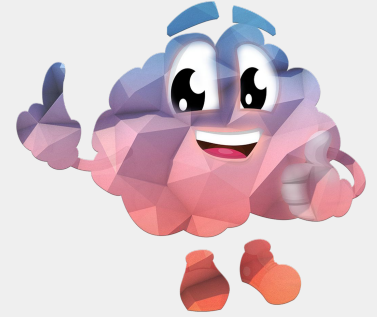
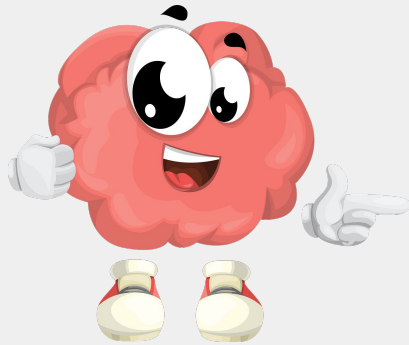
Jessica Ninesling

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Making Mental Health A Priority



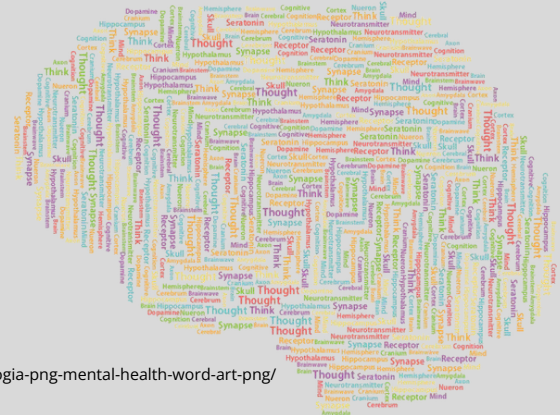
Student Facilitator: Jessica Ninesling
Section: 017
Instructor: Krystal Barber

Topic: Prioritizing Mental Health

Topics I covered:

- ★ What is mental health?
- ★ Resources to help yourself or someone else
- ★ What you can do on a daily basis to better your mental health
- ★ Reaching out for help

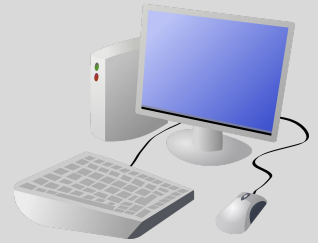
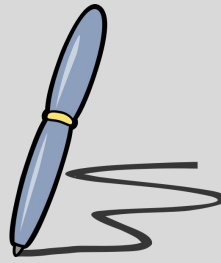
This presentation addresses how you can reach out for help, and solutions to make your mental health a priority



- ★ I chose this lesson because it is something I feel strongly about. I am a mental health advocate and want to help erase the stigma created behind mental health. I also wanted my students to know that if they were having trouble with their mental health they are not alone.
- ★ My hope of this lesson was to make my students feel comfortable talking about their mental health. I also wanted to provide them with some small solutions to make their day a little bit brighter.
- ★ I am also aware of the resources that SUNY Cortland offers to students who are struggling mentally and wanted to speak with them about that. [Counseling Center - SUNY Cortland](#)

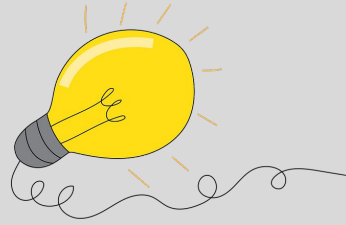
Counseling Center - SUNY Cortland

Preparation



- ★ Preparing for this lesson I wanted to make sure it was engaging for the students. I used a video to introduce mental health at the start of my presentation. <https://www.youtube.com/watch?v=1i90ktVsTWo> This video describes mental health and gave statistics regarding how many people struggle with their mental health in their daily lives.
- ★ I also talked about the correlation between mental health and physical activity by referring to a peer-reviewed journal. This journal talked about the importance of staying active while dealing with mental health struggles. Petruzzello, Steven J., and Allyson G. Box. "The Kids Are Alright—Right? Physical Activity and Mental Health in College Students." *Kinesiology Review* (Champaign, Ill.), vol. 9, no. 4, 2020, pp. 279–86, <https://doi.org/10.1123/kr.2020-0039>.

The importance of this lesson



- ★ The transition to college can be mentally exhausting for first year students. This type of mental exhaustion can be extremely difficult to navigate. Talking about this with first year students and helping them recognize this was something I was passionate about. I wanted to make it known that I understood them.
- ★ This lesson was also important because I provided them with solutions and not just an overflow of information. The solutions I gave were things that they can do on their own or with help. They were flexible for every student and they had options to choose from.

Materials

Here are a few of the slides I incorporated in my lesson.

They state how to make mental health a priority and things you can do to make this possible.

Making Mental Health A Priority

Create a steady routine for yourself

Make some plans with friends to keep you busy

Take the time to do things that make you happy

Time management

Stay organized

Put positive affirmations around your bedroom

Keep in mind that mental health is just as important as physical health



Resources

SUNY cortland has resources to help you if you feel that you need to reach out and speak to someone.

[Counseling Center - SUNY Cortland](#)

It can be scary to take the initial step and reach out to someone.

In the end though it can make all the difference.



Pockets Of Peace

Finding the small things that give you a second to gather your thoughts make a large difference at the end of your day.

Do not be afraid to feel all of your feelings and stay true to yourself.

Try new things to put a smile on your face even if it is only for a few seconds.



Methods

- ★ For this presentation I chose to use two methods, a presentation and an activity to begin.
- ★ I started my presentation with an icebreaker to ignite some engagement. Each student got the chance to come up front and place a post-it on the front wall. Their post-it read one thing that they try to do everyday to make them happy.
- ★ I read all their post-its aloud and kept referring back to them throughout my presentation.

Happy Monday

ICEBREAKER

Come up and write on a post-it one thing that you do everyday to make you happy



Mental Health In College



***Mental
Health
Matters***



Learning outcomes



- ★ My main goal for this lesson was to make first-year students comfortable with the idea of prioritizing mental health. It becomes very easy for first-year students to forget that their mental health is important.
- ★ I believe that my students did get a lot from this presentation. The icebreaker I did opened them up and they were engaged with my lesson from the start. My slides listing some solutions to prioritize mental health seemed to have grasped their interest.
- ★ I wanted the students to walk out of class knowing that they are important and their feelings do matter.

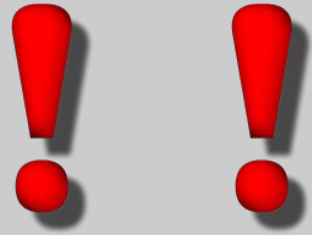
Feedback



- ★ I was pleased with the feedback that I got from the students in the class. They all were engaged with my presentation the entire time I was talking and some even took pictures of my slides. This made me realize that what I said mattered and they are now set up with tools to make their days even the smallest bit happier.
- ★ I also felt that my students felt more of a connection with me after my presentation. I believe this is because they felt understood. They realized that I was a first-year student just last year and I understand what they are feeling.

A stylized lightbulb where the glass part is filled with various business and marketing terms in a bubbly, hand-drawn font. The terms include 'THINK', 'IDEA', 'CREATING', 'WINNING', 'CONCEPT', 'MARKETING', 'GROWTH', 'BUSINESS', 'STRATEGY', 'INNOVATION', 'TEAM', 'LEADERSHIP', 'VISION', 'GOALS', 'PLANNING', 'EXECUTION', 'RESULTS', 'SUCCESS', 'PROFIT', 'CUSTOMER', 'MARKET', 'COMPETITION', 'TRENDS', 'TECHNOLOGY', 'INVESTMENT', 'RISK', 'REWARD', 'OPPORTUNITY', 'CHALLENGE', 'PROBLEM', 'SOLUTION', 'VALUE', 'COST', 'BENEFIT', 'RISK', 'REWARD', 'OPPORTUNITY', 'CHALLENGE', 'PROBLEM', 'SOLUTION', 'VALUE', 'COST', 'BENEFIT'. The base of the lightbulb is a simple screw-in base.

Citations



- ★ Petruzzello, Steven J., and Allyson G. Box. “The Kids Are Alright—Right? Physical Activity and Mental Health in College Students.” *Kinesiology Review (Champaign, Ill.)*, vol. 9, no. 4, 2020, pp. 279–86, <https://doi.org/10.1123/kr.2020-0039>
- ★ Glasscote, Raymond M., et al. *Mental Health on the Campus : a Field Study*. Joint Information Service of the American Psychiatric Association and the National Association for Mental Health, 1973.
- ★ https://www.pngitem.com/middle/TiwR_transparent-psicologia-png-mental-health-word-art-png/
- ★ https://en.wikipedia.org/wiki/File:Mental_Health_Word_Cloud.svg