



# Wellness

Mental Health Matters

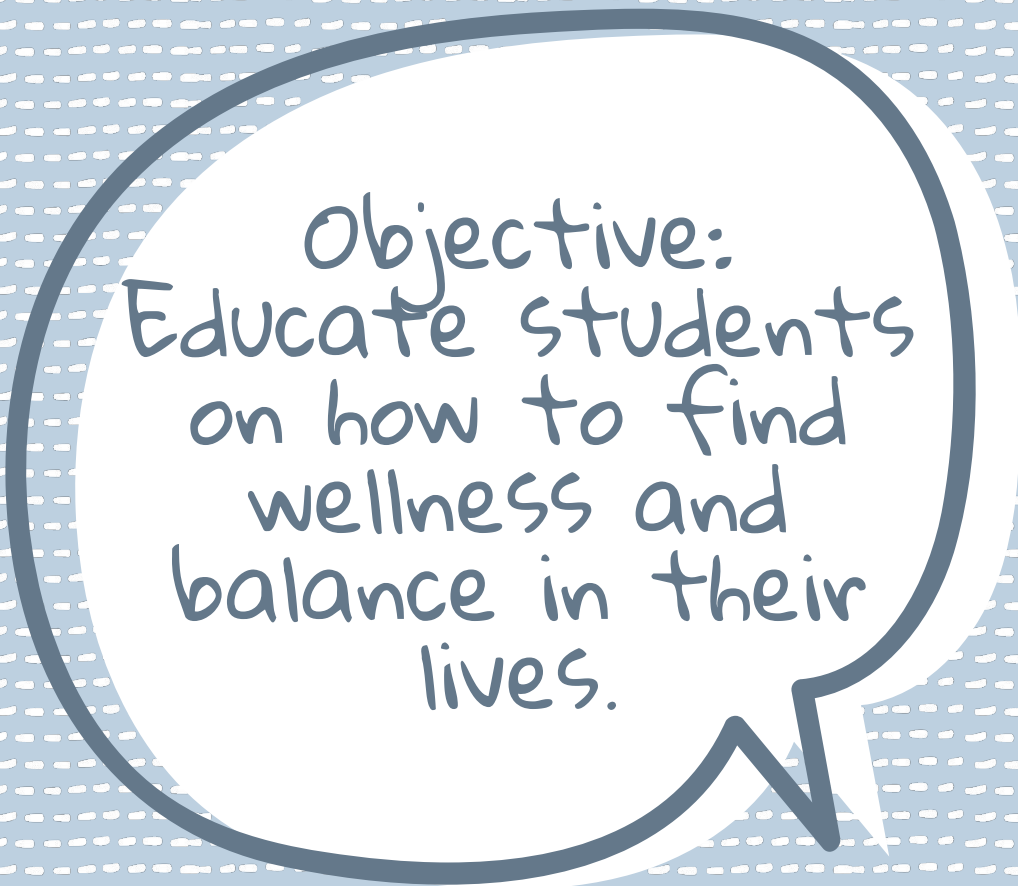
# Before we start...



1. What is wellness?

2. Do you find balance in life? If yes, how?

3. Do you find it easy to fall asleep at night?

A large, hand-drawn speech bubble with a thick dark blue outline and a white fill. It has a small tail pointing towards the bottom right. The background is a light blue color with a pattern of small, white, horizontal dashed lines.

Objective:  
Educate students  
on how to find  
wellness and  
balance in their  
lives.

# What is wellness?

Wellness is defined as the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving.

Wellness is involved in many areas of your life. Five important areas include: social connectedness, exercise, nutrition, sleep and mindfulness. All of these aspects have significant impacts on both your mental and physical health.

Improving your wellness can also reduce stress and lead to optimal health.



# What is the importance of sleep?

Sleep is important in all aspects of health. Better sleep can lead to a stronger immune system, improved memory, and boosted mood.

Tips to better sleep:

- Set up a regular routine.
- Avoid eating heavy meals up to an hour before bed.
- Avoid screen time up to an hour before bed.
- Get regular exercise throughout the day.
- Make yourself comfortable.

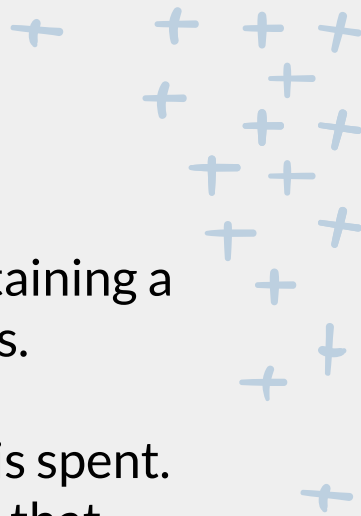
# How do you find balance?

Balance in your life is how you decide to spend your time. Maintaining a healthy balance increases overall well-being and prevents stress.

Balance is found by making a list of priorities on how your time is spent. Next, you must plan ahead and say no to distractions and things that waste your time.

Types of balance:

- work/life
- productivity/relaxation
- social relationships/me time



# How do you determine values?

Values are things you believe are important that influence your aspects of life. They should determine your priorities. Some core values include family, friendship, freedom, and loyalty.

Six steps to determine your values:

1. Write down your main beliefs.
2. Consider people you admire.
3. Consider personal experiences.
4. Categorize values into groups.
5. Identify the central idea.
6. Determine your top core values.

# What is gratitude?


Gratitude is a positive emotion that is associated with being thankful and appreciative. Gratitude can be categorized as a trait, a mood and most commonly an emotion.

Ways to practice gratitude:

- Observe moments with loved ones in times of happiness.
- Give thanks to the positives in life.
- Enjoy your life in the moment.







Discussion:  
What is a good school-life  
balance and what do  
students value?

# ➤ Mind-Glitter Jar Activity

## Materials:

- Clear jar with screw-on lid (e.g. glass Mason jar or plastic jar)
- Craft glitter (glitter intended for snow globes such as a “tinsel” glitter work the best)
- Measuring spoons
- Water

## Instructions:

1. Add  $\frac{1}{4}$  teaspoon of glitter for every six ounces of water to a clear jar.
2. Add water to the jar, leaving a little air space toward the top. Tightly secure the cover on the jar.
3. Shake up the glitter jar to see a representation of how our minds might feel when we're stressed and/or anxious.

You can't see through the jar or think clearly because too many things are going on at once! When you practice stress-reduction techniques, your mind will start to quiet down and you will be able to think more clearly, similar to when the glitter settles to the bottom of the jar.



# Gratitude Meditation Activity

Build your “resilience muscle” through gratitude in this meditation.

1. Take some time to place yourself in a comfortable position. Take a few deep breaths and let your chest rise and fall with each inhalation and exhalation. When you are ready, let your eyes drift closed.
2. As you continue to breathe slowly and deeply, let your attention rest gently on your breath. Feel the movement as it enters and exits your body. Each time you exhale, let go of any tension. Relax your face, your shoulders, your belly, your legs.
3. On your next exhale, settle your attention to the area around your heart. Focus on the feelings of love, compassion, empathy, forgiveness.
4. With your attention on your heart center, bring to mind something or someone you are grateful for.
5. As you continue with your easy, relaxed breathing, perhaps you feel gratitude for being alive or healthy.

# Gratitude Meditation Activity

6. Perhaps you are grateful for the abundance of nature that produces food to nourish your body, and beautiful scenery to nourish your soul.
7. Bring your attention to people who truly nourish you in your life and how they bless you with their presence.
8. Feel gratitude for your own life and the many gifts you have been blessed with.
9. Now bring your attention to how this gratitude feels in the area around your heart. With each inhale, let this feeling grow outwards. Expand to fill your chest, your arms and hands, your legs and feet. With each inhale this feeling grows, filling you up.
10. And now, even as you return your attention to your breath, let your body remember the sensations of your gratitude.

# To close...

1. What are three good things in your life that you are thankful for?

2. Do you better understand how to find balance?

