

LEARN

Lesson 1: Mental Health Isn't Just Mental

We tend to think of mental health as something that lives in our heads — a problem that shows up only when something's "wrong."

But here's the truth: mental health affects **your whole self** — your **body**, your **thoughts**, your **behaviours**, and your **relationships**.

You might not always notice the signs when things start shifting. Maybe your sleep changes. You get irritable. You stop enjoying things you usually love. Or you just feel drained, all the time.

These aren't just "moods" — they're signals. Just like a fever warns you about your body, your emotions and habits warn you about your mental state.

And it works the other way too.

Positive mental health can show up as:

- Feeling clear and focused
- Being emotionally steady, even on tough days
- Reaching out instead of shutting down
- Recovering faster from stress

Mental health is **not just the absence of illness**. It's the presence of habits, thoughts, and support that help you cope with life's ups and downs.

When you start paying attention to your mind and body as a whole system — you can start supporting yourself in more powerful ways.

Lesson 2: Okay vs Not Okay — What's the Line?

Everyone has tough days.

Stress, sadness, anxiety — they're part of being human.

So how do you know when it's **something more**?

That's where the **Mental Health Continuum** helps.

Think of it as a spectrum — not a yes/no switch.

- At one end, you might feel **healthy**: energised, calm, connected.
- In the middle, you might be **coping**: functioning, but tired or overwhelmed.
- Further along, you could be **unwell**: struggling with daily tasks, feeling disconnected or down most days.
- At the far end is **illness**: intense distress, trouble functioning, or diagnosable conditions like depression or anxiety disorders.

You don't have to wait for a crisis to pay attention.

If you're constantly pushing through tiredness, irritability, low motivation or sleep issues — it's worth exploring.

You can move **back and forth** on this spectrum depending on what's happening in your life — and how supported you feel.

The earlier you notice where you are, the easier it is to shift things before they become overwhelming.

Knowing where you stand isn't about labelling yourself — it's about gaining clarity.

Lesson 3: What Shapes the Storm?

Some people seem to bounce back from setbacks. Others struggle to stay afloat.

Why?

It's not about being "strong" or "weak." It's about **what's shaping the storm inside you** — and what's helping protect you.

We all live with a mix of:

- **Risk Factors:** things that increase your vulnerability — like trauma, isolation, financial pressure, substance use, or poor sleep.
- **Protective Factors:** things that strengthen you — like strong friendships, healthy routines, self-awareness, sleep, and safe spaces to talk.

These two forces are always at play.

Some you can't change. Others you can build over time — one small habit at a time.

Here's the good news: building your protective factors doesn't require a major life overhaul.

It might be as simple as:

- Getting 7 hours of sleep instead of 4
- Having one honest conversation
- Making your weekend routine more predictable
- Getting outside for a walk when you feel stuck

Think of these as **inner reinforcements**. You're not weak for needing them — you're smart for learning to strengthen them.

The more aware you become of what helps or harms your mental space, the more power you have to shape it.

WATCH

Video 1: Let's Redefine Mental Health

Narration Script:

What if we told you that mental health isn't just about illness?

It's about how we handle everyday life.

Our focus. Our energy. Our relationships.

Mental health isn't just a crisis that needs fixing.

It's something we *all* have — and it changes depending on how we care for ourselves.

Just like physical health, mental health can be strong, tired, thriving, or in need of rest.

The goal isn't perfection.

It's about knowing how you're doing — and taking the next small step to feel more like *you*.

Mental health lives in all of us, every day.

And you're not alone in navigating it.

Scene Direction:

- Opens with soft, abstract visuals of a brain and heart connected with a pulse line
- Transitions to everyday scenes: a person at work, a parent playing with a child, someone jogging, another resting
- Overlay text: "Mental health is not just about illness"

- Final scene: characters pausing, smiling, journaling, or reaching out — with the text: “Mental health lives in all of us”
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Video 2: You’re Not the Only One

Narration Script:

Struggling with your mental health doesn’t make you broken.

It makes you human.

In Australia, 1 in 5 people will experience mental health challenges this year.

Anxiety. Burnout. Depression. Grief.

These aren’t rare experiences — they’re real, everyday realities.

And they don’t always look the way you expect.

You could be laughing, working, socialising... and still be struggling.

You’re not the only one.

And you don’t have to go through it alone.

Talking about it is strength.

Asking for help is action.

Healing is possible — and it starts by knowing you’re not the only one feeling this way.

Scene Direction:

- Opens with a close-up of someone staring blankly in a meeting, then cutting to them smiling in front of others

- Visuals of diverse people across different ages and backgrounds, intercut with subtle overlays of emotion: tired eyes, clenched fists, fidgeting
 - Infographics appear: “1 in 5 Australians experience mental health issues each year”
 - Ends with gentle visuals of support: hand on shoulder, a phone screen showing a mental health app, a therapy session, journaling
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Video 3: Inner Shields — What Protects You?

Narration Script:

Life throws a lot at us.

But some things help us bounce back — stronger.

They're called **protective factors**.

Like sleep.

A safe friend.

Moving your body.

Having structure in your day.

These things might seem small — but they're powerful.

They form your shield.

And every time you show up for yourself, that shield grows.

Think of one thing today that made you feel safe, seen, or strong.

That's your mental health shield — and you can keep building it.

Scene Direction:

- Opens with a slow pan of clouds gathering, then a translucent shield forming around a character
 - As the voice mentions each protective factor, icons animate into the shield: bed (sleep), heart icon (relationships), shoe (movement), calendar (structure)
 - Midway, the shield strengthens as the person drinks water, hugs a friend, and steps outside
 - Final scene: “Your habits protect your mind” text overlay, with the shield shining subtly
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ACTIVITY (includes reflection)

Journal Prompt: What Does Good Mental Health Feel Like to You?

Instructions:

There's no wrong answer. Describe what *you* look and feel like when you're at your best. This is your personal benchmark.

QUIZ (5 Questions)

Q1. True or False: Mental health only matters when something is wrong.

→ **Answer:** False

Q2. Which of the following is **not** a common mental health warning sign?

- Avoiding friends
 - Feeling exhausted
 - Laughing a lot
 - Trouble sleeping
- **Answer:** c) Laughing a lot

Q3. Where would someone who's overwhelmed but still functioning fall on the Mental Health Continuum?

- a) Healthy
- b) Coping
- c) Unwell
- d) Ill

→ **Answer:** b) Coping

Q4. Which of the following is a **protective factor**?

- a) Financial stress
- b) Substance use
- c) Strong friendships
- d) Irregular sleep

→ **Answer:** c) Strong friendships

Q5. What does the term "protective factor" mean?

- a) Something that prevents mental illness entirely
- b) A person who supports your decisions
- c) A condition or habit that helps strengthen your mental wellbeing
- d) A warning sign for poor mental health

→ **Answer:** c) A condition or habit that helps strengthen your mental wellbeing