



Stress Management and Healthy Coping Activities

There are a plethora of free resources available that teachers can utilize in their classrooms to support their students' mental health. Using these strategies gives the teacher the opportunity to discuss the importance of mental health and address lingering stigma that students may have. Modeling which coping skills and mental wellness activities you utilize as a teacher can be a powerful lesson for students and encourages them to model those same behaviors.

Incorporating stress management and healthy coping into the classroom is another way to teach mental health literacy.

- **Design** an activity for students to increase their understanding of mental health and mental illness, and to help them use clear language when describing different mental health states.
- **Ask** students to brainstorm definitions for the terms mental health, mental distress, mental problem, and mental illness.
- Then, **provide** some education and clarify how each are defined and the different implications for needed help or support.

Strategies
Design activity defining MH
Practice stress management and healthy coping <ul style="list-style-type: none">• Daily mindful messages• Engage in positive self-talk• Guided breathing/stretching
Review who is in the school and community for help

There are simple strategies you can use to teach students about complete mental health as well as when and how to seek help.

- Something as simple as a **daily mindful message** during morning meetings or announcements offers one way to support student well-being.
- You can also remind students to focus on their breathing throughout the class period or **engage in positive self-talk** throughout the day.
- Similarly, **guided stretching or breathing** can be useful for both mindfulness and giving students a break.

YouTube is a great resource for free mindfulness and mediation videos. These videos can be played for the class, or teachers can select specific strategies from the videos to teach students such as body scan, counting breaths, and breath control.

YouTube mindfulness and meditation activities include:

- Mindfulness meditation
- Breathing meditation
- Yoga

Popular Mental Health Apps with Free Content:

There are several popular mental health apps that offer free and paid content that can be used to support students' mental health.

- **Headspace** for mindfulness available in the android app store, google app store, apple app store.
 - o *Teachers and students can use their school email to purchase an account for just \$10 per year giving them full access to all of headspaces mental wellness activities and advice.*
- **Calm** for mediations in the Google Play store and Apple App store.
- **Sanvello** for stress reduction available in Google Play store and Apple App store.

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