

Defining Mental Health

Aim: To increase awareness of the concept of mental health and define a mentally healthy young person.

Outcome: Encourages exploration of internal and external factors which influence mental health

Materials: Flipchart paper; pens; paper; pictures

Time: 20 minutes including feedback time

Activity:



- Ask participants to think of someone they would describe as really healthy
- Write down on flipchart a list of words used to describe that person
- Discuss these words with participants and make note of positive words used to describe the person. As an alternative you could use pictures which participants can use to illustrate the words, e.g., feeling fit they could use a picture of someone doing exercise
- On a separate piece of flipchart make three columns with the headings Mental Health; Physical Health; Social Health
- Under each heading try and fit in the list of words given by the group. This highlights that health is more than just being free from illness
- End the session with a discussion about how group look after their own mental health, what kinds of things help and what kinds of things don't.

Facilitator's Notes

Source: ~~Manage Your Wellbeing Resource (NHS Ayrshire & Arran)~~