

MENTAL HEALTH



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ICEBREAKER:

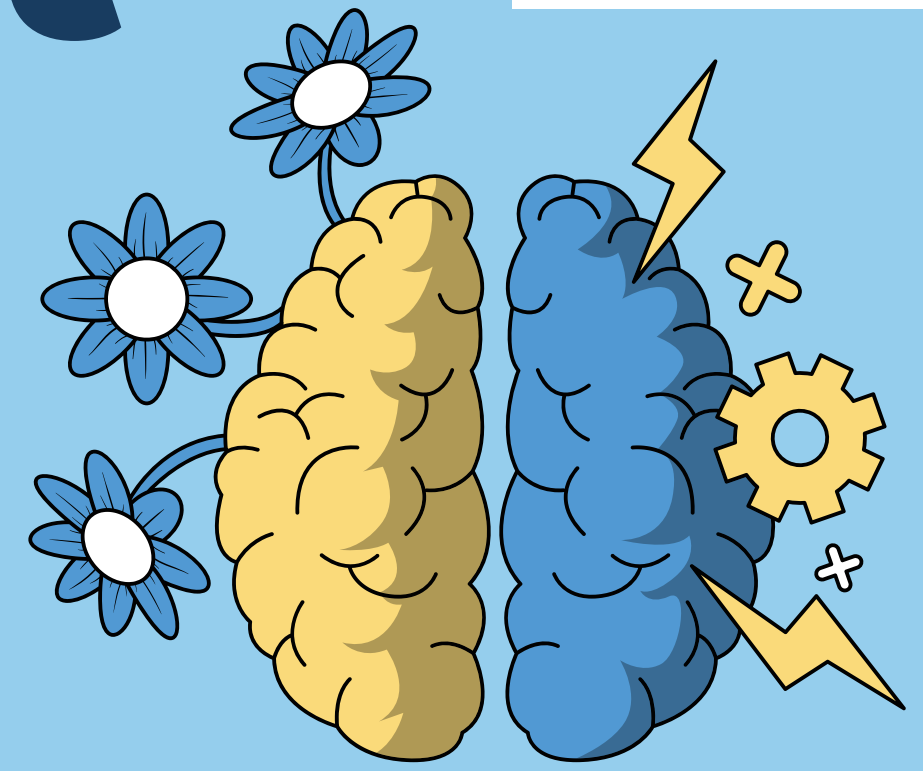
Two Truths & a Lie



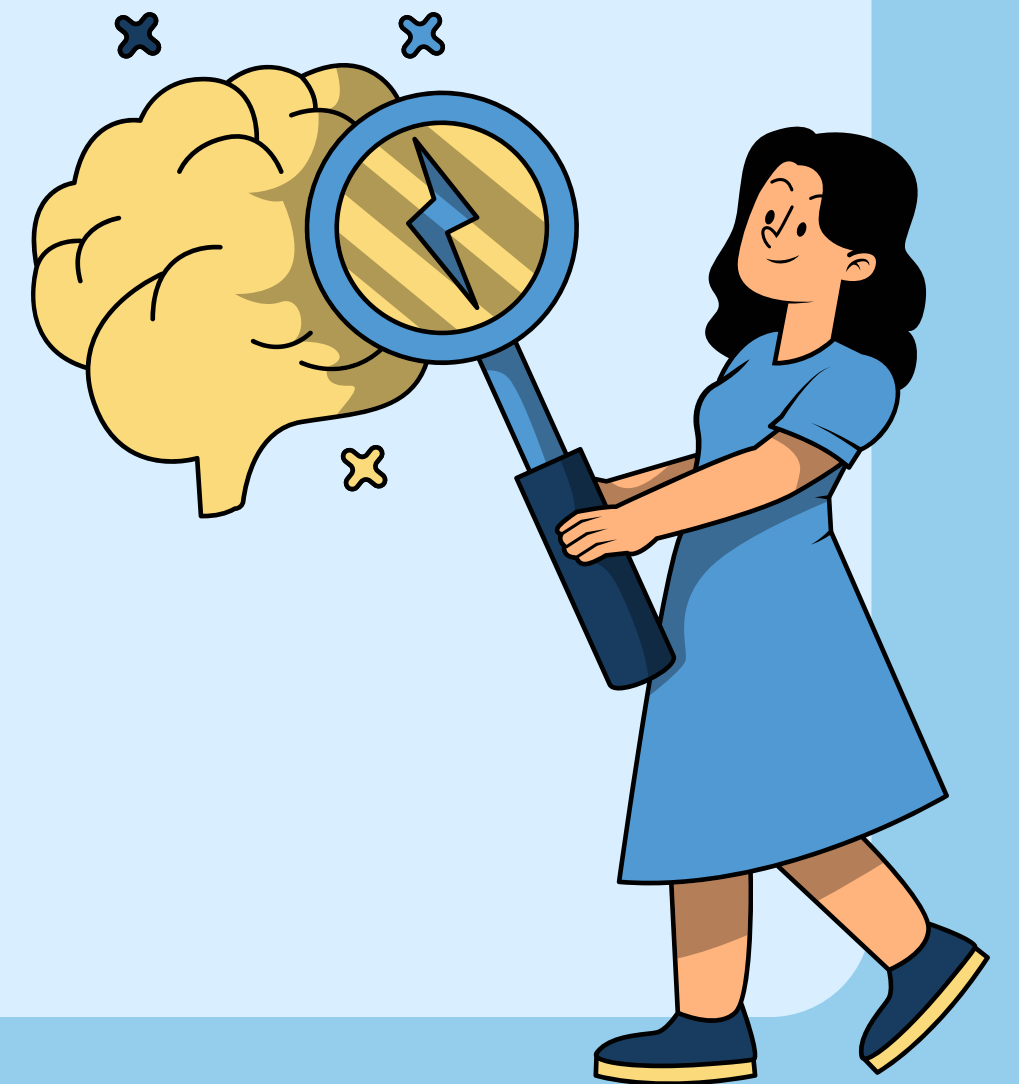
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menti.com
code: 6255 0591



What do you think mental health is?



ACTIVITY #1: IDENTIFYING EMOTIONS



ROUND ONE

**What are some
synonyms for
the feeling:
happy.**

TOP 1

TOP 2

TOP 3

TOP 4

TOP 5

ROUND TWO

What are some synonyms
for the feeling:
sad

TOP 1

TOP 4

TOP 2

TOP 5

TOP 3

TOP 6

TOP 1

TOP 4

TOP 2

TOP 5

TOP 3

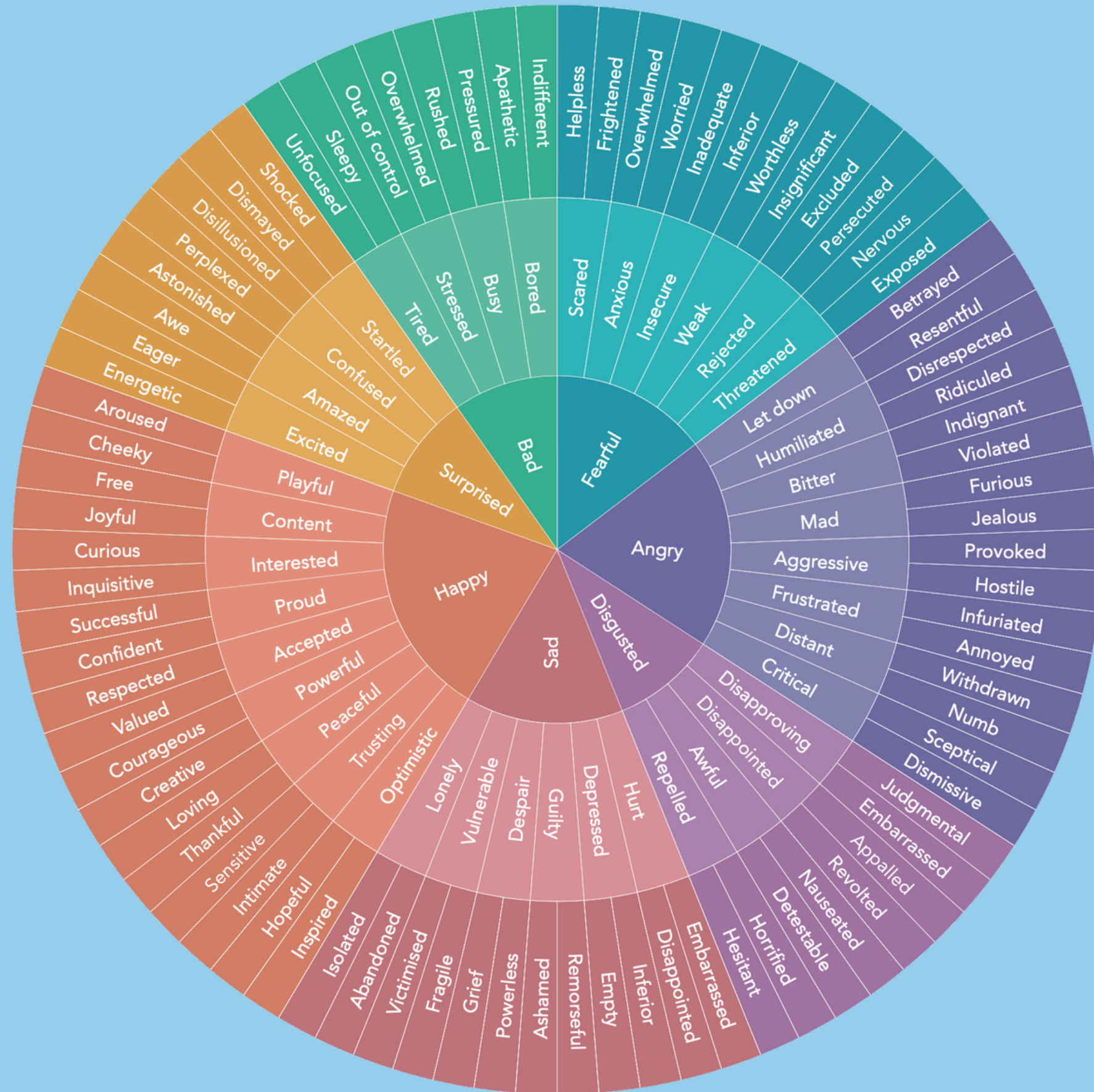
TOP 6

ROUND THREE

**What are some synonyms
for the feeling:
angry.**



FEELINGS WHEEL



ACTIVITY #2: INSPIRATIONAL ROCKS



ROCK PAINTING



ROCK PAINTING

- Write a word that describes a negative feeling you have been experiencing
 - examples: stressed, anxious, overwhelmed , tired
- On the other side, write a positive word or quote that counters the word on the back
 - examples: hopeful, happy, relax, excited
- Draw, paint, and color your rock how you please!
- Place it in a location where you can see it daily and be reminded to keep going.

**ACTIVITY #3:
SELF-CARE
BINGO CARD**



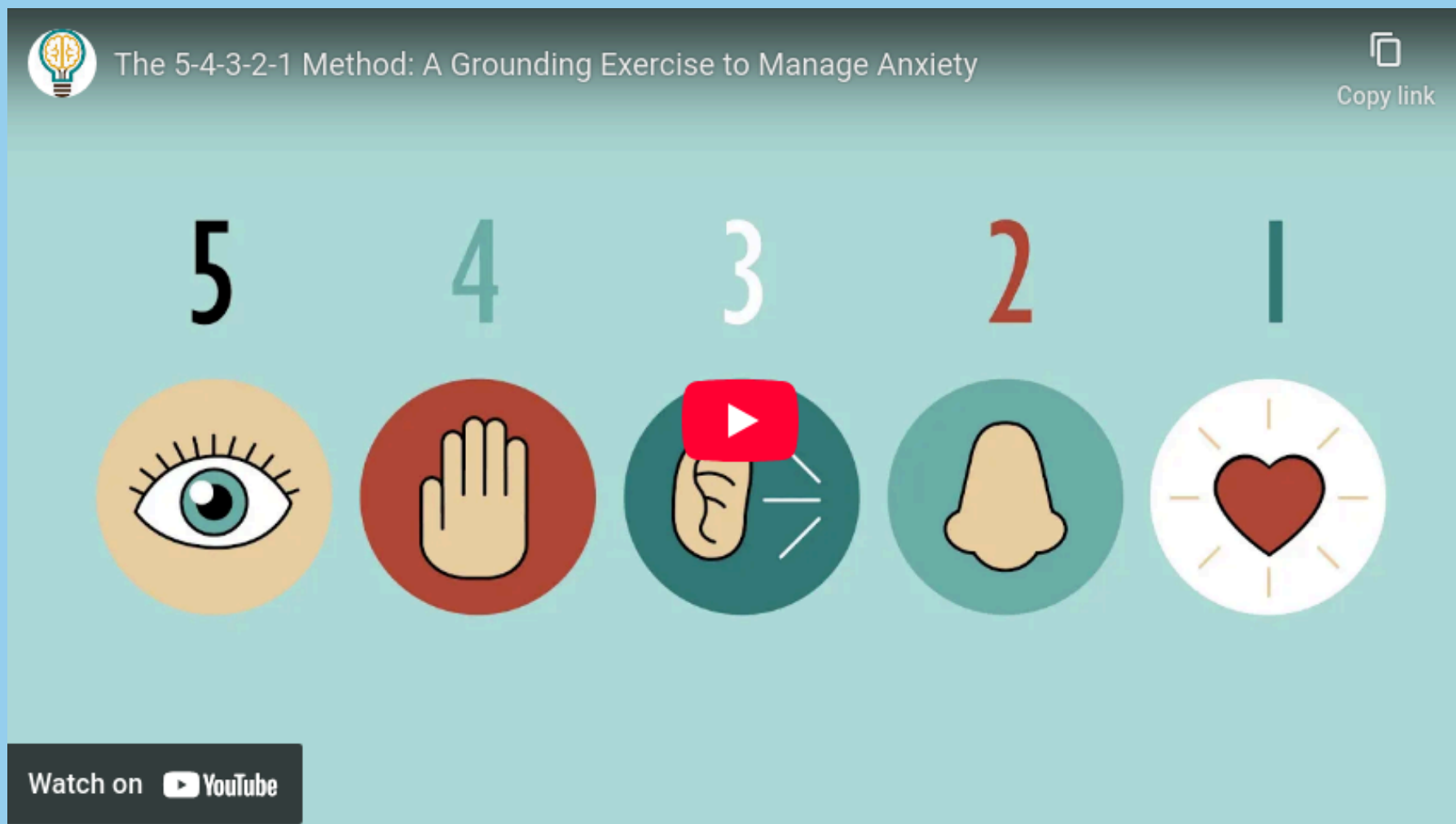
SELF-CARE BINGO CARD



Examples:

- Call a friend
- Write in a journal
- Watch a movie
- Draw/Paint/Color
- Exercise
- Listen to music
- Play with your pet
- Dance
- Go to a friend's house
- Talk to someone close to you
- Make a playlist of your favorite songs
- Play a video game
- Make a puzzle
- Read a book
- Practice mindfulness activities
- Go outside
- List things you are grateful for

GROUNDING TECHNIQUE



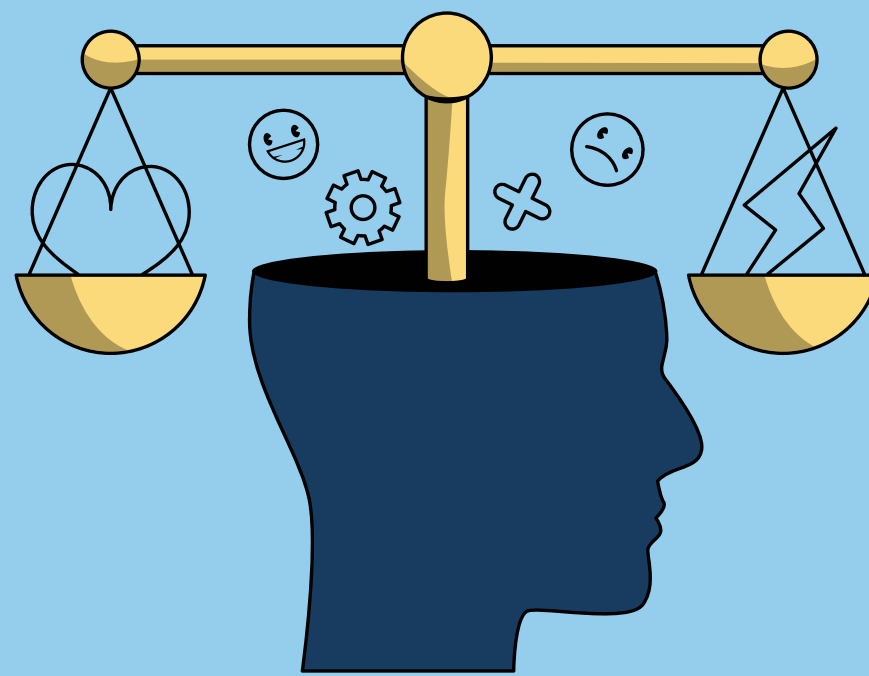
CONCLUSION

Remember to take care of your mental, physical, and overall health to improve your well-being.

You are not alone. Reach out if you need help and always take care of YOU first!



THANK YOU!!!



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