

HOW ARE YOU?

Mental health and emotional skills

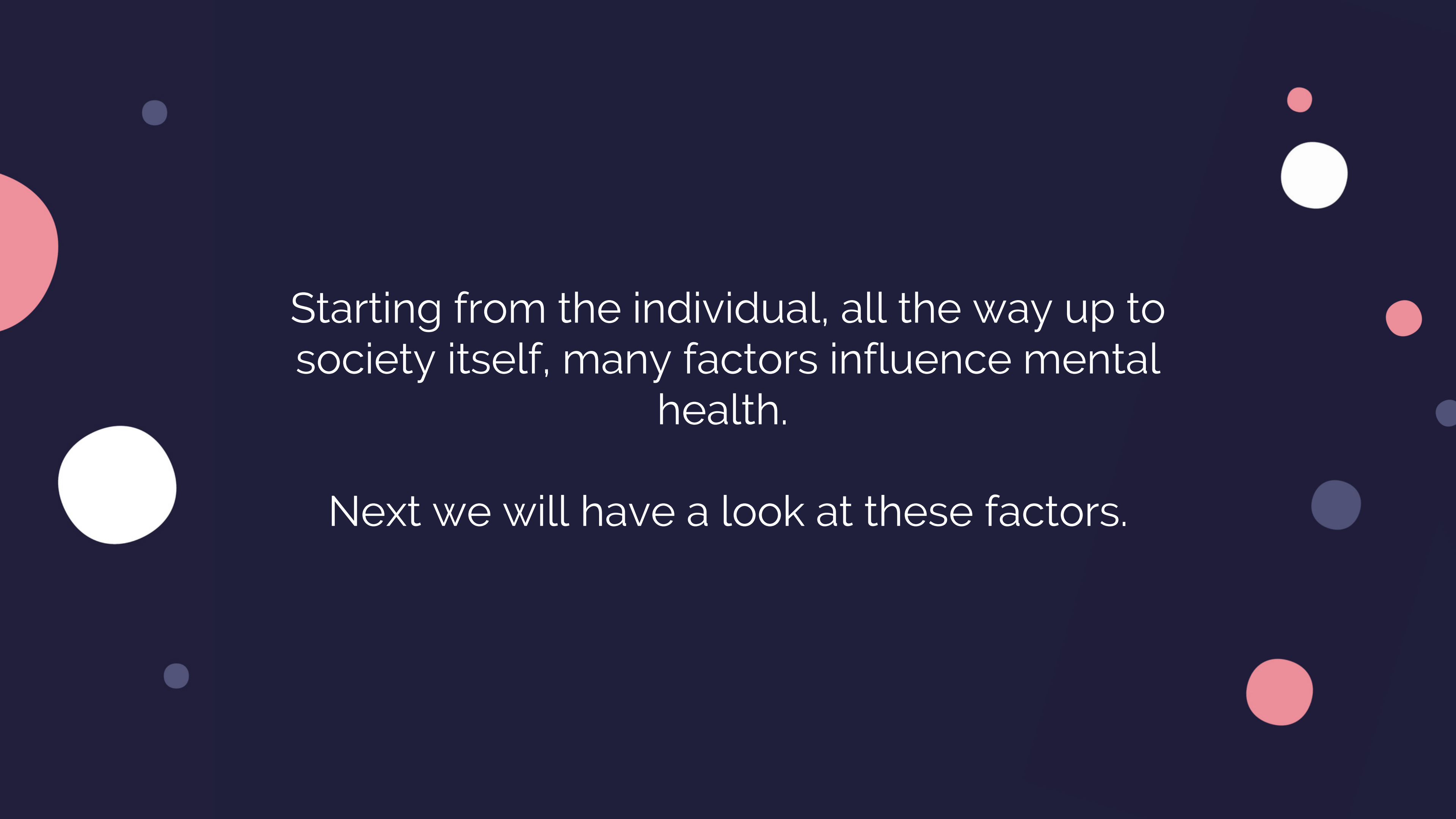




**What does the word mental
health bring to your mind?**

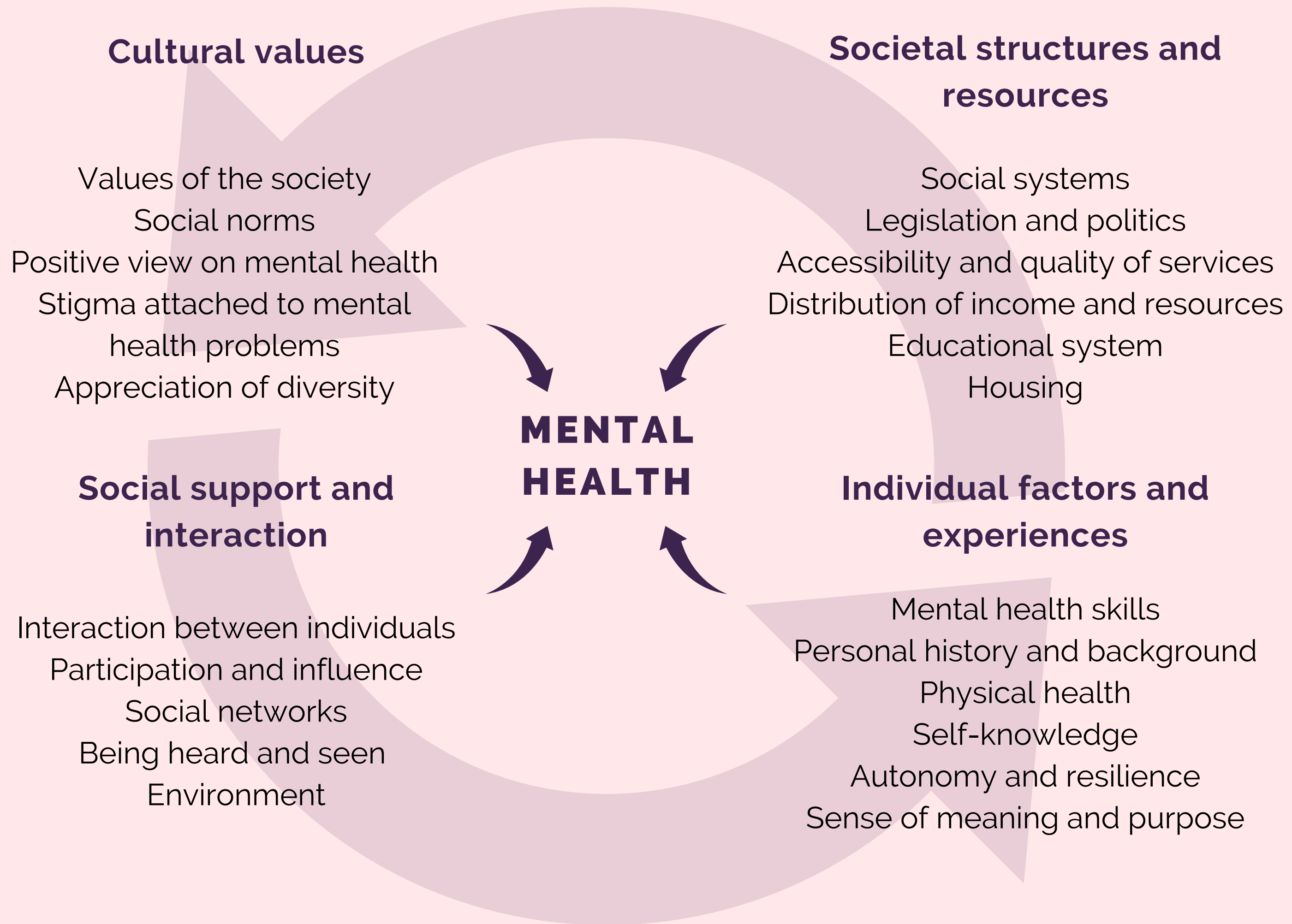
What is mental health?

- Foundation for people's welfare and performance
- Mental health and physical health go hand in hand and influence each other
- Mental health is the ability to
 - live with one's emotions
 - cope with disappointments and challenges
 - get along with others and sustain relationships
 - look after one's welfare and balance in the everyday life
 - what else?



Starting from the individual, all the way up to society itself, many factors influence mental health.

Next we will have a look at these factors.



Mental health skills include, for example

- Self-knowledge and -appreciation
- Taking care of the rhythm of the everyday life
- Survival skills
- Emotional skills
- Social skills
- Participation and activity
- The skill to seek help
- The skill to support and offer help



**Why is it important to talk about
mental health?**

Why is it important to talk about mental health?

- Mental health is with us, for the duration of our lives. It is a part of our comprehensive health
- Like other skills, mental health skills can be practiced and strengthened
- Everyone will encounter mental health challenges in their lives either personally, or through those near and dear. We need help and support from each other in various stages of our lives.

Exercise:

Support for Tuisku

"I don't feel like doing anything anymore. I feel like my whole life is filled with responsibilities. During the next weeks I have an awful lot of exams and other school stuff to do but I haven't had any energy to do something for them. And that builds up my anxiety more and more each day. I have no time for my friends since my hobbies consume all of my free time. I'd like to quit my other hobby but my folks would probably get mad at me and then things would get even more complicated. I can't even sleep 'cause all these things run through my mind at night. What can I do? "

Write down with your partner or in a small group, which different solutions or tips would you come up with to help Tuisku.

Emotional skills



What are emotional skills?

- Connection to your own emotions
- Understanding of emotions
- Ability to express and put emotions into words
- Approving encountering of emotions
- Empathy and compassion
- Assertiveness and boundaries
- Regulation of emotions and self-control
- Recognition of negative paradigms
- Reinforcing positive emotions
- Self-esteem and confidence

Emotions

- Emotional experience can be subconscious or conscious.
- Are manifested simultaneously both in the mind and the body.
- The force of emotions and ways of expressing and reacting to them vary. We have different tempers.
- All sorts of emotions are a part of life, including challenging and difficult emotions.
- It is good to remember, that you do not need to fear your emotions and even the greatest emotions will pass in time.

Exercise:

The meaning of emotions

Emotions will tell us about our expectations, needs and what we consider to be valuable or meaningful to us.

Next we will discuss what different emotions mean to us.

Discuss with your partner or in a small group:

How will you recognize this emotion?

What can cause this emotion?

What is related to this emotion?

Grief

Happiness

Fear

Anger

Anxiety

Remember these three things:

We all have a mental health. You can and you should talk about it.
Mental health is much more than diseases and problems.

Mental health is skills and an asset to be strengthened. Everyone also
needs help and support sometimes.

All emotions are necessary. Emotions are a part of life and it is
possible to face and deal with them.

For more information:

- **About mental health:**

- MIELI ry:
mieli.fi/fi/mielenterveys
- Nuortenmielenterveystalo.fi
- Osaamiskeskus Vahvistamo:
vahvistamo.fi/tietoa-ja-materiaaleja/
- Nuorten mielenterveysseura - Yeesi ry:
yeesi.fi
- Opiskelijoiden mielenterveyttä edistävä Nyyti ry:
nyyti.fi

- **Where to seek help and support:**

- SEKASIN-chat:
sekasin247.fi
- MIELI ry:n kriisipuhelin:
09 2525 0111
- Nyyti.fi/opiskelijalle
- Elämäntaitokurssi verkossa:
hyvakysymys.fi/kurssi/et/
- Tukea ja chatteja kootusti:
nuortennetti.fi
nuortenlinkki.fi/mista-apua

THANK YOU!



Bibliography

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- Mielenterveystalo.fi (5.6.2020)
- Mielekäs Elämä! -ohjelman loppuraportti (Sosiaali- ja terveysministeriön julkaisuja), 2003
- Mielenterveys elämäntaitona - Käsikirja Mielenterveyden ensiapu 1-kurssille, MIELI ry, toim. Karila-Hietala ym., 2014