



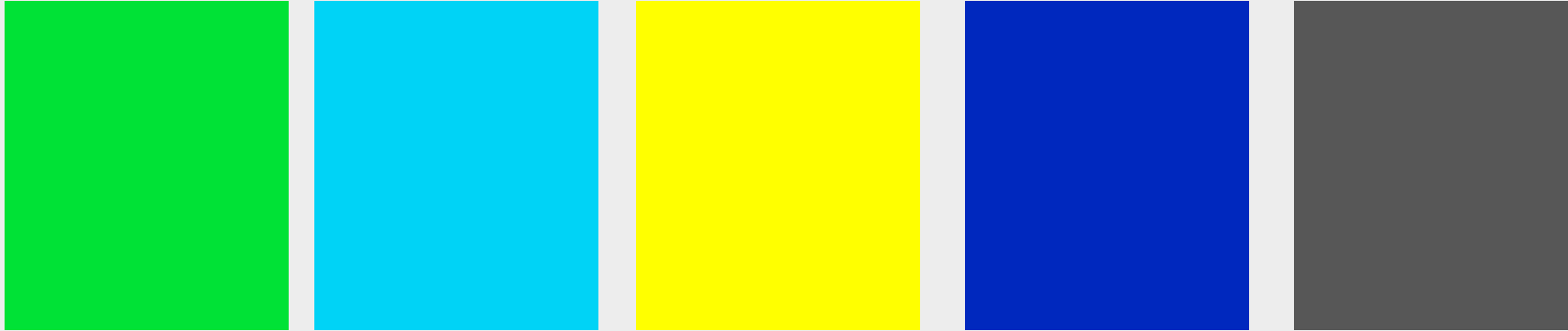
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**Promoting mental health
in high school
EFPTA April 20th, 2024**

Elina Marjamäki

Pick a card 😊 :

What is important for your own mental health?



5 groups according to the color in the back of card: you can find your table and your group with the same color

MIELI – Mental health Finland

160 employees

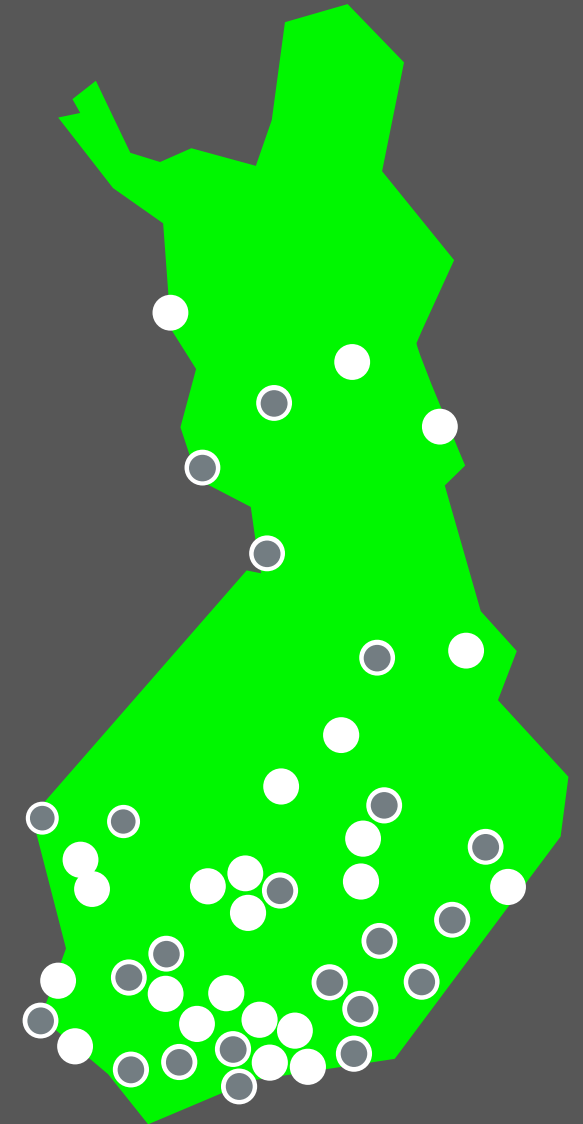
55 local associations

22 crisis centres

3500 volunteers

Promoting mental health by:

1. **Politics, policies, curriculas**
2. Mental health **training and material** for all age groups 0-100
3. **Help and support**; National crisis help line 24/7, Crisis chat for young people, suicide prevention, support groups, crisis help for immigrants, live and online
4. **Volunteer-based work and active citizenship**



**Our core mission is
to promote mental
health and prevent
mental health
problems**



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We need to increase adult's:

Knowledge and understanding of

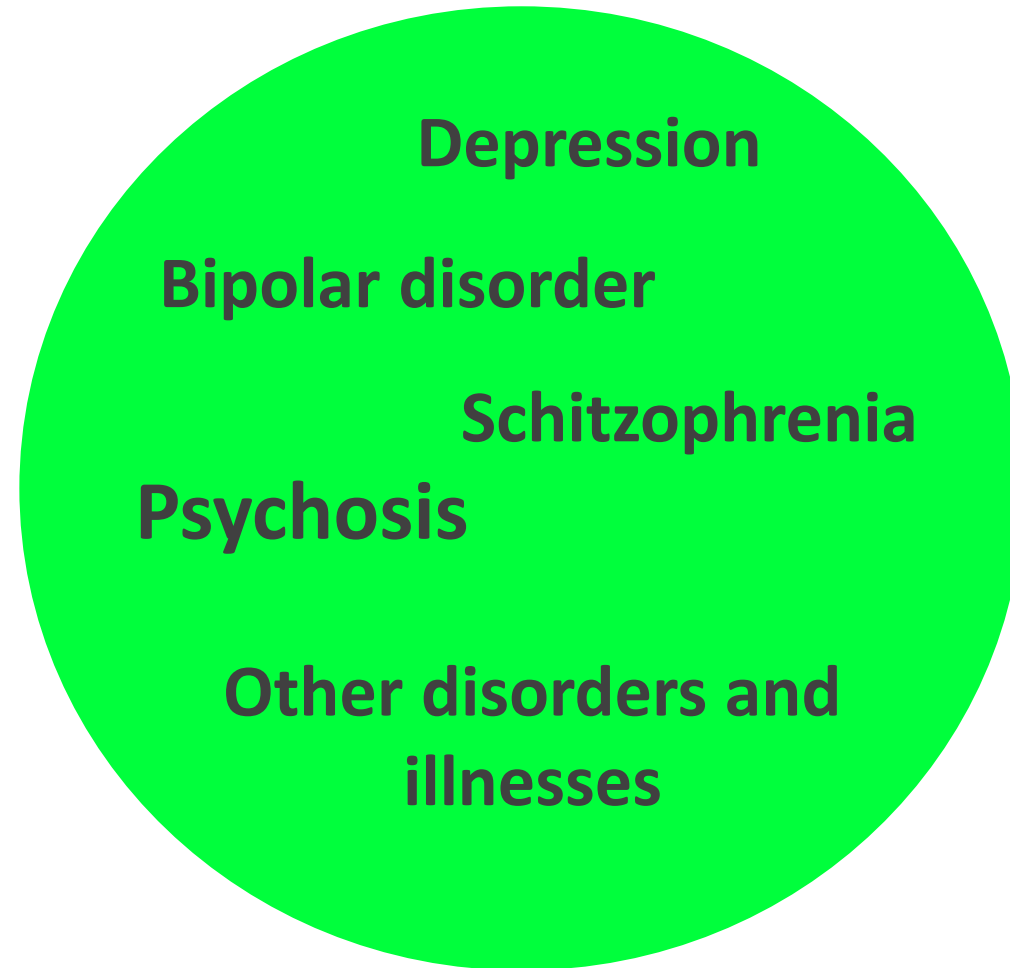
- Mental health as a positive resource and skill that we can teach, learn, support and strengthen
- Risk and protective factors of mental health
- Different ways to strengthen mental health
- The importance to reduce stigma towards mental health problems

Skills and motivation

- To teach and strengthen mental health skills for children and young people
- To listen
- To raise a concern
- To find help and support



20 YEARS AGO MENTAL HEALTH WAS MAINLY ABOUT:



AND THIS WAS A HEAVY BURDEN

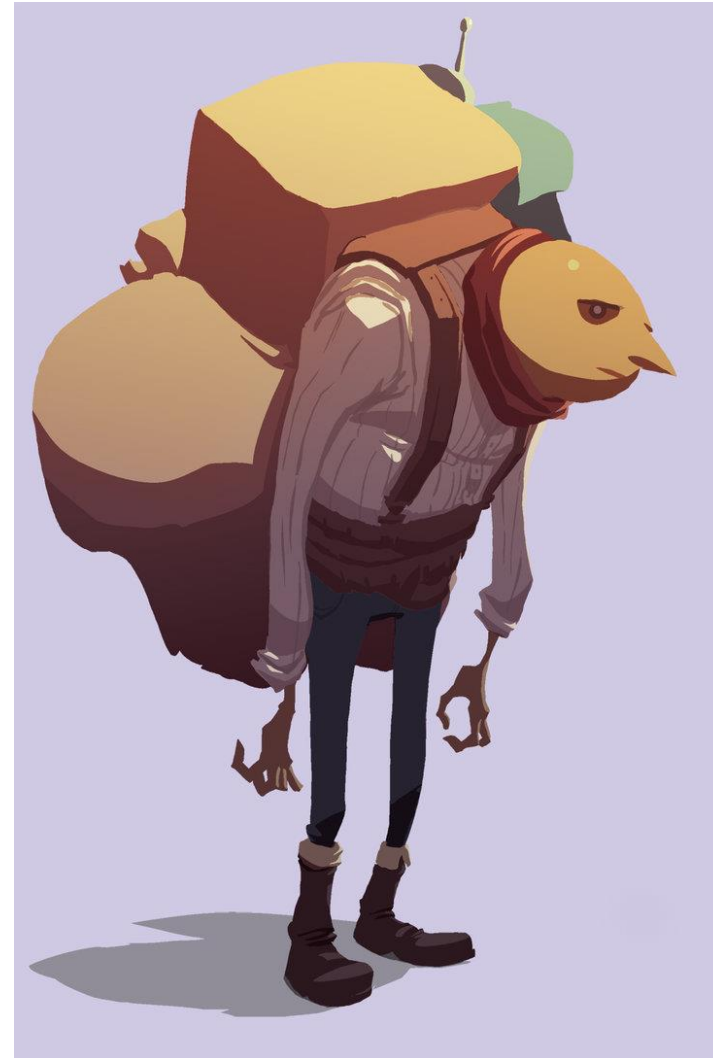
...for professionals to handle
This caused a lot of:

Fear

Anxiety

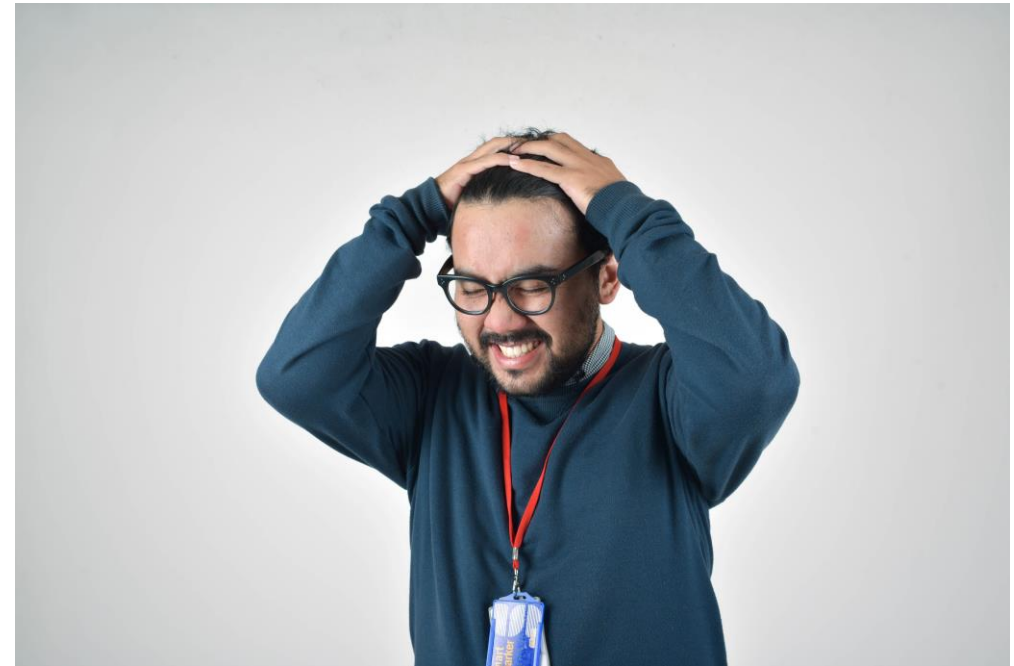
Resentment


Stigma



THIS PARADIGM RESULTED IN:

- Fixed mindset about mental health; you either have mental health or you don't have
- Feelings of overwhelm and hopelessness
- Too many problems, I can't fix them → I give up
- I am not interested in children's wellbeing
- I don't have time to care
- I am here to teach, not to be a doctor or social worker!





**So we needed
to create a new
way of thinking
about mental
health**

New paradigm for mental health

- **Mental Health is a life skill** that you can always
 - learn,
 - teach,
 - support and
 - strengthen
- **Everyone has** mental health even if they have mental health problems or difficult life situations or crisis
- **Everyone needs** mental health even if we don't have mental health issues or problems
- Mental Health is the foundation for well-being
- Societal structures play a role in mental health; How do they contribute to mental health?

MENTAL HEALTH AS SKILLS



**GROWTH
MINDSET**

MOTIVATION

OPTIMISM

CREATIVITY

- Daily routines and healthy habits
- Emotional skills
- Friendships and interaction skills → Preventing bullying and loneliness, safe groups
- Coping skills
- Self knowledge, self appreciation, strengths
- Values and attitudes
- Safety net and knowledge about different ways and places to get help, asking for help
- Stress management and recovery skills
- Mindfulness and relaxation
- Dreams, optimism, goals
- Participation and inclusion

Hand of Mental Health

- How do everyday choices affect our mental health?
- To feel well, we need every part of the Hand of Mental Health: sleep and rest, food and eating habits, relationships and emotions, exercise and hobbies and daily rhythm and values.
- Structures and routines support mental health at challenging times.
- A lot of research can be found about the themes and mental health
- We can share our struggles and also find joy with daily routines and choices as human beings living in this modern world.

HAND OF MENTAL HEALTH

How do everyday choices affect your mental health?



How do you promote the knowledge and/or habits in this area?

How does this area relate to mental health?

Let's come up with some ideas that strengthen this finger with young people

THUMB: SLEEP AND REST



FOREFINGER: FOOD AND EATING HABITS



MIDDLE FINGER: RELATIONSHIPS AND EMOTIONS



RING FINGER: EXERCISE AND MINDFULNESS

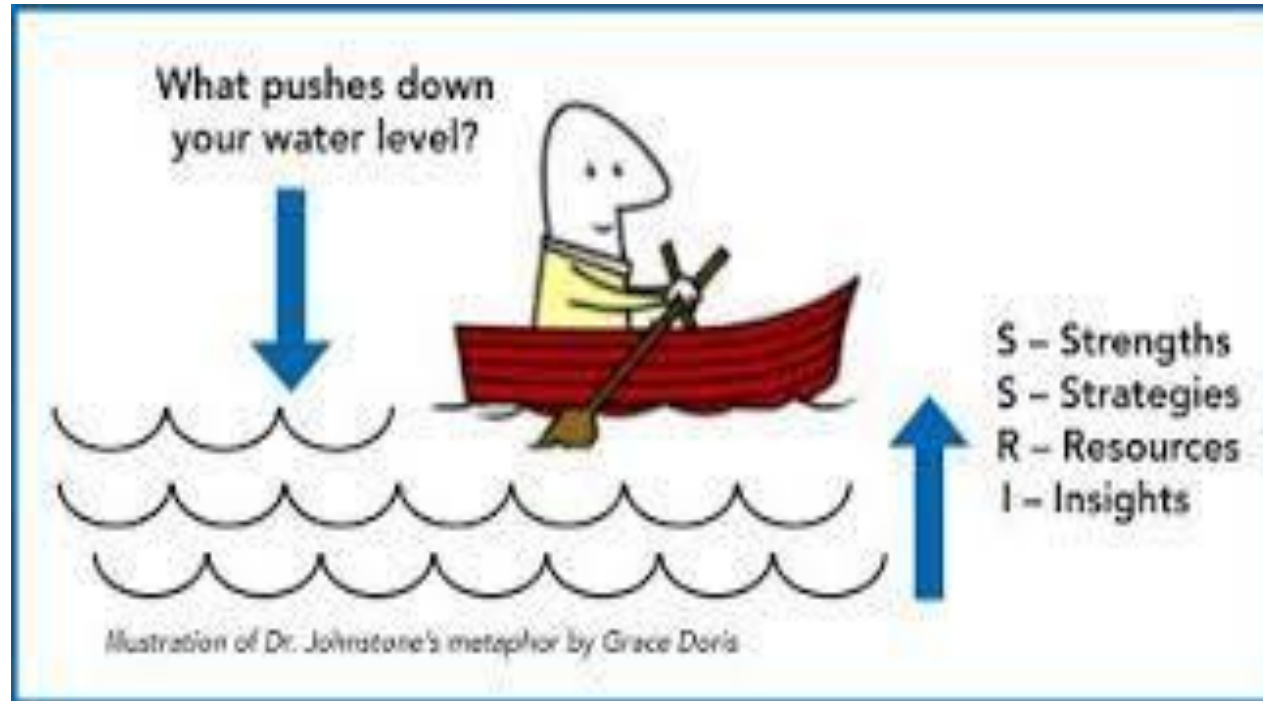
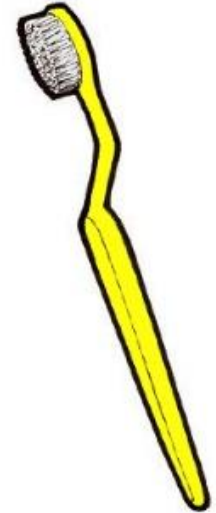


PINKY: CREATIVITY AND PLEASURE



DAILY HABITS SUPPORT YOUR RESILIENCE

We have to take care of our mental health same way we brush our teeth daily!



Resilience = water level

What lowers down your water level and what pushes it up?

The higher the water level the easier it is for your boat to float without hitting those "everyday" rocks (problems and obstacles)

CARDS – new groups Randomization

COPING SKILLS



COPING SKILLS ARE IMPORTANT MENTAL HEALTH SKILLS

- ◆ Life offers us many surprises, ups and downs and stress factors
- ◆ Covid19 → global pandemic forced us all to find ways to cope and re-evaluate our values
- ◆ Coping skills build up our resilience and support our mental health
- ◆ Crisis is also a possibility to find new strength and growth and re-evaluate your life and values.
- ◆ Help and support is needed, Safety net poster helps to make visible all different places and people you can turn to.



COPING SKILLS

- ◆ A mental health skill we all need
- ◆ Crisis or problem does not have to be something big; life challenges, school pressures, arguments with friends, being sick, having a relationship that ended, family problems
- ◆ The importance of having different ways to cope and help young find positive ways of coping and also to practice them.
- ◆ Recovery and relaxation skills are important in today's society
- ◆ Based on the research of Mooli Lahad and Dr. Ofra Ayalon

It is good to be aware of one's own ways of coping and to be able to use a variety of ways for coping.

COPING SKILLS



I STOP AND LISTEN TO MYSELF

I go jogging or walking
I do my favourite sports
I relax and recover
I eat well
I sleep



I search for more information
I make plans
I write things down
I solve problems
I make lists



I seek hope from values, ideas or religion
I think about the meaning of life
I quiet down, meditate, pray
I am present



I LOOK FOR DIFFERENT WAYS TO RECOVER

I try new ways of working
I use my imagination
I think positively
I listen to myself
I do cooking, drawing, handicrafting, writing, filming, podcasting, tik tokking



I show my emotions; I laugh, I cry
I talk about my feelings
I express my emotions in different ways; dancing, playing music, writing, painting



I spend time with my friends
I support others and accept support from others
I turn to others for help
I share my experiences with others

I TRY NEW WAYS OF COPING

COPING SKILLS

Group discussion:

- ▶ What are the typical coping skills you use?
→ share some concrete examples
- ▶ What kinds of coping skills have helped you before?
- ▶ What have you never ever tried before?
- ▶ Which new ways of coping you could try?
- ▶ How would you use this tool with young people?

COPING SKILLS

PHYSIOLOGICAL

I STOP AND LISTEN TO MYSELF

- I go jogging or walking
- I do my favourite sports
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- I eat well
- I sleep

INTELLECTUAL

- I search for more information
- I make plans
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SPIRITUAL

- I seek hope from values, ideas or religion
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CREATIVE

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EMOTIONAL

- I show my emotions; I laugh, I cry
- I talk about my feelings
- I express my emotions in different ways; dancing, playing music, writing, painting

SOCIAL

- I spend time with my friends
- I support others and accept support from others
- I turn to others for help
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I TRY NEW WAYS OF COPING

Physical coping

Jogging or outdoor activities, enjoying my favourite exercise, relaxing, eating and sleeping enough.

During Covid19 many people found the pleasures of outdoor walking and going into the nature as a new way of coping.



Intellectual coping

I find out more information, I make plans, I write things down, I solve problems and I make lists.

Many publishing companies were flooded during covid19 with new manuscripts and one French publisher pleaded that people would stop sending their books in 😊



I search for more information
I make plans
I write things down
I solve problems
I make lists

Spiritual coping

I get security and hope from religion, ideals and values.

I think about the significance of life, I reflect on things quietly, I think, pray, meditate. I am present.

Tina Turner writes in her new book about mantra chanting as a way of coping in life. She was in a violent relationship and singing mantras helped her find her inner strength. (Name of the book: *"Happiness becomes you"*)



I seek hope from values,
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I am present

Creative coping

I look for new ways to work.
I use my imagination.
I think positively.
I make creative things.

- Baking pot bread was popular during covid19
- Backyard concerts



I try new ways of working
I use my imagination
I think positively
I listen to myself
I do cooking, drawing,
handicrafting, writing, filming,
podcasting, tik tokking

Emotional coping

I laugh, cry and show my feelings,
talk about my feelings.
I express myself and my feelings
through art: dancing, playing an
instrument, painting, writing.

I had a neighbour who told me about his
way of coping when his wife was in a
hospital: He said that he cried a lot, like
a waterfall and very loudly. All this heavy
crying helped him recover the loss of his
wife.



I show my emotions; I laugh, I cry
I talk about my feelings
I express my emotions in different ways;
dancing, playing music, writing, painting

Social coping

I spend time with my friends,
I have group hobbies, I receive
support and also support others,
and share my experiences with
others.

Sometimes we have to learn to accept
support from other people, especially
if you are used to solving problems on
your own.



I spend time with my friends
I support others and accept support
from others
I turn to others for help
I share my experiences with others

How do you cope?

- What new coping skills could you try?

Can you find different ways of recovering from stress for yourself?



COPING SKILLS



I PAUSE AND LISTEN TO MYSELF

PHYSIOLOGICAL

I go jogging or walking
I do my favourite sports
I relax and recover
I eat well
I sleep



INTELLECTUAL

I search for more information
I make plans
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SPIRITUAL

I seek hope from values, ideas or religion
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CREATIVE

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I LOOK FOR DIFFERENT WAYS TO RECOVER



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I TRY NEW WAYS OF COPING

MENTIMETER

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COPING SKILLS



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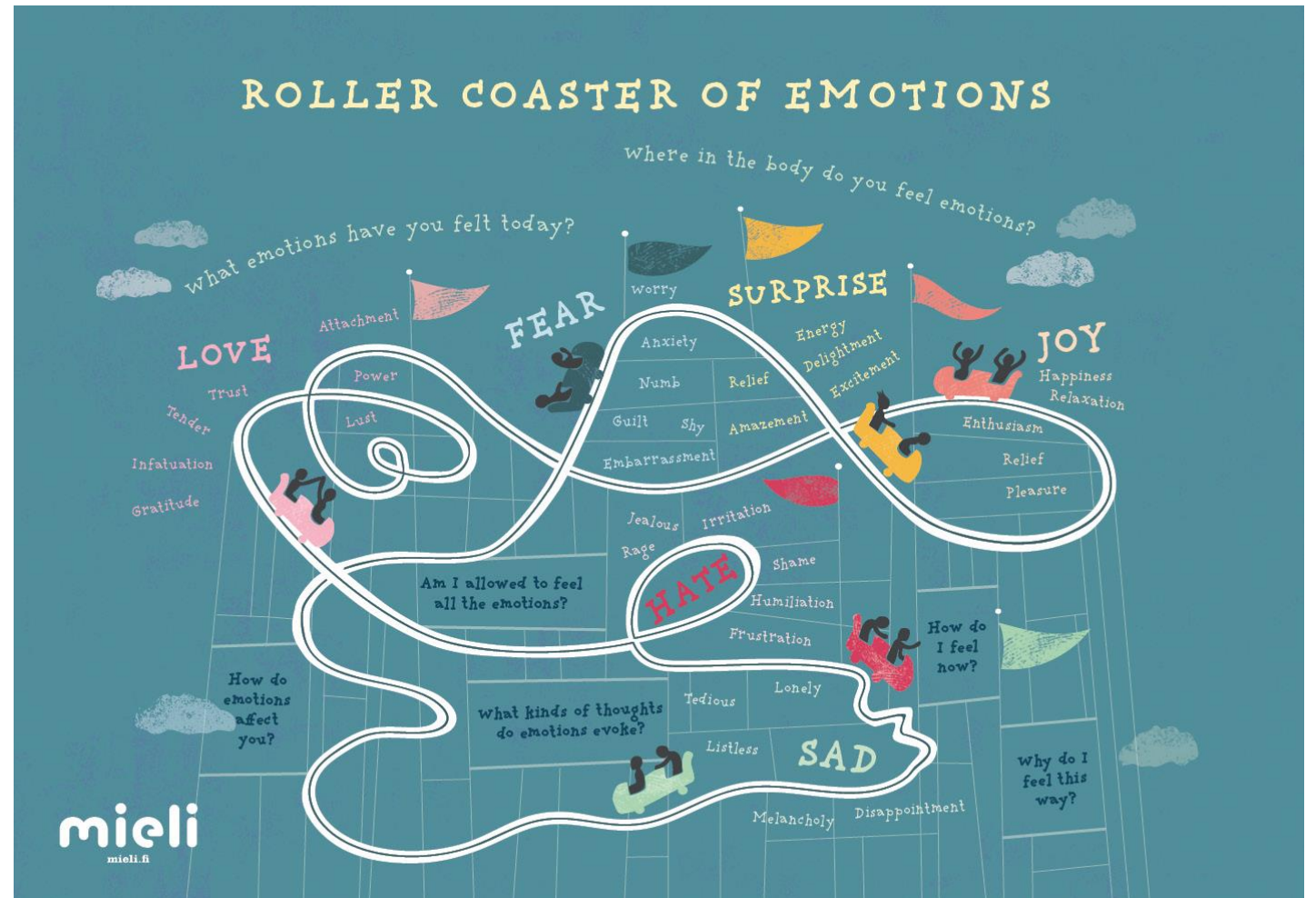
EMOTIONAL SKILLS

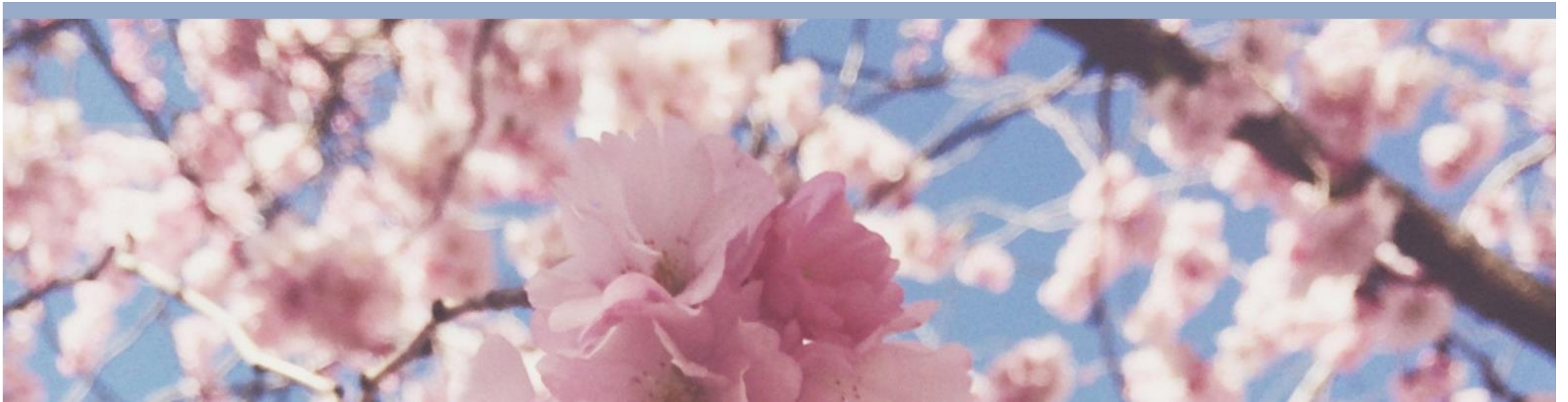


ROLLER COASTER OF EMOTIONS

- A tool to discuss about emotions
- Widens the vocabulary for emotions
- Place some hearts on the feelings you have felt during the EFPTA

Posters in English and in 14 languages:
<https://mieli.fi/en/materials/>





- What idea, thought or insight did you get from this workshop?
- What will you take with you?



Thank you!

Let's all promote mental health together



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Mental Health Promotion

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