



Couture
de 5/8"

slow down

breathe.

take it all in.

trust.

feel your aliveness.

ask.

manifest.

connect

with your

heart.

Psychology of everyday living

Promoting mental health

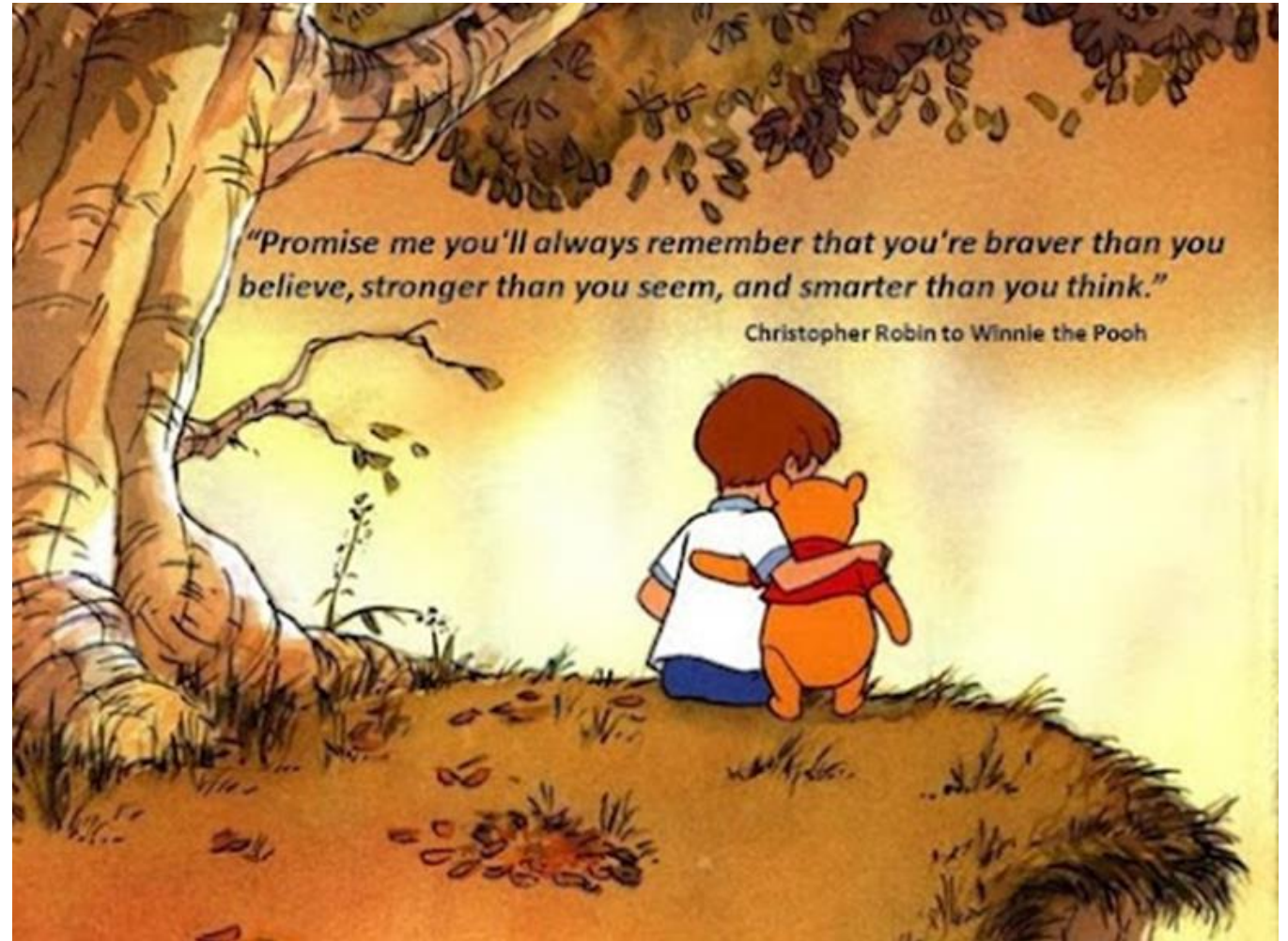
Lilja Ósk Úlfarsdóttir, Ph.D.
Valgerður Ólafsdóttir Cand.Psych.
Iceland

Goal

Prevention

Teach how to practise
mental health like
physical health

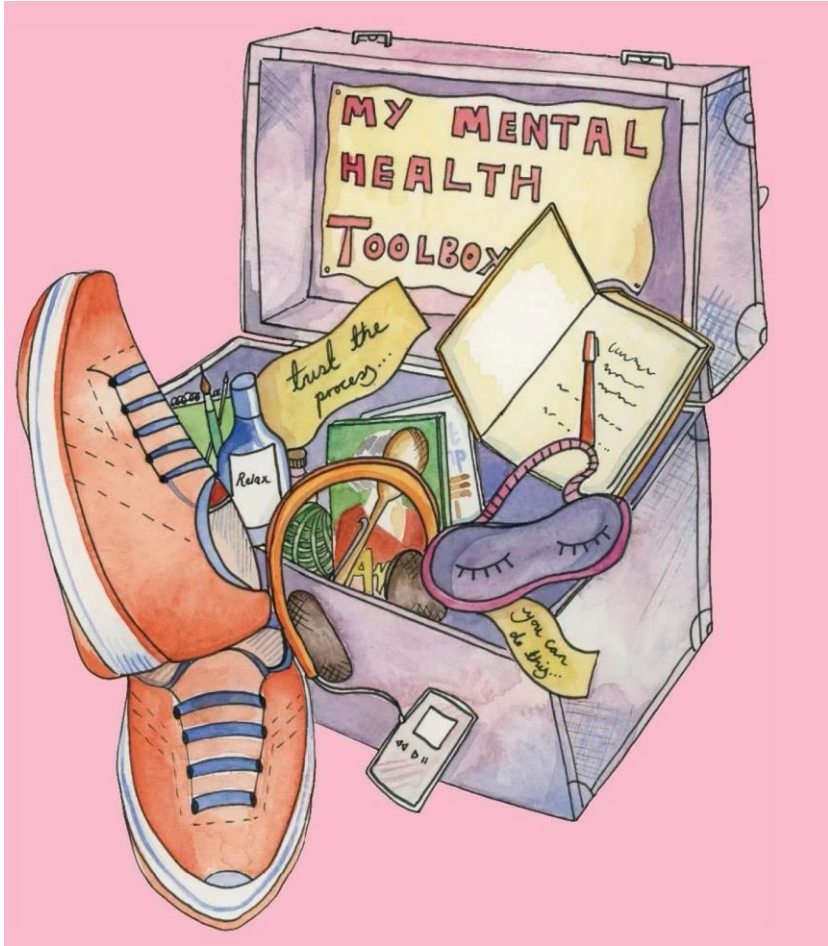
Practical course



"Promise me you'll always remember that you're braver than you believe, stronger than you seem, and smarter than you think."

Christopher Robin to Winnie the Pooh

Basic idea behind the course



A Mental Health Toolbox

- 14 chapters in the book
- Each chapter comes with
 - A focus topic and
 - A new tool for the toolbox
- Emphasis on in class practise and self criticism/growth

Lesson plan

~~yesterday~~
NOW.
~~tomorrow~~



Mindfulness
exercise
or
Meditation

Lecture
Groupwork
Individual work

Meditation
or
Relaxation

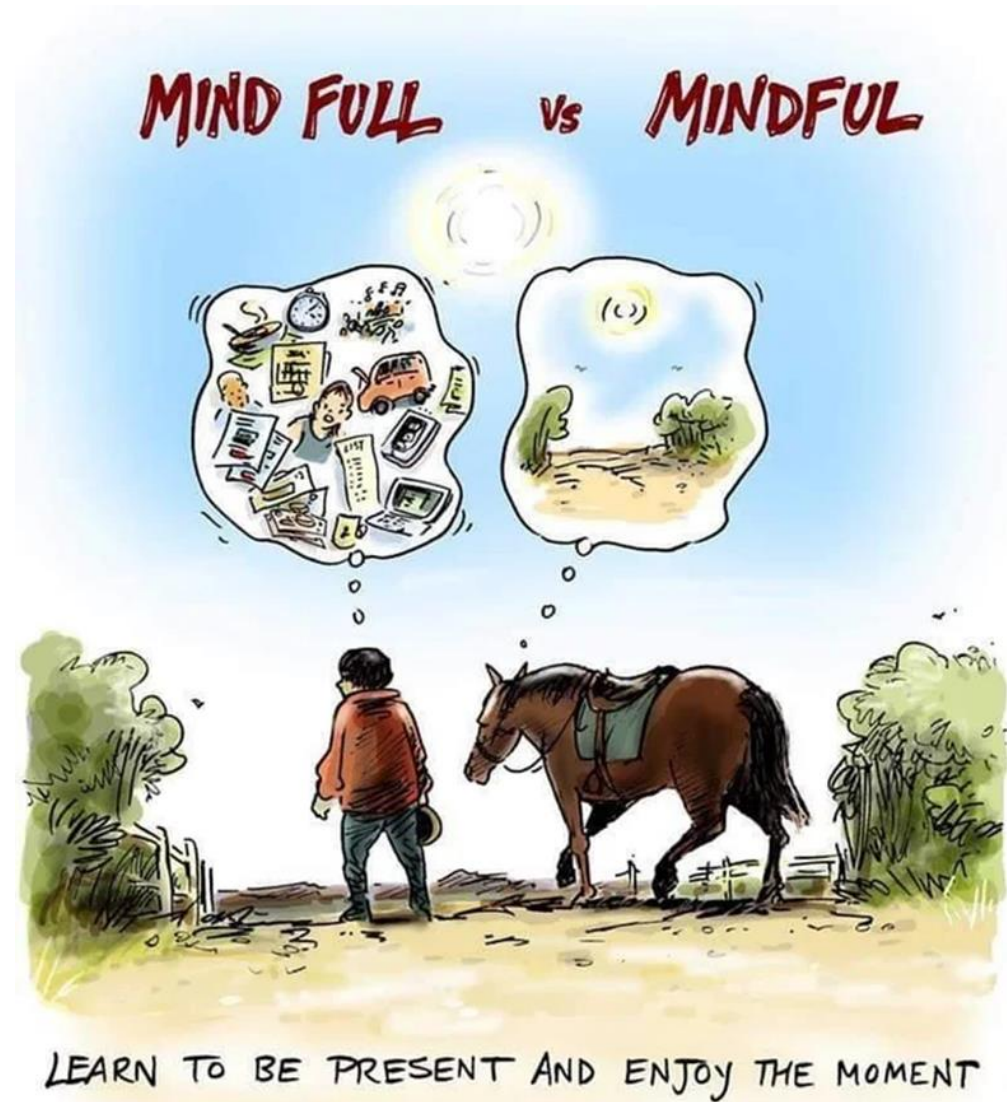
Mindfulness



Yesterday is history,
tomorrow is a mystery,
but today is a gift.
That's why we call
it the present.



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„Learning by doing“





Content

Setting goals

- Recording progress
- Challenges / obstacles
- Procrastination

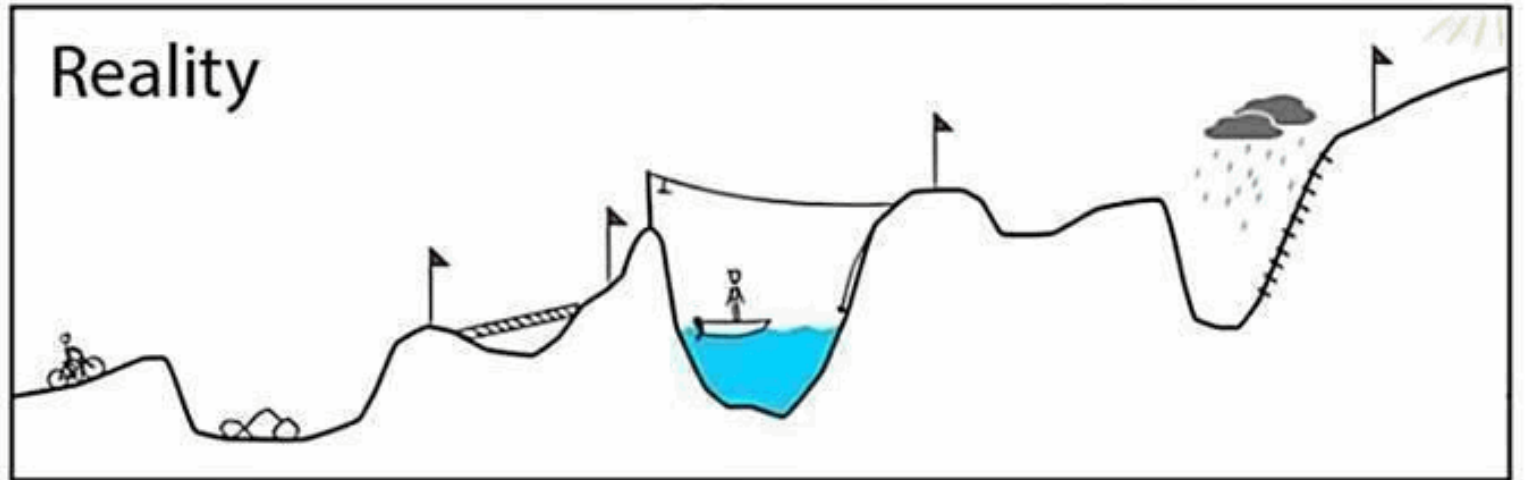
Obstacles
Are
challenges

Challenges are an
opportunity for
growth

Your plan



Reality



Content...

- Mindfulness
 - In class
 - Apps
- Sleep and lack of sleep
- Stress and relaxation
 - Systematic muscle relaxation
 - Music
 - Find what suits personally
- Meditation
 - „Guided imagery“

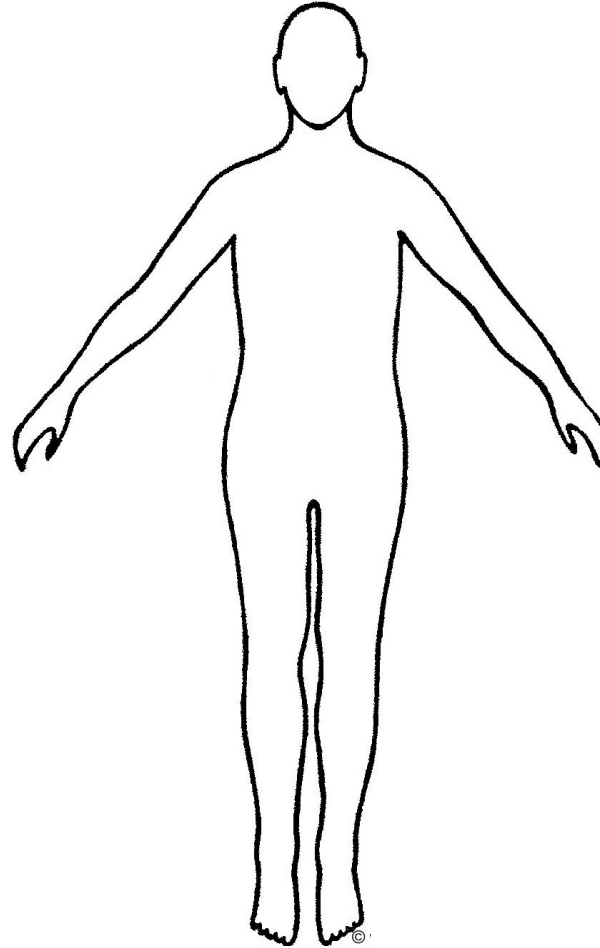
a special place



Content...

- Joy
- Anger (management)
- Shyness
- Anxiety
- Love
- Sadness
- Heartbreak – Rejection

Coping with emotions

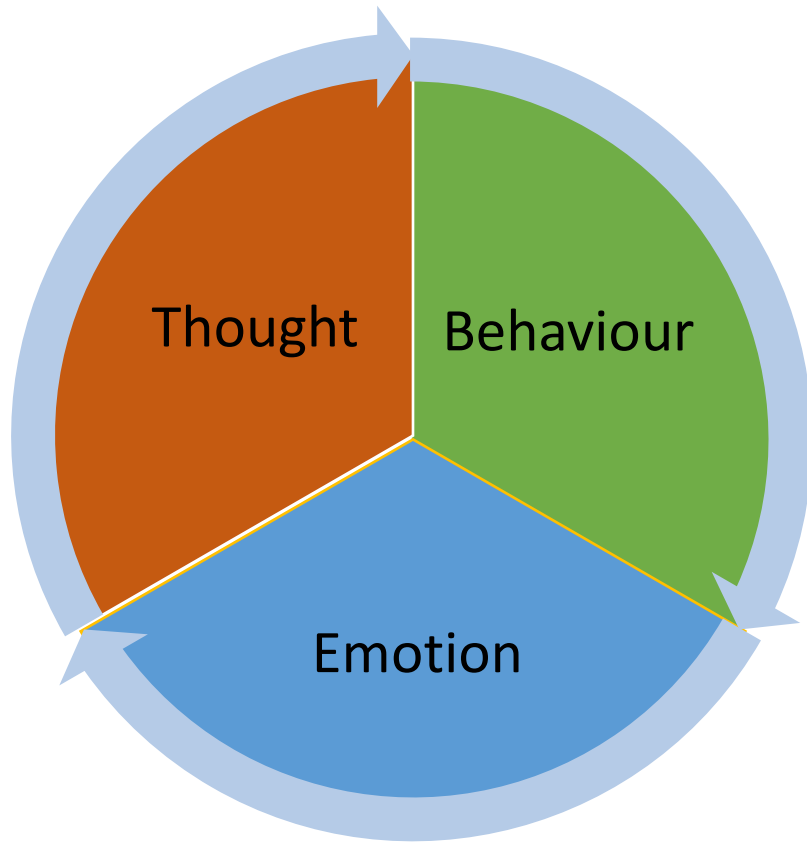






What is your body telling you?

- Messages about
 - Stress
 - Tiredness
 - ...

Content...

Thought record



Situation Who, what, when, where?	Feelings What did you feel? Rate your emotion 0 -100%	Thoughts What was going through your mind as you started to feel this way?
		
		
		
		

Content...

- Constructive criticism
- Verbal and nonverbal Communication
- Active listening



Interpersonal skills



- Social media

Bodylanguage

- High and low status
 - Drama exercises
- Bodylanguage - Posture
 - „Power pose”



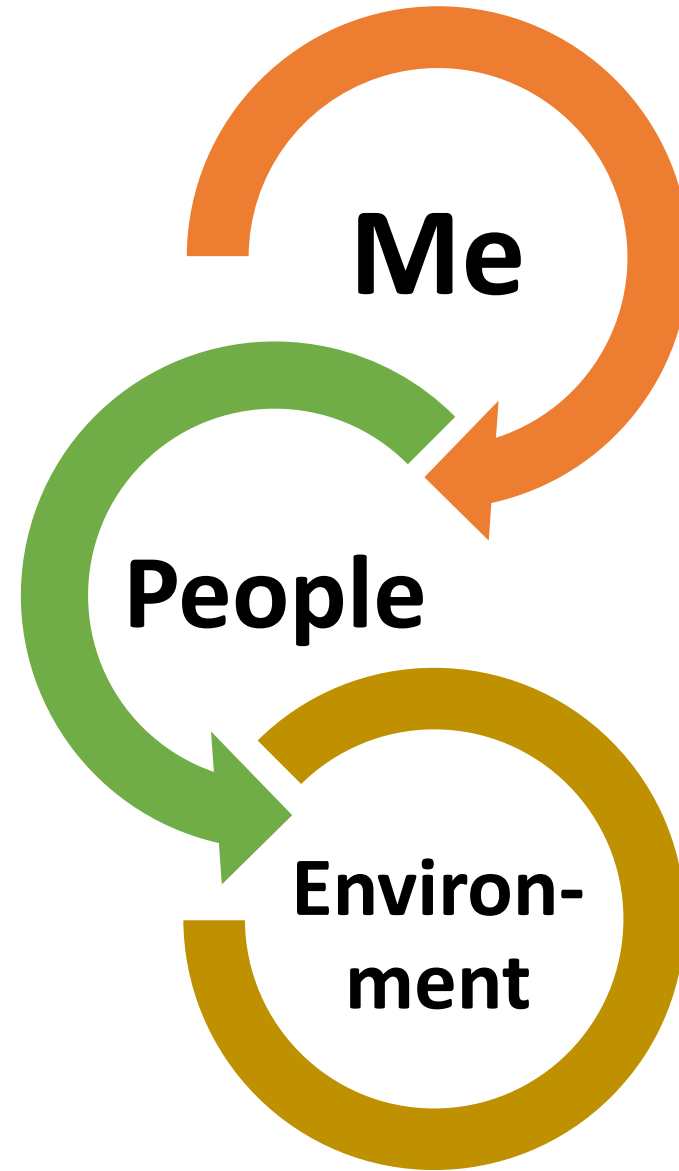
Compassion

- We need other people
- The power of one



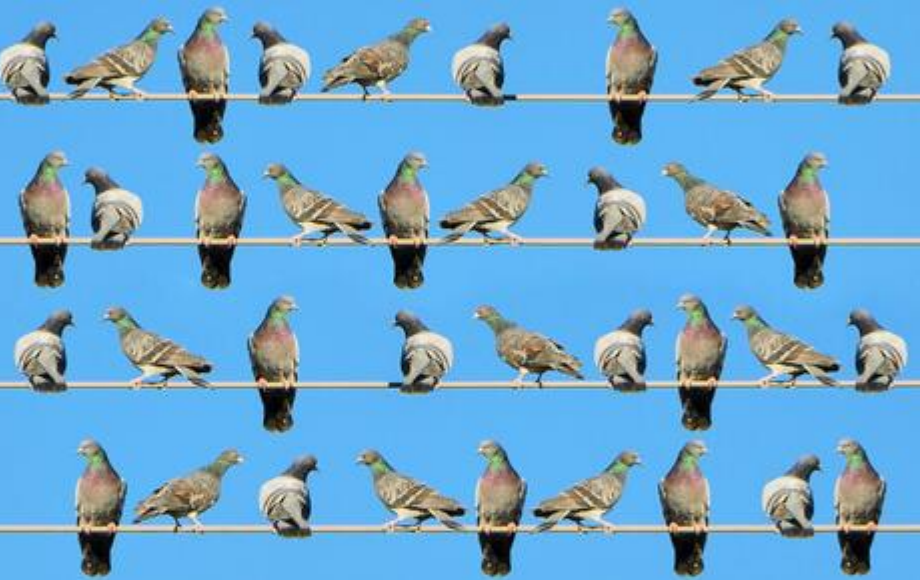
Sustainability

- [Environmental footprint](#)
- *Personal Environmental Sustainability Quiz.*
 - Behaviour
 - Recycling/sustainability
 - Consumption



Sample projects

- The power of one



- Joy-Box

Teacher manual

- Written with new teachers in mind
- Lesson structure
- Icebreakers
- Games
- Resources
- Prompts
- Ideas for
 - Class projects
 - Worksheets
 - Projects
- Group projects
- Additional material

Assessment

- Attendance 30%
 - Workbook 30%
 - Diaries 30%
 - Final project 10%
-
- Workbook 30%
 - Attendance 20%
 - Tests 15%
 - Film analyses 10%
 - Course evaluation 5%
 - Final project 20%

Course evaluation

Informal: Borgarholtsskóli

Better attendance

Higher marks

Medical director of health in Iceland

- Recommends the course for
- Healthpromoting school programme

A close-up portrait of the Dalai Lama, showing his face and hands. He is wearing glasses and has his hands clasped in a prayer gesture. The background is dark, and the lighting is warm, highlighting his features.

**“LOVE AND COMPASSION ARE NECESSITIES,
NOT LUXURIES. WITHOUT THEM HUMANITY
CANNOT SURVIVE.”**

DALAI LAMA

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