



## Mental Health at Work Mini-Lesson Plan #1

### Work & Mental Health

#### *How does work influence our mental health?*

#### Check-in / Reflection Prompt

On a scale from 1-10, how would you rate your well-being today?

#### Did you know?

Watch this 2-minute video: [youtube.com/watch?v=zDr1pWS-PQg](https://youtube.com/watch?v=zDr1pWS-PQg)

OR review the following key points:

- Just as we all have physical health, we all live with mental health.
- We're not ever only "mentally healthy" or "mentally ill" – our mental health fluctuates throughout our lives. One way to think of it is along a continuum.
- The Mental Health Continuum Model is a tool to help illustrate the spectrum of mental health and illness; to check in with ourselves; and to identify what actions may help us be well, wherever we're at.
- It's similar to using a scale from 1-10, but has some useful wording to help identify specific thoughts or behaviours.

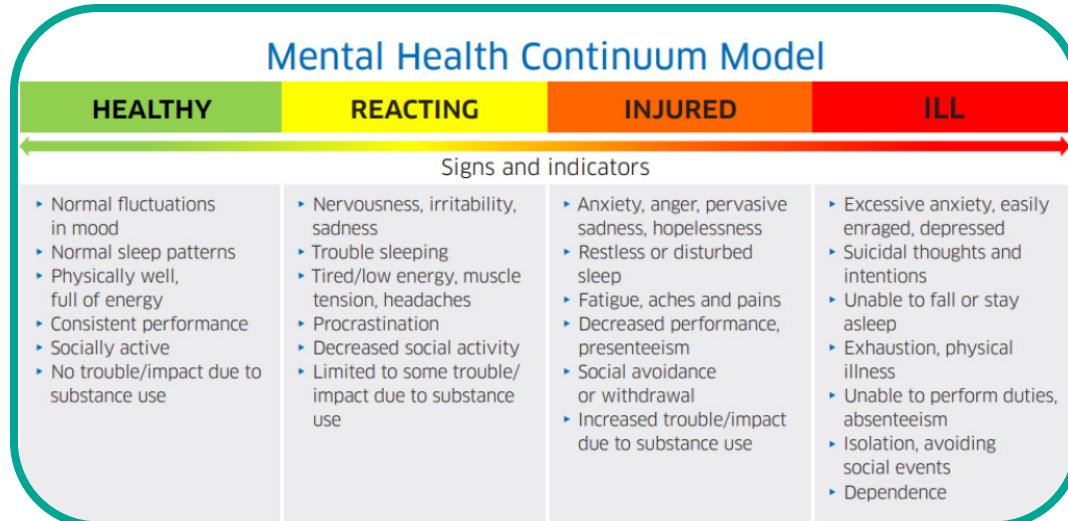


Image Source: [careforallineducation.com/care-for-all-in-education-spotlight-april-2024](https://careforallineducation.com/care-for-all-in-education-spotlight-april-2024)

- Each of us will find ourselves somewhere on this continuum at any point in our lives.

**Q:** What might move us between the zones of the continuum? (<1 min)

*Alternative prompt: Think about a time when you were doing really well (you felt active and connected, "hitting your stride") or when things were really tough (you were feeling a lot of stress, withdrawing, or down). What was happening in your life at the time?*

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#### Did you know?

- There are many things that can move us along the continuum (life events, stressors, genetics, our many environments)... including the work environment.
- After all, we spend a significant amount of time at work – on average, Canadians work more than 85,000 hours over their lifetime!
- On the flip side, we tend to be more engaged and productive at work when our mental health is thriving... which can benefit our well-being even further!

Let's explore how work can influence our well-being...

#### Discussion Questions

**Q1:** Think of your best “typical” day at work. What happened to make it so great? How did that influence the rest of your day or how you interacted with your family or friends?

**Q2:** What's something small you could start doing consistently today or tomorrow, to make work better for your mental health?

*For example, will you take your allotted break times, truly disconnect from work outside work hours, something else?*



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### Resource Highlight

Article: Care for All in Education Spotlight – April 2024.

*This article explores the Mental Health Continuum Model and discusses how to create a personal wellness plan.*

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