



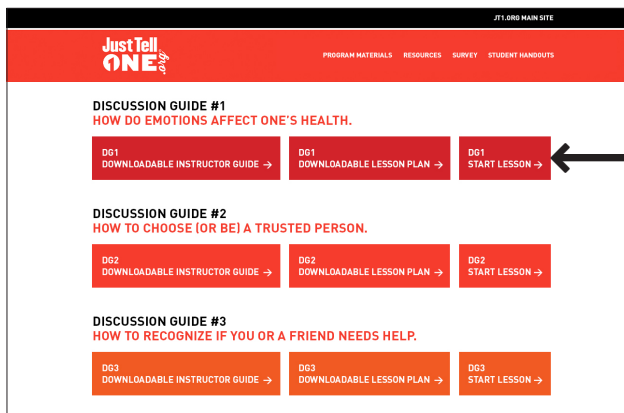
DISCUSSION GUIDE #1

HOW DO EMOTIONS AFFECT ONE'S HEALTH?

➤ Before you present this program for the first time, we strongly suggest you go to justtellone.org/give-help/ and review all content and videos on that page. No log-in required.

ONLINE PROGRAM

INSTRUCTOR GUIDE

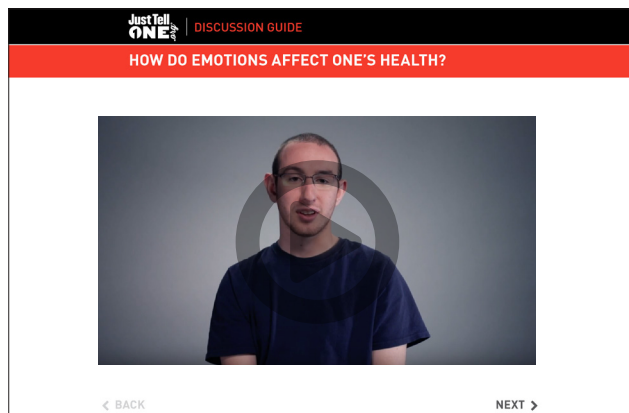


(Log in to jt1program.org and select "DG1 Start Lesson" from the menu.)



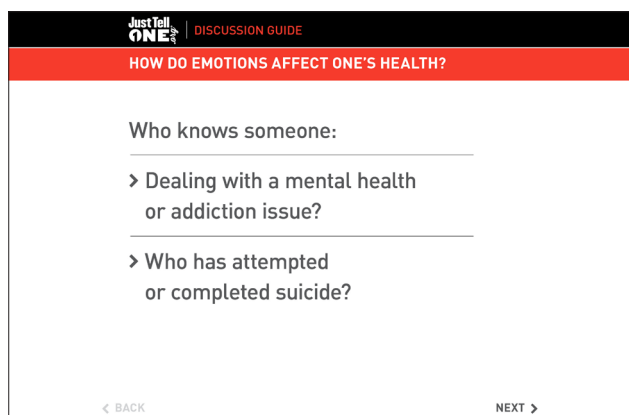
SLIDE 1

How do emotions affect one's health?

**SLIDE 2**

(Play video "I am")

Length of video is 1:04)

**SLIDE 3**

Who knows someone that is dealing with an emotional, mental health or addiction issue?

(Encourage or wait for show of hands)

Who knows someone who has attempted or completed suicide?

(Show of hands)

How old were these people?

Under 25?

(Show of hands)

Under 16?

(Show of hands)

Under 12?

(Show of hands)



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HOW DO EMOTIONS AFFECT ONE'S HEALTH?

The reality:

- > **1 in 5** young people live with a mental health challenge
- > Mental health issues and addiction often go hand-in-hand
- > Delayed treatment can allow a manageable condition to turn into a life-altering crisis

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SLIDE 4

One in five young people live with a mental health challenge. Think about it — just sitting in this room, it could be the person sitting behind you, in front of you, next to you, or it could be you.

Mental illness can range from mild, temporary conditions to more serious chronic, life-long conditions. As with any disease, prevention and treatment are key to living a healthier, more balanced life.

Mental health issues and addiction often go hand-in-hand. And when that happens, it's important to treat both issues early and head on.

It's not uncommon for it to take 10 or more years for a person to get treatment after the first symptoms appear. This can cause a once manageable condition to become a life-altering crisis. We want to prevent that and give you the tools to recognize when you or a friend may need help and how to ask for it.

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HOW DO EMOTIONS AFFECT ONE'S HEALTH?

There's good news—you are not alone!

Asking for help can be as simple as just telling one person.

Being that one person can help save a life.

Let's get the conversation started.

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When someone suffers from depression, suicidal thoughts, alcohol abuse, or substance abuse they can feel very isolated and alone. The good news is you are not alone! There are people who understand and are willing to help.

Asking for help can be as simple as just telling one person. Being that one person can help save a life.

Kyle Okposo of the Buffalo Sabres has been there and understands. Let's listen to what he has to say.

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*(Play video "Kyle Okposo"
Length of video is 2:24)*

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HOW DO EMOTIONS AFFECT ONE'S HEALTH?

Taking care of your mental health.

- > We all have mental health, whether it's good, bad, or in between.
- > Even if you don't have a mental illness, it's still important to maintain or improve your mental health.
- > Achieving mental wellness can also enhance your physical health.






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SLIDE 7

We all have mental health, whether it's good, bad, or in between. Even if you don't have a mental illness, it's still important to maintain or improve your mental health. Achieving mental wellness can also enhance your physical health.

How do emotions affect your daily life or performance?

(Engage students in discussion. Examples: anger, frustration, lack of focus, lack of motivation, etc.)

When you're upset or stressed, do you sometimes feel physically bad? How so? What are some of the physical symptoms you feel when things are bothering you?

(Engage students in discussion. Examples: headache, stomachache, sweaty hands, tremors, muscle hurt, body aches, pain, etc.)

Does feeling bad – physically or emotionally – affect the choices you make? If so, how?

(Engage students in discussion. Examples: stop going out with friends, choosing the wrong friends, staying up late, don't eat right, personal hygiene [not taking care of yourself], vaping, smoking, self-harm, drug use, etc.)

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HOW DO EMOTIONS AFFECT ONE'S HEALTH?

Why it's important.

- › Mental health is part of your overall health
- › Everyone feels sad, lonely, stressed, anxious, or other emotions now and then
- › But if the feeling lasts a while (2 weeks or more), becomes extreme, or starts interfering with your life, it may be a mental health concern

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SLIDE 8

Mental health is part of your overall health.

Everyone feels sad, lonely, stressed, anxious, or other emotions now and then. But if the feeling lasts for an extended period of time (2 weeks or more), becomes extreme, or starts interfering with your life, it may be time to talk with someone.

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HOW DO EMOTIONS AFFECT ONE'S HEALTH?

Coming up, we'll talk about:

- › How to choose a trusted person
- › How to recognize if you (or a friend) needs help
- › How to ask for help
- › How to deal with barriers and negative reactions

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Over the next few sessions we're going to talk about:

- › The importance of having a trusted person in your life, and how to choose one
- › How to recognize if you or a friend needs help
- › How to ask for help, and
- › How to deal with some of the barriers you may face

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HOW DO EMOTIONS AFFECT ONE'S HEALTH?

Self-assessment for mental illness or substance abuse:

☐ Do I have a family history of mental illness, drug addiction, or alcoholism?	☐ Do I need to use drugs or alcohol to have fun, relax, or feel normal?
☐ Do I feel sad, depressed, or hopeless?	☐ Have I been arguing more with family and friends?
☐ Have I lost interest in my favorite activities?	☐ Do I have problems with eating or sleeping?
☐ Do I feel tired for no reason?	☐ Would I rather be by myself than with friends and family?
☐ Have I been experiencing mood swings?	☐ Have I thought about hurting myself or killing myself?
☐ Have I recently gone through a stressful event like a break up?	☐ Have friends or family members been asking me, "Are you OK?"
☐ Have I been having memory lapses, blackouts, or trouble concentrating?	

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Until then, your homework assignment is to look over this self-assessment questionnaire and be honest with yourself as you answer.

(Hand out self-assessment)

You don't have to write it down, or share it with anyone. Just read it over and give yourself an honest assessment of how you're doing.

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HOW DO EMOTIONS AFFECT ONE'S HEALTH?

If you answered "Yes" to one or a few of those questions, it's a good idea to talk with someone you trust about what you're feeling.

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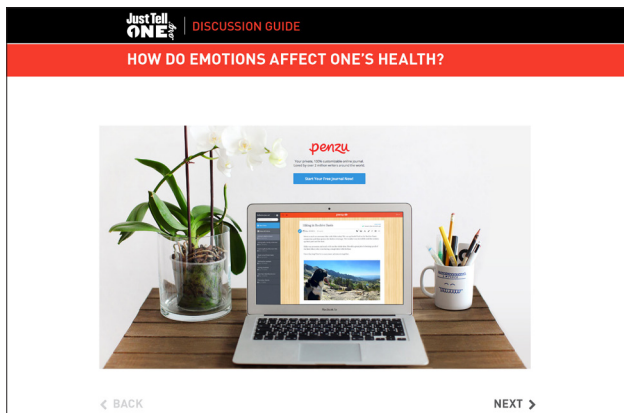
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If you answered "Yes" to one or a few of those questions, it's a good idea to talk with someone you trust about what you're feeling.

Most importantly, if you think you need help, ask for it...come to me, the school counselor, your parent—someone you trust. Or call one of the crisis numbers on this poster.

(Show poster to class)

This poster has the contacts for all of your school support staff. Write this information down, or take a picture of it before you leave class today.

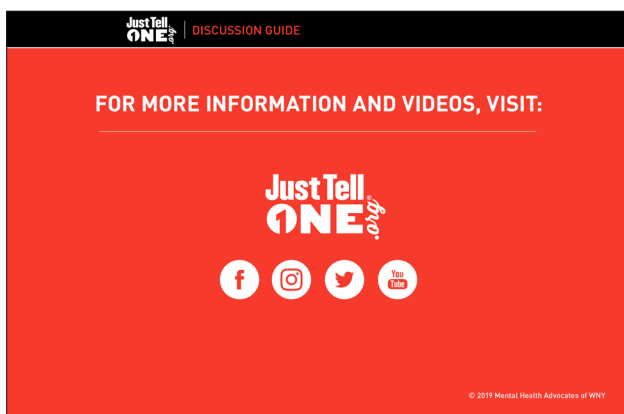


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If you do want to write and record your thoughts and daily emotions down, be sure to use a safe, secure space.

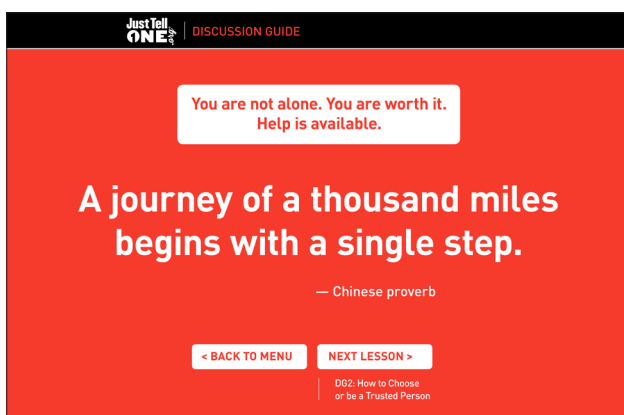
Simply writing down your thoughts and feelings may help you understand them more clearly, and can help you gain control of your emotions and improve your mental health.

Penzu.com is a free and private online journal that can help you get started.



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Also, go to [JustTellOne.org](https://www.JustTellOne.org) if you're interested in more information or watching more videos. Or follow Just Tell One on Facebook, Twitter, YouTube, and Instagram.



SLIDE 14

Remember, you are not alone, you are worth it and help is available. Don't be afraid to talk with someone you trust.