

## EDCI: Maureen Joy Mental Health Session

---

### Overview

- **introductions** - 5 minutes
  - Q & A / discussion
  - whole-group activity (feelings charades)
- **mental health broadly** - 5 minutes
  - psychoeducation
  - Q & A / discussion
- **stress** - 15 minutes
  - psychoeducation
  - Q & A / discussion
  - whole-group activity (worksheet 1 - bodily sensations bingo)
  - whole-group activity (belly breathing)
- **thoughts, feelings, behaviors** - 10 minutes
  - psychoeducation
  - Q & A / discussion
  - whole-group activity (worksheet - thoughts feelings behaviors)
- **behavior change** - 10 minutes
  - psychoeducation
  - Q & A / discussion
  - whole-group activity (worksheet - changing behaviors)
- **copng skills** - 20 minutes total - 5 in large group, then 15 in small groups
  - psychoeducation
  - Q & A / discussion
  - break into small groups

Madeline Farber

Wednesday, December 12, 2018

- coping skills story (tucker the turtle) ~ 5 min
  - break for all groups to finish
- progressive muscle relaxation ~ 5 min
  - break for all groups to finish
- mindfulness activity (five senses) ~ 5 min
  - come back together into big group
- **mental health treatment** - 5 min
  - psychoeducation
- **wrap-up** - 5 min
  - whole-group activity (worksheet - to take home)
  - final takeaways