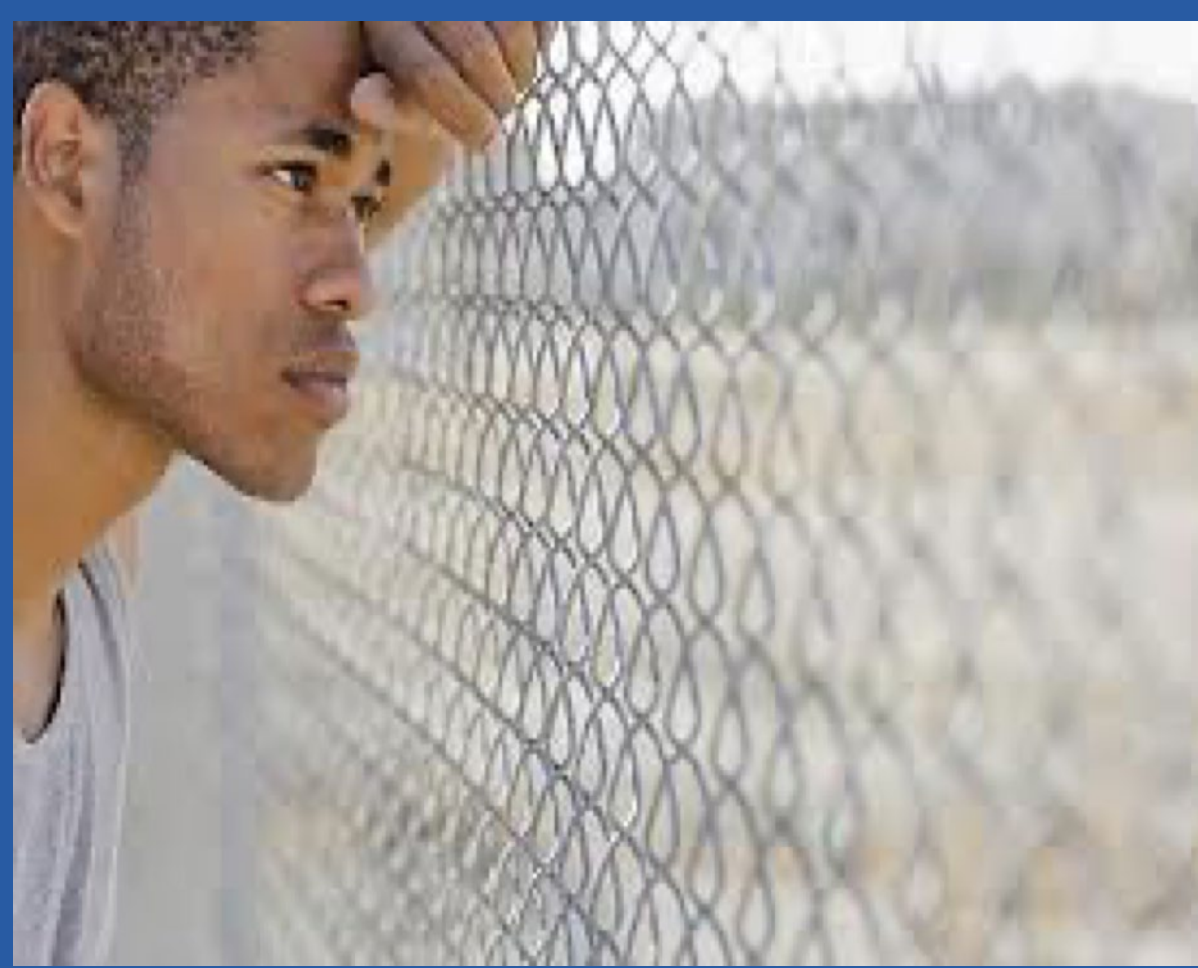


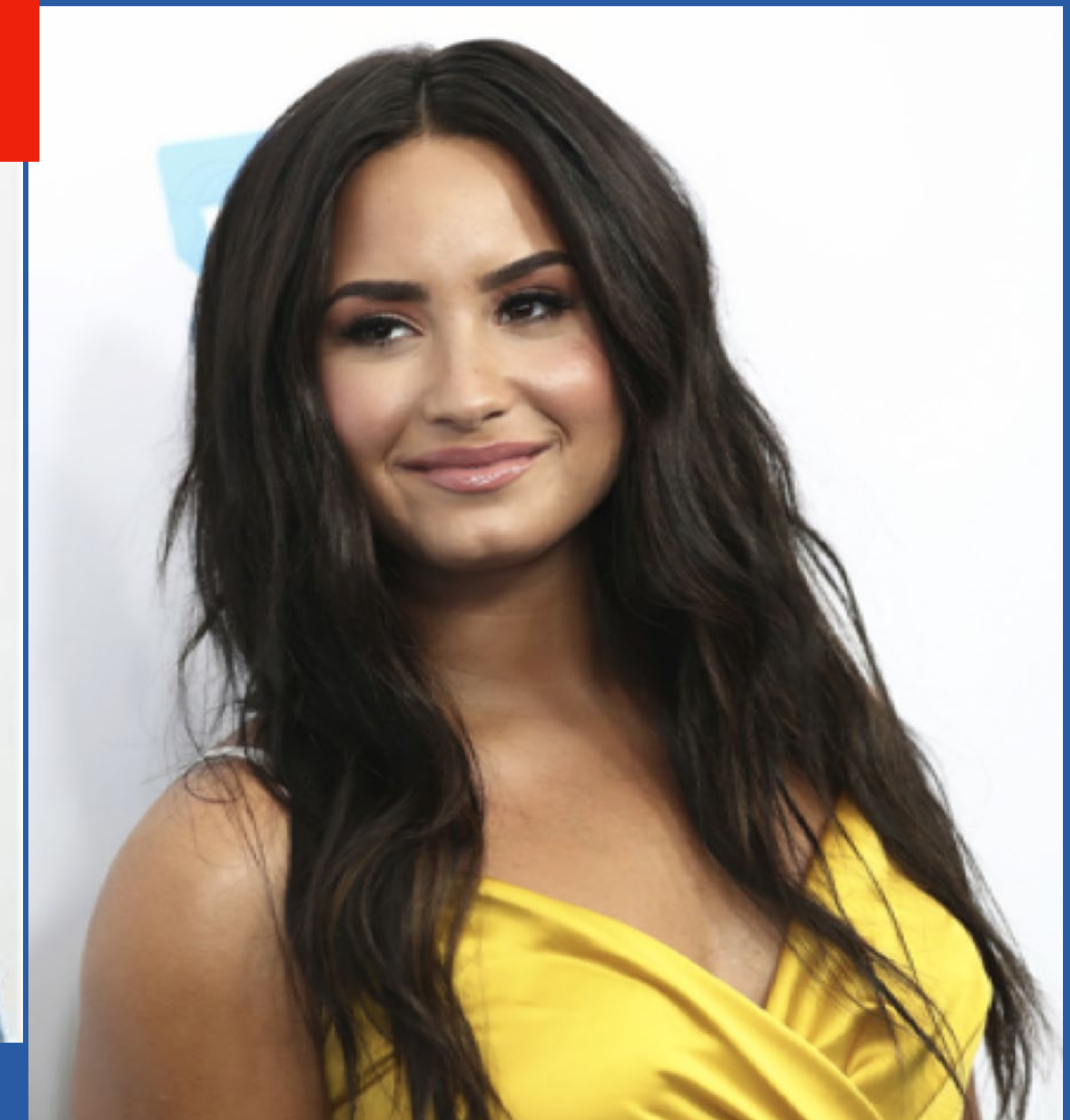
# Creating a Life-Changing Connection

**ROSS SZABO**

Wellness Director, Geffen Academy at UCLA



# MENTAL HEALTH



**Mental health isn't having a problem.**

**It's how you address challenges in your life. Mental health is work.**

**It's not about being perfect. It's about knowing what skill to use and when to use it.**



Help!

**Why don't people seek help for their  
mental health?**

# MENTAL HEALTH LITERACY

/men(t)l helTH litrəsē/    **noun**

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Knowledge about mental health disorders that are associated with their recognition, management, and prevention.

# LANGUAGE

## Everyday Challenges

- Stress
- Lack of Sleep
- Low Self Esteem
- Poor Body Image

## Mental Health Disorders

- Clinical Depression
- Anxiety Disorders
- Bipolar Disorder
- Schizophrenia
- Eating Disorders

## Environmental Factors

- Bullying
- Physical abuse
- Emotional abuse


## Developmental Disabilities

- Intellectual Disabilities
- Autism Spectrum Disorder
- ADHD

## Significant Events

- Death
- Divorce
- Breakups
- Major Illness

# SPERMATICURUM



People who are sane or don't have a diagnosis

People with mild mental health disorders like anxiety, depression.

Severe mental health disorders.



# STRICTLY CURRICULUM



# Emotions **vs.** Disorders

Nervous <<< <<< Anxiety Disorder

Feeling depressed <<< <<< Clinical Depression

Body Image Issue <<< <<< Eating Disorders

Thoughts of Death <<< <<< Plan to Take One's Life



# Competition of Stress

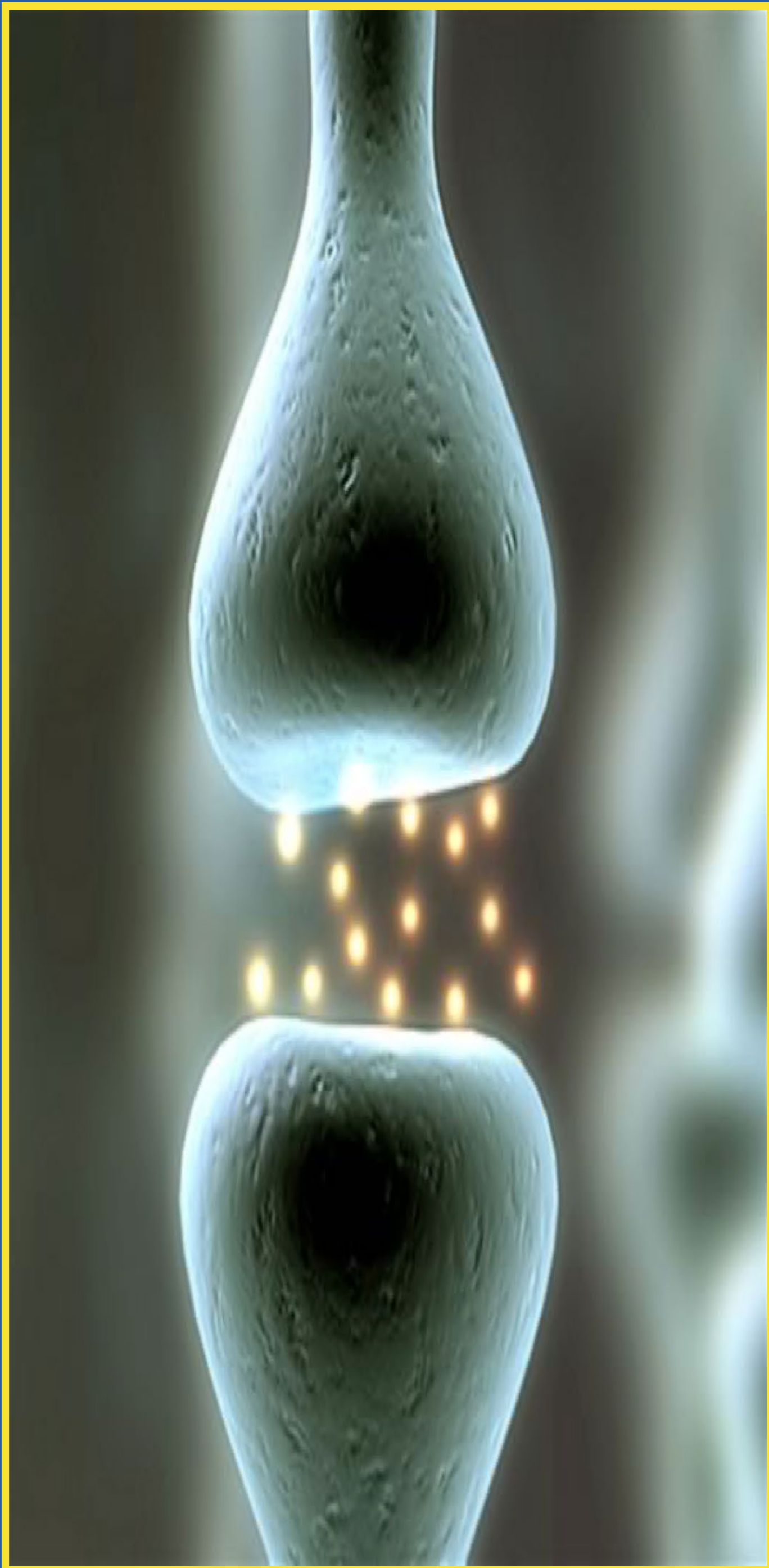
# Good Stress vs. Bad Stress

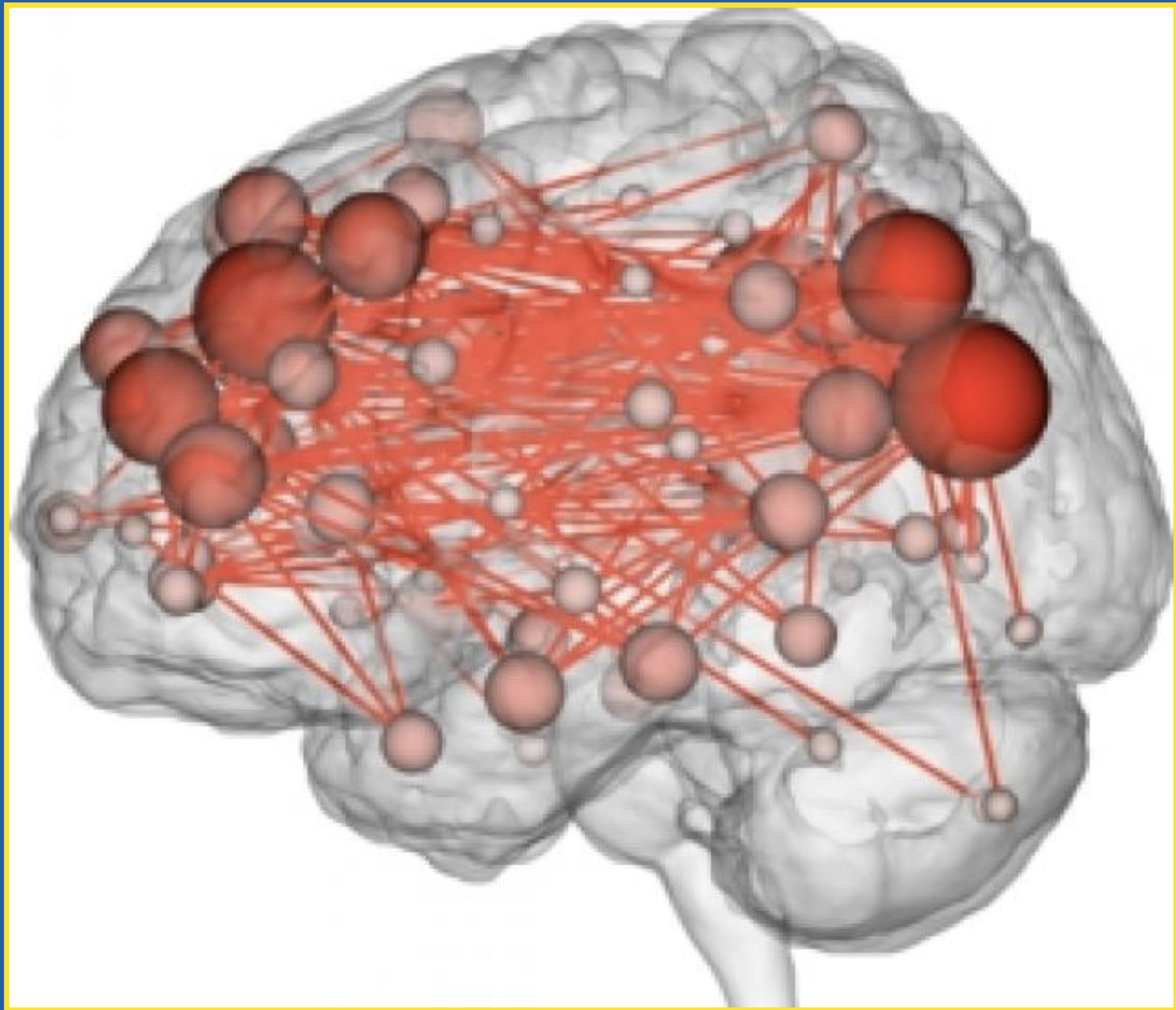
## Good Stress

- **A burst of energy that basically advises you on what to do**
- **Helps you meet daily challenges**
- **Motivates you to reach your goals**
- **Produces the fight-or-flight response**
- **Can improve your heart and protect you from infection**

## Bad Stress

- **Inability to concentrate or complete tasks**
- **Get sick more often**
- **Body aches**
- **Headaches**
- **Irritability**
- **Trouble falling sleeping or staying awake**
- **Changes in appetite**
- **More angry or anxious than usual**





# Adolescence is a Time of Opportunity

## Adolescents who numb or shut down

- May be more introverted
- Meet them where they are
- Engage them with activities like arts, music, acting, reading or writing.

**Create  
Natural  
Highs**

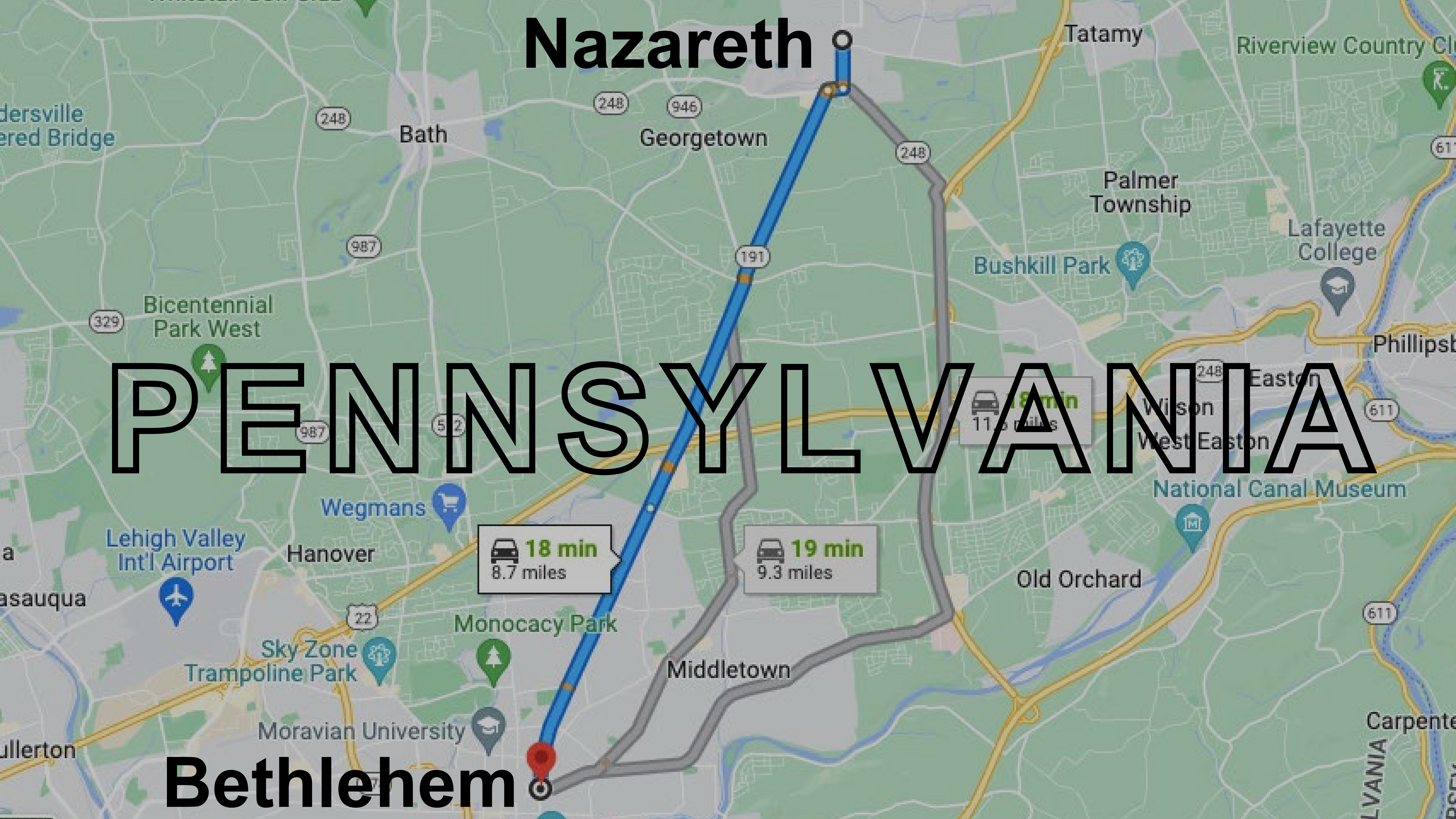
## Adolescents who embrace risk

- More extroverted
- Enjoy feeling a rush from activities or experiences
- Engage them with activities like martial arts, rock climbing, sports, skateboarding etc.

# Nazareth

# PENNSYLVANIA

# Bethlehem









# Programs for PreK-8

## 1. Social Emotional Learning

A. Emotional Intelligence

B. Naming Emotions

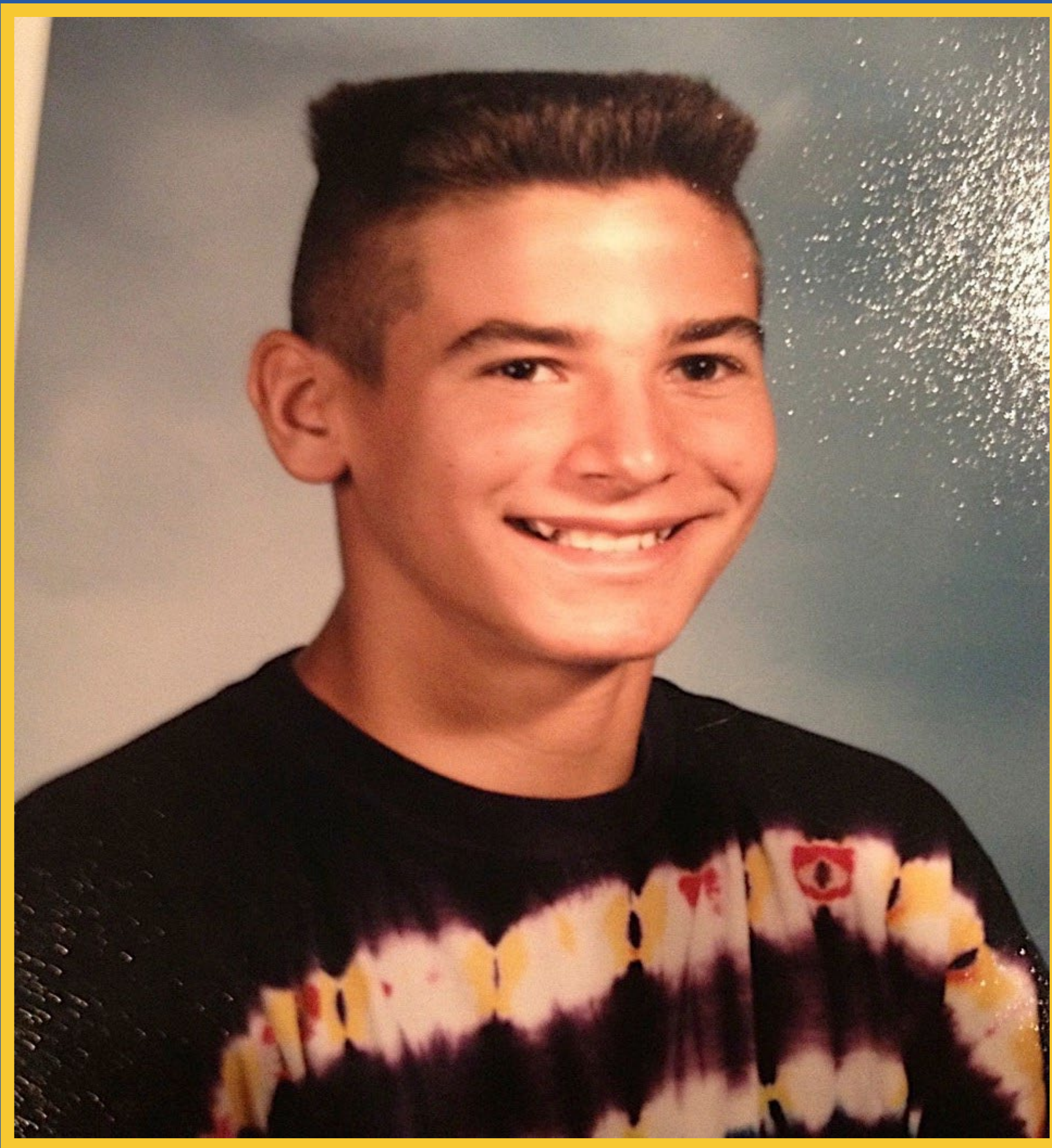
C. Identifying Feelings

## 2. Mindfulness

A. Activates Prefrontal Cortex

B. Helps Students Focus

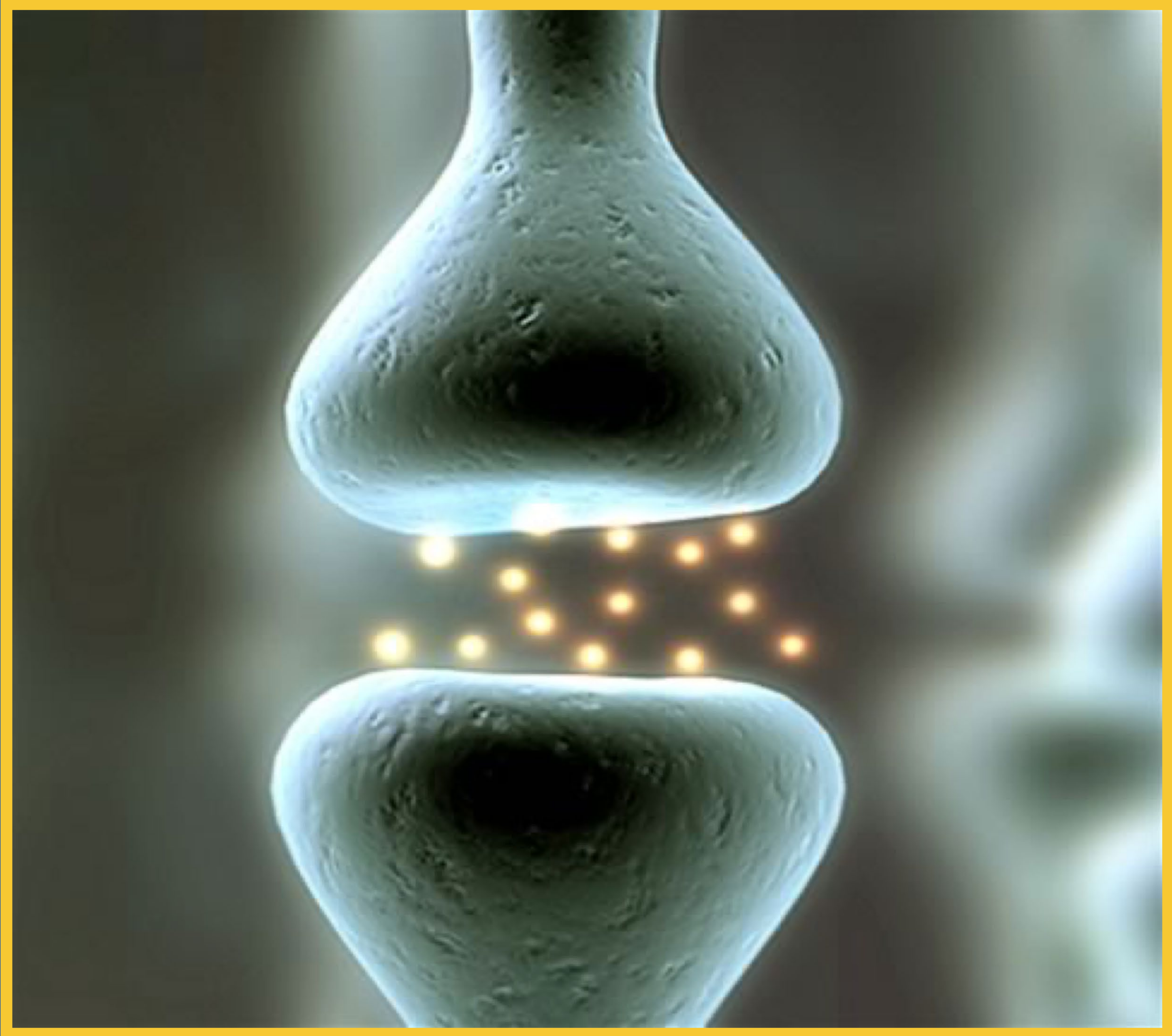
C. Can Lessen Stress

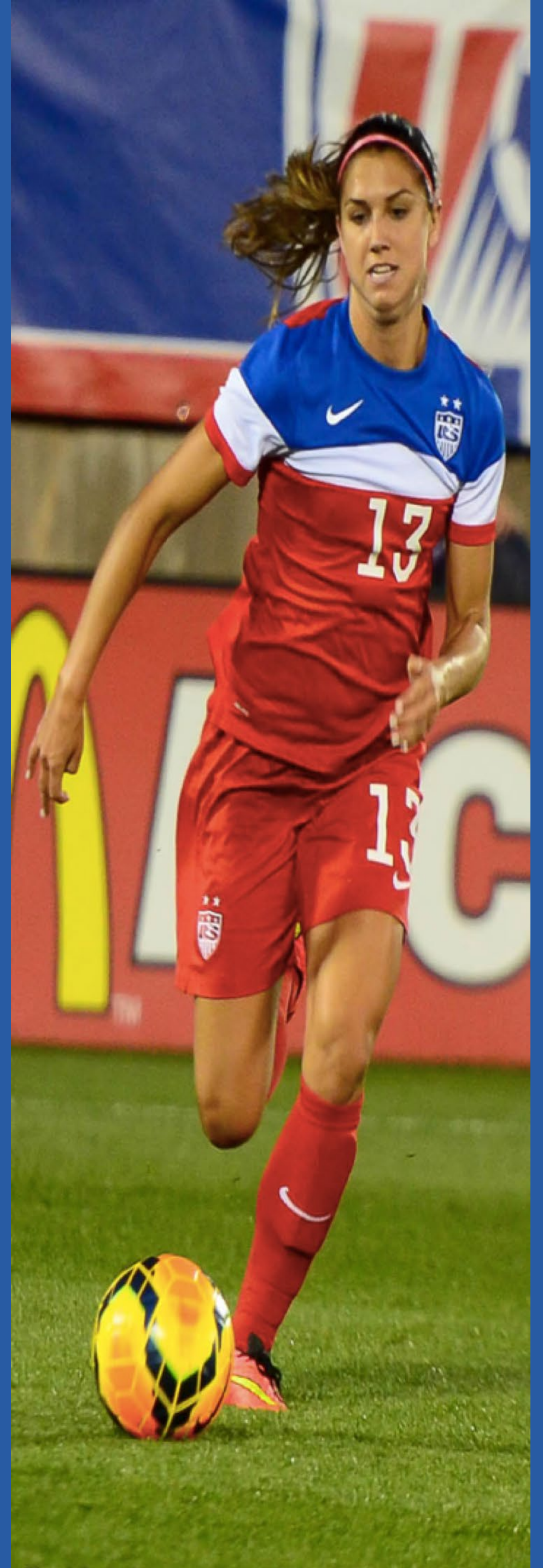




# Coping

How you deal with stress  
from adversity, disadvantage  
and other problems in life







**The longer you use a coping mechanism.**

**The more automatic it becomes.**

**The deeper the neural pathways get.**

**The harder it is to change the coping mechanism.**

**The time period between ages 12-25 is when most people develop coping mechanisms for the rest of their lives.**

**NOW is the time to focus on effective coping.**

# Changing Ineffective Coping

- 1. You have to want to change ineffective coping.**
- 2. Identify the coping mechanism as you're using it.**
- 3. Replace the ineffective coping mechanism.**
- 4. Practice the new effective coping mechanism.**
- 5. Create an environment that helps you change and be patient.**

# Mental Health Education

- **Start small and have clear objectives.**
- **Model the mental health behaviors you want to see/normalize mental health**
- **Involve students**
- **Teach multi-disciplinary classes that include mental health**

# Sharing Your Story Safely

- **Choose a story to share (could be your own or something you saw in friends/family)**
- **Use a story you have processed**
- **Make sure the story has a relevant point for the lesson**
- **Center the learning objective and not yourself**
- **Ensure the learning objective is universal**
- **Relate the story to students**
- **Set boundaries**
- **Decide if you want students to ask questions**

SHARE YOUR  
STORY

TO GET  
RESOURCES...

TEXT THE WORD

**ROSS**

TO THE NUMBER

**66866**

IG- @rosszabo

Tik Tok- @rosseszabo

