

Presentation: 10 min

- How to express feelings- communicating feelings
- How to channel emotions in positive ways
- How to properly communicate
- Non-stigma-y words

Activities:

- Presentation on mental health
 - Different ways to communicate how you're feeling
 - What are ways you would tell others that you're sad/mad/frustrated?
 - It's okay to have complex emotions
 - Don't say things like "schizo,"
- Scenarios
 - Give each pair a role and then have them switch
 - Scenario 1
 - Your friend is anxious about a test. You think she is overreacting because you think that the test is going to be easy. Nonetheless, you try to be there for her and help her manage her anxiety.
 - You have a test tomorrow that you are feeling very stressed about. You've been having problems at home recently and you were just diagnosed with anxiety. You haven't been able to focus the past few months and if you fail another test, you won't pass the class.
 - Scenario 2
 - You haven't seen your friend in a while. You know she recently broke up with her boyfriend and want to cheer her up by asking her to hang out with you. You're worried that she's not taking care of herself and think that making her go out with you will make her feel better.
 - You just broke up with your boyfriend of two years. Ever since, you haven't been eating or sleeping properly. You don't want to go out with your friends anymore, you just want to stay at home and watch movies by yourself. Every time a friend reaches out to you, you tell them you don't want to talk about it and push them away.
 - The goal: to feel empathy for your friends when they are not feeling their best. Learn to listen to them, but don't push them. Try to see what they are going through in their eyes and don't assume or make judgements.
- Mindfulness activity
 - Mindfulness and empathy
- Print out resources!
 - Mark Twain middle school
 - Sepulveda middle school

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