

Fostering Emotional Wealth: An Emphasis on Stabilizing Mental Health
Course Lesson Plan
Teacher: Oluoma I

Course Description:

We all feel stressed and overwhelmed at one point or another and may sometimes feel like we don't know how to adequately cope with and deal with stress and having a lot on our plates. Thus it is important for us to learn good ways to regulate our mental health early on so we can develop and use those habits when needed. This course is designed to help students be more aware of and more in tune with their environment - ie the people around them, and their own thoughts, in order to help them foster emotional prosperity and relaxation. The class will discuss tell-tale signs that may be present when people may need help psychologically and/or mentally but they may not openly discuss or express those feelings (perhaps because of the culture they are from or because of society in general - as we all have a tendency to bottle up our emotions.) After identifying key behaviors that could signify mental stress, different available resources - especially technological ones - would be touched on. Afterwards, techniques for how to handle stress and anxiety and how to leave time for emotional relaxation in the midst of a heavy workload would be expanded on (all of which will be based on actual scientific findings) including many meditation techniques.

Class Time: 50 minutes

Structure of Course:

Briefly Defining Mental Health:

Elaborating on the growing discourse surrounding the importance of mental health today (around 5 minutes)

Icebreakers:

Separate students into breakout rooms briefly so they can get to know each other through fun activities such as two truths and a lie. (around 5 minutes - based on time constraints, this could be incorporated into the meditation techniques section, as some techniques involve interaction with others. In that case, the additional five minutes would be spent more on the signs and/or jeopardy section).

Pinpointing Signs that someone may be emotionally anxious or distressed:

Based completely on scientific findings, discussing symptoms present when someone is anxious or emotionally overwhelmed and may be having a hard time dealing with this; will further be demonstrated through scenarios (one to three) created for students to discuss what

aspects of the person's behavior in the scenario may indicate they're overwhelmed. (around 12 minutes)

Jeopardy Game (A short round):

Which will relate to describing different emotional disorders and the signs of them. (around 10 minutes)

Providing Resources:

Discussing free or inexpensive mental health resources - especially technological - that are available for those who feel like they need it. (around 10 minutes)

Meditation Techniques:

Will talk about some meditation techniques that can help with emotional regulation and relaxation and practice some with the students (around 8 minutes)