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EA13. Mental Health



Student Name: _____ Student ID Number: _____

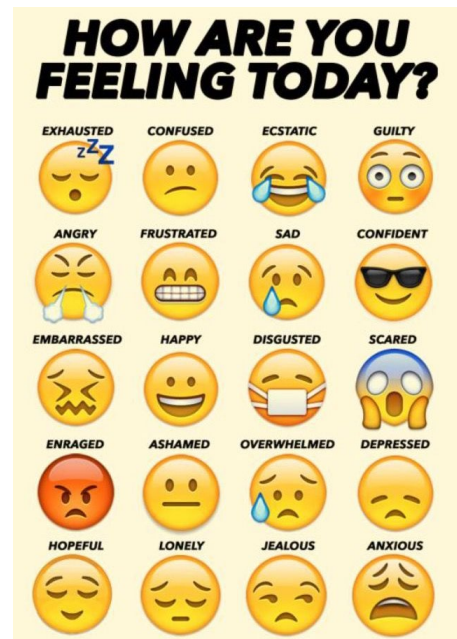
Instructor: _____ Level: _____ Date: _____

For media links in this activity, visit [the LLC ESL Tutoring website for Upper Level SDLAs](#). Find your SDLA number to see all the resources to finish your SDLA.

Section 1: Introduction

1. How are you feeling today?

2. What does mental health mean to you?



Section 2: Facts vs. Myths

Myths are ideas or stories which people believe, but they are not true. Take the following quiz to see if you can separate mental health facts from myths. Then, check your answers at the end of the quiz.

1. Poor mental health increases the risk for long-lasting (chronic) physical conditions like
 - a. Heart disease
 - b. stroke
 - c. cancer
 - d. all of the above





2. Mental illnesses are
 - a. Very common
 - b. not very common
 - c. somewhat common
3. Suicide is the _____ leading cause of death among people ages 15-34 in the United States.
 - a. 24th
 - b. 10th
 - c. 40th
 - d. 2nd
4. Mental illness
 - a. Cannot be treated
 - b. Can be treated
5. Mental health is:
 - a. The absence of mental disorders
 - b. Only important for some people
 - c. An important part of overall health and well-being
6. If you know someone with poor mental health, you can help by:
 - a. Reaching out and letting them know help is available
 - b. Helping them access mental health services
 - c. Learning and sharing the facts about mental health, especially if you hear something that isn't true
 - d. All of the above
7. People with mental illness are violent.
 - a. True
 - b. False
8. Half of all mental illness occurs before a person turns _____ years old, and three-quarters of mental illness begin before age 24.
 - a. 14
 - b. 18
 - c. 10
9. How much in lost earnings does serious mental illness cost America per year?
 - a. \$193.2 billion in lost earnings per year
 - b. \$20 million in lost earnings per year
 - c. \$400 billion in lost earnings per year
 - d. \$1 billion in lost earnings per year
10. Mental illness is caused by
 - a. Personal weakness
 - b. Lack of willpower
 - c. A number of factors including biological factors, stressful or traumatic life events, and long-lasting health conditions such as heart disease or cancer.

Answers: 1. D, 2. A, 3. D, 4. B, 5. C, 6. D, 7. B, 8. A, 9. A, 10. C





Section 3: Explanation

What is “mental health”? *Mental health* can be defined as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community.” Having good mental health doesn’t mean people are happy or successful all the time. Many people feel depressed, lonely, or anxious now and then, but the ones with good mental health can cope with different feelings and deal with them as they come. When those feelings continue and interfere with people’s lives, it may be time to seek professional help.

[Watch the video](#) and answer the following questions.



1. What does mental health include?
2. What does it mean to have good mental health?
3. What examples challenge our mental health?
4. What examples support our mental health?
5. Why is it important to talk about mental health?

Section 3: Ways to staying mentally healthy

So, we all have mental health. Our mental health can be healthy or poor at different times of our lives, and they can be caused by different things. Our goal is to have good mental health. Since we cannot prevent stress and difficult life events, we need to take care of ourselves. [Watch this video](#) on 5 Tips to Staying Mentally Healthy.





English Self-Directed Learning Activities

Language Learning Center 77-1005, *Passport Rewards*

EA13. Mental Health

According to the video, what are the 5 tips to staying mentally healthy?

- 1.
- 2.
- 3.
- 4.
- 5.

What are your strategies to maintaining good mental health?

An additional strategy to being mentally healthy is to visit the [Mt. SAC Student Health Center for personal counseling](#). Look through [their webpage](#) to answer the following questions.

What are some valuable services and resources provided by the Health Center?

- 1.
- 2.
- 3.

If you are going through a tough time, someone at the Crisis Text Line can help you. How can you connect with someone to text or talk to?

What is the Suicide Prevention Hotline number?





Section 4: Useful Idioms to Share Your Feelings

Part 1: Study the following idioms relating to emotions and mental health. Then, answer the questions that follow.



On top of the world

Meaning: to be ecstatic and feel amazing

Example: After I got that job, I felt on top of the world.



Go to pieces

Meaning: to become deeply sad and depressed after the loss of something or someone extremely important in life; to have a mental or emotional collapse

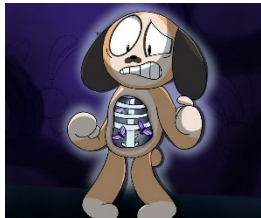
Example: Candy went to pieces after she heard about his death.



Mixed feelings

Meaning: to have more than one feeling – you are happy, but at the same time sad, anxious, worried, etc

Example: I have mixed feelings about moving to another city. I am excited about my new job but sad to be leaving all my friends.



To Have Butterflies In Your Stomach

Meaning: to experience a weird feeling caused by fear or nervousness

Example: I had terrible butterflies in my stomach when I had to make my first public presentation.



To Lose Your Temper

Meaning: to get really annoyed or frustrated which often leads to shouting and screaming

Example: I really lost my temper with the kids yesterday when they broke my favorite cup.



To Be Bored Stiff

Meaning: to be extremely bored

Example: I went to see that new movie and within 10 minutes, I was bored stiff. I was just sitting there wishing the movie would end.





To Keep Your Cool

Meaning: to remain calm despite a difficult situation
Example: Deborah kept her cool when her boss criticized her.



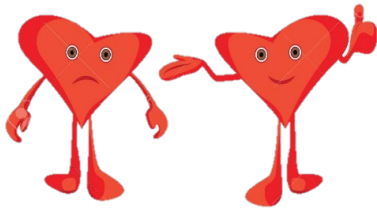
To Get Cold Feet

Meaning: to realize that you don't want to do something, to change your mind, to have second thoughts
Example: I don't think I'm going to go ahead with the wedding. I got cold feet.



To Break Your Heart

Meaning: to make someone very unhappy or sad
Example: It breaks my heart to see children suffer.



A Change Of Heart

Meaning: a change in the way one feels about something
Example: Sarah had a change of heart and cancelled her date with Peter.



To Be Down in The Dumps

Meaning: to be feeling a little bit depressed, not feeling good
Example: Michael has been down in the dumps for days now. He hasn't seen his girlfriend for a long time, and then he got dropped from the football team.

Part 2: Answer the following questions by yourself. Be ready to discuss your answers with a tutor.





1. When you are nervous, how do you keep your cool?
2. Did you ever get cold feet? When?
3. Have you ever lost your temper? What happened?
4. What do you do when you're down in the dumps?
5. Tell me about the last time you were on top of the world.





Section 5: What Did I Learn

Complete this table BEFORE meeting with a tutor.

Communication Skill	I can't do this YET. 	I can do this WITH help. 	I can do this WITHOUT help. 	I can TEACH this to a classmate. 
I know what mental health is.				
I know some tips to staying healthy.				
I can access Mt. SAC's Counseling Center to get necessary information.				
I can discuss my feelings with idioms.				

Here are some words/phrases I need to practice.

Good Job!

Now make an appointment

with a tutor on the LLC ESL Tutoring Website

(www.mtsac.edu/llc/passportrewards/llctutoring).








Section 6: Practice with a Tutor!

After completing the self-assessment, meet with a tutor and give this completed SDLA to the tutor. The tutor will check your answers and have you share on the similarities and differences of elections between the US and your country. The tutor will give you feedback.

Grading Rubric

Possible Points	Need Practice  (0-1 Point)	Good Job  (2-3 Points)	Excellent Work  (4-5 Points)
Content	Not enough information provided in responses and often does not use correct vocabulary.	Provides most important information in responses and some of the time uses correct vocabulary.	Provides all necessary information in responses and most of the time uses correct vocabulary.
Skill: Speaking	More than 6 mistakes saying words; needs guessing more than 3 times.	Not more than 5 mistakes saying words; needs guessing on 1-2 words or sentences.	Not more than 2 mistakes saying words; needs no guess about meaning.
Oral Fluency	Speaks mostly in phrases, individual words; many pauses.	Sometimes speaks in complete sentences; several pauses.	Speaks in complete sentences; a couple pauses okay.

*Students must receive at least 10 points to move on

Possible Points: _____ / 15

Tutor Comments:

Congratulations! Keep going.

You have successfully completed this SDLA and are ready to continue to the next.

Work on this more.

You have not yet mastered this SDLA. It is recommended that you complete it again.

Tutor Signature: _____

Date: _____

