Psychology of everyday living

Promoting mental health

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Goal

Prevention

Teach how to practise mental health like physical health

Practical course
Basic idea behind the course

A Mental Health Toolbox

• 14 chapters in the book
• Each chapter comes with
  • A focus topic and
  • A new tool for the toolbox
• Emphasis on in class practise and self criticism/growth
Lesson plan

Mindfulness exercise or Meditation

Lecture Groupwork Individual work

Meditation or Relaxation
Mindfulness

Yesterday is history, tomorrow is a mystery, but today is a gift. That’s why we call it the present.
„Learning by doing“
Setting goals
- Recording progress
- Challenges / obstacles
- Procrastination

Challenges are an opportunity for growth
Content...

- Mindfulness
  - In class
  - Apps
- Sleep and lack of sleep
- Stress and relaxation
  - Systematic muscle relaxation
  - Music
  - Find what suits personally
- Meditation
  - „Guided imagery“
Content...

• Joy
• Anger (management)
• Shyness
• Anxiety
• Love
• Sadness
• Heartbreak – Rejection

Coping with emotions

What is your body telling you?
• Messages about
  • Stress
  • Tiredness
  • ...


Content...

Thought record

<table>
<thead>
<tr>
<th>Situation</th>
<th>Feelings</th>
<th>Thoughts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Who, what, when, where?</td>
<td>What did you feel? Rate your emotion 0-100%</td>
<td>What was going through your mind as you started to feel this way?</td>
</tr>
</tbody>
</table>
Content...

- Constructive criticism
- Verbal and nonverbal Communication
- Active listening

Interpersonal skills

- Social media
Bodylanguage

• High and low status
  • Drama exercises

• Bodylanguage - Posture
  • „Power pose”
Compassion

• We need other people

• The power of one
Sustainability

• Environmental footprint

• Personal Environmental Sustainability Quiz.
  • Behaviour
  • Recycling/sustainability
  • Consumption
Sample projects

• The power of one

• Joy-Box
Teacher manual

• Written with new teachers in mind
• Lesson structure
• Icebreakers
• Games
• Resources

• Prompts
• Ideas for
  • Class projects
  • Worksheets
  • Projects
• Group projects
• Additional material
**Assessment**

- Attendance 30%
- Workbook 30%
- Diaries 30%
- Final project 10%

________________________________________________________________________

- Workbook 30%
- Attendance 20%
- Tests 15%
- Film analyses 10%
- Course evaluation 5%
- Final project 20%

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**Course evaluation**

Informal: Borgarholtskóli

Better attendance

Higher marks

Medical director of health in Iceland

- Recomends the course for
- Healthpromoting school programme
“Love and compassion are necessities, not luxuries. Without them humanity cannot survive.”

Dalai Lama