

## **Mental Health and Wellness Journal**

This journal is for you to write reflections and thoughts as you proceed through the course readings. Many of the leading questions in this booklet will assist you as you complete assignments for the sections in the course.

Responses must be written using polished, complete sentences, unless otherwise directed. \*Polished means as error-free as possible, using correct punctuation, capitalization, and spelling.

### **Mental Health and Wellness Overview**

What do you hope to learn in this course?

Write about a time when you used stress as motivation.

[Bell Let's Talk Day](#) is traditionally at the end of January. If you were to write a social media post to promote it, what would you say? Remember to add hashtags if you are using Twitter.

## **Unit 5, Lesson 1: Community Resources**

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1. After watching the video by Dr. Marmer, give an example from the last three months that demonstrates your internal resiliency. (3 marks)
2. Which Alberta Health Services (AHS) Zone are you located in? If you or a close friend needed to find the closest community resource, where would it be? Be sure to give the name, address, and phone number. (2 marks)
3. Use the resource tool on the [KidsHelpPhone](#) website to find community resources near you. Describe any differences you noticed from the AHS results. (1 mark)

4. You notice that a good friend of yours has gained some weight and is walking slower than their regular pace. They don't want to meet up as much, but you still see them at school everyday. Today, you observe that they are wearing the same shirt as yesterday and overhear them saying, "I was put on the waitlist. That was the only university I applied to."

a. What might your friend be experiencing? Try to be as specific as possible, using examples from the scenario. (2 marks)

b. What steps could you take to potentially help your friend? (4 marks)

## Unit 5, Lesson 2: Community Resources

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1. In your experience, is social media more of a positive or negative influence? Explain your answer using examples. (3 marks)
2. Does your preference match the gender norms presented in the course as they pertain to the social support network? Explain your answer using examples. (2 marks)

### **Unit 5, Lesson 3: Community Resources**

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1. In your own words, explain the difference in treatment between active/acute care, rehabilitation centres, community mental health, and community group homes. Also give examples of the clientele at each facility. (6 marks)