

# How To Share Mental Health Coping Mechanisms

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To effectively share mental health coping mechanisms through Mental Health Mondays, follow these steps:

- **Schedule a meeting with school staff members:** Those adults who you believe would be supportive of your idea to share mental health coping mechanisms with your peers. During the meeting, discuss your plan to share strategies from a teen perspective and inquire about the feasibility of implementing these sessions during school hours. Specifically, explore the possibility of incorporating the sharing of coping mechanisms either briefly during advisory/homeroom or as part of regular classroom time. Communicate your intentions and seek their input and guidance on how to proceed.
- **Plan the schedule:** Coordinate with school staff to allocate a designated time slot, such as during advisory/homeroom or a 5-10 minute segment in any class, specifically for Mental Health (the day of the week you would like to routinely share a strategy), ex. Mental Health Mondays. Ensure that it is a consistent and regular occurrence.
- **Create educational videos:** Prepare short recorded videos (2-3 minutes long) that focus on [specific coping mechanisms or strategies](#) for improving mental health. Each video should highlight a different technique and provide a step-by-step explanation or demonstration. Keep the videos concise and engaging to capture students' attention. Make sure to rehearse well before taking the video to ensure the best communication with your fellow peers, and remember if you don't feel comfortable showing your face, just make a quick animation for students to see during your background talking.
- **Share a Slideshow with your Supporting Staff Members with the following things included:**
  - **Share videos with school staff:** Send the videos to the school staff members responsible for conducting Mental Health strategies. This could be teachers, advisors, or other designated individuals that you were initially sharing your plan with. Ensure they have access to the videos and can share it with the school.
  - **Include activities:** Alongside each coping mechanism video, provide a quick activity or exercise (2-3 minutes long) that students can implement immediately after watching the video. This could be a

mindfulness exercise, breathing technique, or any other activity that complements the coping mechanism being discussed.

- **Mental health reflection forms:** Create simple reflection forms or questionnaires for students to fill out after participating in the Mental Health activities. These forms can include questions about the effectiveness of the coping mechanisms, students' feedback, and any comment they have. Be sure to specify in that portion of the slideshow that you will offer small rewards or incentives to encourage student engagement and participation. This could involve you and your school partnering with organizations (ex. Work2BeWell, NAMI) that sponsor fidget toys or mental health journals as prizes for students who actively engage with the coping mechanisms and complete the reflection forms.
- **Evaluate and adapt:** Review the feedback and responses gathered from the reflection forms completed by students. Analyze the effectiveness of the coping mechanisms shared and the overall impact of Mental Health Days. Use this feedback to refine and improve future sessions.

Remember, the primary goal of sharing mental health coping mechanisms through Mental Health Mondays is to provide students with practical strategies and support their well-being. By incorporating engaging videos, activities, and reflection forms, you can create a meaningful and interactive experience that helps students develop essential coping skills. Something I learned over time is that students typically listen to their fellow students sharing about mental health may it be the importance, or strategies to help, because it feels a lot less like a teacher-class setting and more like a casual conversation, and can be effective in sharing strategies to help in their journey, so keep it in mind that what you do is going to help someone and that you will try your best to share these strategies.

*Questions or comment? Email me at [info@taanvi.us](mailto:info@taanvi.us)*