

## Family Newsletter:

# Mental Health and Well-being for Learning

Mental health literacy fosters learning and understanding of mental well-being as well as mental illness. The following definitions are an important part of the learning journey:

- **Mental Health** refers to the maintenance of successful mental activity. This includes maintaining productive daily activities and meaningful connections with others. It also includes the ability to manage stress and adapt to change.
- **Mental Illness** can occur when the brain is not working well or working in the wrong way. This can impact thinking, perception, emotion, and/or behaviour.



### Resources:

[What is mental health?](#)

[Mental Health Literacy - Parents](#)

[Kids Mental Health](#)



## The Essential 8

**Mental Health and Well-being for Learning: The Essential 8** (left) highlights the eight areas identified by Prairie Spirit as being foundational for mental health and well-being for learning.

These eight priority areas are the focus for Prairie Spirit staff in supporting students in safe, caring and healthy schools.

We're sharing this information with families so we can work together to support the mental health and well-being of all students.

Please see the following page for highlights of two of the Essential 8 areas for families to consider this fall:

- **Social Emotional Learning**
- **Physical Literacy**



## Social Emotional Learning

Self-regulation is defined as the ability to respond to ongoing demands while maintaining control of behaviour, emotions, and thoughts. Self-regulation is an essential component of social emotional learning and is not often explicitly taught.

There are specific strategies people can learn that help them maintain, or return to, a workable mind state. Some examples of self-regulation strategies include:

- [Mindfulness of current emotions](#)
- [Radical acceptance](#)
- [Opposite action](#)
- [Paced breathing](#)
- [Paired muscle relaxation](#)

## Physical Literacy

Moving every day supports physical and mental health by boosting energy and improving sleep.

The Kelty Mental Health Resource Centre provides the following tips for increasing opportunities to move:

- Try a range of activities across the day
- Plan to move together
- Dedicate time to putting away technology and be active
- Start small and keep moving
- Build a plan to increase physical activity and try new things

*Resources:* [Kelty Mental Health Resource Centre](#)



## PRAIRIE SPIRIT SCHOOL DIVISION

### OUR VISION

Learners for Life

### OUR MISSION

Inspiring a lifelong love of learning