

Section 2: Supports and challenges to our mental health and wellbeing

This section of the toolkit and [guidance document](#) will support young people to understand what can help, and also challenge their mental health and wellbeing. It will highlight how their mental health can be affected by what is going on for them.

The activities and resources will help young people to explore what can support and challenge our mental health and wellbeing. All resources can be used in Google Classroom, Teams and Jamboards/Whiteboards.

Activity: Mental health scale discussion

Use the image of a scale to ask questions about how it may relate to mental health.

Resource: The mental health scale

Ask the class to label the things that support their mental health and the things that can challenge their mental health. Remember things that support our mental health are things that bring us joy, help us to feel good and things we do that keep us feeling connected. Things that can challenge our mental health are things that can make us feel stressed, cause us worry or disrupt our sleep. How does your mental scale balance?

Activity: What helps? What hurts? discussion

Utilising Jigsaw's [My World Survey 2](#) and the diagrams of What helps? What hurts? ask the class to consider whether these findings were what they expected. How do the findings compare to what they wrote on their mental health scale? Is there anything they would add?

Animation: Olivia's story

Olivia is 15 and in transition year. Watch Olivia's [story](#) and ask the class to think about what might be hurting or helping her mental health while watching the animation.

Video: Cian's story

Watch Cian's [story](#) and ask the class what coping strategies Cian is currently using. What could he do differently to support his mental health?

For information, support, or just to find out more about what we do, visit [jigsaw.ie](https://www.jigsaw.ie)





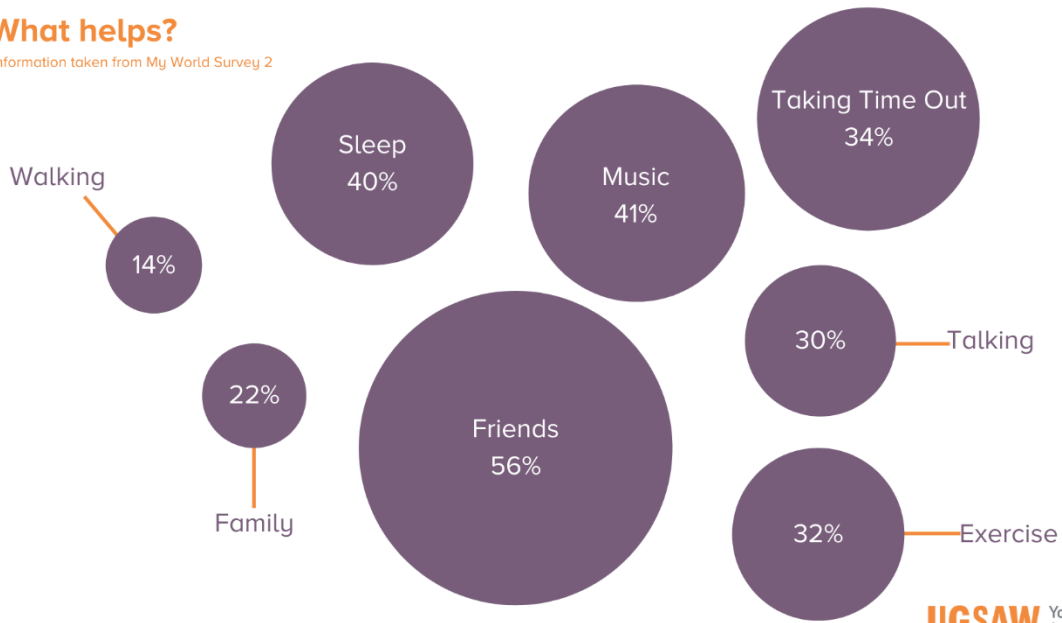
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What helps?

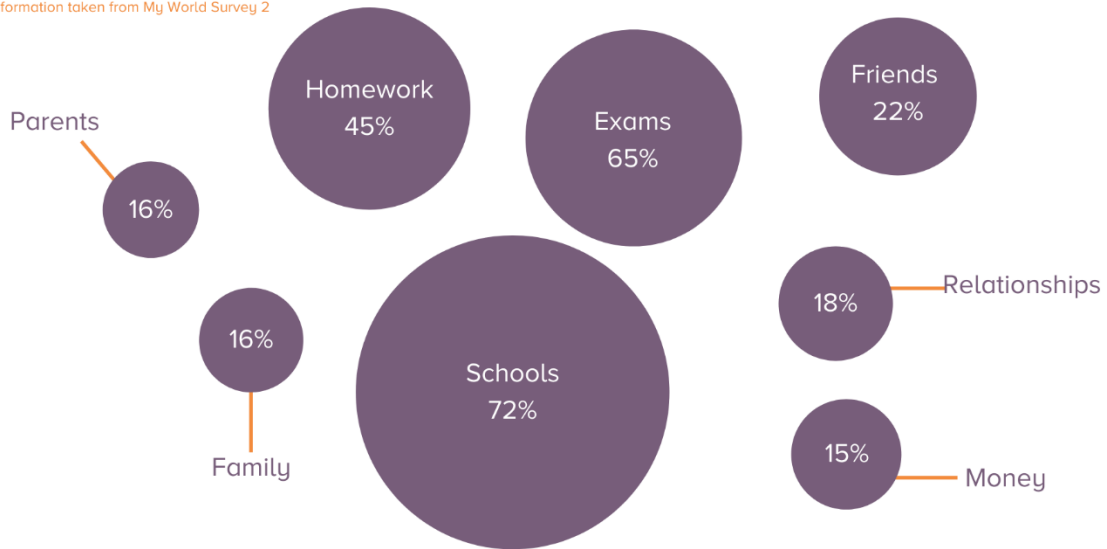
Information taken from My World Survey 2



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What hurts?

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