***Part 5: Health***

**Mental Health and Illness**

**Step 1: Self-Care Check-up!** How are you doing today? When was the last time you took a moment to do something for yourself and your own mental well-being? What are some self-care methods you use in your daily life to help you keep good mental health? Where did you learn these methods? Jot the first four ideas that come to your mind when thinking about these questions.

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**Step 2: Community Check-up!**What are some things that the communities of which you are a member do to encourage mental wellbeing? Can you think of 3?

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**Step 3: Areas of Concern!**Assess the results of your check-ups. What are some areas of concern you want to flag?

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**Step 4: Your Prescription Pad!** Imagine you are a healthcare practitioner, a politician, an employer, and 2 other people/groups you come up with. How would you address some of your areas of concern?

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| **People/Group** | **Prescription** |
| **Healthcare Practitioner** |     |
| **Politician** |     |
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