

## Mental Health and Mental Illness



### Warm up:

- a) Do you think awareness of mental health issues has increased or decreased in the past decade?
- b) What are some aspects of society that you think increase mental illness?
- c) What are some “self-care” tips you would give? How do you take care of yourself mentally?
- d) Do you think your country does a good job of addressing mental illness?
- e) Can you think of any common misconceptions about mental illness?



### 1. Pairwork: how many different mental illnesses can you think of, and what do you think some symptoms of these disorders are?

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### 2. Match the adjectives of emotion to their definition

a) agitated <b>5</b>	1. Having wild and uncontrollable energy.
b) miserable <b>4</b>	2. Very nervous and worried.
c) anxious <b>2</b>	3. Confused and unsure of where one is.
d) manic <b>1</b>	4. Very sad.
e) disorientated <b>3</b>	5. stressed and close to getting angry
f) perplexed <b>6</b>	6. Confused and uncertain



### 3. Match the mental illnesses with the behaviour described below

anxiety disorder	schizophrenia	anorexia
dyslexia	OCD	bi-polar disorder
ADHD	depression	PTSD

- Brendan Sunderland has to wake up much earlier than other people, because every morning before he goes to work he brushes his teeth three times, vacuums his house, and will often check if all his windows and doors are locked ten to fifteen times before leaving the house. *OCD*
- John Tucker was involved in a car crash a few months ago. He broke his arm, and a passenger in his car received a severe head injury. Now he feels numb most of the time, and has trouble sleeping due to nightmares. He hasn't driven since. *PTSD*
- Sasha Mills often worries about the future. Sometimes her thoughts race so much that she has trouble breathing. On really bad days she feels so nervous that she can't leave her house. *Anxiety disorder*
- Joshua Truman used to be a very confident and socially active young man. He has slowly become more reserved and seems oddly disconnected to the world around him. One day at a party he tells his friend the government has been following him for weeks trying to steal his thoughts. *Schizophrenia*
- Kelly Marshall has started calling in sick to work far more often than usual. She isn't ill, but she just finds herself unable to get out of bed in the morning. She feels miserable all day and has persistent suicidal thoughts. Nothing seems to cheer her up, even her cat. *Depression*
- Frankie Hodges is a 14 year old boy who is always getting in trouble at school. He often interrupts the teacher, and seems unable to stay quiet during class. He seems to genuinely want to learn and improve, but as soon as work is put in front of him, his head is somewhere else. *ADHD*
- Karen Boutland goes to the gym twice a day, and spends 2 hours each visit on the treadmill. For lunch she has half of a salad, and she weighs every ingredient carefully. She always knows exactly how many calories she has consumed and burned during the day. *Anorexia*
- Zoey Ryeland is an 8 year old girl who often seems to have trouble speaking. She mixes up long words and makes speech mistakes that other children her age no longer make. She also seems to have a lot of trouble matching rhyming words together. *Dyslexia*
- Corey Jameson has been sleeping only 2 hours a night for the past week, but insists that he's doing fine. In fact, he feels better than he's ever felt. A few weeks ago he could hardly get out of bed, he felt like a complete failure, but now he's going to turn his life around. He's invested his life savings in a little-known start-up and plans to travel the world on the profits. He becomes extremely irritable when anyone suggests that his newfound optimism might not last forever. *Bi-polar disorder*



4. You are going to watch a video about bi-polar disorder which contains the words in the box below. Use the words to complete the sentences.

invincible	irritable	prune
abundant	sobriety	joy
faulty	undermine	guilty

- He feels *guilty* because he broke his sisters laptop.
- The police officer performed a *sobriety* test on the woman he pulled over.
- If you publicly disagree with your boss you could *undermine* his authority.
- My dog seems really *irritable* lately, she doesn't even want to be patted. She even growled at me the other day!
- The car accident was caused by a *faulty* traffic light.
- He may be tough, but he's not *invincible*
- Nothing can beat the pure *joy* of becoming a father.
- That bush is so overgrown! Somebody needs to *prune* it.
- The new land had *abundant* water and food for everyone.



5. Watch the video "What is bipolar disorder"<sup>1</sup> and answer the questions below.

- What does "elation" mean? *Extreme happiness*
- What is the difference between type 1 bi-polar and type 2 bi-polar? *Type 1 extreme highs and lows, type 2 longer depression and less elation*
- What percent of adults display symptoms of bi-polar? *1 to 3 percent*
- What does the Amygdala part of the brain do? *Thinking, long term memory, emotional processing*
- Is there a single gene that causes bi-polar disorder? *No*
- What does lithium do to a patient's mood? *It balances it*
- What are some lifestyle changes that can help people who suffer from bi-polar? *Better sleep patterns, regular exercise, sobriety from drugs and alcohol*
- In your own words, what is bi-polar disorder?

<sup>1</sup> [https://www.youtube.com/watch?v=RrWBhVID1H8&ab\\_channel=TED-Ed](https://www.youtube.com/watch?v=RrWBhVID1H8&ab_channel=TED-Ed)



## 6. Homework:

Below is a list of 7 videos on YouTube similar to the one you just watched. Watch one of the videos and then make a presentation in the next lesson. Your presentation should:

- Describe the disorder and its symptoms
- Explain what causes the disorder
- Discuss any treatments or advice that is discussed in the video
- Anything else you found surprising or interesting

Debunking the Myths of OCD- Natasha M. Santos

(<https://www.youtube.com/watch?v=DhIRgwdDc-E>)

What is depression? - Helen M. Farrell

(<https://www.youtube.com/watch?v=z-IR48Mb3W0>)

What is schizophrenia? - Anees Bahji

([https://www.youtube.com/watch?v=K2sc\\_ck5BZU](https://www.youtube.com/watch?v=K2sc_ck5BZU))

What is impostor syndrome and how can you combat it? - Elizabeth Cox

(<https://www.youtube.com/watch?v=ZQUxL4Jm1Lo>)

What causes panic attacks, and how can you prevent them? - Cindy J. Aaronson

(<https://www.youtube.com/watch?v=IzF0bkVRSV0>)

What causes insomnia? - Dan Kwartler

(<https://www.youtube.com/watch?v=j5Sl8LyI7k8>)

The psychology of post-traumatic stress disorder -Joelle Rabow Maletis

([https://www.youtube.com/watch?v=b\\_n9qegR7C4](https://www.youtube.com/watch?v=b_n9qegR7C4))