Students who experience positive mental health are resilient and better able to learn, achieve success, and build healthy relationships (Alberta Government, 2017). Resilience refers to the capacity of individuals to cope successfully with stress-related situations, overcome adversity and adapt positively to change. Students are not born resilient; they build resiliency by learning and practicing social-emotional skills such as self-regulation, problem solving and healthy decision-making strategies.

It is important that students understand the difference between mental distress (a positive stress-related challenge) and more serious concerns. Feeling anxious about an upcoming text is not the same as an anxiety disorder. The video includes content/questions/images to empower students to understand these differences by developing mental health literacy.

**TEACHER CLASSROOM CONVERSATION GUIDE**

Students will be able to explain the terms mental health, mental distress or mental illness, give examples of situations within each level of the pyramid, explain the stress response and how it assists you in dealing with stress and explain how a person could be in various levels of the pyramid at the same time.

**QUESTIONS FOR DISCUSSION**

- What is the pyramid?
- Give some examples of situations or problems at each level of the pyramid.
- What is a Stress Response and how does it assist you in dealing with your stress?
- How is a Mental Disorder or Mental Illness different from a Mental Health problem?
- Explain how a person could be in various levels of the pyramid at the same time.

We have discussed:
- Mental Health, Mental Illness and Mental Disorder in relation to the 4 levels of the pyramid
- Examples of each level of the pyramid
- The Stress Response and how it can assist with dealing with a stressful situation
- A Mental Disorder and Mental Health problem are different
- It is possible to be within different levels of the pyramid at one time

**MORE INFORMATION:**

- Teen Mental Health Curriculum Guide
- Teen Mental Health
- Anxiety Canada
- Kelty Mental Health Managing Stress
- Self-Care 101
- Every Day Mental Health Practices

References: