

# Erika's Lighthouse Good Mental Health Plan

The World Health Organization (WHO) defines mental health as a “state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”. You can make a positive impact on the mental health of everyone in your household by fostering an environment that promotes well-being. Encourage mental wellness and reduce stress by involving the whole family in these activities.

## Let's establish goals. As a family, we can commit to supporting our mental health by:

- Creating a space/time where we can share how we are feeling
- Find time \_\_\_ times per week to connect and update each other on what is happening on each other's lives
- Eating healthy foods \_\_\_ times per week. (This can include things like packing healthy lunches)
- Eating \_\_\_\_\_ meals together during the week. (This can include cooking together)
- Exercising regularly. Activities: \_\_\_\_\_
- Taking a walk together
- Setting a limit on screen time to \_\_\_\_\_ hours per day
- Replacing bedtime screen time with \_\_\_\_\_ (Suggestions: Meditation, Reading, Writing, Talking)
- Reading together
- Sleeping \_\_\_\_\_ hours per night
- Using tools to de-stress
- Practicing activities to boost mental health (See our additional resources for ideas)

## As a parent/caregiver, I can commit to:

- Communicating and sharing about highs and lows going on in my life (Things that happen at work, social life, family)
- Making sure I have healthy food choices
- Exercising \_\_\_\_\_ times a week
- Sleeping \_\_\_\_\_ hours per night
- Limiting screen time to \_\_\_\_\_ hours per day
- Practicing activities to release stress. For example meditation, a hobby, etc.
- Sharing with my family what I do to take care of my mental health

## As a child and member of the family, I can commit to:

- Communicating and sharing about highs and lows going on in my life (Things that happen in school, online, with friends, with family)
- Exercising \_\_\_\_\_ times per week by doing: \_\_\_\_\_
- Eating healthy foods
- Trying new healthy foods
- Practicing activities to release stress. For example meditation, a hobby, etc.
- Sleeping \_\_\_\_\_ hours per night

## Additional Resources:

To support your good mental health plan, you can find other practical tools under our Parent Engagement section "Awareness into Action Activities for Families"