



MENTAL HEALTH MEMO

For their 70th annual Mental Health Week, the Canadian Mental Health Association invited us to #GetReal about how you feel. Good mental health isn't about being happy all the time. A mentally healthy life includes the full range of human emotions—even the uncomfortable ones like sadness, fear, and anger. Recognizing, labeling, and accepting our feelings are all part of protecting and promoting good mental health for everyone.

Teaching your child/youth how to recognize and accept feelings has been shown to help them:

- Develop emotional intelligence skills (perceiving, understanding, and managing emotions and feelings)
- Experience fewer attention and learning problems
- Display greater social and leadership skills
- Feel less anxious and depressed
- Become better at solving conflicts
- Perform better and be more engaged academically

To help start the conversation, here is a read aloud for younger children:

[The Way I Feel by Janan Cain](#)

Check out this video that you can watch with older children:

[Identification and Management of Emotions](#)

Click on the link for ideas on how to help your kids identify and manage their emotions:

<https://smho-smsc.ca/emhc/identification-and-management-of-emotions/>

For more information, please contact the RRDSB Mental Health Leader: tracey.idle@rrdsb.com