



Therapeutic Measures in Class and Home, Including Nature-Based Activities

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ARTIFICIAL
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EDUCATIONAL
TOOLS

FOR THE
PREVENTION OF

TEENAGERS'
PSYCHOLOGICAL
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MENTAL HEALTH

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Module 2 - Therapeutic Measures in Class and Home, Including Nature-Based Activities



Why It Matters: Mental health is essential for learning, relationships, and overall well-being. Simple strategies can help students feel more balanced, confident, and connected.

What You'll Learn:

- Easy mindfulness and reflection techniques
- How to reduce stress and improve focus
- Ways to strengthen friendships and create a positive school environment
- Activities that support emotional well-being in class and at home

Key Takeaways:

- **Mindfulness works!** Simple exercises can help manage emotions and reduce stress.
- **Nature is healing!** Spending time outside can boost mood and focus.
- **Relationships matter!** A supportive environment helps students thrive.
- **You're not alone!** These techniques are great, but if someone is struggling, seeking professional help is important.



Content

1- Class room-based Support Strategies

- 1.1 Mindset: how to confront stress**
- 1.2 Mindfulness**
- 1.3 Mindfulness-Based Stress Reduction (MBSR) – Session Overview**
- 1.4 Progressive Muscular Relaxation (PMR)**
- 1.5 Breathwork**
- 1.6 Gratitude**
- 1.7 Social-Emotional Learning**
- 1.8 Promoting Positive Relationships and Adaptive Learning Environments**

2- Home-Based Support Strategies

- 2.1 Creating a Conciliatory Environment: A Stress-Free Home for Teen Mental Health**
- 2.2 Parenting Styles and Their Impact on Adolescent Mental Health**
- 2.3 The Importance of Routines in Child Development**

3- Benefits of Nature for Mental Health

- 3.1 The Impact of Sleep on Adolescent Mental Health**
- 3.2 The Importance of Diet for Mental Health**
- 3.3 The Role of Physical Activity in Adolescent Mental Health**
- 3.4 The Impact of Nature on the Mental Health and Well-Being of Children and Adolescents**

Glossary

- **Mindfulness** – The practice of being fully present and aware of one's thoughts, feelings, and surroundings.
- **Introspection** – The process of examining one's own thoughts and emotions.
- **Emotional Resilience** – The ability to adapt and recover from stress, challenges, or adversity.
- **Psychological Well-being** – A state of mental health that includes happiness, low levels of stress, and emotional balance.
- **Stress Management** – Techniques and strategies used to control and reduce stress.
- **Social Relationships** – Connections and interactions with others that influence emotional and mental health.
- **Educational Environment** – The setting in which learning takes place, including schools, classrooms, and home learning spaces.
- **Nature-Based Activities** – Outdoor activities that promote mental and physical well-being, such as walking, gardening, or mindfulness in nature.
- **Support System** – A network of people who provide emotional, mental, or practical support.
- **Mental Health Professional** – A trained expert, such as a psychologist or counselor, who helps individuals with mental health challenges.
- **Self-Care** – Activities and practices that promote personal well-being and reduce stress.
- **Coping Strategies** – Techniques used to manage stress, emotions, and challenges effectively.
- **Relaxation Techniques** – Methods like deep breathing, meditation, or progressive muscle relaxation that help reduce stress.
- **Emotional Regulation** – The ability to manage and respond to emotions in a healthy way.
- **Intervention** – Actions taken to improve a situation, such as implementing strategies to support mental health.

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