



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

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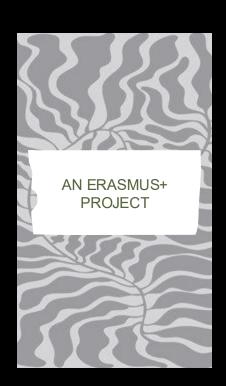
ARTIFICIAL INTELLIGENCE

& SUSTAINABLE EDUCATIONAL TOOLS

FOR THE PREVENTION OF

TEENAGERS'
PSYCHOLOGICAL
DISORDERS.





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MENTAL HEALTH

TRAINING

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EDUCATION

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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