

Mental Well-Being Junior Badge

Sponsored by Bristol-Meyers Squibb

MAY – National Health Month
NOV – Children's Mental Health Month

Complete four starred activities plus two others

- 1.* Talk about some health conditions such as asthma, high blood pressure, diabetes, etc. In the same way, the brain can get sick too.

Find out what a mental illness or a mental disorder is. Research two of the following: depression, eating disorders, Alzheimer's, Seasonal Affective Disorder (SAD), autism, Tourette's syndrome. Be sure to include their symptoms. Discuss what you have discovered with your troop.
2. On a piece of paper, list different emotions. Cut out, fold, and place in a bag. Have the girls play emotions charades.

Explain how hard it is to know what someone is feeling through body language alone. Thus, the importance of saying how one feels.
- 3.* How does mental illness affect the person afflicted with it? How does it affect the families of the patient? Give examples of two different mental illnesses and how they might affect your family.
- 4.* Ask the girls to list people they could talk to if they had a problem or concern. What good qualities do they show? (Patience, trust, understanding, etc.)

What agencies might a family with a mentally ill member need services from? What types of services are available?
- 5.* Find out the meaning of the word stigma. What happens when a stigma is attached to a person? Now, what types of stigmas can be attached to a person who suffers from a mental illness? Share what you have learned with a friend and how what you say might hurt people. (For example, you're weird, you're crazy, and you're a psycho.)
6. Find out about a famous person who has suffered from a mental illness. How has this person combated the problems and stigma associated with their particular illness?
7. Borrow the Mental Well-Being Program Box and do 2 activities.

8. Talk about ways to reduce stress. Some ideas may include reading, exercising, time management, deep breathing, or a favorite activity. Choose an activity and do it for a week.
9. Browse the web for more information on mental illness.
10. Have the girls practice their listening skills. Discuss the qualities of a good listener: looks right at the person who is speaking, does not interrupt, waits and then asks questions, gives the speaker undivided attention, etc. Emphasize that a good listener is an active listener and really cares about what someone is saying.

Find a story to read about mental illness

OR

Borrow the **BREAKING THE SILENCE** kit and do the activities enclosed.

Contact Lisa Cheng at 732-821-9090 ext.154 to reserve