

Cadette - Mental Illness Education (starred activity + 2 more), Coping Skills (2 activities), Physical Health (2 activities)

Senior - Mental Illness Education (all), Coping Skills (2 activities), Physical Health (2 activities)

Ambassador - Mental Illness Education (all), Coping Skills (2 activities), Physical Health (2 activities) + 1 more activity from either Coping skill or Physical Health categories

Important note When learning about mental illness, try to stay away from mental illness "simulation activities." New research shows that simulation activities actually increase stigma instead of raising awareness.

Mental Illness Education

- *Learn about at least 3 mental illnesses and share what you learned with others. Try to learn a variety of information for each diagnosis, including what the diagnosis is (and if there are variations of the diagnosis, for example, Bipolar I and Bipolar II), the prevalence (the statistics on who is affected), symptoms, and common treatments. For fun, can you find any famous people who have the diagnosis you're learning about?
 - A reliable resource for information can be found on the National Alliance on Mental Illness website.
<https://www.nami.org/Learn-More/Mental-Health-Conditions>
 - Examples of common mental illnesses include (but are not limited to):
 - Generalized Anxiety Disorder
 - Major Depressive Disorder
 - Bipolar Disorder
 - Schizophrenia
 - Obsessive-Compulsive Disorder (OCD)
 - Post Traumatic Stress Disorder (PTSD)
 - Schizoaffective Disorder
 - Eating Disorders
 - Borderline Personality Disorder
 - Substance Use Disorder
 - Attention Deficit Hyperactivity Disorder (ADHD)
 - If completing with your troop, consider having each girl give a mini-presentation about the mental illnesses they learned about for a fun way to learn about several diagnoses!
- Learn about at least 3 professionals who work with people with mental illnesses. Discover the required amount of schooling, average salary, and what their job entails.
 - Examples include:
 - Psychologist
 - Psychiatrist
 - Mental health occupational therapist
 - Mental health counselor
 - Social worker
 - Mental health recreation therapist
 - Mental health tech

- If you find any of these careers interesting, look into reaching out to a professional about job shadowing them for a day!
- Research resources in your community for individuals with mental illnesses. This could include shelters, non-profit organizations, therapy/counseling centers, psychiatric hospitals, support groups, etc. Are there more or less than you expected to find? Consider how people would find these resources if they did not have access to the internet. Create a poster or infographic with the resources you have found to share with others in your community. A great resource for creating digital posters and infographics is <https://www.canva.com/>
- Learn about person-first language as it relates to mental health. The words that we say can have a significant impact on a person's feelings, as well as societal stigma. Visit <http://www.promoinfotools.com/Communications/CrisisResources/MHStigma/PersonFirstLanguage.pdf> for more information on person-first language and examples. Practice using person-first language when talking about people who have a mental illness. It's okay if you accidentally say something that is not person-first, it sometimes takes practice to train our brains to think this way!

Coping Skills

- Description
 - Coping skills are the activities and strategies that we use when we are upset, stressed, anxious, or overwhelmed by strong emotions to bring our mind and body back to a calm state. There are a variety of different coping skills. Some may not work for you, and that's okay! Keep exploring different coping skills until you have a variety of options to pick from when you need them.
- Activities
 - Helping others can give us a sense of purpose and belonging. Volunteer in the community with your troop and/or family. Discuss how volunteering made you feel after.
 - Create a self-care kit. Include various items that will help you are upset. Some examples can include herbal tea, tissues, a relaxing face mask, essential oils, pictures of people or pets you love, inspiring quotes, coloring books, etc. Keep this kit in a specific place so that you always know where it is when you need it.
 - Create a set of positive affirmation cards. Come up with at least 10 positive affirmations and pick your top 5 to write and decorate on index cards. Keep these cards somewhere where you can easily access them if you need a quick pick me up, such as in your agenda/planner, wallet, backpack, desk drawer, etc.
 - Too much free time can lead to boredom and feelings of depression and anxiety. Try at least one new hobby. Examples include crafts, puzzles, exercise, reading, baking, music etc.
 - Organize a spa night for your troop, family, or other friends. Incorporate one of your favorite activities from the spa night into your weekly self-care routine.
 - Learn about love languages and take the quiz. Were you surprised by your results? Share your results with your friends, parents, and troop leaders so they

know the best way to help you feel loved and encourage them to learn their love language as well. <https://www.5lovelanguages.com/quizzes/teen-quiz/>

- Sometimes social media can be overwhelming to our brains. Try taking a 24-hour break from all social media. Were you able to last the whole 24 hours? What did you spend your time on instead? Share your experience with friends or family.

Physical health (PA, Nutrition, Sleep)

- Description
 - Our mental health can be affected greatly by our physical health. The physical activity we engage in, the food we eat, and the amount and quality of sleep we get can affect our mental health both positively and negatively.
- Activities
 - The CDC recommends that children and adolescents engage in 60 minutes (or more) of moderate to vigorous exercise each day. Keep an exercise journal for one week to keep track of how much physical activity you engage in. Did you get the recommended amount? Come up with at least 3 activities that you can do at home to increase your time.
 - Learn at least 10 different yoga poses. Try hosting your own yoga class for extra fun!
 - Participate in an outdoor activity at camp, such as games and initiatives, archery, frisbee golf, adventure activities, hiking, gaga ball, etc.
 - Learn about “MyPlate” the USDA recommended nutrition guidelines. Try to come up with a meal plan that meets these guidelines for one week.
<https://www.myplate.gov/>
 - Host a cooking competition using healthy ingredients. Include at least one green vegetable.
 - Try at least 3 new fruits or vegetables that you have never tried before.
 - The CDC recommends that children ages 6-12 achieve 9 to 12 hours of sleep and ages 13-18 achieve 8 to 10 hours of sleep each night. Keep a sleep diary for one week to track how much sleep you achieve each night. Did you achieve enough sleep? Come up with at least 2 things you can try to get more sleep.