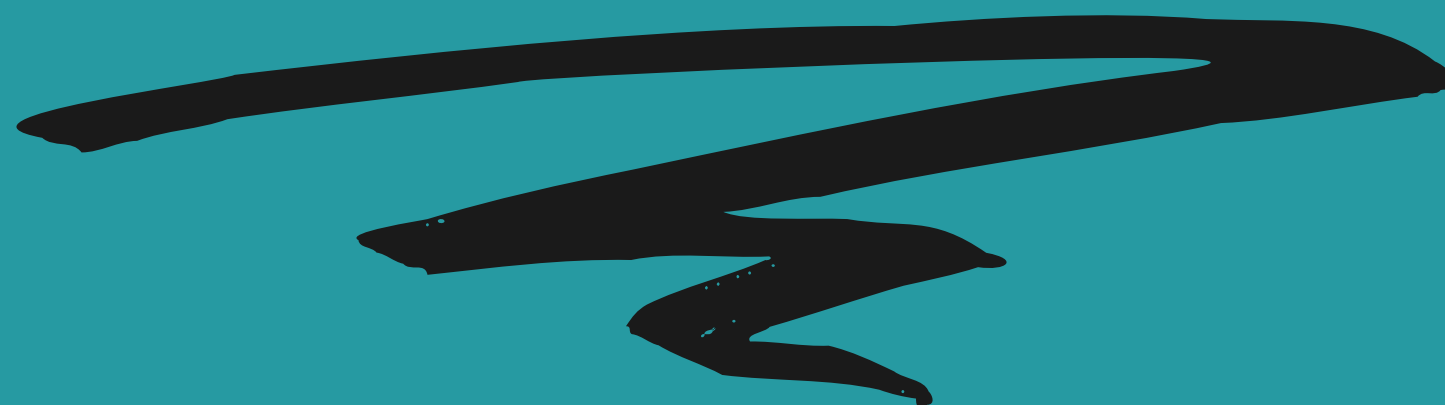




HEALTH IS WEALTH

THE SELF CARE CYPHER



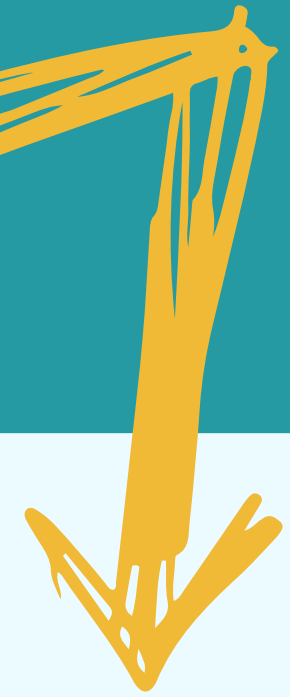
INTRODUCTION

Today, we will:

- * Reflect on Esmeralda Baez's mental health video
- * Create a personal Wheel of Wellness
- * Rate your wellness and choose one area to improve with a clear action step



SEL CONNECTION



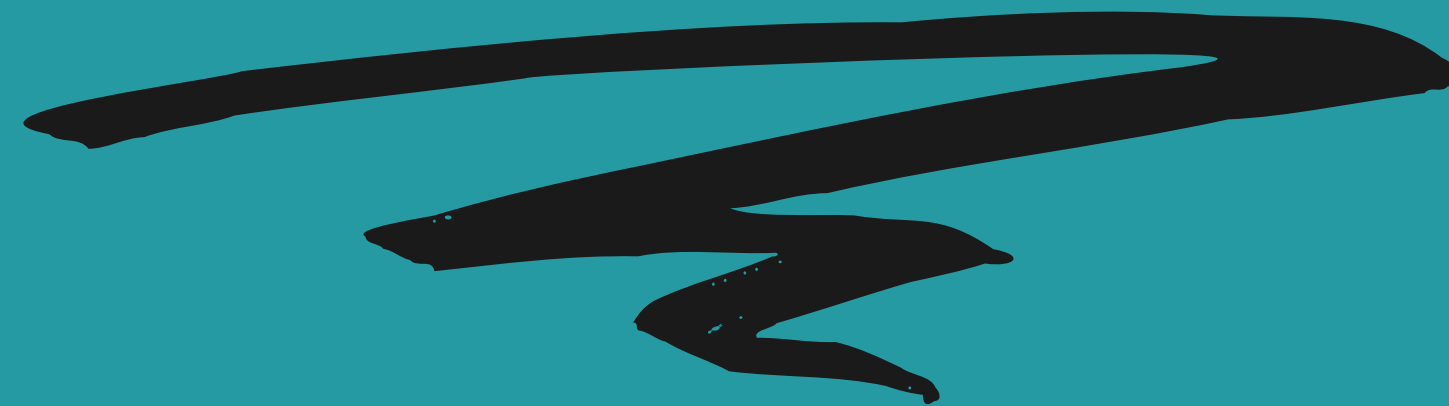
Today, we will focus on cultivating **self-awareness** and **responsible decision-making** by identifying effective self-care practices and recognizing areas where we can enhance our overall wellness.





ICEBREAKER

SELF CARE WORD FLOW



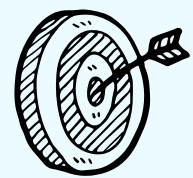


SELF CARE WORD FLOW

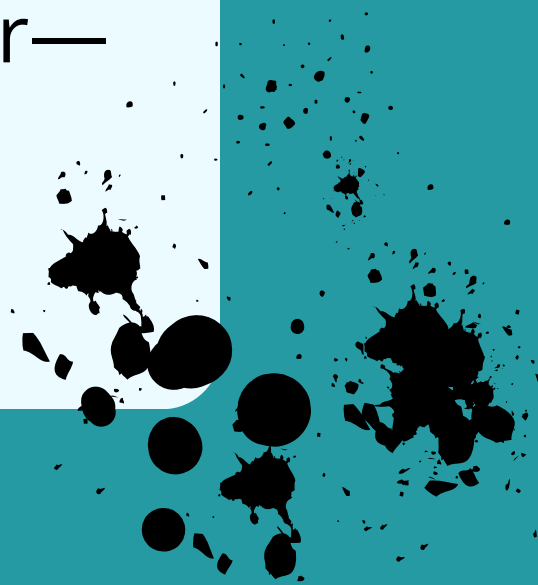
LET'S TALK SELF-CARE



Why it matters: Taking care of yourself helps your mind, body, and emotions stay strong.



Today's Goal: We're going to build a fun list of self-care ideas together—fast and creative!



ICEBREAKER

>>> GET MOVING!

SELF CARE WORD FLOW

SELF-CARE POPCORN CHALLENGE

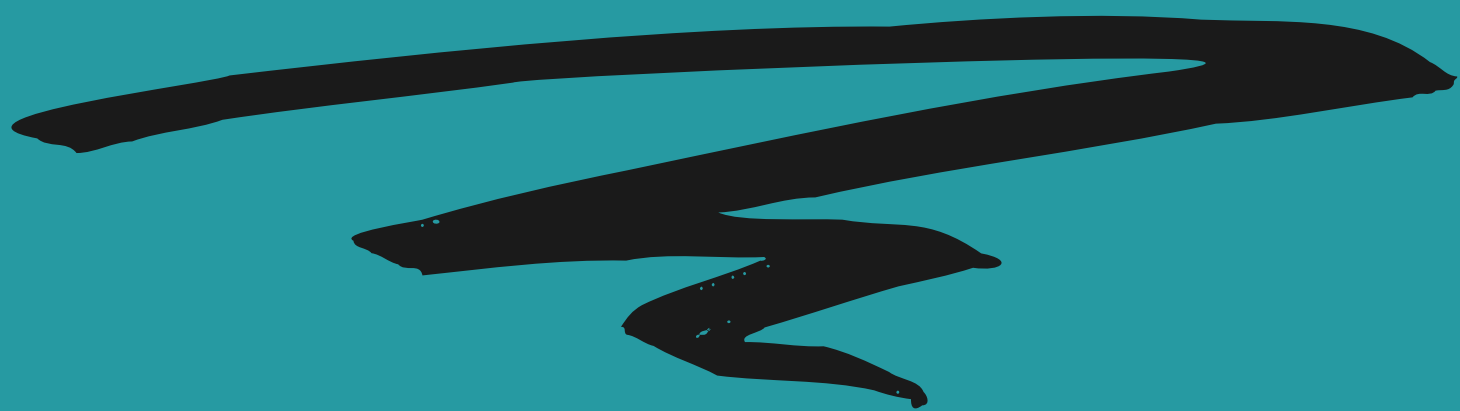
- 1) Split into 2 teams
- 2) Timer = 20 seconds
- 3) One team goes first, shout out as many self-care ideas as you can
- 4) Switch teams and repeat for 4 rounds
- 5) Count up your points!





LESSON PART ONE

MENTAL HEALTH STIGMAS



LESSON: PART ONE



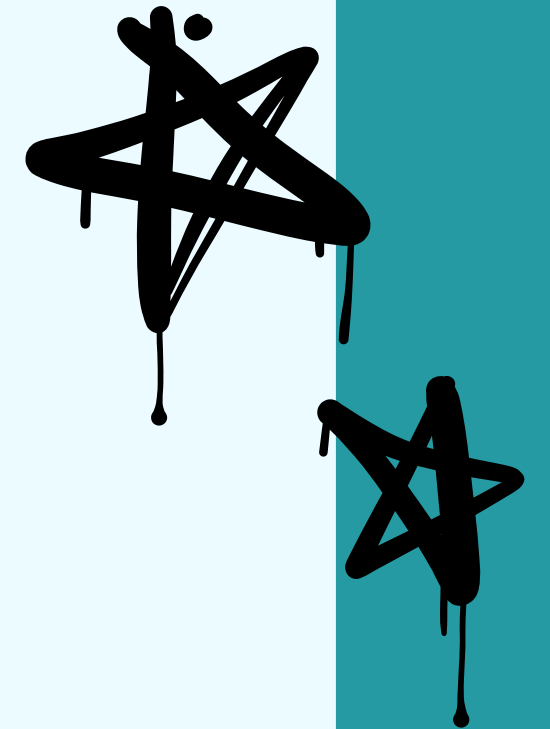
TALK ABOUT IT

MENTAL HEALTH STIGMAS

MENTAL HEALTH & WELLNESS: WHY IT MATTERS

Today we'll talk about:

- * What mental health means
- * How wellness connects to our mental health
- * How we can improve different parts of our life



LESSON: PART ONE



WATCH A VIDEO

MENTAL HEALTH STIGMAS

Watch the video of Esmerelda talking about the importance of mental health and stigmas within the Latino community.



LESSON: PART ONE



TALK ABOUT IT

MENTAL HEALTH STIGMAS

- Is it important to talk about mental health? Why or why not?
- How do YOU view mental health?
- What do your friends or family think about it?
- What is wellness?
- How might wellness support your mental health?





6 DIMENSIONS OF WELLNESS

1

SOCIAL WELLNESS

Building positive relationships and having a supportive network





6 DIMENSIONS OF WELLNESS

2

PHYSICAL WELLNESS

Caring for your body through exercise, sleep, and nutrition





6 DIMENSIONS OF WELLNESS

3

SPIRITUAL WELLNESS

Living with purpose and aligning with your core values



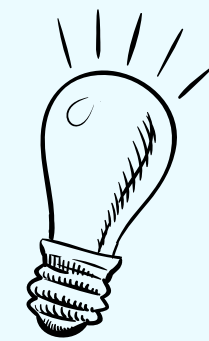


6 DIMENSIONS OF WELLNESS

4

INTELLECTUAL WELLNESS

Engaging in creative thinking, learning, and curiosity





6 DIMENSIONS OF WELLNESS

5

EMOTIONAL WELLNESS

Understanding and expressing emotions in a healthy way





6 DIMENSIONS OF WELLNESS

6

ENVIRONMENTAL WELLNESS

Feeling safe and comfortable in your surroundings



LESSON: PART ONE



TALK ABOUT IT

6 DIMENSIONS OF WELLNESS

- Which areas of your life feel strong?
- Which ones feel like they need more attention?





LESSON PART TWO



WHEEL OF WELLNESS



LESSON: PART TWO



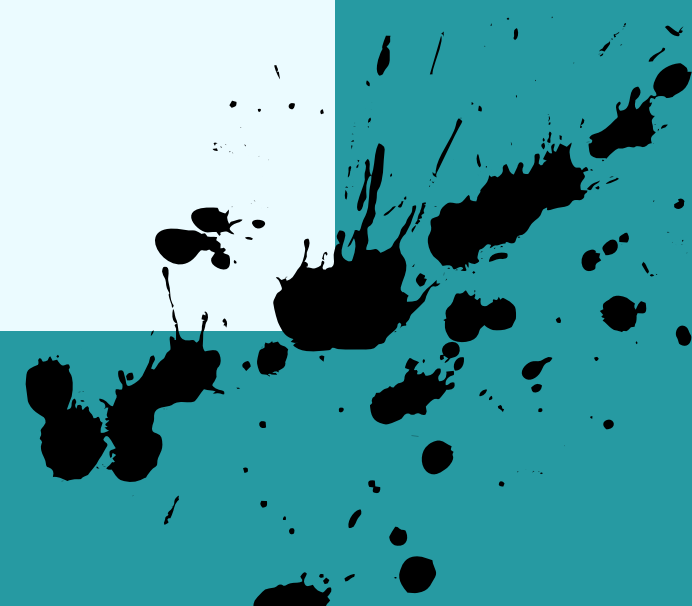
WHEEL OF WELLNESS

1) Using the graphic organizer, add items that apply to your life under each dimension of wellness.

Example: Under Social, you could write "Friends," "Group chats," or "Sports team"

2) Then, rate each dimension from 1–5

(1 = not doing well, 5 = doing great)



LESSON: PART TWO



TALK ABOUT IT

WHEEL OF WELLNESS

Reflect individually, then in groups:

- Do you feel connected to my friends and family?
- Are you taking care of your body and mind?
- Are you living by what you value?
- Do you feel safe in your space?



LESSON: PART TWO



TALK ABOUT IT

WHEEL OF WELLNESS

SMALL GROUP SHARE

- What wellness area are you doing well in?
- Which area do you want to work on?
- What's one thing you can do to improve it?



LESSON: PART TWO



TALK ABOUT IT

WELLNESS GOALS TO TRY

SOCIAL WELLNESS

- Reach out to a friend just to say hi.
- Join a club or sit with someone new at lunch.



LESSON: PART TWO

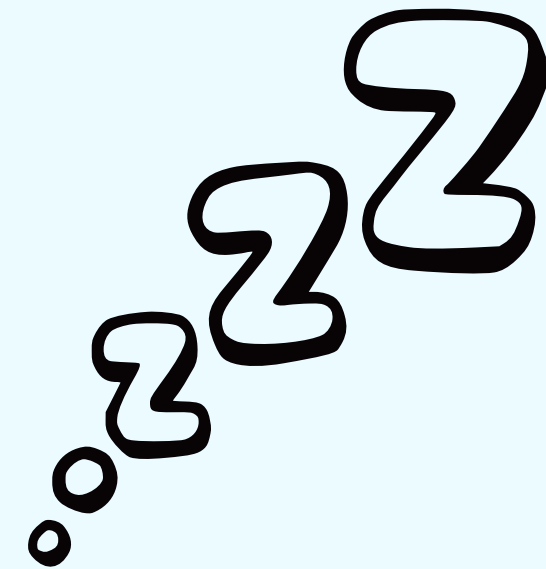


TALK ABOUT IT

WELLNESS GOALS TO TRY

PHYSICAL WELLNESS

- Get 7–8 hours of sleep each night.
- Move your body—walk, dance, or stretch daily.



LESSON: PART TWO

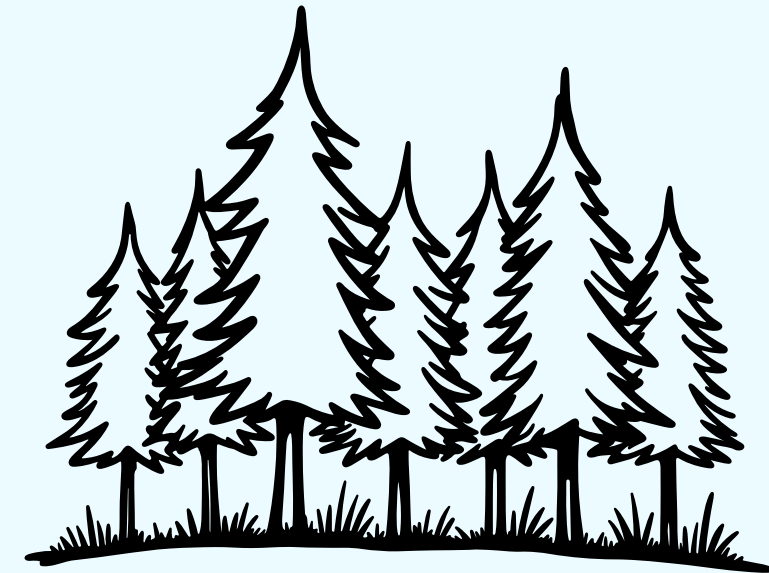


TALK ABOUT IT

WELLNESS GOALS TO TRY

SPIRITUAL WELLNESS

- Reflect on what matters most to you.
- Spend time in a quiet space or in nature.



LESSON: PART TWO



TALK ABOUT IT

WELLNESS GOALS TO TRY

INTELLECTUAL WELLNESS

- Learn one new thing each day.
- Ask questions and stay curious.



LESSON: PART TWO

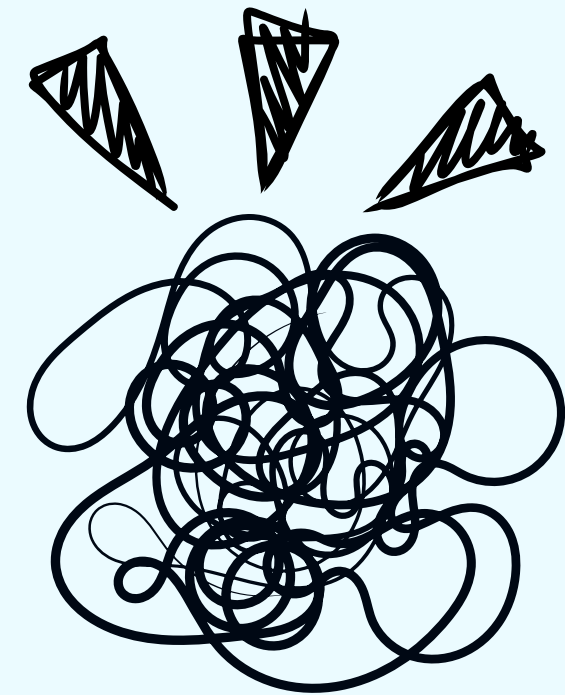


TALK ABOUT IT

WELLNESS GOALS TO TRY

EMOTIONAL WELLNESS

- Name your feelings instead of holding them in.
- Talk to someone you trust when you're stressed.



LESSON: PART TWO

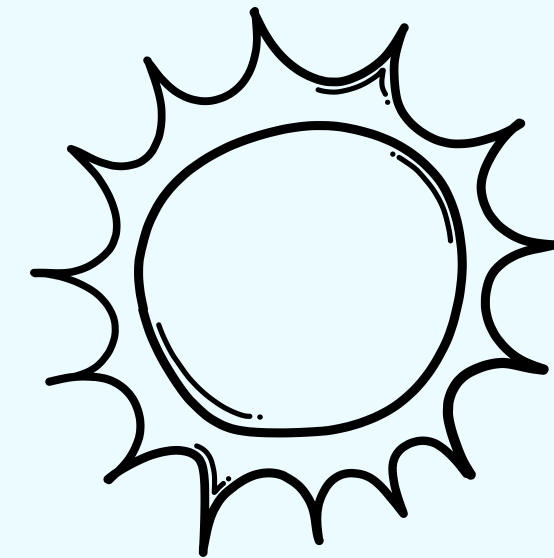


TALK ABOUT IT

WELLNESS GOALS TO TRY

ENVIRONMENTAL WELLNESS

- Keep your room or workspace clean.
- Spend time outside in fresh air or sunlight.



LESSON: PART TWO



TALK ABOUT IT



SELF CARE CYPHER

FINAL REFLECTION

Who is one person you can turn to for support?

