

### Applied Mental Health *Activity 2*

Mental Health, Wellbeing and Society is linked to the perceptions of mental health in society and how they have changed overtime.

Objective: To broaden the understanding of mental health in society and encourage engagement with real-life issues and experiences.

Choose ONE of the following related to mental health:

- documentary - watch one relevant documentary
- podcast - listen to one episode of a podcast
- TED Talk - listen to one ted talk
- news article / website – read one article or visit one website

Documentaries:

The Mind, Explained – Netflix

TED Talks:

Kelly McGonigal: How to make stress your friend | TED Talk:

[https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend)

Brené Brown: The power of vulnerability | TED Talk:

[https://www.ted.com/talks/brene\\_brown\\_the\\_power\\_of\\_vulnerability](https://www.ted.com/talks/brene_brown_the_power_of_vulnerability)

Sangu Delle: There's no shame in taking care of your mental health | TED Talk:

[https://www.ted.com/talks/sangu\\_delle\\_there\\_s\\_no\\_shame\\_in\\_taking\\_care\\_of\\_your\\_mental\\_health](https://www.ted.com/talks/sangu_delle_there_s_no_shame_in_taking_care_of_your_mental_health)

Podcasts:

- Stompcast with Dr Alex George
- Feel Better, Live More with Dr Rangan Chatterjee
- Websites:
- We're Mind, the mental health charity | Mind
- Young Minds - Home
- Mental health - NHS

Answer the following:

1. What mental health themes were explored?
2. What factors influenced wellbeing?
3. What did you learn that surprised you?
4. How was stigma or discrimination presented?
5. What support strategies were discussed?