

"What Is Your WHY?" Activity

Why?

★ Raising awareness for mental health, supporting those in their mental health, advocating for change in relation to mental health, and learning more about mental health are essential aspects of Bring Change to Mind. These practices effectively address and erode stigma while allowing individuals to feel supported in their mental health journeys. Mental health awareness is purposeful because it is personal; although not everyone has a diagnosable mental illness, everyone has mental health. Staying grounded and intentional in this work necessitates the continual reminder of a WHY. Why do you care about mental health awareness? Why do you want to continue doing this work in our communities? Why are you passionate? This activity serves to have meaningful discussion around the topic & allows students to cultivate their passions in an action-oriented manner.

How-To

★ Gather club members and allocate a period of time (ex: 15 minutes) to journal about students' WHYS about mental health.

Materials

★ Pens, pencils, markers & paper



Reflection Time

★ Allocate time for conversation surrounding students' passions. If comfortable, allow for students to share about what they wrote about.

Example discussion/reflection prompt questions:

- What did you learn about yourself from this activity?
- What did you learn about your peers from this activity?
- What is the importance on focusing on your WHY?
- How can we turn these WHYS into action?



WHY?