

The following communication is from My Mental Health Rocks Scotland.

Hello, we are so excited to share our FREE Virtual Schools workshop!

We usually deliver workshops in schools as part of My Mental Health Rocks Scotland. The workshops are done in classrooms and are fun interactive with kids & young people, we explore our mental health and well-being with the objectives to:

- Understand what mental health is and how it supports them.
- Understand how you can feel disconnected from your mental health.
- Understand how their state of mind can affect their view of life, decision making & behaviour.
- Understand the nature of their emotions.
- Understand we are all unique and have our own unique thoughts about life.
- Understand that people experience emotions differently.
- Understand their view of life can be distorted by their mood state.
- Uncover their natural resilience and confidence.

Since we are not in schools right now, we have done a virtual workshop that we would like to share for free! It's only just over 30 mins long, we have tried to keep it as fun as possible!

This can be used by teachers or parents, helping us all understand our mental health & well-being, which we feel is extremely important right now.

We will be doing weekly videos in our Facebook private group: Scotland Rocks Well-being Community, building this understanding and sharing fun activities that can help, so we can all feel connected to our mental health & well-being. there is also a 'Parents Night' session in the group every Wednesday that's a safe space for parents, teachers, carers where we will be supporting them, listening and sharing tips.

You can access this via the link below:

<https://mailchi.mp/3a48c8d2ef18/mymentalhealthrocksscotland-free-schools-workshop>

We hope you enjoy this!

Many Thanks

Orielle & Nicola

Co-Founder of My Mental Health Rocks Scotland