

Video 1: Mental Health & Mental Illness

(It is not necessary to write your name.)

My Thoughts On...

Simran's Story

Chris's Story

Jada's Story

I connected most with _____'s story because...

Circle one option (mental health problems or mental illness), and explain.

Simran is leaning more towards
*mental health problems/mental
illness* because...

Chris is leaning more towards
*mental health problems/ mental
illness* because...

Jada is leaning more towards
*mental health problems/ mental
illness* because...

Moments/events in the *past* that this breathing could have helped me with:

Where and when this breathing can be used in my *current* life:

Video 3: Resources, Support, & Stigma

(It is not necessary to write your name.)

**Reasons why people might not reach out for support /
Things that people could be worried or concerned about...**

Highest to Lowest

The fears that might hold me back from highest to lowest are...

- 1)
- 2)
- 3)
- 4)
- 5)