**Stage 1 Health and Wellbeing**

Task 1 – Practical Action – Mental Health Wellness (20%)

**Draft Due:**

**Due Date:**

***“Be who you are and say what you feel because those who mind don’t matter and those that matter don’t mind”***

***DEFINTION:*** *“Mental health includes our emotional, psychological, and social wellbeing. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important in every stage of life, from childhood and adolescence through adulthood.”[[1]](#footnote-1)*

## TASK:

To participate in, analyse and evaluate, a health-promoting activity beyond the classroom that can be promoted to improve the mental health and wellbeing of individuals and communities.

**Description of assessment**

This practical activity gives you the opportunity to work towards achieving a mental health-promoting goal. The activity requires you to:

* identify a goal to improve an aspect of mental health and well-being within society
* explain how the goal helps achieve mental well-being for you and/or others
* Contact and interact with an individual and/or organisation that can assist you to achieve your goal. Keep a record of your contact and progress for evidence. These details need to be evident in your reflection and presentation of the task
* Plan what you intend to do and how you intend to achieve this. Comment on the processes and outcomes involved (observations, interactions) and strategies put in place to achieve this goal
* Reflect on how successful you have been and how you can assess this (e.g. what worked well? What was not as successful? What would you do differently next time? What you have learnt?).
* Comment on how sustainable this activity/program/event/awareness campaign is, and on the long term impact of setting this goal.

# POTENTIAL TOPICS:

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| ***Mental Health topic*** | ***Resources*** | ***Awareness Campaigns*** |
| Depression or Anxiety | Beyond Blue, Black Dog Institute, Headspace | R U OK? Day (September) |
| Mindfulness, empowerment | Action for Happiness | Random Acts of Kindness Month, Self-Care September |
| LGBTIQA+ | Shine SA, Minus 18, Q Life, Headspace, Lifeline | Wear it Purple Day (August) |
| Positive Psychology | Black Dog Institute, Reach Out | World Mental Health Day (October) |

**Assessment conditions**

Evidence of your participation, i.e. observations, interactions, and reflection, may be presented in written (maximum 1000 words), oral (maximum of 6 minutes) or equivalent in multimodal form.

**Assessment Design criteria**

**Application – AP1-** Application of health and wellbeing concepts to contemporary issues.

**AP 2-** Action to improve health and wellbeing outcomes, individually and/or collaboratively.

**Reflective Practice – RP2 -** Evaluation of personal and social action through reflective practice.

1. <https://www.mentalhealth.gov/basics/what-is-mental-health> [↑](#footnote-ref-1)