

# What is Mental Health?

## Lesson Plan for Instructor

### Materials:

Dry erase board or flip chart and appropriate markers  
Paper for participants to write on and pens/pencils

### Handout(s):

What is Mental Health?

### Suggested Format for Discussion:

- Write "What is Mental Health?" on the board or flip chart.
- Ask participants to describe characteristics of someone who has good mental health.
- Write participants' responses on the board.
- Ask participants what good mental health has to do with weight control. Discuss with them the various ways good mental health might support and strengthen weight control efforts.
- Ask participants what a person could do to improve their mental health.
- Write those responses on the board.
- Pass out the *MOVE!* handout entitled "What is Mental Health?"
- Discuss the handout with participants.
- Ask participants to identify one action they will commit to in order to strengthen their mental health.

