

## HANDOUT 5

# Videos and Other Resources on Mental Health

**T**his handout includes more videos and other resources on mental health that may be of interest.

## Videos

*How to make stress your friend* (14:28 min.)

Ted Talk by Kelly McGonigal on the many advantages of stress.

<https://www.youtube.com/watch?v=RcGyVTAoXEU>

*The mental health literacy pyramid* (9:28), Mental Health Collaborative

Provides an overview of the Mental Health Literacy Framework and the different mental health states.

<https://www.youtube.com/watch?v=-aXFzDyuALI>

*Why stress is good for you* (Instant Egghead #40; 2:32), *Scientific American*

Explains how stress can be viewed as helpful.

[https://www.youtube.com/watch?v=ZIAI FN3r0k&ab\\_channel=ScientificAmerican](https://www.youtube.com/watch?v=ZIAI FN3r0k&ab_channel=ScientificAmerican)

## Other Resources

Comminos, A. (n.d.). *Stress*. Mindfulness and Clinical Psychology Solutions.

Web article on the stress curve, different types of stress, and how to cope and manage stress.

<https://mi-psych.com.au/what-is-stress/>

Kutcher, S., & Wei, Y. (2020). School mental health: A necessary component of youth mental health policy and plans. *World Psychiatry, 19*(2).

Article on mental health literacy. <https://doi.org/10.1002/wps.20732>

Ohrnberger, J., Fichera, E., & Sutton, M. (2017, December). The relationship between physical and mental health: A mediation analysis. *Social Science and Medicine, 195*, 42–49

Article on the connection between physical and mental health.

<https://www.sciencedirect.com/science/article/pii/S0277953617306639>

TeenMentalHealth.org. (n.d.). *How not to bubble wrap kids: Learning how to use daily stress to develop resilience*.

Information sheet on using daily stress to develop resilience.

<https://mentalhealthliteracy.org/wp-content/uploads/2017/09/Stress-Two-pager.pdf>