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Study Guide: **Mental Health Promotion Activities**
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N123 Community Mental Health Nursing Mental Health Promotion Activities

Please find the different mental health promotion activities and free online resources. This will guide you in your mental health promotion activities in the community.

1. Self-Awareness Techniques: These techniques involve understanding one's own emotions, strengths, weaknesses, and drives.

- [What is self-awareness?](#)
- [Self awareness](#)

2. Stress Management Strategies: These strategies aim to control, reduce, and cope with stress.

- [Building healthy habits with stress management](#)
- [Stress management strategies](#)
- [Stress management techniques](#)

3. Self-Care Techniques: Self-care techniques and general lifestyle changes can help manage the symptoms of many mental health problems

- [Caring for your mental health](#)
- [Ways to improve mental health through self-care](#)

4. Psychosocial Processing: This involves understanding the social factors that influence our psychology and behavior.

- [What is mental health promotion](#)
- [A guide to strengthen basic psychosocial skills](#)
- [Mental Health](#)
- [Psychosocial intervention](#)



5. Psychological First Aid: This is a supportive response to individuals following a traumatic event.

- [Psychological First Aid](#)

6. Coping Pattern Identification: This involves identifying how individuals cope with stress and helping them develop healthier coping mechanisms

- [Coping strategies for stress](#)
- [Coping skills for mental health and well-being](#)
- [Emotional response pattern](#)
- [The role of coping in stress reduction](#)

7. Values/ Value Clarification: This involves identifying and understanding one's values and beliefs, which can guide decision-making and behavior

- [Values clarification](#) (1)
- [Values clarification](#) (2)
- [Values clarification](#) (3)
- [Values clarification](#) (4)

8. Client Empowerment: This involves helping individuals take control of their mental health journey, fostering a sense of autonomy and self-efficacy

- [Giving mental health support](#)
- [The heart of empathy](#)
- [What is empowerment?](#)

9. Promotion of Parenting Skills: This involves providing parents with the knowledge and skills to promote and protect their children's mental health

- [Promoting positive parenting](#)
- [Promoting optimal parenting](#)
- [Enhancing parenting skills](#)

10. Support Groups / Peers / Peer Support: These are groups or individuals who provide emotional and practical support to those dealing with similar experiences

- [WHO: Peer support mental health services](#)
- [The effectiveness of one-to-one peer support](#)
- [UP Ugnayan ng Pahinungod](#)