

Patient Poster 6R

Problem

You are a doctor about to open your first office. You want to make a poster for your waiting room that will help to educate your patients about their mental health. How can you make an illness-wellness continuum that will help to teach patients how to improve their level of mental health?

Suggested Materials

The Roll of the Die for Depression sheet.
 Letter size paper (landscape orientation), ruler
 colored marking pens or pencils

Devise a Plan

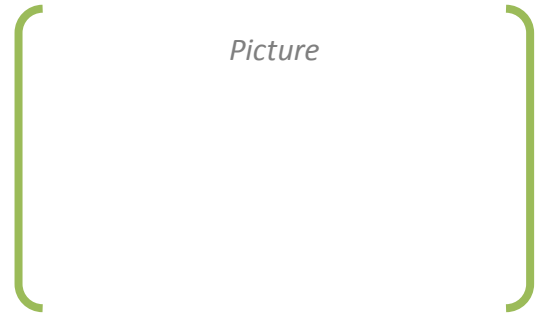
1. Make two lists on a separate sheet of paper, one titled “**Improving mental health**” and one titled “**Loss of mental health**”. Write each of the behaviors below in the appropriate list.

Improving mental health	Loss of mental health
	ignoring stress
	hiding problems from family and friends
experiencing positive peer pressure from a best friend	
	smoking

2. Label one side of your poster “**Very poor health**” and the other end “**Excellent health.**” Decide where each of the behaviors on your lists should be. Choose one mental health idea to use on your poster.
3. Finish. Underneath each behavior, give a suggestion for how it could be changed to increase wellness. For example, a person could exercise vigorously several times a week instead of just once a week.

Title

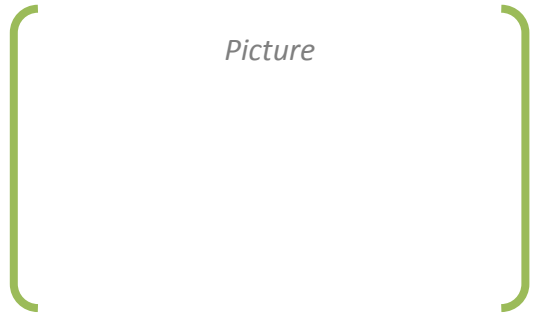
Very Poor Health



Picture

Suggestion for improvement

Excellent Health



Picture

Suggestion for improvement