



Boosting Mental Health

A CLB 7/8 Module with Online Assessment Tasks



This module includes:

- ✓ Module plan
- ✓ List of resources
- ✓ Ideas for skill-using tasks
- ✓ CLB 7 and CLB 8 Assessment Tasks
- ✓ Answer Keys
- ✓ Links to Online Assessment Tasks (Google Forms)

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Development Team

Trina St. Jean (Writer and Developer)

TIES LINC Department (Review and Dissemination)

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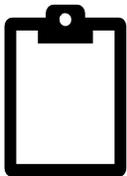
For any questions related to this material, please contact:

The Immigrant Education Society
3820 32 Street NE
Calgary, Alberta
T1Y 7L9

403-291-0002 | www.immigrant-education.ca

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TIES appreciates any feedback on these modules to guide future development. If you test this module in your class, please consider filling out [this brief survey](#).

	Listening (CLB 7/8)	Speaking (CLB 7/8)	Reading (CLB 7/8)	Writing (CLB 7/8)
Real-World Task Goals	Understanding information about activities beneficial for health or wellbeing	Sharing information about ways to improve health or wellbeing	Understanding text on benefits of habits or activities for health or wellbeing	Summarizing an article
Context/ Background Information	Students should gain an understanding of: <ul style="list-style-type: none"> • Definitions of wellness, wellbeing and mental health and how they are sometimes used interchangeably • The importance and consequences of maintaining good mental health • How having good mental health improves all aspects of life: work, family, relationships, physical health, etc. 			
CLB Competency Areas and Features	Comprehending Information Understand extended descriptive or narrative monologues or presentations about personal experiences, general knowledge or familiar work-related topics, even when some information is presented out of sequence.	Sharing Information CLB 7 Give presentations about moderately complex processes. Presentations are up to about 10 minutes: topics are familiar and concrete. CLB 8 Give presentations to describe and explains processes based on research. Presentations are up to about 20 minutes long and topics are familiar, concrete or abstract.	Comprehending Information Understand moderately complex extended descriptions, reports and narrations on familiar topics.	Reproducing Information Reduce a text of up to about 2 pages to an outline or summary.

Language Focus	<p>Grammar: gerunds, present perfect passive voice (*CLB 8)</p> <p>Vocabulary: words and expressions to discuss general mental health and well-being, to discuss benefits of activities and for summarizing research (*CLB 8)</p>			
Language and Learning Strategies	<ul style="list-style-type: none"> • Using linguistic clues to identify mood and topic. • Using hypothesis formation to predict and infer. • Using note taking to focus listening. 	<ul style="list-style-type: none"> • Using meaning negotiation strategies such as repetition, rephrasing and expansion. • Using self-monitoring strategies such as self-correction. • Opening and closing conversation. 	<ul style="list-style-type: none"> • Skimming and scanning text . • Activating prior knowledge of topic to aid in understanding. • Using context clues to determine meaning of unknown words. • Distinguishing facts from opinions. 	<ul style="list-style-type: none"> • Pre-writing strategies such as outlining and creating a mind map. • Developing a first draft using knowledge of paragraph structure. • Re-reading and revising strategies: checking for connections between ideas, clarity of writing and mechanics.
Assessment Task	Listening to a podcast about boosting mental health	Sharing information about an activity that boosts mental health	Reading an article about improving mental health	Writing a summary of a mental health article

Instructor Resources:

1. *Canadian Mental Health Association BC Division*. Wellness “module”: Simple and visual information on mental health and its importance. Includes a Wellness Level questionnaire.
 - <https://www.heretohelp.bc.ca/sites/default/files/wellness-module-1-mental-health-matters-photocopy.pdf>
2. *HelpGuide.org*. Help Guide: Building Better Mental Health.
 - <https://www.helpguide.org/articles/mental-health/building-better-mental-health.htm?pdf=13506>
3. *Psychology Today*. Healthy Lifestyle Quiz
 - <https://www.psychologytoday.com/ca/tests/health/healthy-lifestyle-test>
4. *University of Minnesota*. Enhance your well-being. Includes an online assessment tool and goal-setting.
 - <https://www.takingcharge.csh.umn.edu/>
5. Articles: Tips for Boosting Mental Health
 - <http://www.bcmhsus.ca/about/news-stories/stories/10-tips-to-boost-your-mental-health>
 - <https://www.mentalhealth.org.uk/publications/how-to-mental-health>
6. *TIES (The Immigrant Education Society)*. Coping Tools:
 - <https://www.tieshealthyminds.ca/coping-tools>
7. *TEDx Rockhampton*. Dan Banos. 8 Principles to achieve optimum mental health.
 - <https://www.youtube.com/watch?v=oWjSdwzOA6k> (*21 minutes)
8. *TitleMax*. Infographic on “42 scientifically-proven ways to improve your mood”.
 - <https://www.titlemax.com/discovery-center/lifestyle/scientificallly-proven-ways-improve-your-mood/>
9. *U.S. News*. 11 Simple, Proven Ways to Optimize Your Mental Health.
 - <https://health.usnews.com/health-news/health-wellness/slideshows/11-simple-proven-ways-to-optimize-your-mental-health>
10. *Action for Happiness*. Website sharing “Ten Keys to Happier Living”.
 - <https://www.actionforhappiness.org/how-to-be-happy>
 - Fun posters based on the Keys: <https://www.actionforhappiness.org/happiness-posters>
11. *Wellness Together Canada*. Mental Health and Substance Support from Government of Canada.
 - <https://wellnesstogether.ca/en-CA/>

Writing Resources (Summaries)

1. How to Write a Summary. (for CLB 8) *University of Texas at El Paso*.
 - <http://utminers.utep.edu/omwilliamson/engl0310/summaryhints.htm>
2. How to Write a Summary Paragraph. (for CLB 8) *WikiHow*.
 - <https://www.wikihow.com/Start-a-Summary-Paragraph>
3. How to write a summary (video tutorial for CLB 8). *Smrt English*.
 - <https://www.youtube.com/watch?v=eGWO1dEhtQ>
4. Information and activities on Transitions:
 - <https://writingcenter.unc.edu/tips-and-tools/transitions-esl/>
 - https://web2.uvcs.uvic.ca/courses/elc/Sample/Advanced/unit1/u1_l2b_1.htm
 - <https://allesl.com/transition-words/>
 - http://www.englishvocabularyexercises.com/eve-exercises/EngVocEx_transitions_2.htm

Grammar Resources

1. Gerunds
 - Englishpage.com. Tutorials and Online quizzes.
https://www.englishpage.com/gerunds/part_1.htm
2. Passive Voice
 - Englishpage.com. Tutorial and exercises on Passive versus Active Voice.
<https://www.englishpage.com/verbpage/activepassive.html>
3. Present Perfect Passive Voice (To discuss research: for example, “Exercise has been found to...”)
 - <https://www.grammarbank.com/present-perfect-passive.html>

Warm-up Activity

Discussion Questions: Boosting Mental Health

WHO (World Health Organization) defines mental health as a state of well-being in which an individual:

- realizes his or her own abilities,
- can cope with the normal stresses of life,
- can work productively, and
- is able to make a contribution to his or her community.



1. Do you agree with the definition of mental health above? Is there anything you would add to the definition?
2. What kinds of things do you do to take care of your mental health?
3. What are some challenges people face that make it difficult for them to take care of their mental health?
4. Do you think there are any habits or activities that are scientifically proven to improve our mental health? Can you guess what they might be?
5. If you had a friend who was feeling down, what advice would you give them about how to improve their mental health?
6. Do you think the following activities have any impact on mental health? Explain your opinion.

<input type="checkbox"/> Sleep	<input type="checkbox"/> Drugs
<input type="checkbox"/> Health Eating (nutrition)	<input type="checkbox"/> Books, art and music
<input type="checkbox"/> Exercise	<input type="checkbox"/> Social Media
<input type="checkbox"/> Social connections	<input type="checkbox"/> Time in nature
<input type="checkbox"/> Sunshine and fresh air	<input type="checkbox"/> Pets
<input type="checkbox"/> Screen time (phones, computers)	<input type="checkbox"/> Lifelong Learning
<input type="checkbox"/> Caffeine	<input type="checkbox"/> Hobbies
<input type="checkbox"/> Smoking	<input type="checkbox"/> Helping Other People

Learning from Research: Skill-building Speaking Activity



STEP ONE: In a small group, ask for opinions and share your thoughts on how the topics below might affect our health. Practice using gerunds if relevant.

Gerund:
A form of a verb that functions as a noun.
(ex. singing)

Example questions:

- What do you think about...(noun/gerund)?
- Do you recommend...(noun/gerund)?
- What are your thoughts on...(noun/gerund)?
- Do you have any experience with...(noun/gerund)?

<input type="checkbox"/> going to bed early? <input type="checkbox"/> living by the sea <input type="checkbox"/> taking showers rather than baths? <input type="checkbox"/> wearing flip-flops? <input type="checkbox"/> drinking coffee? <input type="checkbox"/> marriage? <input type="checkbox"/> having children? <input type="checkbox"/> using Facebook? <input type="checkbox"/> loneliness? <input type="checkbox"/> jogging? <input type="checkbox"/> fasting?	<input type="checkbox"/> eating red meat? <input type="checkbox"/> going to live concerts? <input type="checkbox"/> positive thinking? <input type="checkbox"/> sleeping with a fan on? <input type="checkbox"/> swearing? <input type="checkbox"/> eating chili peppers? <input type="checkbox"/> taking dietary supplements? <input type="checkbox"/> sitting? <input type="checkbox"/> eating organic food? <input type="checkbox"/> working at night? <input type="checkbox"/> eating an apple every day?
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STEP TWO: After your discussion, your instructor will assign you one of these topics to learn about. You will become an “expert” on this topic by listening to and reading a summary of research in this area on <https://breakingnewsenglish.com>. Your teacher will share the link with you for your topic.

Your topic is: _____

STEP THREE: You will share the information you learned in Step Two with the rest of the class. You will circulate in your class and give your expert opinion to classmates.

Example sentences you might use:

- We should avoid *GERUND* because...
- *GERUND* is fine, but I don't recommend *GERUND* “under these conditions”.
- I would like to warn you about *GERUND*.
- *GERUND* can be good/bad for your health.
- Experts recommend *GERUND*...
- You may think that *GERUND* is..., but actually it is....
- Research has shown that *GERUND* is....
- I advise not *GERUND* when/if....
- Experts don't suggest *GERUND* because it....

List of Topics and Links: Learning from Research Activity

(from <https://breakingnewsenglish.com/health.html>)

Topic #1: Living by the Sea

<https://breakingnewsenglish.com/1910/191004-living-by-the-sea.html>

Topic #2: Having Children

<https://breakingnewsenglish.com/1908/190823-having-children.html>

Topic #3: Facebook

https://breakingnewsenglish.com/1104/110401-facebook_depression.html

Topic #4: Marriage

<https://breakingnewsenglish.com/1702/170217-married-people.html>

Topic #5: Loneliness

<https://breakingnewsenglish.com/1708/170808-loneliness.html>

Topic #6: Going to Bed Early

<https://breakingnewsenglish.com/1902/190218-night-owls.html>

Topic #7: Fasting

<https://breakingnewsenglish.com/1702/170227-fasting-diet.html>

Topic #8: Flip-flops

https://breakingnewsenglish.com/0806/080608-flip_flops.html

Topic #9: Eating Red Meat

https://breakingnewsenglish.com/1102/110227-red_meat.html

Topic #10: Live Concerts

<https://breakingnewsenglish.com/1912/191223-live-concerts.html>

Topic #11: Positive Thinking

<https://breakingnewsenglish.com/1908/190829-positive-thinking.html>

Topic #12: Sleeping with a Fan On

<https://breakingnewsenglish.com/1807/180731-fans.html>

Topic #13: Swearing

<https://breakingnewsenglish.com/1705/170508-swearing.html>

Topic #14: Eating Chili Peppers

<https://breakingnewsenglish.com/1701/170120-chili-peppers.html>

Topic #15: Dietary Supplements

<https://breakingnewsenglish.com/1608/160801-dietary-supplements.html>

Topic #16: Sitting

<https://breakingnewsenglish.com/1506/150609-sitting.html>

Topic #17: Jogging

<https://breakingnewsenglish.com/1404/140409-long-distance-running.html>

Topic #18: Organic Food

https://breakingnewsenglish.com/1209/120904-organic_food.html

Topic #19: Taking Showers

<https://breakingnewsenglish.com/0909/090916-showers.html>

Topic #20: Working at Night

<https://breakingnewsenglish.com/1401/140123-night-work.html>

Topic #21: Eating an Apple Every Day

<https://breakingnewsenglish.com/1312/131228-apples.html>

Topic #22: Drinking Coffee

<https://breakingnewsenglish.com/1707/170713-drinking-coffee.html>

Vocabulary

Vocabulary for Overall Mental Health

wellness	to boost	strategies	anxiety	to handle
wellbeing	to nurture	tips	balance	stress
to take care of	to improve	depression	to cope	stressors

Vocabulary for Discussing Benefits

*See **Vocabulary Handout: Boosting Mental Health** (page 11 of this document)

benefit (noun and verb)	to decrease	to affect	to reduce	to be proven to
beneficial	to improve	to lead to	to boost	to be found to
to increase	to have a positive effect	to impact	to result in	to have a positive impact on

Vocabulary for Discussing Results of Research

**Note: this vocabulary is especially useful for CLB 8 students, who need to share results of research in the speaking assessment. Both CLB 7 and 8 may use this vocabulary briefly in the writing assessment, however.*

*See **Vocabulary Handout: Boosting Mental Health** (page 11 of this document)

research	to indicate	to demonstrate
researchers	to show	to prove
studies	to suggest	according to



Vocabulary Handout: Boosting Mental Health

Discussing Benefits

Complete the sentences with a Gerund/Noun in the _____

Other words for benefit:

- Positive impact
- Consequence

_____ is beneficial to our health because..... <i>Example:</i> Sleeping well is beneficial to our health because our body needs to recharge to face each new day.
_____ increases/decreases/improves/has a positive effect on/affects/leads to/reduces/boosts.... <i>Example:</i> Drinking water has a positive effect on our ability to focus.
_____ helps us <i>Example:</i> Learning a musical instrument helps us improve our cognitive abilities.
_____ has been found to improve/decrease/increase... <i>Example:</i> Meditating has been found to decrease stress and anxiety.
_____ has been proven to... <i>Example:</i> Increasing your heart rate regularly has been proven to alleviate depression.
_____ results in better/improved ... <i>Example:</i> Practicing gratitude results in improved relationships with others.
It is scientifically proven that _____ <i>Example:</i> It is scientifically proven that eating more vegetables leads to better health.
Many studies support the idea that... <i>Example:</i> Many studies support the idea that marriage makes us live longer.

Vocabulary for Discussing Results of Research

*You may replace the word **research** with **studies**, but remember research is a singular subject while studies is plural.

Another word for research:

Studies

Research suggests... <i>Example:</i> Research suggests that getting fresh air decreases stress.
One study from (name of university) suggests/indicates that... <i>Example:</i> One study from the University of Calgary suggests that drinking red wine can be beneficial for your heart.
Research has shown/proven/demonstrated/found that.... _____ <i>Example:</i> Research has demonstrated that having a pet reduces anxiety.
According to research at _____ (name of university or organization), _____ is..... <i>Example:</i> According to research at the University of Alberta, volunteering increases self-confidence.
According to _____ (name of researchers), _____ <i>Example:</i> According to Dr. Mourali, helping others leads to increased happiness.

Grammar

Students should learn:

1. How to use gerunds

- To discuss habits and activities as related to mental health
- To give summaries of research into benefits of habits and activities for mental health (basic usage for CLB 7; can be more sophisticated for CLB 8)

For example:

- Experts recommend “gerund”...
- Research shows that “gerund” is good for our mental health.
- “Gerund” is beneficial to our mental health.

2. Review of Passive Voice

- A review of active versus passive sentences and when to use passive sentences
- How passive voice can be used to discuss basic scientific results of research

For example:

- Jogging is proven to improve mental health.
- Drinking water is known to improve concentration.

3. Present Perfect Passive Voice (for CLB 8)

- To allow higher level students to discuss the findings of researchers in a complex way

For example:

- Dancing **has been found** to improve mental health.
- Laughing **has been shown** to decrease stress.

*See [Instructor Resources](#) for online materials and practice on these topics.

Ideas for Skill-Using Activities



Listening:

Students can listen to a podcast or watch a TED Talk/YouTube video on improving mental health. Students can take notes or instructors can develop comprehension questions similar to the final assessment. One possible video to use is:

- TEDx Rockhampton. Dan Banos. 8 Principles to achieve optimum mental health.
 - <https://www.youtube.com/watch?v=oWjSdwzOA6k> (*21 minutes)



Speaking:

Students can practice sharing information about a way to boost mental health with a small group. Topics can be assigned from the Infographic in the resource below and students can carry out (basic) research on the topics they receive. (***Note:** students will share information on the following topics for the assessment, so they should be avoided for skill-using: **exercise, mindfulness, social connection and hobbies.**)

- TitleMax. Infographic on “42 scientifically-proven ways to improve your mood”.
 - <https://www.titlemax.com/discovery-center/lifestyle/scientifically-proven-ways-improve-your-mood/>

After sharing the information, students can carry out a self-assessment, peer assessment, or receive teacher feedback on a modified version of the rubric used for the final assessment.



Reading:

Students read an article on a specific behaviour that improves mental health and answer instructor-developed questions. Instructors may choose to use articles in #5, 9 or 10 on the Instructor Resources page of this document (p. 6).



Writing:

Students read an article (up to 2 pages long) on one way to boost mental health and write a summary. Instructors can ask them to write a summary for one of the articles they read during the Speaking Assessment: students are assigned Card A (exercise), B (mindfulness), C (social connection) or D (hobbies) and provided with links to three online articles for each topic. Instructors can give feedback on a modified version of the assessment rubric or ask students to do a self or peer assessment.

Tips for Using Assessment Tasks

1. In this Module Plan, you will find the paper version of the Assessment Tasks only. However, there are links to CLB 7 and CLB 8 Online Assessment Tasks (Google Forms) for each skill.
2. For each Google Form assessment, you have a choice of **View** or **Make a Copy**. To use it with your students, choose Make a Copy. Once you do so:
 - You can edit the copy.
 - You can view results of the assessments after students complete them.
3. The **Assessment Tasks for Receptive Skills** (Listening and Reading) are meant for the student to fill in after listening to audio or reading text.
 - You will need to send the Google Form to your students' Gmail accounts in order for them to complete the assessment.
 - The Forms have a built-in answer key. When you view "Responses" in your copy of the Google Form, you can see your students' answers and scores in the Individual Results of the Form.
 - You can send the results of the assessment to the student by clicking on "Release Score" at the top of the Individual Results. Before sending, you can add Individual Feedback at the bottom of the assessment to say whether they achieved the CLB level or not.
 - The student will receive an email and can view the form with their score and the feedback. If you want students to save it in portfolios, students can click on Print in their browser but choose "Save as PDF".
4. The Assessment Tasks for **Productive Skills** (Writing and Speaking) are "rubrics" meant to be filled in by the instructor, not the student.
 - Once you make a copy of the Form, you will need to "Send" the form to your own Gmail account.
 - You will then fill in the form for each individual student. Be sure the form does not have "Limit to 1 Response" checked under Requires Sign In or you will not be able to complete the form for multiple students.
 - You will find the completed rubric for each student in your copy of the Form (in Responses, under Individual). You can create a copy to send each student by clicking on "Print" then saving the document as a pdf or google doc.

CLB 7 Assessment Tasks

CLB 7 Listening Assessment

TASK	Listening to a podcast about boosting mental health
COMPETENCY	Comprehending Information
INSTRUCTIONS	Students listen to the audio and answer the questions.
CRITERIA FOR SUCCESS	Students must get 10 out of 15 to achieve CLB 5 on this task
ONLINE ASSESSMENTS 	CLB 7 Google Form Assessment: View Make a copy *Note: the audio file is already embedded into the Form Audio File: HERE

CLB 7 Listening Assessment: Audio Transcript

Good morning everyone. I'm Martha Finley, host of Wellness Matters, a podcast where we explore topics of importance to our mental health and overall wellbeing. I've got some interesting stuff to share with you today from our friends in the U.K. I recently learned about an initiative of a group called the New Economics Foundation who, back in 2008, used research to identify five key actions that have been found to increase wellbeing. The ideas from this report have also been applied to health campaigns and programs in Australia and New Zealand as well as other countries around the world. I heard a little bit about these five actions on the Healthy Families BC website, and I was intrigued. You know how much I love science, and how passionate I am about mental health...so this was the perfect combination and I knew I needed to know more.

So, I did some digging around and was amazed to find some great information out there. Essentially, the five ways to well-being outlines five behaviours or habits that we can all engage in that are scientifically proven to improve mental health. They are all quite simple, and we already practice all or most of them to some degree. But being aware of their power and making a mindful effort to engage in them more regularly can benefit us all. Because we know improved mental health is always a good thing!

I know you are all dying to know; what are these mysterious secrets to well-being, and where can we get some? Well, the good news is they are readily available and easy to take part in. The five key areas are called: Connect, Be Active, Notice, Keep Learning, and Give. I'm going to give you the lowdown on each one and how the idea behind it can be applied to your own life.

The first, connect, is about building connections and relationships with the people around us. But that's not all. It is also about connecting with yourself, with nature or animals or even with

your own spirituality. The key here is not quantity of connections but quality. It doesn't help to make more friends, for example, if you have limited time to truly bond or connect with the friends you already have. Research has shown that developing deeper connections to other people can make the biggest difference in your wellbeing of any other known factor. Humans are social animals, and having positive relationships increases happiness, security, belonging and sense of self-worth. And the connection we have with others is a two-way street: we benefit from the relationship, and so does the other person. It might be worthwhile to think about the kinds of connection you have in your life, and how you could develop those to be even stronger.

The second key to wellbeing is to be active. This one is the most obvious – we're always hearing how good exercise is for both our physical and mental health. But somehow it's often the hardest one to stick to. The benefits of keeping our bodies moving are many. Exercise causes actual chemical changes in our brains that positively impact our mood. And who doesn't want to feel more cheerful? It also prevents and reduces symptoms of depression, anxiety and stress, helps us maintain a healthy weight and – this one is huge – it adds extra years to our lifespan. So how can we make sure we're getting off our butts and getting the exercise we need? Experts recommend that we find activities we actually enjoy, that make us want to keep going, like group activities with friends or walks outside. Exercise doesn't have to be at a gym – it can be anywhere we want it to be. We can also find ways to squeeze in little extra bits of movement into our day, like taking the stairs instead of the elevator. Whatever we choose to do, we should try to set a plan and stick to it.

The third habit mentioned in the secrets to wellbeing is to notice or be aware. This one is really interesting, I think. It's basically about mindfulness, something we discuss a lot in this podcast. Many studies have found that thinking too much about the past or worrying about the future is strongly linked to increases in anxiety and depression. But what does it mean, exactly, to be aware or be mindful? According to the Royal Melbourne Hospital in Australia – which has a fantastic website about the five ways to wellbeing, by the way – this means making the effort to focus on the present moment and being aware of our sensations, thoughts and feelings. This leads to greater self-awareness, which in turn results in being more in touch with our needs, values and interests. Another habit that is related to noticing or being aware is practicing gratitude. Gratitude means taking time in your day to appreciate the things that are good. It can be something as simple as sunshine, a friend's laugh, or a delicious bite of fruit. Practicing this kind of gratitude activates a part of the brain that is associated with the neurotransmitter dopamine. Dopamine feels good and is often called the "reward" neurotransmitter. Research has shown that we can train ourselves to improve our ability to be mindful. In fact, activities like yoga and tai-chi, with built-in breathing and body awareness techniques, are great ways to do this. There are many options for increasing our ability to live in the moment, and they are mostly free and don't have to take a lot of time.

The next key to wellbeing identified by the New Economics Foundation is to "keep learning". Learning is something we often associate with children and younger people, as they journey through the traditional education system. But learning shouldn't stop when we get older,

because continuing to challenge ourselves gives our mind a mental workout and thus keeps us mentally “fit”. Many people think it’s not possible to change and grow once you pass a certain age, but scientists found that the human brain is capable of rewiring itself even in middle age. That saying “you can’t teach an old dog new tricks” is just not true. It may be a bit harder to learn something as we grow older but trying a new hobby like taking up an instrument, a language or just reading a book with new ideas, allows our brain to form new patterns. And improving our knowledge and thinking skills helps us cope better with stress, boosts our confidence and helps us find meaning in life. And all of these things, of course, lead to better mental health overall. So, pay attention to what you’re curious about, whether it’s ideas, a creative pursuit, or a new skill, and spend a little time exploring it.

The last key mentioned in the Five Keys to Wellbeing is to Give or Help Others. Most people agree that doing your best to support other people like friends or family, or even strangers, is the right thing to do. But research shows that it has more than just moral value: it also improves your wellbeing. When you lend a hand to others, it activates the areas of your brain associated with pleasure, social connection and trust. Just like exercise, it releases endorphins in the brain that boost happiness. For example, some studies have found that people actually feel happier when they give money away than when they spend it on themselves. Now, this doesn’t mean you should give away all of your money, of course, but you can think about ways you could incorporate volunteering into your life, or just make a concerted effort to notice the needs of those around you and support them when you can. It can be anything as small as a smile or some kind words, or as big as committing to volunteering at your community center. Whatever the case, helping out can result in lower stress levels and better physical health, and a greater sense of purpose and self-worth. And hey, it just makes the world a better place if everyone pitches in a little.

So that’s really all there is to the Five Ways to Wellbeing.

To wrap things up, I’d like to say that I truly love how the New Economics Foundations has taken research and given us these very clear, simple concepts that we can all apply to our lives, even starting today. And while these are ideas that may seem logical or even obvious, I think we can all use reminders about what we need to do to lead a balanced life. If you’re interested in learning more about these five areas, as well as getting tips for implementing them into your daily life, you can visit 5waystowellbeing.org.au, in Australia, or just Google the term and all kinds of info will pop up. In the upcoming weeks, I’m inviting some guests to talk to us about each of these ways and how to make sure we are fully taking advantage of all these tools to boost our mental health. Thanks for listening – you’re always the best audience – and shoot me a message if you have any thoughts on today’s topic. I’d love to hear from you. Until next time, wishing you wellbeing and balance in your life!



CLB 7 Listening Assessment: Listening to a Podcast about Boosting Mental Health

Name: _____ Date: _____

TASK	Listening to a podcast about boosting mental health
COMPETENCY	Comprehending Information
CRITERIA FOR SUCCESS	You must get 10 out of 15 to achieve CLB 7 on this task
INSTRUCTIONS	Listen to the audio and answer the questions.

Multiple Choice Questions: choose one correct answer.

1. What was the main purpose of this podcast? (1 point)
 - a) To share the five ways to wellbeing and how they can improve mental health
 - b) To share new scientific research about mindfulness
 - c) To share information on mental health in the UK, New Zealand and Australia
2. How does Martha seem to feel about the Five Ways to Wellbeing? (1 point)
 - a) She is bored because they are obvious.
 - b) She is excited because they combine science and mental health.
 - c) She is confused because the ideas are not really clear.
3. What is the style of the podcast? (1 point)
 - a) Serious and scientific
 - b) Humorous
 - c) Friendly and positive
4. Martha says that when she knew she needed to know more, she did some “digging around”. What do you think this idiom means? (1 point)
 - a) Making a hole
 - b) Looking for more information
 - c) Travelling
5. Martha says, “I know you are all dying to know.” Does she think the listeners are sick? (1 point)
 - a) No, “dying to know” means they really badly want to know
 - b) No, “dying to know” means they are angry and frustrated with her
 - c) Yes, this is a wellness podcast so the listeners don’t feel well

6. Does Martha suggest that we need to create our own activities including mindfulness because there's nothing available? (1 point)

- a) No, she suggests that yoga and tai-chi can help us with this goal
- b) No, she suggests that mindfulness does not require effort
- c) Yes, she says we need to do research on breathing and body awareness

7. Write True or False for the following questions, based on the information you heard in the podcast: (7 points)

- _____ a) The keys to wellbeing are: connect, be active, notice, get sleep, and give.
- _____ b) Connecting only means having close relationships with other people.
- _____ c) Having deeper connections to other people can improve wellbeing the most out of all factors.
- _____ d) Many people call dopamine the reward transmitter.
- _____ e) Learning new things doesn't help us deal with stress.
- _____ f) Giving or helping others makes the world better but doesn't feel good.
- _____ g) You need a lot of time to apply any of the five ways to wellbeing in your life.

8. Of the five ways to wellbeing, which do you think is the most difficult or challenging to follow on a daily basis? Give an example from your experience to support your answer. (2 points)

Score: /15

Did you achieve CLB 7 on this task?

- Not Yet
- Yes

Answer Key CLB 7 Listening Assessment:

1. a
2. b
3. c
4. b
5. a
6. a
7. a) F
b) F
c) T
d) T
e) F
f) F
g) F
8. answers will vary: name one way to wellbeing and an example from experience

CLB 7 Speaking Assessment Task

TASK	Sharing information about boosting mental health
COMPETENCY	Sharing Information
INSTRUCTIONS	<p>Students will participate in a 4-person “round table” discussion in which they will share information on one of four activities proven to boost mental health.</p> <ul style="list-style-type: none"> • Divide your class into groups of 4. • Students in each group will receive one of four Speaking Task cards: A, B, C or D. Try to have an equal number of students receive each letter. If you have an uneven number of students, one group can have only 3 students. • Each card contains a different topic (exercise, mindfulness, hobbies and social connection) and links to some resources about the benefits of each. • Students will be responsible for explaining the activity to their group (each group will have an A, B, C and D student) and what the benefits of this activity are. They should be prepared to speak for 5-7 minutes. • Students will need time to look up the information and take notes to prepare for their portion of the round table. • You can also choose to give students with the same card time to share information and practice with each other before the Round Table. • Have groups carry out the Round Table at different times so you can observe <i>or</i> have them record their Round Table so you can assess the students later.
CRITERIA FOR SUCCESS	Students must get “Yes” on Holistic Criteria and 5 out of 6 of Analytic Criteria to achieve CLB 7
ONLINE ASSESSMENTS 	<p>CLB 7 Google Form Rubric: View Make a copy</p> <p>*Note:</p> <ul style="list-style-type: none"> • the instructor will fill in the rubric after the student completes the assessment. • the 4 Speaking Task Cards are imbedded into the Google Form.

Speaking Assessment CLB 7: Task Card A Round Table on Boosting Mental Health

Name: _____ Date: _____

Competency: Sharing Information

Instructions: You will tell a small group about an activity that is scientifically proven to boost mental health. Here are the steps to follow:

- You will read some information online. This is the information you want to share with your group later:
 - A description of the activity, including the meaning of any key vocabulary
 - The benefits of this activity
 - Suggestions on doing this activity: where, when, how, etc.
- Then you will prepare to summarize this information in 5-7 minutes for your group.
- You may look at some point-form cards to help you remember information, but do NOT read your information word-by-word from your notes.

Your topic is: **Exercise**



Below, you will find some sources where you can find information about the **mental health benefits of exercise**. You can find other information on your own as well if you wish.

- <https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470658/>
- <https://www.waldenu.edu/online-bachelors-programs/bs-in-psychology/resource/five-mental-benefits-of-exercise>



Evaluation Criteria:

Holistic Criteria
Provided necessary information and completed task as instructed
Analytic Criteria
Opened and maintained the conversation
Presented information using connected discourse
Used appropriate vocabulary for discussing benefits
Showed developing control of complex grammar structures
Showed developing awareness of eye contact, body language, volume and rate
Used mostly accurate pronunciation
Showed adequate fluency

***You must get "Yes" on Holistic Criteria and 6 out of 7 Analytic Criteria**

Speaking Assessment CLB 7: Task Card B

Round Table on Boosting Mental Health

Name: _____ Date: _____

Competency: Sharing Information

Instructions: You will tell a small group about an activity that is scientifically proven to boost mental health. Here are the steps to follow:

- You will read some information online. This is the information you want to share with your group later:
 - A description of the activity, including the meaning of any key vocabulary
 - The benefits of this activity
 - Suggestions on doing this activity: where, when, how, etc.
- Then you will prepare to summarize this information in 5-7 minutes for your group.
- You may look at some point-form cards to help you remember information, but do NOT read your information word-by-word from your notes.

Your topic is: **Mindfulness**



Below, you will find some sources where you can find information about the **mental health benefits of mindfulness**. You can find other information on your own as well if you wish.



- <https://positivepsychology.com/benefits-of-mindfulness/>
- https://greatergood.berkeley.edu/article/item/five_ways_mindfulness_meditation_is_good_for_your_health
- <https://www.tieshealthyminds.ca/mindfulness>

Evaluation Criteria:

Holistic Criteria
Provided necessary information and completed task as instructed
Analytic Criteria
Opened and maintained the conversation
Presented information using connected discourse
Used appropriate vocabulary for discussing benefits
Showed developing control of complex grammar structures
Showed developing awareness of eye contact, body language, volume and rate
Used mostly accurate pronunciation
Showed adequate fluency

***You must get "Yes" on Holistic Criteria and 6 out of 7 Analytic Criteria**

Speaking Assessment CLB 7: Task Card C

Round Table on Boosting Mental Health

Name: _____ Date: _____

Competency: Sharing Information

Instructions: You will tell a small group about an activity that is scientifically proven to boost mental health. Here are the steps to follow:

- You will read some information online. This is the information you want to share with your group later:
 - A description of the activity, including the meaning of any key vocabulary
 - The benefits of this activity
 - Suggestions on doing this activity: where, when, how, etc.
- Then you will prepare to summarize this information in 5-7 minutes for your group.
- You may look at some point-form cards to help you remember information, but do NOT read your information word-by-word from your notes.

Your topic is: **Social Connection**



Below, you will find some sources where you can find information about the **mental health benefits of social connection**. You can find other information on your own as well if you wish.



- <http://ccare.stanford.edu/uncategorized/connectedness-health-the-science-of-social-connection-infographic/>
- <https://www.forbes.com/sites/alicegwalton/2018/10/30/7-ways-loneliness-and-connectedness-affect-mental-health/?sh=59e8b894e1dc>
- <https://cmha.ca/documents/social-support>

Evaluation Criteria:

Holistic Criteria
Provided necessary information and completed task as instructed
Analytic Criteria
Opened and maintained the conversation
Presented information using connected discourse
Used appropriate vocabulary for discussing benefits
Showed developing control of complex grammar structures
Showed developing awareness of eye contact, body language, volume and rate
Used mostly accurate pronunciation
Showed adequate fluency

***You must get "Yes" on Holistic Criteria and 6 out of 7 Analytic Criteria**

Speaking Assessment CLB 7: Task Card D

Round Table on Boosting Mental Health

Name: _____ Date: _____

Competency: Sharing Information

Instructions: You will tell a small group about an activity that is scientifically proven to boost mental health. Here are the steps to follow:

- You will read some information online. This is the information you want to share with your group later:
 - A description of the activity, including the meaning of any key vocabulary
 - The benefits of this activity
 - Suggestions on doing this activity: where, when, how, etc.
- Then you will prepare to summarize this information in 5-7 minutes for your group.
- You may look at some point-form cards to help you remember information, but do NOT read your information word-by-word from your notes.

Your topic is: **Hobbies**



Below, you will find some sources where you can find information about the **mental health benefits of hobbies**. You can find other information on your own as well if you wish.



- <https://www.psychologytoday.com/ca/blog/happy-trails/201509/six-reasons-get-hobby>
- <https://theconversation.com/the-science-behind-why-hobbies-can-improve-our-mental-health-153828>
- <https://wellness.az.gov/sites/default/files/media/Hobbies%20for%20Mental%20and%20Physical%20Health.pdf>

Evaluation Criteria:

Holistic Criteria
Provided necessary information and completed task as instructed
Analytic Criteria
Opened and maintained the conversation
Presented information using connected discourse
Used appropriate vocabulary for discussing benefits
Showed developing control of complex grammar structures
Showed developing awareness of eye contact, body language, volume and rate
Used mostly accurate pronunciation
Showed adequate fluency

***You must get "Yes" on Holistic Criteria and 6 out of 7 Analytic Criteria**



CLB 7 Speaking Assessment Rubric: Sharing Information About Boosting Mental Health

Name: _____ Date: _____

TASK	Sharing information about boosting mental health
COMPETENCY	Sharing Information
CRITERIA FOR SUCCESS	You must get "Yes" on Holistic Criteria and 6 out of 7 Analytic Criteria
INSTRUCTIONS	See Speaking Assessment Task Card assigned by your instructor

Holistic Criteria	Not Yet	Yes
Provided necessary information and completed task as instructed		
Analytic Criteria	Not Yet	Yes
Opened and maintained the conversation		
Presented information using connected discourse		
Used appropriate vocabulary for discussing benefits		
Showed developing control of complex grammar structures		
Showed developing awareness of eye contact, body language, volume and rate		
Used mostly accurate pronunciation		
Showed adequate fluency		

<p>You did this well:</p> 	<p>Next time, try:</p>
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Did you achieve CLB 7 on this task?

- Not Yet
 Yes

CLB 7 Reading Assessment Task

TASK	Reading an article about improving mental health
COMPETENCY	Comprehending Information
INSTRUCTIONS	Students read the text “Boost your mental health– CIHR (Canadian Institutes of Health Research)” and answer the comprehension questions.
CRITERIA FOR SUCCESS	Students must get 11 out of 16 to achieve CLB 7 on this task
ONLINE ASSESSMENTS 	CLB 7 Google Form Assessment: View Make a copy

CLB 7 Reading Assessment Text

Boost your mental health– CIHR (Canadian Institutes of Health Research)

Research sheds light on everyday activities to improve mental health and mental wellness *May 3, 2016*

Mental health and mental wellness encompass far more than just an absence of mental illness. From time to time, we all experience demands and stressors that impact on our ability to cope with life's challenges and that take a toll on our sense of wellbeing. But what steps can we take to improve our mental wellness in day-to-day life? Although dedicating time to revitalizing mental health and mental wellness is just as important as physical health, many people don't make a conscious effort to do so.

Research indicates that dedicating time to improving mental wellness can have significant benefits in terms of feeling energized, more confident and better-prepared to deal with life events. Interestingly, some of the best ways to improve mental health are through physical activities. CIHR-funded research delves deeper into how incorporating better exercise, sleep, diet and meditation patterns has impacts beyond the physical level.

Exercise

Generally speaking, we know that physical activity is good for us – and not just on a physical level. People who exercise are less likely to suffer from depression, significant anxiety and other mental health complications compared to inactive individuals. "A number of studies have shown that exercise has an immediate, positive impact on mood," explains Dr. Gordon Asmundson, a registered doctoral psychologist and CIHR-funded researcher from the University of Regina. "And in the long- term, exercise is associated with increased feelings of self- efficacy and control and decreased stress levels."

Not only can exercise improve mental wellness in our day- to-day lives, but evidence indicates that it may be an effective intervention for anxiety disorders, including post-traumatic stress disorder (PTSD). Exercise, unlike most existing treatments, is both easily accessible and affordable for almost everyone. According to recent findings in Dr. Asmundson's lab, exercise alone is nearly as effective as other types of therapy in reducing PTSD symptoms.

Sleep

A poor night's sleep may do more than make you feel groggy. It can impair your learning and affect your behaviour and emotions. "I think we've always known, at an intuitive level, that sleep is important for daytime functioning. Over the last decade or so, there has been growing evidence to support that," says Dr. Penny Corkum, registered psychologist and CIHR-funded researcher from Dalhousie University. "And the consequences seem to be even greater than we thought." Her lab discovered that only one hour less of sleep each night for four nights weakens attention span, emotional regulation and academic productivity in children.

Dr. Corkum is the Principal Investigator of Better Nights, Better Days study which focuses on sleep and children - a particularly vulnerable population to the consequences of poor sleep. Through an interactive, empowering and evidence-based online tool, her team is working to make sleep interventions for children more accessible to parents who may not have the resources to seek professional help.

Diet and Nutrition

Diet and nutrition play an important role in supporting mental health. Adopting healthy eating can contribute to the promotion of mental health and the prevention of mental health problems such as depression, schizophrenia, and Alzheimer's disease. Following a recent CIHR-funded national consultation that resulted in the identification of nutrition and mental health research priorities in Canada, Dr. Karen Davison is currently working alongside the Canadian Mental Health Association and the Dietitians of Canada on Integrating Knowledge from a National Multi-Stakeholder Consultation. The goal of this consultation was to determine nutrition and mental health research priorities. One of the established priorities included identifying nutrition program/service needs, gaps and barriers for people living with mental health conditions.

According to Dr. Davison, adopting healthy eating habits, such as consuming whole fruits, vegetables and grains, a regular intake of omega-3 fats from flax seeds and fish, and ingesting vitamin D and calcium from milk or milk alternatives, contributes to mental wellness.

Meditation

Mindfulness training has been scientifically demonstrated to regulate mental distress. Meditation is proven to assist in mental health maintenance and to improve the sense of self, in much the same way as physical activity can boost cardiovascular health, muscle strength and resilience. In an effort to treat mental disorders and improve mental wellness, cognitive behavioural therapy, one of the most popular interventions for a broad spectrum of mental illnesses, has been adapted to include meditative exercises. Through self-reflection and relaxation, meditative activities work to change unhelpful thinking and behaviour patterns.

More specifically, mindfulness-based exercises help with stress reduction, including people who suffer from anxiety disorders. CIHR-funded researcher and director of the Obsessive-Compulsive Disorder (OCD) and Tic Disorder Studies Centre, Dr. Kieron O'Connor, has expertise in the area of treating OCD and related disorders. His research indicates that mindfulness meditation-based training can be effective in reducing stress and anxiety for a range of anxiety disorders, as well as for OCD.

CIHR recommends seeing a qualified health care professional if you or someone you know experiences mental health issues.



CLB 7 Reading Assessment: Reading an Article about Improving Mental Health

Name: _____ Date: _____

TASK	Reading an article about improving mental health
COMPETENCY	Comprehending Information
CRITERIA FOR SUCCESS	You must get 11 out of 16 to achieve CLB 7 on this task.
INSTRUCTIONS	Read the text “Boost your mental health– CIHR (Canadian Institutes of Health Research)” and answer the comprehension questions.

Multiple Choice Questions: Choose ONE correct answer for each question.

1. What is the main purpose of this article? (1 point)
 - a) To summarize CIHR-funded research that shows that habits can improve mental health
 - b) To describe research projects on mental health that should be done in the future
 - c) To describe how exercise improves mental health
 - d) To describe habits that are bad for our mental health
2. Who might read this article? (1 point)
 - a) Psychologists and counsellors only
 - b) Scientific researchers only
 - c) Anyone interested in research on how to improve mental health
3. The title of the article is “Research sheds lights on everyday activities to improve mental health and mental wellness.” What would be the best definition of “sheds light on”? (1 point)
 - a) To make it shinier
 - b) To help us understand
 - c) To keep us confused
4. Which sentence summarizes the article best? (1 point)
 - a) Researchers are not sure whether exercise, sleep, diet and meditation patterns can improve mental health.
 - b) Researchers have found that most people do not make an effort to follow habits that improve their mental wellness.
 - c) Researchers have found that exercise, sleep, diet and meditation patterns all have impacts on mental health.

5. In the first paragraph of the article, there is a sentence that says, "...we all experience demands and stressors that impact on our ability to cope with life's challenges and that **take a toll on** our sense of wellbeing." What do you think the meaning of **take a toll on** is? (1 point)

- a) affect or influence
- b) erase or delete
- c) require money
- d) frustrate

6. Write **True** or **False** beside each statement, based on information in the article. (6 points)

- a) _____ Studies show that spending time on improving mental health can bring more energy, more confidence and make us better prepared to deal with life events.
- b) _____ There is evidence that exercise can help people with anxiety disorders.
- c) _____ Healthy eating has no impact on schizophrenia.
- d) _____ Ingesting Vitamin D is an example of a dietary habit that Dr. Davidson says improves mental health.
- e) _____ Research shows that eating meat regularly is important for mental health.
- f) _____ Cognitive Behavioural Therapy has always included meditation.

Short Answers: Write a response to the following questions.

7. Which population is especially vulnerable to the negative impacts of poor sleep? (1 point)

8. Dr. Kieron O'Connor is an expert in OCD and related disorders. Is it his opinion or is it a fact that meditation training can help patients suffering from OCD? Provide evidence from the text to support your answer. (2 points)

9. Of the four activities mentioned that can boost mental health, which do you think is the most important? Give an example from your own experience to support your answer. (2 points)

Score: /16

Did you achieve CLB 7 on this task?

- Not Yet
- Yes

Answer Key Reading Assessment CLB 7 Reading an Article about Improving Mental Health

1. a
2. c
3. b
4. c
5. a
6. a) T
b) T
c) F
d) T
e) F
f) F
7. children
8. Fact. The article says “His research indicates that mindfulness training can be effective in reducing stress, etc...)
9. Answers will vary: one of exercise, sleep, diet/nutrition, meditation and a reason

CLB 7 Writing Assessment Task

TASK	Writing a summary an article about improving mental health
COMPETENCY	Reproducing Information
INSTRUCTIONS	Students will read the text “Mental Health Benefits of Spending Time in Nature” from www.ontarioparks.com. They will then write a 1-2 paragraph summary of the article.
CRITERIA FOR SUCCESS	Students must get “yes” on the Holistic Criteria and 5 out of 6 on the Analytic Criteria to achieve CLB 7 on this task.
ONLINE ASSESSMENTS 	CLB 7 Google Form Assessment: View Make a copy CLB 7 Google Form Rubric: View Make a copy

Writing Assessment Text CLB 7

Mental Health Benefits of Spending Time in Nature

October 10, 2020

www.ontarioparks.com

Do you ever find yourself feeling calmer, more relaxed, or more focused after spending time in nature? That's because time outside has studied and proven benefits for your mental health. Mental illness affects one in five Canadians in any given year. Let's talk about what some Vitamin N (nature) can do for your mental health...

Relieving anxiety, stress, and depression

A simple stay in the outdoors can do wonders for relieving anxiety, stress, and depression. Countless studies have proven that nature has a positive effect on your mental health. What you see, hear, and experience in nature can improve your mood in a moment. There is a strong connection between time spent in nature and reduced negative emotions. This includes symptoms of anxiety, depression, and psychosomatic illnesses like irritability, insomnia, tension headaches, and indigestion.

Feeling stressed? Research shows a link between exposure to nature and stress reduction. Stress is relieved within minutes of exposure to nature as measured by muscle tension, blood pressure, and brain activity. Time in green spaces significantly reduces your cortisol, which is a stress hormone. Nature also boosts endorphin levels and dopamine production, which promotes happiness.

Other mental benefits

Nature has a myriad of other brain benefits as well. Contact with nature has restorative properties, increasing energy and improving feelings of vitality and focus. Being nearby to nature has been shown to reduce symptoms of ADHD.

Are you stuck on a project or idea? Being outside also improves creative thinking. Proximity to green space can restore capacity for concentration and attention. Trouble sleeping? A two-hour walk in the woods is enough to improve sleep quality and help relieve sleep problems. Sleeping away from artificial light and waking up with natural sunlight can reset your circadian rhythm, which will help you feel refreshed after a better night's sleep.

Nature can also help with the grief process. This is because exposure to nature causes better coping, including improved self-awareness, self-concept, and positively affected mood.

The positive effects of nature also affect the way you treat others. People are more caring and positive when they are exposed to and around various forms of nature.

What you can do

Getting outdoors doesn't have to be a lot of work. There are lots of simple ways you can get quality time in nature.

Start with taking a walk in the woods. Nature walks help combat stress while improving mental well-being. Want to take your walk to the next level? Try forest bathing. Forest bathing, forest therapy, or *Shinrin-yoku*, was developed in Japan in the 1980s. There is a large amount of scientific evidence surrounding the health benefits of spending time in nature. Because of this, forest bathing became an integral part of preventive health care and healing in Japanese medicine. The idea is that when humans spend time in a natural setting, especially under the canopy of a forest, they experience rejuvenating benefits to the mind, body and spirit.

Move your workout into the outdoors. Regular use of natural areas for physical activity can reduce the risk of mental health problems by 50%. Completing activities like walking, cycling, jogging, or doing yoga in a natural environment makes you happier than in the city.

Engage your senses to maximize the health benefits of being outside. Breathe deep, as the scent of fresh pine has been shown to lower stress and anxiety. Make sure to pause and listen, as studies show that listening to nature sounds like bird songs and rushing water can help lower stress levels.

Book a camping trip. Immersing yourself in nature for a longer period of time is the best way to absorb the health benefits of the outdoors.



CLB 7 Writing Assessment: Writing a Summary of a Mental Health Article

Competency: *Reproducing Information*

Name: _____ Date: _____

Criteria for Success: "Yes" on holistic (*) and 5 out of 6 analytic criteria

Did you:	Yes	No
*Reduce information to important points with accurate details and no major omissions		
Apply good paragraph structure		
Join sentences together appropriately to form a coherent text		
Use mostly accurate vocabulary to summarize text		
Show adequate control of complex grammar structures		
Show good control of spelling		
Show good control of punctuation		

You did this well:	Next time, try:

Did you achieve CLB 7 on this task?

- Not Yet
- Yes

CLB 8 Assessment Tasks

CLB 8 Listening Assessment

TASK	Listening to a podcast about boosting mental health
COMPETENCY	Comprehending Information
INSTRUCTIONS	Students listen to an episode of a podcast then answers comprehension questions and write a brief summary. Students may listen to the podcast twice.
CRITERIA FOR SUCCESS	Students must get 14 out of 20 to achieve CLB 8 on the task
ONLINE ASSESSMENTS 	CLB 8 Google Form Assessment: View Make a copy *Note: the audio file is already embedded into the Form Audio File: HERE

Good morning everyone. I'm Martha Finley, host of Wellness Matters, a podcast where we explore topics of importance to our mental health and overall wellbeing. I've got some interesting stuff to share with you today from our friends in the U.K. I recently learned about an initiative of a group called the New Economics Foundation who, back in 2008, used research to identify five key actions that have been found to increase wellbeing. The ideas from this report have also been applied to health campaigns and programs in Australia and New Zealand as well as other countries around the world. I heard a little bit about these five actions on the Healthy Families BC website, and I was intrigued. You know how much I love science, and how passionate I am about mental health...so this was the perfect combination and I knew I needed to know more.

So, I did some digging around and was amazed to find some great information out there. Essentially, the five ways to well-being outlines five behaviours or habits that we can all engage in that are scientifically proven to improve mental health. They are all quite simple, and we already practice all or most of them to some degree. But being aware of their power and making a mindful effort to engage in them more regularly can benefit us all. Because we know improved mental health is always a good thing!

I know you are all dying to know; what are these mysterious secrets to well-being, and where can we get some? Well, the good news is they are readily available and easy to take part in. The five key areas are called: Connect, Be Active, Notice, Keep Learning, and Give. I'm going to give you the lowdown on each one and how the idea behind it can be applied to your own life.

The first, connect, is about building connections and relationships with the people around us. But that's not all. It is also about connecting with yourself, with nature or animals or even with

your own spirituality. The key here is not quantity of connections but quality. It doesn't help to make more friends, for example, if you have limited time to truly bond or connect with the friends you already have. Research has shown that developing deeper connections to other people can make the biggest difference in your wellbeing of any other known factor. Humans are social animals, and having positive relationships increases happiness, security, belonging and sense of self-worth. And the connection we have with others is a two-way street: we benefit from the relationship, and so does the other person. It might be worthwhile to think about the kinds of connection you have in your life, and how you could develop those to be even stronger.

The second key to wellbeing is to be active. This one is the most obvious – we're always hearing how good exercise is for both our physical and mental health. But somehow it's often the hardest one to stick to. The benefits of keeping our bodies moving are many. Exercise causes actual chemical changes in our brains that positively impact our mood. And who doesn't want to feel more cheerful? It also prevents and reduces symptoms of depression, anxiety and stress, helps us maintain a healthy weight and – this one is huge – it adds extra years to our lifespan. So how can we make sure we're getting off our butts and getting the exercise we need? Experts recommend that we find activities we actually enjoy, that make us want to keep going, like group activities with friends or walks outside. Exercise doesn't have to be at a gym – it can be anywhere we want it to be. We can also find ways to squeeze in little extra bits of movement into our day, like taking the stairs instead of the elevator. Whatever we choose to do, we should try to set a plan and stick to it.

The third habit mentioned in the secrets to wellbeing is to notice or be aware. This one is really interesting, I think. It's basically about mindfulness, something we discuss a lot in this podcast. Many studies have found that thinking too much about the past or worrying about the future is strongly linked to increases in anxiety and depression. But what does it mean, exactly, to be aware or be mindful? According to the Royal Melbourne Hospital in Australia – which has a fantastic website about the five ways to wellbeing, by the way – this means making the effort to focus on the present moment and being aware of our sensations, thoughts and feelings. This leads to greater self-awareness, which in turn results in being more in touch with our needs, values and interests. Another habit that is related to noticing or being aware is practicing gratitude. Gratitude means taking time in your day to appreciate the things that are good. It can be something as simple as sunshine, a friend's laugh, or a delicious bite of fruit. Practicing this kind of gratitude activates a part of the brain that is associated with the neurotransmitter dopamine. Dopamine feels good and is often called the "reward" neurotransmitter. Research has shown that we can train ourselves to improve our ability to be mindful. In fact, activities like yoga and tai-chi, with built-in breathing and body awareness techniques, are great ways to do this. There are many options for increasing our ability to live in the moment, and they are mostly free and don't have to take a lot of time.

The next key to wellbeing identified by the New Economics Foundation is to "keep learning". Learning is something we often associate with children and younger people, as they journey through the traditional education system. But learning shouldn't stop when we get older,

because continuing to challenge ourselves gives our mind a mental workout and thus keeps us mentally “fit”. Many people think it’s not possible to change and grow once you pass a certain age, but scientists found that the human brain is capable of rewiring itself even in middle age. That saying “you can’t teach an old dog new tricks” is just not true. It may be a bit harder to learn something as we grow older but trying a new hobby like taking up an instrument, a language or just reading a book with new ideas, allows our brain to form new patterns. And improving our knowledge and thinking skills helps us cope better with stress, boosts our confidence and helps us find meaning in life. And all of these things, of course, lead to better mental health overall. So, pay attention to what you’re curious about, whether it’s ideas, a creative pursuit, or a new skill, and spend a little time exploring it.

The last key mentioned in the Five Keys to Wellbeing is to Give or Help Others. Most people agree that doing your best to support other people like friends or family, or even strangers, is the right thing to do. But research shows that it has more than just moral value: it also improves your wellbeing. When you lend a hand to others, it activates the areas of your brain associated with pleasure, social connection and trust. Just like exercise, it releases endorphins in the brain that boost happiness. For example, some studies have found that people actually feel happier when they give money away than when they spend it on themselves. Now, this doesn’t mean you should give away all of your money, of course, but you can think about ways you could incorporate volunteering into your life, or just make a concerted effort to notice the needs of those around you and support them when you can. It can be anything as small as a smile or some kind words, or as big as committing to volunteering at your community center. Whatever the case, helping out can result in lower stress levels and better physical health, and a greater sense of purpose and self-worth. And hey, it just makes the world a better place if everyone pitches in a little.

So that’s really all there is to the Five Ways to Wellbeing.

To wrap things up, I’d like to say that I truly love how the New Economics Foundations has taken research and given us these very clear, simple concepts that we can all apply to our lives, even starting today. And while these are ideas that may seem logical or even obvious, I think we can all use reminders about what we need to do to lead a balanced life. If you’re interested in learning more about these five areas, as well as getting tips for implementing them into your daily life, you can visit 5waystowellbeing.org.au, in Australia, or just Google the term and all kinds of info will pop up. In the upcoming weeks, I’m inviting some guests to talk to us about each of these ways and how to make sure we are fully taking advantage of all these tools to boost our mental health. Thanks for listening – you’re always the best audience – and shoot me a message if you have any thoughts on today’s topic. I’d love to hear from you. Until next time, wishing you wellbeing and balance in your life!



CLB 8 Listening Assessment: Listening to a Podcast about Boosting Mental Health

Name: _____ Date: _____

TASK	Listening to a podcast about boosting mental health
COMPETENCY	Comprehending Information
CRITERIA FOR SUCCESS	You must get 14 out of 20 to achieve CLB 8 on this task
INSTRUCTIONS	Listen to the audio and answer the questions.

Multiple Choice Questions: choose one correct answer.

1. What was the main purpose of this podcast? (1 point)
 - a) To share the five ways to wellbeing and how they can improve mental health
 - b) To share new scientific research about mindfulness
 - c) To share information on mental health in the UK, New Zealand and Australia
 - d) To share information on how to avoid depression
2. How does Martha seem to feel in this podcast about the Five Ways to Wellbeing? (1 point)
 - a) She is bored because they are obvious.
 - b) She is excited because it combines science and mental health.
 - c) She is confused because the ideas are not really clear.
 - d) She is curious because she doesn't know anything about them.
3. What is the style of the podcast? (1 point)
 - a) Serious and scientific
 - b) Humorous
 - c) Friendly and positive
4. Martha says that when she knew she needed to know more, she did some "digging around". What do you think this idiom means? (1 point)
 - a) Making a hole
 - b) Looking for more information
 - c) Travelling
5. Martha says, "I know you are all dying to know." Does she think the listeners are sick? (1 point)
 - a) No, "dying to know" means they really badly want to know
 - b) No, "dying to know" means they are angry and frustrated with her
 - c) Yes, this is a wellness podcast so the listeners don't feel well

6. Does Martha suggest that we need to create our own activities including mindfulness because there's nothing available? (1 point)

- a) No, she suggests that yoga and tai-chi can help us with this goal
- b) No, she suggests that mindfulness does not require effort
- c) Yes, she says we need to do research on breathing and body awareness

7. Which of the following phrases does the speaker use to introduce the conclusion of the podcast? (1 point)

- a) "Whatever we choose to do,"
- b) "To wrap things up,"
- c) "The last key mentioned is..."

8. Martha says, "it just makes the world a better place if everyone pitches in a little." What do you think "pitches in" means? (1 point)

- a) practices mindfulness
- b) smiles
- c) helps

9. Write True or False for the following questions, based on the information you heard in the podcast: (8 points)

- _____ a) The keys to wellbeing are: connect, be active, notice, get sleep, and give.
- _____ b) Connecting only means having close relationships with other people.
- _____ c) Having deeper connections to other people can improve wellbeing the most out of all factors. (
- _____ d) Many people call dopamine the reward transmitter.
- _____ e) Learning new things doesn't help us deal with stress.
- _____ f) Giving or helping others makes the world better but doesn't feel good.
- _____ g) You need a lot of time to start applying any of the five ways to wellbeing in your life.
- _____ h) In future episodes of Wellness Matters, listeners can learn more about following the five ways to wellbeing.

10. Write a 2-3 sentence summary of the podcast. (2 points)

11. Of the five ways to wellbeing, which do you think is the most difficult or challenging to follow on a daily basis? Give an example from your experience to support your answer. (2 points)

Score: /20

Did you achieve CLB 8 on this task?

- Not Yet
- Yes

Answer Key CLB 8 Listening Assessment: Listening to a Podcast about Boosting Mental Health

1. a
2. b
3. c
4. b
5. a
6. a
7. b
8. c
9. a) F
b) F
c) T
d) T
e) F
f) F
g) F
h) T
10. answers will vary. Example answer: *The Five Ways of Well-being are tips for good mental health based on research from the UK. The five ways are Connect, Be Active, Notice, Keep Learning, and Give. They are simple and easy to apply to your life.*
11. answers will vary: name one way to wellbeing and an example from experience

CLB 8 Speaking Assessment

TASK	Sharing information about boosting mental health
COMPETENCY	Sharing Information
INSTRUCTIONS	<p>Students will participate in a 4-person “round table” discussion in which they will share information on one of four activities proven to boost mental health.</p> <ul style="list-style-type: none"> • Divide your class into groups of 4. • Students in each group will receive one of four Speaking Task cards: A, B, C or D. Try to have an equal number of students receive each letter. If you have an uneven number of students, one group can have only 3 students. • Each card contains a different topic (exercise, mindfulness, hobbies and social connection) and links to some resources about the benefits of each. • Students will be responsible for explaining the activity to their group (containing one A, B, C and D) and what research has found about the benefits of this activity. They should be prepared to speak for 7-10 minutes. • Students will need time to look up the information and take notes to prepare for their portion of the round table. • You can also give students with the same card time to share information and practice with each other. • Have groups carry out the Round Table at different times so you can observe or have them record their Round Table so you can assess the students later.
CRITERIA FOR SUCCESS	Students must get “Yes” on Holistic Criteria and 6 out of 7 Analytic Criteria to achieve CLB 8
ONLINE ASSESSMENTS 	<p>CLB 8 Google Form Rubric: View Make a copy</p> <p>*Note: the instructor will fill in the rubric after the student completes the assessment.</p>

Speaking Assessment CLB 8: Task Card A

Round Table on Boosting Mental Health

Name: _____ Date: _____

Competency: Sharing Information

Instructions: You will tell a small group about an activity that is scientifically proven to boost mental health. Here are the steps to follow:

- You will read some information online. This is the information you want to share with your group later:
 - A description of the activity, including the meaning of any key vocabulary
 - The benefits of this activity: summarize what research has found about this activity and how it boosts mental health
 - Suggestions on how to begin doing this activity: where, when, how, etc.
- Then you will prepare to summarize this information in 7-10 minutes for your group.
- You may look at some point-form cards to help you remember information, but do NOT read your information word-by-word from your notes.

Your topic is: **Exercise**



Below, you will find some sources where you can find information about the **mental health benefits of exercise**. You can find other information on your own as well if you wish.

- <https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470658/>
- <https://www.waldenu.edu/online-bachelors-programs/bs-in-psychology/resource/five-mental-benefits-of-exercise>



Evaluation Criteria:

Holistic Criteria
Provided necessary information and completed task as instructed
Analytic Criteria
Opened and maintained the conversation
Presented information using connected discourse
Used appropriate vocabulary for discussing benefits and summarizing research
Showed adequate control of complex grammar structures
Showed awareness of eye contact, body language, volume and rate
Pronunciation seldom impeded communication
Showed adequate fluency

***You must get "Yes" on Holistic Criteria and 6 out of 7 Analytic Criteria**

Speaking Assessment CLB 8: Task Card B Round Table on Boosting Mental Health

Name: _____ Date: _____

Competency: Sharing Information

Instructions: You will tell a small group about an activity that is scientifically proven to boost mental health. Here are the steps to follow:

- You will read some information online. This is the information you want to share with your group later:
 - A description of the activity, including the meaning of any key vocabulary
 - The benefits of this activity: summarize what research has found about this activity and how it boosts mental health
 - Suggestions on how to begin doing this activity: where, when, how, etc.
- Then you will prepare to summarize this information in 7-10 minutes for your group.
- You may look at some point-form cards to help you remember information, but do NOT read your information word-by-word from your notes.

Your topic is: **Mindfulness**



Below, you will find some sources where you can find information about the **mental health benefits of mindfulness**. You can find other information on your own as well if you wish.



- <https://positivepsychology.com/benefits-of-mindfulness/>
- https://greatergood.berkeley.edu/article/item/five_ways_mindfulness_meditation_is_good_for_your_health
- <https://www.tieshealthyminds.ca/mindfulness>

Evaluation Criteria:

Holistic Criteria
Provided necessary information and completed task as instructed
Analytic Criteria
Opened and maintained the conversation
Presented information using connected discourse
Used appropriate vocabulary for discussing benefits and summarizing research
Showed adequate control of complex grammar structures
Showed awareness of eye contact, body language, volume and rate
Pronunciation seldom impeded communication
Showed adequate fluency

***You must get "Yes" on Holistic Criteria and 6 out of 7 Analytic Criteria**

Speaking Assessment CLB 8: Task Card C

Round Table on Boosting Mental Health

Name: _____ Date: _____

Competency: Sharing Information

Instructions: You will tell a small group about an activity that is scientifically proven to boost mental health. Here are the steps to follow:

- You will read some information online. This is the information you want to share with your group later:
 - A description of the activity, including the meaning of any key vocabulary
 - The benefits of this activity: summarize what research has found about this activity and how it boosts mental health
 - Suggestions on how to begin doing this activity: where, when, how, etc.
- Then you will prepare to summarize this information in 7-10 minutes for your group.
- You may look at some point-form cards to help you remember information, but do NOT read your information word-by-word from your notes.

Your topic is: **Social Connection**



Below, you will find some sources where you can find information about the **mental health benefits of social connection**. You can find other information on your own as well if you wish.



- <http://ccare.stanford.edu/uncategorized/connectedness-health-the-science-of-social-connection-infographic/>
- <https://www.forbes.com/sites/alicegwalton/2018/10/30/7-ways-loneliness-and-connectedness-affect-mental-health/?sh=59e8b894e1dc>
- <https://cmha.ca/documents/social-support>

Evaluation Criteria:

Holistic Criteria
Provided necessary information and completed task as instructed
Analytic Criteria
Opened and maintained the conversation
Presented information using connected discourse
Used appropriate vocabulary for discussing benefits and summarizing research
Showed adequate control of complex grammar structures
Showed awareness of eye contact, body language, volume and rate
Pronunciation seldom impeded communication
Showed adequate fluency

***You must get "Yes" on Holistic Criteria and 6 out of 7 Analytic Criteria**

Speaking Assessment CLB 8: Task Card D

Round Table on Boosting Mental Health

Name: _____ Date: _____

Competency: Sharing Information

Instructions: You will tell a small group about an activity that is scientifically proven to boost mental health. Here are the steps to follow:

- You will read some information online. This is the information you want to share with your group later:
 - A description of the activity, including the meaning of any key vocabulary
 - The benefits of this activity: summarize what research has found about this activity and how it boosts mental health
 - Suggestions on how to begin doing this activity: where, when, how, etc.
- Then you will prepare to summarize this information in 7-10 minutes for your group.
- You may look at some point-form cards to help you remember information, but do NOT read your information word-by-word from your notes.

Your topic is: **Hobbies**



Below, you will find some sources where you can find information about the **mental health benefits of hobbies**. You can find other information on your own as well if you wish.



- <https://www.psychologytoday.com/ca/blog/happy-trails/201509/six-reasons-get-hobby>
- <https://theconversation.com/the-science-behind-why-hobbies-can-improve-our-mental-health-153828>
- <https://wellness.az.gov/sites/default/files/media/Hobbies%20for%20Mental%20and%20Physical%20Health.pdf>

Evaluation Criteria:

Holistic Criteria
Provided necessary information and completed task as instructed
Analytic Criteria
Opened and maintained the conversation
Presented information using connected discourse
Used appropriate vocabulary for discussing benefits and summarizing research
Showed adequate control of complex grammar structures
Showed awareness of eye contact, body language, volume and rate
Pronunciation seldom impeded communication
Showed adequate fluency

***You must get "Yes" on Holistic Criteria and 6 out of 7 Analytic Criteria**



CLB 8 Speaking Assessment Rubric: Sharing Information About Boosting Mental Health

Name: _____ Date: _____

TASK	Sharing information about boosting mental health
COMPETENCY	Sharing Information
CRITERIA FOR SUCCESS	You must get "Yes" on Holistic Criteria and 6 out of 7 of Analytic Criteria
INSTRUCTIONS	See Speaking Assessment Task Card assigned by your instructor

Holistic Criteria	Not Yet	Yes
Provided necessary information and completed task as instructed		
Analytic Criteria	Not Yet	Yes
Opened and maintained the conversation		
Presented information using connected discourse		
Used appropriate vocabulary for discussing benefits and summarizing research		
Showed adequate control of complex grammar structures		
Showed awareness of eye contact, body language, volume and rate		
Pronunciation seldom impeded communication		
Showed adequate fluency		

<p>You did this well:</p> 	<p>Next time, try:</p>
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Did you achieve CLB 8 on this task?

- Not Yet
 Yes

CLB 8 Reading Assessment Task

TASK	Reading an article about improving mental health
COMPETENCY	Comprehending Information
INSTRUCTIONS	Students read the text “Boost Your Mental Health – CIHR (Canadian Institutes of Health Research)” and answer the comprehension questions.
CRITERIA FOR SUCCESS	Students must get 15 out of 22 to achieve CLB 8 on this task
ONLINE ASSESSMENTS 	CLB 8 Google Form Assessment: View Make a copy

CLB 8 Reading Assessment Text

Boost your mental health– CIHR (Canadian Institutes of Health Research)

Research sheds light on everyday activities to improve mental health and mental wellness *May 3, 2016*

Mental health and mental wellness encompass far more than just an absence of mental illness. From time to time, we all experience demands and stressors that impact on our ability to cope with life's challenges and that take a toll on our sense of wellbeing. But what steps can we take to improve our mental wellness in day-to-day life? Although dedicating time to revitalizing mental health and mental wellness is just as important as physical health, many people don't make a conscious effort to do so.

Research indicates that dedicating time to improving mental wellness can have significant benefits in terms of feeling energized, more confident and better-prepared to deal with life events. Interestingly, some of the best ways to improve mental health are through physical activities. CIHR-funded research delves deeper into how incorporating better exercise, sleep, diet and meditation patterns has impacts beyond the physical level.

Exercise

Generally speaking, we know that physical activity is good for us – and not just on a physical level. People who exercise are less likely to suffer from depression, significant anxiety and other mental health complications compared to inactive individuals. "A number of studies have shown that exercise has an immediate, positive impact on mood," explains Dr. Gordon Asmundson, a registered doctoral psychologist and CIHR-funded researcher from the University of Regina. "And in the long- term, exercise is associated with increased feelings of self- efficacy and control and decreased stress levels."

Not only can exercise improve mental wellness in our day- to-day lives, but evidence indicates that it may be an effective intervention for anxiety disorders, including post-traumatic stress disorder (PTSD). Exercise, unlike most existing treatments, is both easily accessible and affordable for almost everyone. According to recent findings in Dr. Asmundson's lab, exercise alone is nearly as effective as other types of therapy in reducing PTSD symptoms.

Sleep

A poor night's sleep may do more than make you feel groggy. It can impair your learning and affect your behaviour and emotions. "I think we've always known, at an intuitive level, that sleep is important for daytime functioning. Over the last decade or so, there has been growing evidence to support that," says Dr. Penny Corkum, registered psychologist and CIHR-funded researcher from Dalhousie University. "And the consequences seem to be even greater than we thought." Her lab discovered that only one hour less of sleep each night for four nights weakens attention span, emotional regulation and academic productivity in children.

Dr. Corkum is the Principal Investigator of Better Nights, Better Days study which focuses on sleep and children - a particularly vulnerable population to the consequences of poor sleep. Through an interactive, empowering and evidence-based online tool, her team is working to make sleep interventions for children more accessible to parents who may not have the resources to seek professional help.

Diet and Nutrition

Diet and nutrition play an important role in supporting mental health. Adopting healthy eating can contribute to the promotion of mental health and the prevention of mental health problems such as depression, schizophrenia, and Alzheimer's disease. Following a recent CIHR-funded national consultation that resulted in the identification of nutrition and mental health research priorities in Canada, Dr. Karen Davison is currently working alongside the Canadian Mental Health Association and the Dietitians of Canada on Integrating Knowledge from a National Multi-Stakeholder Consultation. The goal of this consultation was to determine nutrition and mental health research priorities. One of the established priorities included identifying nutrition program/service needs, gaps and barriers for people living with mental health conditions.

According to Dr. Davison, adopting healthy eating habits, such as consuming whole fruits, vegetables and grains, a regular intake of omega-3 fats from flax seeds and fish, and ingesting vitamin D and calcium from milk or milk alternatives, contributes to mental wellness.

Meditation

Mindfulness training has been scientifically demonstrated to regulate mental distress. Meditation is proven to assist in mental health maintenance and to improve the sense of self, in much the same way as physical activity can boost cardiovascular health, muscle strength and resilience. In an effort to treat mental disorders and improve mental wellness, cognitive behavioural therapy, one of the most popular interventions for a broad spectrum of mental illnesses, has been adapted to include meditative exercises. Through self-reflection and relaxation, meditative activities work to change unhelpful thinking and behaviour patterns.

More specifically, mindfulness-based exercises help with stress reduction, including people who suffer from anxiety disorders. CIHR-funded researcher and director of the Obsessive-Compulsive Disorder (OCD) and Tic Disorder Studies Centre, Dr. Kieron O'Connor, has expertise in the area of treating OCD and related disorders. His research indicates that mindfulness meditation-based training can be effective in reducing stress and anxiety for a range of anxiety disorders, as well as for OCD.

CIHR recommends seeing a qualified health care professional if you or someone you know experiences mental health issues.



CLB 8 Reading Assessment: Boost Your Mental Health– CIHR (Canadian Institutes of Health Research)

Name: _____ Date: _____

TASK	Reading an article about improving mental health
COMPETENCY	Comprehending Information
CRITERIA FOR SUCCESS	You must get 15 out of 22 to achieve CLB 8 on this task.
INSTRUCTIONS	Read the text “Boost Your Mental Health – CIHR (Canadian Institutes of Health Research)” and answer the comprehension questions.

Multiple Choice Questions: Choose ONE correct answer.

1. What is the main purpose of this article? (1 point)
 - e) To summarize CIHR-funded research that shows that habits can improve mental health
 - f) To describe research projects on mental health that should be done in the future
 - g) To describe how exercise improves mental health
 - h) To describe habits that are bad for our mental health
2. Who might read this article? (1 point)
 - d) Psychologists and counsellors only
 - e) Scientific researchers only
 - f) Anyone interested in research on how to improve mental health
3. The title of the article is “Research sheds lights on everyday activities to improve mental health and mental wellness.” What would be the best definition of “sheds light on”? (1 point)
 - d) To make it shinier
 - e) To help us understand
 - f) To keep us confused
4. Which sentence summarizes the article best? (1 point)
 - d) Researchers are not sure whether exercise, sleep, diet and meditation patterns can improve mental health.
 - e) Researchers have found that most people do not make an effort to follow habits that improve their mental wellness.
 - f) Researchers have found that exercise, sleep, diet and meditation patterns all have impacts on mental health.

5. In the first paragraph of the article, there is a sentence that says, "...we all experience demands and stressors that impact on our ability to cope with life's challenges and that **take a toll on** our sense of wellbeing." What do you think the meaning of **take a toll on** is? (1 point)

- e) affect or influence
- f) erase or delete
- g) require money
- h) frustrate

6. Circle True or False for the following statements, based on information in the article. (6 points)

- g) Studies show that spending time on improving mental health can bring more energy, more confidence and make us better prepared to deal with life events. TRUE
- h) There is evidence that exercise can help people with anxiety disorders. TRUE
- i) Healthy eating has no impact on schizophrenia. FALSE
- j) Ingesting Vitamin D is an example of a dietary habit that Dr. Davidson says improves mental health. TRUE
- k) Research shows that eating meat regularly is important for mental health. FALSE
- l) Cognitive Behavioural Therapy has always included meditation. FALSE

Short Answers: Write a response to the following questions.

7. Which population is especially vulnerable to the negative impacts of poor sleep? (1 point)

8. Dr. Kieron O'Connor is an expert in OCD and related disorders. Is it his opinion or is it a fact that meditation training can help patients suffering from OCD? Provide evidence from the text to support your answer. (2 points)

9. Of the four activities mentioned that can boost mental health, which do you think is the most important? Give an example from your own experience to support your answer. (2 points)

10. What are the negative effects of a poor night's sleep? (1 point)

11. Researchers have found that exercise has short-term and long-term benefits. What are they? (1 points)

12. How is exercise different from most existing treatments for anxiety disorders like PTSD? (1 point)

13. Dr. Penny Corkum says, “I think we’ve always known, at the intuitive level, that sleep is important for daytime functioning. Over the last decade or so, there has been growing evidence to support this.” Is it a fact based on science that sleep affects us, or is it her opinion? (1 point)

14. Imagine you have a friend who is experiencing a lot of stress. Which two activities could you recommend to your friend, and what are the names of the two researchers who have found evidence these activities will help? (2 points)

Score: /22

Did you achieve CLB 8 on this task?

Not Yet

Yes

Answer Key Reading Assessment CLB 7 Reading an Article about Improving Mental Health

1. a
2. c
3. b
4. c
5. a
6. a) T
b) T
c) F
d) T
e) F
f) F
7. children
8. Fact. The article says “His research indicates that mindfulness training can be effective in reducing stress, etc...)
9. Answers will vary: one of exercise, sleep, diet/nutrition, meditation and a reason
10. makes you feel groggy, impairs your learning and affects your behaviour and emotions
11. immediate (short-term): positive impact on mood; long- term, exercise is associated with increased feelings of self- efficacy and control and decreased stress levels
12. both easily accessible and affordable for almost everyone
13. Fact (*not needed in answer, but this is the reason: because there is growing evidence to support this*)
14. For stress: exercise (Dr. Gordon Asmundson) and meditation/mindfulness (Dr. Kieron O’Connor)

CLB 8 Writing Assessment Task

TASK	Writing a summary of a mental health article
COMPETENCY	Reproducing Information
INSTRUCTIONS	Students read an article called “ Mental Health Benefits of Spending Time in Nature ”. Students then create a 1-2 paragraph summary of the article.
CRITERIA FOR SUCCESS	Students must get “yes” on the Holistic Criteria and 5 out of 6 on the Analytic Criteria to achieve CLB 8 on this task.
ONLINE ASSESSMENTS 	CLB 8 Google Form Assessment: View Make a copy CLB 8 Google Form Rubric: View Make a copy

Writing Assessment Text CLB 8

Mental Health Benefits of Spending Time in Nature

October 10, 2020

www.ontarioparks.com

Do you ever find yourself feeling calmer, more relaxed, or more focused after spending time in nature? That's because time outside has studied and proven benefits for your mental health. Mental illness affects one in five Canadians in any given year. Let's talk about what some Vitamin N (nature) can do for your mental health...

Relieving anxiety, stress, and depression

A simple stay in the outdoors can do wonders for relieving anxiety, stress, and depression. Countless studies have proven that nature has a positive effect on your mental health. What you see, hear, and experience in nature can improve your mood in a moment. There is a strong connection between time spent in nature and reduced negative emotions. This includes symptoms of anxiety, depression, and psychosomatic illnesses like irritability, insomnia, tension headaches, and indigestion.

Feeling stressed? Research shows a link between exposure to nature and stress reduction. Stress is relieved within minutes of exposure to nature as measured by muscle tension, blood pressure, and brain activity. Time in green spaces significantly reduces your cortisol, which is a stress hormone. Nature also boosts endorphin levels and dopamine production, which promotes happiness.

Other mental benefits

Nature has a myriad of other brain benefits as well. Contact with nature has restorative properties, increasing energy and improving feelings of vitality and focus. Being nearby to nature has been shown to reduce symptoms of ADHD.

Are you stuck on a project or idea? Being outside also improves creative thinking. Proximity to green space can restore capacity for concentration and attention. Trouble sleeping? A two-hour walk in the woods is enough to improve sleep quality and help relieve sleep problems. Sleeping away from artificial light and waking up with natural sunlight can reset your circadian rhythm, which will help you feel refreshed after a better night's sleep.

Nature can also help with the grief process. This is because exposure to nature causes better coping, including improved self-awareness, self-concept, and positively affected mood.

The positive effects of nature also affect the way you treat others. People are more caring and positive when they are exposed to and around various forms of nature.

What you can do

Getting outdoors doesn't have to be a lot of work. There are lots of simple ways you can get quality time in nature.

Start with taking a walk in the woods. Nature walks help combat stress while improving mental well-being. Want to take your walk to the next level? Try forest bathing. Forest bathing, forest therapy, or *Shinrin-yoku*, was developed in Japan in the 1980s. There is a large amount of scientific evidence surrounding the health benefits of spending time in nature. Because of this, forest bathing became an integral part of preventive health care and healing in Japanese medicine. The idea is that when humans spend time in a natural setting, especially under the canopy of a forest, they experience rejuvenating benefits to the mind, body and spirit.

Move your workout into the outdoors. Regular use of natural areas for physical activity can reduce the risk of mental health problems by 50%. Completing activities like walking, cycling, jogging, or doing yoga in a natural environment makes you happier than in the city.

Engage your senses to maximize the health benefits of being outside. Breathe deep, as the scent of fresh pine has been shown to lower stress and anxiety. Make sure to pause and listen, as studies show that listening to nature sounds like bird songs and rushing water can help lower stress levels.

Book a camping trip. Immersing yourself in nature for a longer period of time is the best way to absorb the health benefits of the outdoors.



CLB 8 Writing Assessment: Writing a Summary of a Mental Health Article

Competency: *Reproducing Information*

Name: _____ Date: _____

Criteria for Success: "Yes" on holistic (*) and 5 out of 6 analytic criteria

Did you:	Yes	No
*Reduce the text to well-structured summary paragraph(s)		
Include main points and accurate supporting details with no major omissions		
Use accurate vocabulary to summarize text		
Use correct spelling		
Use standard conventions of capitalization and punctuation		
Show good control of complex grammar structures		
Present text as a coherent whole with good use of connective words and phrases		

You did this well:	Next time, try:
---------------------------	------------------------

Did you achieve CLB 8 on this task?

- Not Yet
- Yes

Sources

CIHR (Canadian Institutes of Health Research). Boost your mental health– Research sheds light on everyday activities to improve mental health and mental wellness. (May 3, 2016) Retrieved from <https://cihr-irsc.gc.ca/e/49753.html> on March 10, 2021.

Ontario Parks Blog. Mental Health Benefits of Spending Time in Nature. (October 10, 2020) Retrieved from www.ontarioparks.com on March 10, 2021.