**Ashlee Phillips**

**“Mental Health Minute”**

**Workshop Series Outline**

**8 Week Workshop (10 participants max)**

**Main Facilitator:** Ashlee Phillips

**Clinical Therapist:** Tiffany Harris

**Holistic Healer/Guide:** Breketa Goodwin

**Youth Certified Yoga Instructor:** Stephanie Jackson

**Week 1 – What is mental health?**

**Craft: “Worry Box” (Brain Representation Box)**

**Materials: cardboard boxes, glue, decorative material, markers, construction paper, scissors**

* Defining “mental health” for yourself.
* Being provided medical/technical definition.
* Introduction to group talk therapy with licensed clinical therapist Tiffany H.
* Introduction of what to expect for the next 7 workshops.

**Week 2-What is transparency/accountability?**

**Craft: “Hello I Am…” name tag**

**Materials: lanyard w/ plastic slip, name tag, permanent markers, stickers**

* How do yourself accountable?
* How do you hold others accountable?
* What does it mean to be transparent?
* What does transparency consist of?

**Week 3 - What is Imposter Syndrome?**

**Craft: “Mask On, Mask Off”**

**Materials: plastic face mask, paint, brushes, decorative material, magazines, scissors, glue)**

* When do you feel inadequate? When do you feel adequate?
* As an individual?
* As a student? Daughter/son?
* As a friend/peer/teammate?

**Week 4 - What are interpersonal relationships?**

**Craft: Family Portrait**

**Materials: family pictures (participants bring), construction paper, picture frames, hot glue gun/sticks, decorative material, foam board**

* Parents, siblings, sports, activities, etc.
* What are the dynamics of these relationships? Impact? Cause and effect?

**Week 5 - What is vulnerability?**

**Craft: Handheld Mirror Affirmations**

**Materials: mini mirror, metallic paint markers**

* When was the last time you were vulnerable?
* Do you allow yourself to be vulnerable?
* Do your interpersonal relationships allow you to be vulnerable?

**Week 6-What is self-love?**

**Craft: Self Reflection Board**

**Materials: Mirrors, picture frames, pictures of self, scissors, glue, decorative material, foam boards, magazines**

**Self-Care Kit: palo santo, sage, incense, crystal, mini journal w/ pen, yoga mat**

* Introducing holistic healing practices for the remaining 3 weeks w/ Breketa G. and Stephanie J.
* Heart chakra/sacral chakra/solar plexus chakra focus
* Creating self-love routine
* Supplying mini self-care kit/ how to use tools in kit

**Week 7- What is forgiveness?**

**Craft: “I am Forgiven/I Forgive” Letter**

**Materials: paper, pen, paper bags**

* Crown chakra/heart chakra/solar plexus chakra focus
* Forgiveness skills
* Guided meditation w/ forgiveness focus

**Week 8- The art of letting go**

**Materials: matches, large industrial trash can (to burn letters inside of)**

* Alignment of all 7 chakras, emphasis on root chakra
* Burn ritual
* Letting go skills/ Attachment issues /disconnect issues