

# Fall into Mental Health

## Why is Mental Health important?

Mental health can be defined as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make contribution to his or her community.<sup>1</sup> Our mental well-being has a great influence in our daily lives, and can govern the way we interact with and react to the people who make our lives special. Thus, it is important to recognize and take care of our mental well-being, especially in these unprecedented times.

COVID 19 is stressful! According to the CDC, the pandemic has caused feelings of fear and anxiety amongst adults because of factors such as social isolation, financial burden, and concern over the health of loved ones<sup>2</sup>. Dealing with an unprecedented pandemic can also be stressful for children. Children and teenagers tend to react to situations based on what they witness and pick up on from adults around them. Below we present a variety of ways to unwind and relax for you and your children!



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## Ways we can cope with stress in our everyday lives

### Glitter Jars

Glitter Jars are fun and creative outlets for people of all ages to use when feeling overwhelmed or stressed. The calming swirl of glitter can take our minds off the stresses of everyday life, and give us the time we need to regain our peace of mind.

### Meditation Apps

Sometimes it can be difficult to find time in our busy schedules for mindfulness, or if you are new to mindfulness it can be hard to know where to start. We have included a link to an article highlighting some of the best free mindfulness apps to get you going. If you



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# How to Make a Glitter Jar

In addition to their use in stress management, glitter jars can also be used as a tool to help kids work on time management. For example, bedtime routines can be transformed into a race against the glitter jar. Children can shake their jars and then change into their pajamas and brush their teeth by the time the glitter settles to the bottom. This will allow kids to build their understanding of time management, and reduce the amount of mental strain between parents and children from a simple everyday task

## Materials

- A Jar with a lid! Glass or hard plastic will do
- One full bottle of glitter glue
- Loose, fine glitter of any kind
- Hot water
- Skewer for mixing
- Super glue

## Step By Step Instructions

1. Fill your jar with hot water, make sure to leave a few inches of space at the top
2. Add one full bottle of glitter jar to the hot water
3. Stir with a skewer until the glue is completely dissolved in the hot water
4. Add the fine glitter to your mixture (about 4 Tbsp, but really however much you want)
5. Clean the mouth of the jar with a paper towel to get rid of any excess water or glitter
6. Using the super glue, make a line of glue around the lip of your jar, then put on the cap (this will seal the cap on so you don't have a mess later)
7. Let the jar cool completely
8. Shake it up and watch the glitter!

## Video Tutorial

<https://www.youtube.com/watch?v=QVTz1ks-5sE>

## Enter to Win:

Post a picture of your completed glitter jar on Instagram or Facebook using #RVUSUFallHealthFair or send a picture to [marketing@rvu.edu](mailto:marketing@rvu.edu) for a chance to win a prize!

are tight on time, some meditations are only five minutes long.

## Glitter Jar tips!

- Use a hard plastic bottle instead of a jar if you are concerned about glass breaking
- Other optional materials that are more accessible around the house could be vegetable oil, hot water, glitter and some food coloring.
- Use the glitter jar to relax if you are feeling scared, worried, angry, or even if you are feeling happy and excited
- Make your glitter jar holiday themed
- Gift your glitter jar to a friend or loved one
- Use your glitter jar to time study breaks for school
- Glitter jars can also be used to time other things like brushing your teeth

## Other Resources and Reads on Mental Health

### Meditation Mindfulness

<https://www.youtube.com/watch?v=wf5K3pP2IUQ>

<https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>

### COVID and Stress

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>

## Citations:

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2. Mental Health and Coping During COVID-19. (2020, July 1). Retrieved September 29, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
3. <https://projectkid.com/glitter-pumpkin-snow-globe/>
4. <https://www.healtheuropa.eu/plant-based-health-solutions-for-weight-and-mental-health-management/100292/>