



THE  
JUBILEE CENTRE  
FOR CHARACTER & VIRTUES



# LESSON 23

## HEALTHY MINDS

23



# SESSION 1

## THINKING ABOUT MENTAL HEALTH

23

Courage, Justice, Honesty, Compassion,  
Self-discipline, Gratitude, Humility

# ‘MENTAL’



What does this word make you think?

What does this word make you feel?

How do we use this word?

What prejudices and stereotypes do we have about mental illness?

**THE Sun** BRITAIN'S MOST POPULAR PAPER  
 Monday, October 7, 2013 40p thesun.co.uk

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IT'S Sun's Tammy with Flava 101!

**SIGN UP TO PLAY NEXT WEEK! BACK PAGE OF TV 812**

FIGURE 1 JOY: SEE PAGES 12 AND 13



**Tam's a man eater**

SEE PAGE 9



**WBA | ARSENAL**

**He smokes when he wants**

**FAG ASH WIL THE SAVIOUR**



**EXCLUSIVE INVESTIGATION**

**1,200 KILLED BY MENTAL PATIENTS**

**Shock 10-year toll exposes care crisis**

By RYAN PARRY

**MORE** than 1,200 people have been killed by mental patients in a decade. It has emerged — days after a schizophrenic was locked up for slaying his death Christina Edkins, 36.

Full story — Page 4 and 7




- **WHAT WOULD A VIRTUOUS APPROACH TO MENTAL ILLNESS BE LIKE?**



**Courage**

**Justice**

**Honesty**

- **Compassion**

**Self-discipline**

**Gratitude**

**Humility**



# **SESSION 2**

## **MENTAL HEALTH AND DUTY OF CARE**

**~MORAL VIRTUE~**

**23**

Courage, Justice, Honesty, Compassion,  
Self-discipline, Gratitude, Humility

- # WHAT DOES MORAL MEAN AGAIN?



How do you identify an issue that is moral?

- What is the moral part of mental health?

# DO I HAVE A MORAL RESPONSIBILITY?



If we recognise that an issue is moral, what do we think?

- e.g. 'that person is being harmed, I must act.'

If we recognise that an issue is moral, what do we feel?

- e.g. seeing injustice and feeling anger.

What thoughts and feelings move us towards moral responsibility?

- e.g. 'I must act.'

What thoughts and feelings move us away from moral responsibility?

- e.g. 'Can't be bothered.'



# WHAT IS MY MORAL DUTY?



Rules and laws  
of a community

Personal moral  
rules and duties

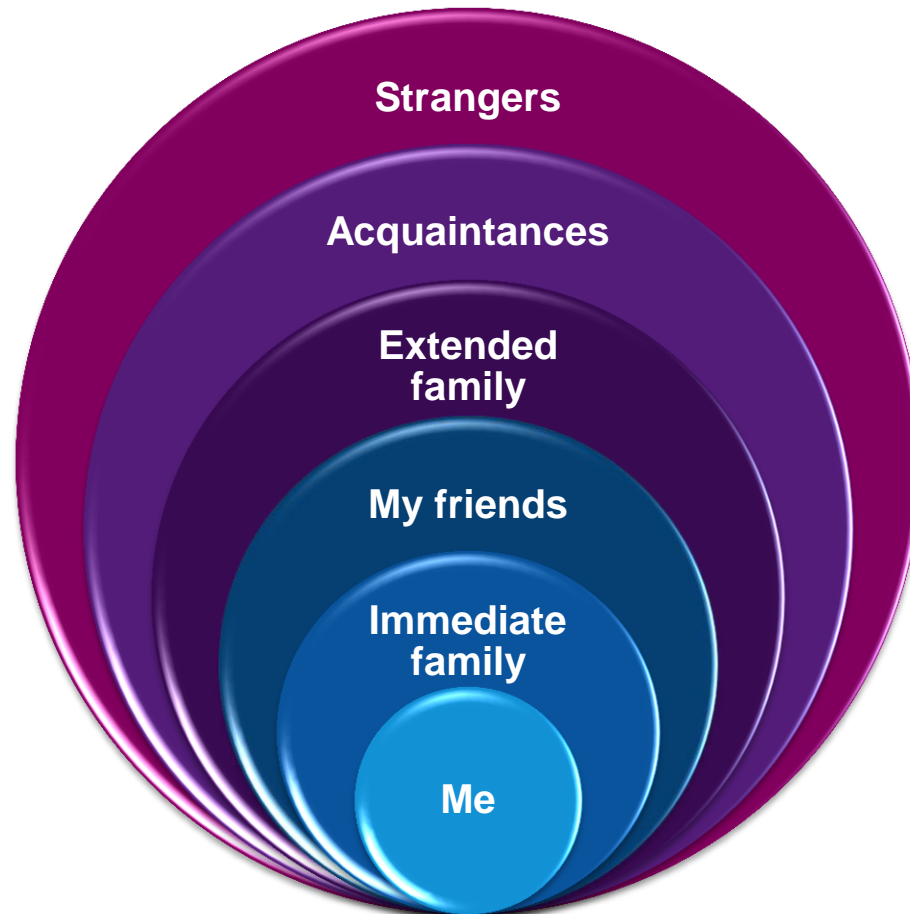
Thinking about the  
consequences of  
action/inaction

Effect of action on  
our character

23

Courage, Justice, Honesty, Compassion,  
Self-discipline, Gratitude, Humility

# PROXIMITY AND MORAL DUTY



Courage, Justice, Honesty, Compassion,  
Self-discipline, Gratitude, Humility

# MENTAL ILLNESS AND DUTY



Do you have a duty of care to people with mental illness?

How do we become aware of people suffering mental illness?

What do you think and feel once aware?

Will those thoughts and feelings move you closer to caring or further away from caring?

How could the virtues move you closer to a good action when encountering mental illness?

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# **SESSION 3**

## **HABITS OF A HEALTHY MIND**

**23**

Courage, Justice, Honesty, Compassion,  
Self-discipline, Gratitude, Humility

# DESCRIBING MENTAL HEALTH



What does mental health look like?

What is a healthy mind able to do?

How does a healthy mind work?

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# HABITS OF HEALTH



Physical/bodily health is achieved and maintained by good habits: it does not happen by accident.

- Do you agree? What are your reasons?

Is the same true of mental health?

How much of our mental health is within our control and how much of it is beyond our control?

- **MINDAPPLES:  
5 A DAY FOR YOUR MIND**



We should eat at least 5 portions of fresh fruit and vegetables a day to help stay physically healthy.

- The same is true for our mind.

What are the 5 things you do each day to keep your mind healthy?

# THE MIND DIET



Your mind is shaped by the experiences, ideas and thinking that you choose to 'feed' it with.

This is your mind diet.

Think of examples of minds that you admire. What experiences, ideas and thinking do you think created those minds?

Think of examples of minds you don't admire. What experiences, ideas and thinking do you think created those minds?

Come up with your own mind diet.

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# SESSION 4

## PROTECTING THE VULNERABLE

~CIVIC VIRTUE~

23

Courage, Justice, Honesty, Compassion,  
Self-discipline, Gratitude, Humility

# THE 'LUNATIC ASYLUM'



How do images of psychiatric hospitals make you feel?

What images do they conjure up for you?

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# OUR TREATMENT OF MENTAL ILLNESS



You have found out something about our society's treatment of mental illness in the past.

Is a society that treats the vulnerable in this way a virtuous society? What are your reasons for thinking this?

# IS IT ANY DIFFERENT NOW?



Find out about contemporary society's treatment of mental illness.

Is contemporary society virtuous in its treatment of the mentally ill and vulnerable?

What are your reasons for thinking this?

# A VISION FOR THE FUTURE



Return to your emotional reaction to mental illness. How do you feel about those who suffer from it?

How would a virtuous society treat those with mental illness?



# SESSION 5

## REFLECTIONS

23

Courage, Justice, Honesty, Compassion,  
Self-discipline, Gratitude, Humility

# HOW HAVE THINGS CHANGED?



## ‘Mental’

What do you think about this word now?

Has anything changed in your understanding of mental health and mental illness?

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# MAKING CHANGES



Think carefully about how you would like to improve your mental health and your attitude towards those with mental illness: what would you like to do better?

Plan how they are going to do this. Buddy up with another pupil and come to an agreement about what you are going to change, how and when.



# VIRTUES AND CHANGES



For each of the virtues (Courage, Justice, Honesty, Compassion, Self-discipline, Gratitude, Humility) imagine what that virtue looks like when enacted in terms of developing mental health and responding to mental illness

- (e.g. the compassion required to notice mental illness; self-discipline to do things each day for one's own mental health; humility to accept that we might need some help; gratitude for those who help us).

Think of icons of mental health (e.g. those with a good mind diet, those who help others suffering with mental illness) and also to think of which virtues they employ to develop it.