**Mental and Emotional Health (Health Determinants & Health Promotion)**

**Task**

Students implement personal action on mental fitness to improve health and wellbeing outcomes. Students will complete a critical reflection on the task.

**Assessment Conditions**

Maximum of 1000 words if written or a maximum of 6 minutes if an oral presentation or the equivalent in multimodal form.

**Task Description:**

**Planning**

Students complete and maintain evidence of a self-assessment on their current mental wellbeing.

Based on the self-assessment students complete a brief reflection and identify goals for the practical action to actively improve mental health and wellbeing.

With reference to class-based activities around mental health, students research and create a personalised 4-week mental fitness plan to help them achieve their stated goals. Relevant resources include (but are not limited to):

* Bite Back
* Reach Out
* Beyond Blue
* Headspace

**Action & Evidence**

Students complete the 4-week practical action and maintain a folio of evidence. This folio will provideevidence to support their reflection on their identified goal.

Students use the suggestions below to document their application towards their goal:

* A log of the activities completed as part of the mental fitness plan
* Evidence of the activities, i.e. photos, screenshots, tracking tools/data, apps
* Weekly evaluations of their progress, identifying and reflecting on:
  + barriers and enablers
  + strategies/activities that have been enjoyable and/or not enjoyable
  + the use of technology/data and other resources
  + impact of activities on other aspects of their day/week
  + changes required for the next week

**Reflection (maximum of 1000 words, 6 minutes oral or multi modal)**

Critically reflect on your participation in the mental fitness plan and the impact of the action on personal health and wellbeing. Selective use evidence from your folio to shape this reflection:

1. Reflect on the goal set
   1. Why was this goal important to you? (include the personal health and wellbeing issues involved) Was it an appropriate goal?
   2. Was the goal achieved?
   3. Was there overall improvement to your mental fitness/ mental health? What is the evidence to support this?
2. Evaluate the strengths and weaknesses of the plan
3. Evaluate your engagement and action taken throughout the 4 weeks to achieve your goals
   1. For example: barriers and enablers; strategies/activities; planning and organisation; effort
4. Evaluate the impact of the activities on your overall health and wellbeing
   1. Provide examples and discuss. Use evidence if possible for further support.

**References**

Identify the sources utilised throughout with Harvard Referencing, including in text referencing where appropriate

**Assessment Design Criteria and Specific Features**

***Application***

**AP1** Application of health and wellbeing concepts to contemporary issues

**AP2** Action to improve health and wellbeing outcomes, individually and/or collaboratively

***Reflective Practice***

**RP1** Personal reflection on health and wellbeing trends and issues in individual, local or global contexts

**RP2** Evaluation of personal and social action through reflective practice