

The **purpose** of our project is to bring awareness and help others with mental health. We wanted to bring awareness to the different ways of coping with hard times and give the audience ideas of ways to cope with problems such as anxiety and depression that students may be dealing with alone. In our video we wanted to highlight some of the statistics working against students and offer them our experiences and **research** that may help others keep a positive state of mind.

Many people don't think about the effects of the negative or positive sides of mental health, though it affects everyone in their everyday lives. There are two **National Standards for Family and Consumer Sciences** that relate to this topic of conversation and our topic, 7.5.3: Illustrate coping or adjustment strategies and stress management practices for the participant, a caregiver, and family members; and 7.4.2: Analyze management and living environment issues of individuals and family conditions that influence their well-being. Focusing on keeping your mental health at a positive level is something that will help keep you in the frame of mind to continue with projects. When your mental health takes a huge hit so do the activities you do, even the ones you enjoy.

Throughout our **research** into ways to improve mental health we found many sources with recurring information. Places such as college research sites talked about taking breaks and modifying your environment to help improve your mental health. Things such as making sure you have good friends, avoiding situations that cause anxiety, and talking to professionals are among the advice we were able to use within our video.

When taking into account **background information**, we looked at our own experiences as well as the experiences of those around us in journeys towards a better mental state. Those who have backed away from harmful friend groups and learned to ground themselves often have a stronger mental state compared to those who had stayed with friends that made them doubt themselves. We wanted to bring that information to others who were struggling, using our own and others' experiences to give those watching information that could change their approach to mental health for the better.

Our main **goal** when approaching this topic was to allow people the resources and information to help them through hard times. Helping them to maintain their progress towards a more positive mental state. We wanted to create a resource for others to turn to for help. To help us in that endeavor we used the SMART goal format:

S: Specific: We wanted to create a digital story that would inform others of ways to help their mental health as well as meeting the requirements of the STAR Events.

M: Measurable: The video needed to meet all project requirements and components posted on the webpage.

A: Attainable: We broke the project into small steps; research, the script, the storyboard, needed documentation, editing, uploading, and video design. As well as splitting the project duties between the two of us.

R: Realistic: We worked together to get things together by deadlines and get the project done, as well as working in cooperation with our adviser.

T: Timebound: Our project deadline was January 31st.

Together we researched and learned about varying ways to help improve and maintain a positive mental health. Through creating a digital story we hope to share that knowledge through the completed video.