

Discover HealthTypes: Mental Wellbeing

EDUCATOR GUIDE





Discover Your HealthType: A Fun Guide to Mental Wellbeing!

Have you ever thought about how everyone has different ways of feeling good and staying happy?

Just like how we all have different favorite foods or hobbies, we each have unique “HealthTypes” that can help us understand our mental well-being better. Let’s dive into the six HealthTypes and how they can guide us to feel our best!

Guardian

Guardians are the protectors of their friends and family. They are responsible and loyal, always looking out for others. To keep their spirits high, Guardians should remember to ask for help when they need it and find time for fun activities that bring them joy!

Diplomat

Diplomats are all about fairness and community. They love to help others and work hard to create harmony. For Diplomats, it’s important to surround themselves with supportive friends and to take breaks when feeling overwhelmed. Sharing their feelings can also help them stay balanced.

Sensor

Sensors are very sensitive and often feel things deeply. They appreciate beauty and seek peace in their surroundings. To boost their well-being, Sensors can spend time in nature, practice mindfulness, or enjoy quiet moments to recharge their batteries.

Crusader

Crusaders thrive on achievement and purpose. They love to set goals and make a difference in the world. For Crusaders, it’s key to celebrate their accomplishments, big or small, and to remember that it’s okay to take breaks. Finding balance helps them stay motivated!

Activator

Activators are energetic and love to stay on the move. They believe that staying active is a great way to feel good. Whether it’s playing sports, dancing, or just going for a walk, Activators should embrace their love for movement and encourage friends to join in on the fun!

Connector

Connectors value relationships and enjoy spending time with others. They thrive in social situations and love to make connections. To support their mental well-being, Connectors can organize group activities like game nights or outdoor adventures, ensuring that they stay active and engaged with friends.

Why It Matters

Understanding your HealthType can help you recognize what makes you feel good and how to support your mental health. Remember, everyone has different needs, and that’s perfectly okay! By learning about ourselves and our friends, we can create a supportive environment where everyone feels valued.

So, which HealthType do you think you are?

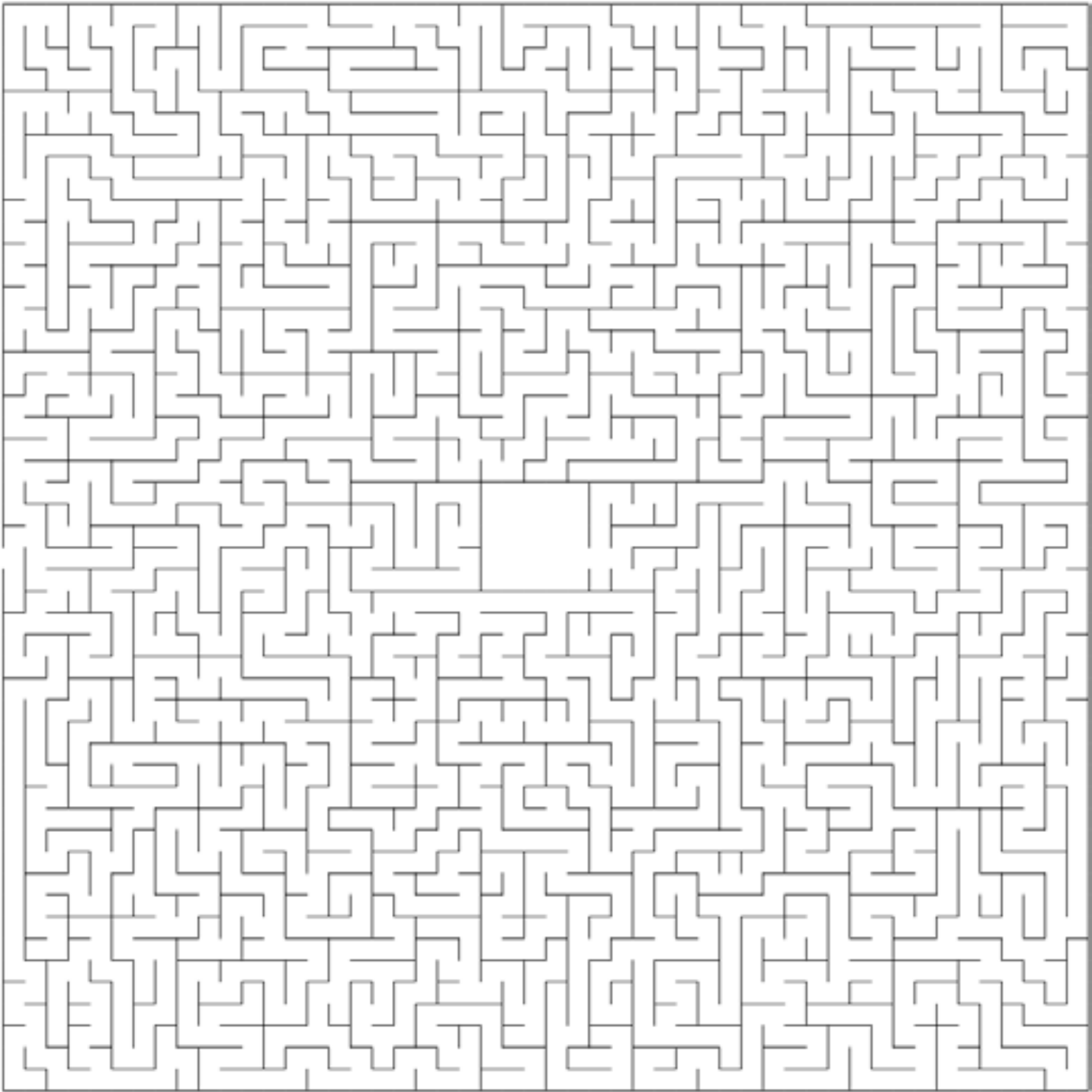
Take some time to explore and discover how you can use your strengths to feel your best!

Whether it’s helping others, achieving goals, or simply enjoying time with friends, embracing your unique HealthType is the key to happiness.

Happy exploring!



Make your way to the centre of the Maze!



PS. Here’s an important message - can you decode it?

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
																	S								

11 14 6 3 11 25 3 5 23 3 7 5 3 7 26 7 20 33 16 6

Quiz!

Circle an answer for each of the following questions. Each question has only one correct answer.

What is a key factor for Guardians to support their mental wellbeing?

- a) Staying active with friends
- b) Having a sense of responsibility and loyalty, along with emotional support
- c) Setting and achieving goals

How can Diplomats best support their mental wellbeing?

- a) Engaging in social activities
- b) Prioritizing self-care and reflecting on their values
- c) Staying active and eating well

What is the best way for Sensors to maintain their mental wellbeing?

- a) Engaging in physical activities
- b) Embracing their heightened sensitivity and seeking inner peace
- c) Achieving goals and maintaining a sense of purpose

What do Crusaders value most in their daily routines?

- a) Relaxing with friends and family
- b) Achieving goals and having a sense of purpose
- c) Staying active and energetic

How do Connectors best support their mental wellbeing?

- a) Spending quality time with loved ones
- b) Reflecting on their achievements
- c) Engaging in physical exercise

Which HealthType benefits most from staying active to support their mental wellbeing?

- a) Guardian
- b) Activator
- c) Diplomat

Why is it important for Guardians to have emotional support?

- a) To help them stay active
- b) To ensure they can help others and maintain a sense of community
- c) To achieve their goals

What should Activators combine with their physical activities to enhance their mental wellbeing?

- a) Spending time alone
- b) Reflecting on their goals
- c) Social activities, like playing sports with friends

How can Connectors make their exercise routines more enjoyable?

- a) By exercising alone
- b) By joining a class or going for walks with friends
- c) By setting personal fitness goals

What is a common trait among all HealthTypes that supports mental wellbeing?

- a) Achieving goals
- b) Social support and connections
- c) Staying physically active

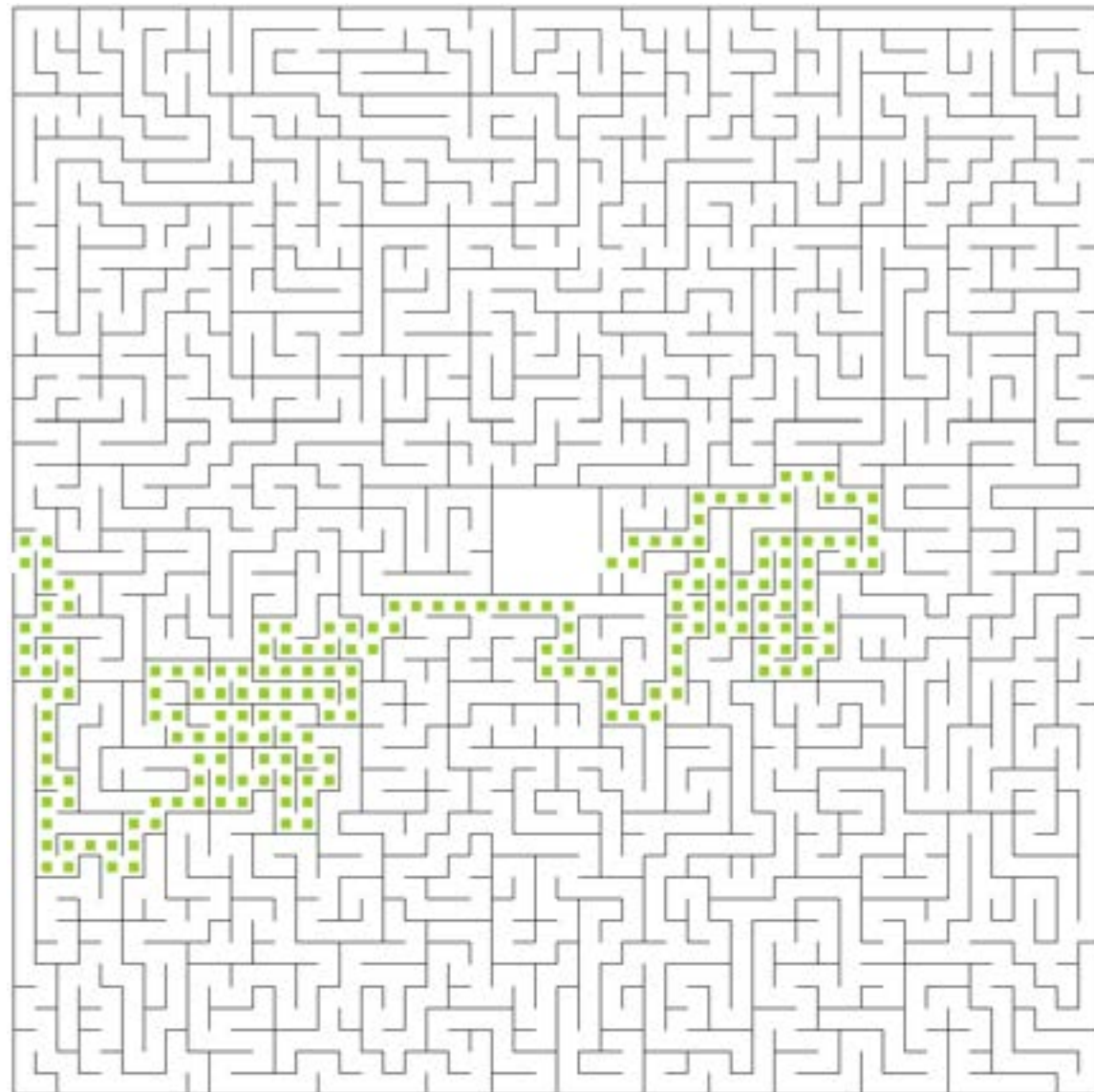
Important Message

Answer Key

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
7	9	15	21	3	17	6	25	13	4	2	22	26	16	14	10	1	5	12	11	18	19	23	24	8	20

T	O	G	E	T	H	E	R	W	E	A	R	E	A	M	A	Z	I	N	G
11	14	6	3	11	25	3	5	23	3	7	5	3	7	26	7	20	13	16	6

Maze Answer Key



Quiz Answer Key

This quiz helps review the key points from the article and understand the different needs of each HealthType for supporting their mental wellbeing.

1. b) Having a sense of responsibility and loyalty, along with emotional support
2. b) Prioritizing self-care and reflecting on their values
3. b) Embracing their heightened sensitivity and seeking inner peace
4. b) Achieving goals and having a sense of purpose
5. a) Spending quality time with loved ones
6. b) Activator
7. b) To ensure they can help others and maintain a sense of community
8. c) Social activities, like playing sports with friends
9. b) By joining a class or going for walks with friends
10. b) Social support and connections