

Destigmatizing

More than one in five American adults live with a mental health condition, but only about half of those receive treatment. This course explores how stigma—the judgmental attitudes, stereotypes, and discrimination—prevents people from seeking the help they need. You'll learn how stigmatizing language impacts those with mental health conditions and discover practical ways to challenge stereotypes, educate others, and promote more inclusive conversations.



Addressing Stigmatizing Language:

This practical guide can help you respond effectively when you hear stigmatizing language about mental health:

1. Notice the language.

Pay attention to casual use of clinical terms as insults ("That's so OCD"), derogatory labels ("psycho," "crazy"), or statements that mock mental health struggles ("Just get over it").

2. Respond with respect.

When you hear stigmatizing language, try these approaches:

- *"I know you didn't mean harm, but using that term casually can be hurtful to people who live with that condition."*
- *"Could we use different words? That term is actually a medical diagnosis that many people struggle with."*
- *"Let's be careful about the language we use around mental health – it affects how comfortable people feel seeking help."*

3. Make the connection.

Help others understand by drawing parallels:

- *"We wouldn't casually use physical health conditions as insults, so let's extend the same respect to mental health conditions."*
- *"Mental health challenges deserve the same compassion we show for physical health issues – both are medical conditions, not character flaws."*

4. Offer alternatives.

Suggest more accurate and respectful language: Instead of: "She's so bipolar today" Try: "Her mood seems to be changing a lot today". Instead of: "He's acting crazy" Try: "He seems really stressed" or "His behavior is concerning".

Remember, the goal isn't to shame others but to educate and promote understanding. Small changes in language can make a big difference in creating a more supportive environment for everyone.

Sleep: Sleep Hygiene

Sleep isn't just about how long you're in bed—it's shaped by the habits leading up to it. This course explores sleep hygiene, showing how small daily choices build stronger rest and sharper focus. You'll learn how to create healthy routines that boost both energy and performance.



Checklist:

Small habits make a big difference. This quick checklist highlights key actions to pair with simple icons for visual clarity.



Environment:

- Keep the room dark, cool (65–68°F), and quiet.



Screens:

- Power down devices 30–60 minutes before bed.



Caffeine:

- Stop consuming after early afternoon.



Wind-Down:

- Read, stretch, or meditate instead of scrolling.



Consistency:

- Go to bed and wake up at the same times daily.