



# THE CHANGE AGENT

Adult Education for  
Social Justice: News,  
Issues, and Ideas

## CALL FOR ARTICLES: Mental Health/Emotional Well-Being Issue #52

**YOU MUST** include in *all* articles and emails the contact information for the student and/or the teacher.

**THEME:** 2020 has been a hard year! With multiple stressors on individuals, families, communities, and workplaces, we want to put some attention on how people maintain mental health during difficult times.

*The Change Agent* is looking for stories by adult learners who address the following questions:

- How do you cope with stress? Tell a specific story to bring your strategy to life. Include details.
- What are some changes your family has made to handle the additional challenges brought on by the pandemic?
- How do you define mental health? What does it mean to you? And what do you do to feel mentally healthy?
- Do you or someone you know have mental health challenges? Describe them and share what strategies you (or they) use to manage the issue.
- Does our society have different ways of responding to physical vs. mental illness? Write in general terms using evidence from sources and/or write about your own experience.
- Some conditions that are diagnosed as a mental illness may not actually be an illness. For example, the medical profession used to consider being gay as a "disorder," but they no longer do. Do you think there are any mental conditions that are currently considered disorders, but in fact might not be?
- How does inequality affect mental health? If you have less access to resources (for example, you live in poverty or are disabled), could that affect your mental health by making you feel more stress? Similarly, what if you have more than your fair share of resources? Could having more privilege and power cause isolation or affect your mental health in some way? Discuss this dynamic, either by researching it or from your own experience.
- Are there any social structures or policies (for example, limited maternity leave, no sick days, racial profiling by police, unequal pay for women, environmental damage, etc.) that affect mental health? Identify those structures or policies and explain how they affect people. Use sources and/or your own experience.

**DEADLINE AND GUIDELINES FOR SUBMISSIONS:** Nov. 2, 2020. **Make sure to include contact information.** Send to: [cpeters@worlded.org](mailto:cpeters@worlded.org). Learn more at: [changeagent.nelrc.org/write-for-us](http://changeagent.nelrc.org/write-for-us). Instead of long and general essays, we would like to see stories that are specific and detailed. Limit the scope of your story, but tell it fully. Suggested length is 200-800 words. Please include contact information for the student and/or the teacher in all correspondence. Final decisions are made by *The Change Agent* editorial board. A \$50 gift card will be sent to each adult education student whose work is accepted for publication.

**PLEASE SEND MATERIAL BY EMAIL** to [cpeters@worlded.org](mailto:cpeters@worlded.org). Cynthia Peters, Editor, New England Literacy Resource Center/World Education, 44 Farnsworth St., Boston, MA 02210 Phone: 617-482-9485 fax: 617-482-0617

**The mission of *The Change Agent* is to provide news, issues, ideas, and other teaching resources that inspire and enable adult educators and learners to make civic participation and social justice concerns part of their teaching and learning.**