



Lessons in Mental Health

PERSONALITY



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- Link: [Personality Presentation](#)
- Link: [Personality Activity Reference Guide](#)
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TODAY WE WILL....

- Learn what personality is
- Look at traits that shape who we are
- Explore tools used to measure personality
- Think about how personality affects our choices and well-being

WHAT MAKES YOU, YOU?



PERSONALITY

Personality refers to the unique set of characteristics, behaviors, thoughts, and emotions that define an individual's pattern of interacting with the world.



PERSONALITY ASSESSMENT

Assessing personality helps us understand:

- Ourselves
- How we make choices
- How we connect with others
- What tasks we do best



BENEFITS OF PERSONALITY ASSESSMENTS

In career development, personality assessments can help you identify careers that are a good fit for your personality type.

In relationship dynamics, personality assessments can help you understand your partner's personality type and how to communicate effectively.

In personal growth, personality assessments can help you identify areas where you want to grow and develop.

Two popular tools for assessing personality are:

- Five-Factor Personality Model
- Myers-Briggs Type Indicator

PERSONALITY ASSESSMENT TOOLS



FIVE-FACTOR PERSONALITY MODEL

The Big Five (Five-Factor Model) is a well-known framework for understanding personality.

It identifies five core traits that shape who we are:

- Openness to Experience
- Conscientiousness
- Extraversion
- Agreeableness
- Neuroticism



FIVE-FACTOR PERSONALITY MODEL

1

OPENNESS TO EXPERIENCE

The willingness to embrace new ideas, creativity, and unconventional experiences.

2

CONSCIENTIOUSNESS

The degree of organization, responsibility, and self-discipline.

3

EXTRAVERSION

Level of sociability, assertiveness, and preference for stimulation from the external world.

4

AGREEABLENESS

The extent to which a person is warm, cooperative, and considerate towards others.

5

NEUROTICISM

An individual's emotional vulnerability to anxiety, depression, and mood swings.

THE BIG FIVE CHARACTERISTICS EXIST ON A CONTINUUM

OPENNESS

Closedness



Openness

CONSCIENTIOUSNESS

Lack of
direction



Conscientiousness

EXTRAVERSION

Intraversion



Extraversion

AGREEABLENESS

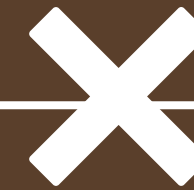
Antagonism



Agreeableness

NEUROTICISM

Emotional
Stability



Neuroticism

The MBTI was developed by Katharine Briggs and Isabel Myers, based on Carl Jung's theory of psychological archetypes.

The traits of this assessment are:

- Extraversion (E) vs. Introversion (I)
- Sensing (S) vs. Intuition (N)
- Thinking (T) vs. Feeling (F)
- Judging (J) vs. Perceiving (P)

MYERS-BRIGGS TYPE INDICATOR



MYERS-BRIGGS TYPE INDICATOR

[VIDEO: Myers-Briggs
Explained in Less than 5
Minutes - 16 Personalities](#)



FRANK JAMES

MYERS-BRIGGS TYPE INDICATOR TRAITS



Extraversion (E):

Draws energy from the external world, enjoys social interactions, and tends to be outgoing

Introversion (I)

Draws energy from within, prefers solitary activities, and tends to be reflective & reserved

Sensing (S):

Focuses on information gathered through the five senses, relies on facts & details.

Intuition (N):

Focuses on patterns and possibilities, relies on abstract thinking and imagination.

Thinking (T):

Makes decisions based on logical analysis, values objective truth and fairness.

Feeling (F):

Makes decisions based on personal values and emotions, values harmony & empathy

Judging (J)

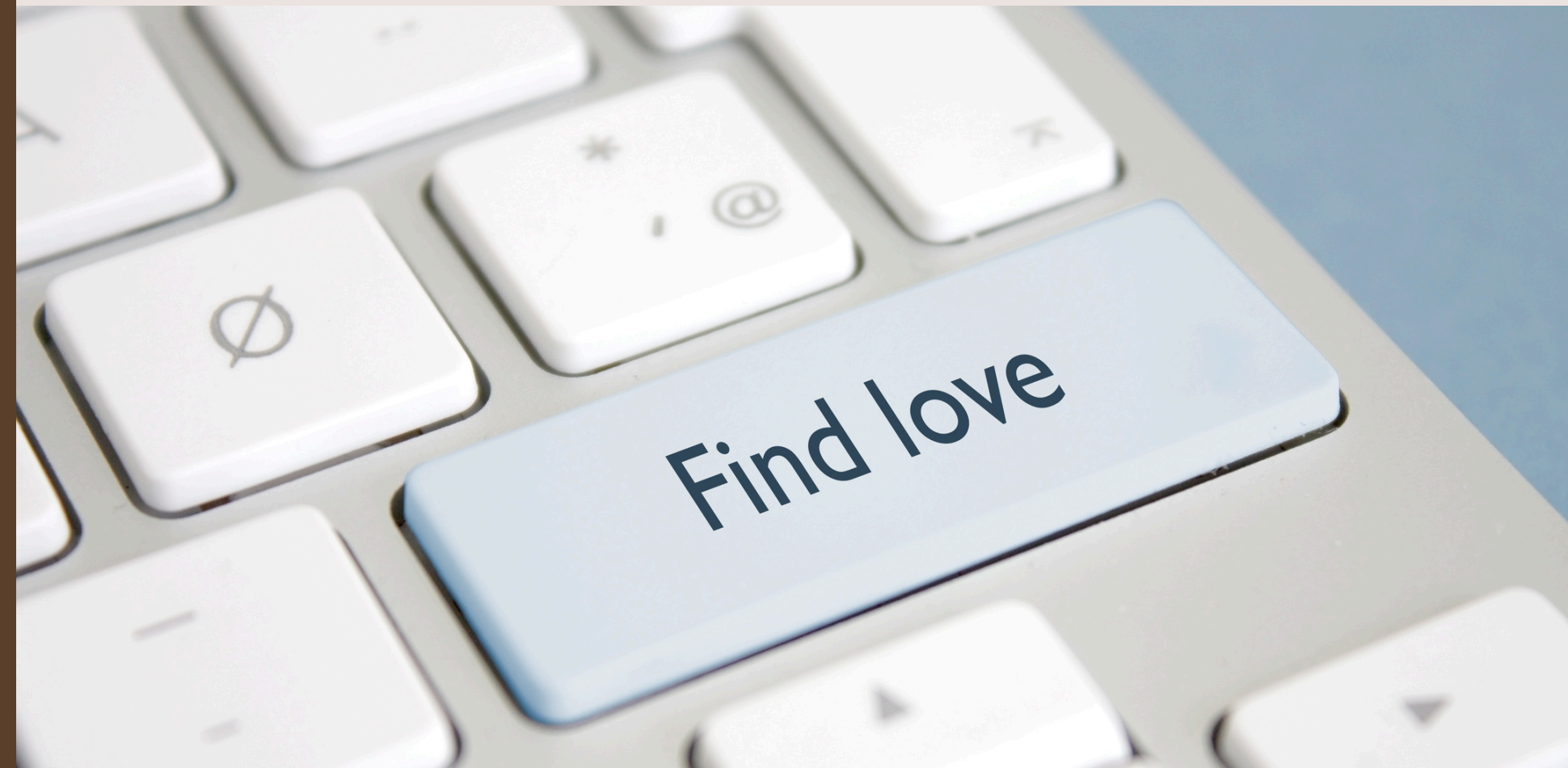
Prefers structure and organization, enjoys planning and making decisions.

Perceiving (P)

Prefers flexibility & adaptability, enjoys exploring options and gathering information.

MYERS-BRIGGS INDICATOR FUN FACTS

- First created during World War II as a career placement tool, later valued for understanding personality and relationships.
- Widely used by Fortune 500 companies for leadership training, team building, and employee development.
- Still one of the most popular personality quizzes today — even on dating apps.



PARTNER DISCUSSION



Why do you think understanding who you are, your strengths, challenges, and personality—could affect your overall well-being?

Think about how it might help with decisions, relationships, and handling stress.

PERSONALITY & WELL-BEING

Knowing your personality can improve your well-being by helping with:

- Self-awareness & acceptance
- Decision-making that fits you
- Stronger relationships
- Managing stress triggers
- Setting realistic goals
- Exploring career paths



**EVERY TRAIT HAS
VALUE WHEN YOU
EMBRACE IT**



PERSONALITY & DECISION-MAKING



- Knowing yourself = stronger, confident choices
- Helps you avoid being easily influenced by others
- Guides you to decisions that actually fit your values
- Helps you to trust your process and do what feels right for you

- Knowing your personality improves communication
- Helps you set boundaries and resolve conflicts
- Makes it easier to understand others' needs
- Builds empathy and stronger connections

PERSONALITY & RELATIONSHIPS



PERSONALITY & STRESS



- Your personality shapes how you handle pressure
- Knowing your stress triggers helps you stay calm
- Use strategies that fit your style (music, breaks, alone time)
- Build habits that prevent overwhelm before it starts

- Personality guides how you stay motivated
- Set goals that match your strengths and values
- Structure or flexibility — use the approach that works for you
- Aligned goals = more progress and less frustration

SET GOALS THAT WORK FOR YOU



FIND THE RIGHT CAREER PATH



- Careers feel better when they match your interests and strengths
- Knowing your personality helps you choose work that feels natural
- The “right fit” isn’t about one perfect job — it’s about using your talents in meaningful ways
- Enjoying what you do makes success and growth more likely

PERSONALITY ACTIVITY



Take the 16 Personalities test, then reflect on how your unique personality shapes your experiences and supports your well-being.

16 Personalities

FREE Personality Test
Link

16 PERSONALITIES TEST AND REFLECTION

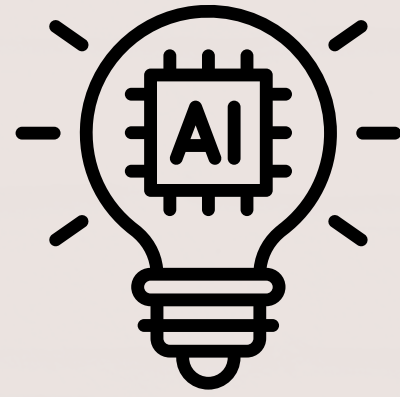


REFLECTION QUESTIONS PART 1



Based on the Assessment:

1. Are you an extrovert or an introvert?
2. Are you a feeler or a thinker?
3. What personality type are you?
4. Name 2 Strengths.
5. Name one friendship characteristic.
6. What type of career are you best suited for based on the test?
7. Do you agree with the results?



Answer all reflection questions in the template.

For career fit (#6), copy your results into an AI tool of your choice (ChatGPT, Gemini, etc.).

Prompt:

“Based on these results, what careers might be the best fit for me, and why?”

Post the response into the template.

Summary Reflection Question:

How does understanding and accepting our personality support our well-being?

FOR EXAMPLE:

"If I understand and accept that I am an introvert, then I would honor the fact that I need time alone to recharge."

100 word minimum

SUMMARY REFLECTION QUESTION



Template (Optional)

Click on the icon link below

Scroll down to access and edit the template



TURNING IN YOUR ACTIVITY

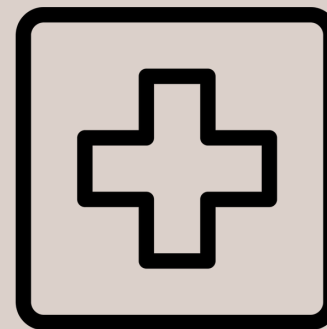


- Take the online personality test using the provided link.
- Complete your reflection questions in Google or in Canva.
- Include the prompts in your reflection.
- Make sure to answer all of the prompts.
- Turn in your completed reflection to: Personality and Well-Being Activity.

LEAD WITH COMPASSION, EDUCATE WITH PURPOSE.

Until our next lesson

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