

Contents

| | |
|---|-----|
| Acknowledgement | 7 |
| <i>Christian Ludwig, Theresa Summer, Maria Eisenmann, Daniel Becker, Nadine Krüger</i> | |
| Mental Health in English Language Education – An Introduction | 9 |
| <i>Nadine Krüger</i> | |
| Mental Health in the School Context: Interviews with a Psychotherapist and an English Teacher | 31 |
| <i>Section 1: Curriculum and Competencies</i> | |
| <i>Daniel Becker</i> | |
| We Got a Match! Examining Potential Connections between English Language Teaching and Mental Health Education | 47 |
| <i>Roman Bartosch & Stefanie Fuchs</i> | |
| The Worst is Yet to Come: Theoretical and Empirical Findings on Mental Health in a Climate-Changed World | 61 |
| <i>Christian Ludwig & Michaela Sambanis</i> | |
| Gender and Adolescent Mental Health: Building Students' Resilience through Authentic Media and Drama Activities | 75 |
| <i>Theresa Summer & Valentin Werner</i> | |
| Music and Mental Health in ELT: A Focus on Emotional Self-Regulation with Insights from Psychotherapy | 91 |
| <i>Section 2: Texts and Materials</i> | |
| <i>Maria Eisenmann</i> | |
| Sally Nicholls' Multimodal Novel <i>Ways to Live Forever</i> in the EFL Classroom – A Case Study | 115 |

Carolyn Zehne

Addressing Mental Health (Representation) in and with Video Games –
Hellblade: Senua's Sacrifice and its Potential Use in the EFL Classroom 131

Christian Ludwig & Veronika Martinez

Lighter Than My Shadow: Graphic Memoirs about Eating Disorders in the
Multimodal EFL Classroom 145

Section 3: (Digital) Culture and Communication

Michaela Sambanis

“Down at the End of Lonely Street”: Social Isolation, Loneliness, Stress and
Boredom – A NeuroDidactic View 163

Peter Schildhauer, David Gerlach, Kristin Weiser-Zurmühlen

(Mental) Challenges of a Post-Truth Society: Tackling Conspiracy Theories
in the English Language Classroom 179

Ben Opitz

Promoting Digital Media Competences by Addressing Cyberbullying in the
EFL Classroom 195

Section 4: Teachers and Teacher Education

Sonja Babic & Sarah Mercer

Understanding the Ecology of Language Teacher Well-Being: Theory and
Practice 209

Eva Seidl & Jelena Petrović

Promoting Mental Health and Well-Being in the University Language
Classroom 221

Eleni Louloudi

“But, Are You Really Fine?”: Reconstructing Mental Health through a
Critical Literacy Lesson Developed by Pre-Service Teachers of English . . . 239

Editors and Contributors 257