



STUDENT CARE SERVICES

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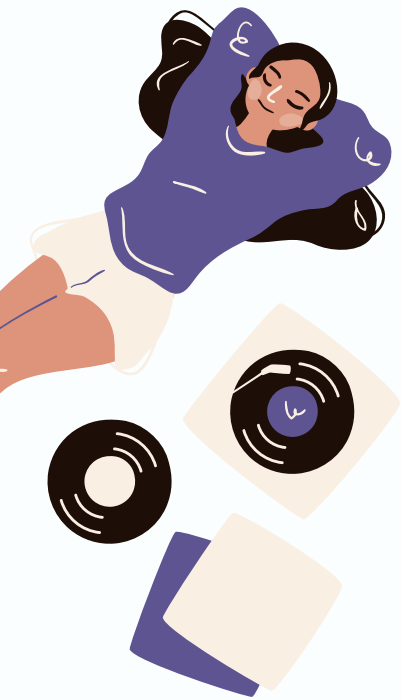
MENTAL HEALTH NEWSLETTER



ON THE OCCASION OF WORLD MENTAL HEALTH DAY
10TH OCTOBER 2022



What's Inside?



Remember:
Help is always
available.



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Introduction

World Mental health day
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Sincere messages on the occasion of
World Mental Health Day

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Time to reflect on your mental health by
answering questions in various dimensions
of your life.

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How to Avail Support?

In times of crisis, where and to whom you
can contact to utilize support?

- ☎ SCS department
- ☎ Professional help
- ☎ Organizational help

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Self Care Checklist

Let's reflect on how we can nurture and
nourish our mental health for fruitful
results in life.

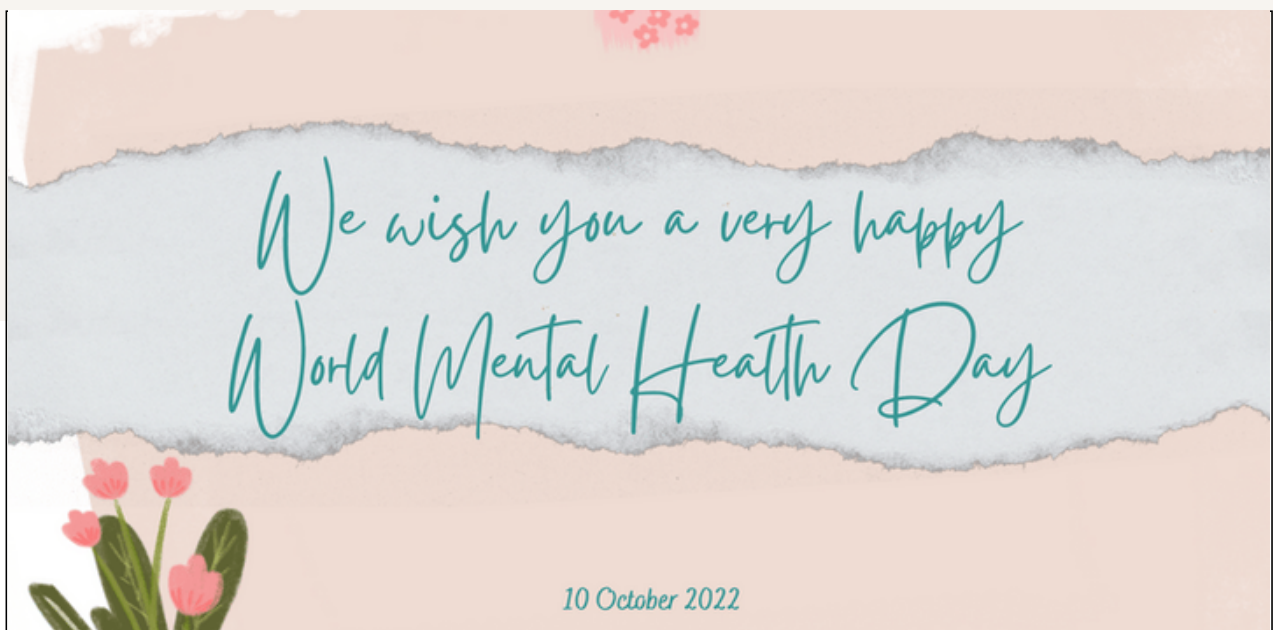
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Strategies to keep Mental Health in Balance

INTRODUCTION

THIS YEAR THE THEME OF MENTAL HEALTH DAY IS "MAKING MENTAL HEALTH & WELL-BEING FOR ALL A GLOBAL PRIORITY".



RECENT DEVELOPMENTS IN MENTAL HEALTH FIELD

Digital care options through teletherapy and all manner of new apps have seen explosive growth during the pandemic. Online services reach the most remote regions and circumvent fears of stigma for making the decision to seek treatment.

Integrative care is given importance and is becoming the new standard of care for people with mental illnesses, with necessity of continuity of care from emergency department to community mental health services.





Greetings on World Mental Health Day! The overall objective of World Mental Health Day is to raise awareness of mental health issues and to mobilize efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide. Whilst the pandemic has, and continues to, take its toll on our mental health, the ability to reconnect through World Mental Health Day 2022 will provide us with an opportunity to re-kindle our efforts to protect and improve mental health.

Ms. Anvita Kackar
Principal

Mental Health & Well-being are the driving force of human beings. It is extremely important to be mentally strong and happy inside out. There is a stigma associated with mental health and well-being, which further denies people help or support. People are scared to accept or address mental issues and to seek psychological and medical help. There is not enough awareness about mental health and it is still considered, a taboo though many have stepped up to spread awareness about it. We must remove stereotypes and negative notions about these issues. This is possible only if, we sensitize the children and make them aware about it from a very early age. Let us join hands to spread awareness about mental health and make this world a happier place to be!

Ms. Naminder Sahota
Headmistress, Pre-primary

Prioritizing mental health is the need of the present for a better future. The ability to manage mental health is one of the important life skills. A healthy mental health provides better control over thinking, emotions and behavior. This results in good decision making and problem solving, which is the key ingredients to success and satisfaction.

Mr. Suraj Bholane
HOD and Counsellor, SCS Department

I have been intrigued about the benefits of art as well as movement therapy. Apart from the traditional method of therapy. These are the ways to make use of a person's creativity to help with their emotional and behavioral concerns.

Mr. Paresh Mota and CCA team

We envision a world in which mental health is valued, promoted and protected; where everyone has an equal opportunity to enjoy mental health and to exercise their human rights; and where everyone can access the mental health care they need.

HR team

Our mental health can affect our thoughts, behaviour, and feelings. I have observed that depression has a strong effect on the body than any physical injury. Taking time to look after our physical and mental health is a great way to perform at our best.

Mr. Rahul Karya

The SARS-COVID-19 outbreak and its subsequent effects during the lockdown have made the measures to address this global issue necessary. Now that the situation is shifting and we are moving toward a normal state, it is imperative that it be properly handled. We as educators have a bigger part to play in keeping this going.

Mr. Dibakar Mohanty



MENTAL HEALTH CHECK

KEEPING TRACK OF YOUR THOUGHTS AND BEHAVIOUR CAN HELP YOU STAY ON TRACK PHYSICALLY AND MENTALLY. CHECK THE FOLLOWING 12 DIMENSIONS OF YOUR LIFE TO REFLECT YOUR CURRENT STATUS OF MENTAL HEALTH.

NAME: _____

HABIT / SELF-CARE STEP

Yes No

01 Are you having intake of healthy food?.

☐ ☐

02 Are you experiencing any problems in your emotional health?

☐ ☐

03 Are you satisfied with your work-life balance?

☐ ☐

04 Are you satisfied with your relationships?

☐ ☐

05 Are you experiencing any unpleasant thoughts?

☐ ☐

06 Are you able to sleep properly in the past week?

☐ ☐

07 Are you spending time in your hobbies?

☐ ☐

08 Are you participating in social activities/events?

☐ ☐

09 Are you spending quality 'me' time?

☐ ☐

10 Are you engaged in any physical activity?

☐ ☐

11 Are you spending time with your family?

☐ ☐

12 Are you satisfied with your overall mental health?

☐ ☐

REFLECTION NOTES

HINT: What do you want to change in your life? How would you do that?



HOW TO AVAIL SUPPORT?

The SCS department is committed to provide a safe and secure space, where students as well as teachers feel confident to approach trained professionals for guidance and support. Counselling assists individuals to cope with the emotional and psychological struggles as well as enhancing one's capabilities. We are here to help the entire school community.

You can also seek help from the external mental health professionals which involves:

1. Counseling Psychologists help people recognize their strengths and find resources to cope with everyday problems and adversity. They focus on interactions between people and their environment, and on educational and career development.
2. Clinical Psychologists have highly specialized training in the diagnosis and psychological treatment of mental, behavioral and emotional illnesses.
3. Psychiatrists are medical doctors who specialize in treating mental health illnesses and often work in private practice, mental health centers, or in hospitals. They can help you find the right treatment and medication.
4. Social Workers help clients who face a disability or a life-threatening disease or a social problem, such as inadequate housing, unemployment, or substance abuse. Social workers also assist families that have serious domestic conflicts, sometimes involving child or spousal abuse.
5. Mental Health Organizations such as hospitals and clinics provide emergency care to people in distress and various other mental health related services.
6. NGOs run on charity and work on providing psycho-social services for people who don't have access to mental health facility.



CHECKLIST

Self-care is an important aspect of our wellbeing and mental health that is particularly important after experiencing events that increase stress and affect our ability to cope.

The following worksheet can be used for assessing your current self-care routine or as a list to help you attend to yourself during difficult times.

PHYSICAL

- ☐ EATING HEALTHY FOOD REGULARLY
- ☐ GETTING 6-8 HOURS OF SLEEP
- ☐ MOVING YOUR BODY MINDFULLY
- ☐ GETTING FRESH AIR REGULARLY
- ☐ REGULAR MEDICAL CARE FOR PREVENTION

PSYCHOLOGICAL

- ☐ TAKING TECHNOLOGY BREAK
- ☐ TAKING OUT TIME FOR SELF REFLECTION
- ☐ ENGAGING IN NEW THINGS
- ☐ SHARING FEELINGS WITH LOVED ONES
- ☐ HAVE MY OWN PERSONAL PSYCHOTHERAPY

PROFESSIONAL

- ☐ ENGAGE IN PROJECTS YOU ARE PASSIONATE ABOUT
- ☐ IDENTIFY STRENGTHS AND REWARDING TASKS
- ☐ ARRANGING WORK SPACE TO BE COMFORTABLE
- ☐ GET REGULAR GUIDANCE/SUPERVISION
- ☐ NEGOTIATE/ADVOCATE FOR YOUR NEEDS

RELATIONSHIP

- ☐ SPEND TIME WITH YOUR FAMILY AND FRIENDS
- ☐ ASKING HELP WHEN YOU NEED IT
- ☐ PRACTICE HONESTY AND VULNERABILITY
- ☐ PRACTICING HEALTHY BOUNDARIES
- ☐ SHOW AND RECEIVE CARE/LOVE



STRATEGIES TO KEEP MENTAL HEALTH IN

BALANCE

Practicing gratitude, which means being thankful for the good things in your life. It's helpful to do this every day, either by thinking about what you are grateful for or writing it down in a journal. These can be big things, such as the support you have from loved ones, or little things, such as enjoying a nice meal. It's important to allow yourself a moment to enjoy that you had the positive experience. Practicing gratitude can help you to see your life differently.

Developing a sense of meaning and purpose in life. This could be through your job, volunteering, learning new skills, or exploring your spirituality.

Pay attention to the present moment (mindfulness).

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

