

What is Mental Health?

When we refer to mental health, we're talking about psychological, emotional, and social well-being. Throughout our lives, our mental health plays a role in the way we think, feel, and act. It influences how we handle life, relate to others, and make choices.

Mental health is an integral part of our overall health. It gives us the capacity to: Think rationally and logically, Cope with life changes, loss, stress, and trauma, Accept limitations and boundaries, Realize our full potential, Work productively, Make meaningful contributions to our communities, A mentally healthy person can choose among thoughts, shift flexibly between them, and match mood and emotional expression to the present situation.

What is Mental Illness?

A mental illness is a disease that causes mild to severe disruptions in the way a person thinks, feels, and behaves. Like other organs of the body, the brain is vulnerable to disease and disorders. And, like other diseases, such as diabetes or asthma, mental illnesses can have physical and psychological symptoms. The good news is that with the right care and treatment, people with mental disorders can manage their illness, get better, and return to normal activities. There are more than 200 types of psychiatric illnesses listed in The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5-TR). Published by the American Psychiatric Association, the DSM-5-TR is used by mental health practitioners in the United States for diagnosing mental disorders. Mental illnesses include major depressive disorders, schizophrenia, bipolar disorders, obsessive-compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD), addictions, and borderline personality disorder. Most mental illnesses are experienced on a spectrum of severity: At one end are well-adjusted, successful individuals whose disorders are invisible to others. At the other end of the spectrum are those who are too severely impaired to lead normal lives. Serious mental health disorders can interfere with daily life and limit their ability to realize their full potential.

CAUSES OF MENTAL DISORDERS

Although doctors and researchers continue to learn new things about the brain, many of its functions are still not completely understood. The underlying causes of mental illnesses are biopsychosocial – that is, partly biological (your physical body), partly psychological (your emotions and experiences), and partly social (your environment).

These components span:

Biological issues, such as genes, physical illness, injury, or brain chemistry

Developmental experiences, including adverse childhood experiences, trauma or abuse

Social issues, such as poverty, unemployment, job stress, or loss through death or divorce

Research points to mental health problems as a reaction to excessive stresses, genetic factors, biochemical imbalances, or the interplay of all three. They are not caused by character flaws, laziness, or personal weakness. Some people need professional help, such as treatment with therapy and/or medication, to get better.

WHAT ARE COMMON SYMPTOMS OF MENTAL ILLNESSES?

Excessive anxiety

A depressed mood or a mood that fluctuates excessively

Disturbing thoughts

Behaviors that are harmful or disturbing to oneself or to others

Memory problems

Changes in sleep patterns

Seeing or hearing things that are not perceived by others

Changes in personality, personal habits and/or social withdrawal

Extreme sadness

Irritability

Thought Record Worksheet

It asks the user to log their emotions and thoughts as well as what was going on to make them feel that way, then has the user reflect on whether or not there is evidence to back up their automatic thoughts.

Daily Mood Tracker

This [Daily Mood Tracker](#) was developed for people dealing with anger management issues but can be helpful for anyone who wants to track their mood. It splits the day up into several two-hour blocks and asks the user to track their emotions, as well as allowing for notes to explain these moods. This can also be helpful for clients who have trouble expressing themselves but can provide valuable self-reflection opportunities for anybody. Interestingly, some research has even shown that depressed clients can improve their mood by tracking it

Self-Care Checkup (Not imp)

This worksheet is a self-report [Self-Care Checkup](#) that therapists can give their clients after each appointment, to fill in between the sessions. The client is meant to consider the activities they are engaging in to keep up good mental health and wellbeing. While many could be considered routine, such as exercising or getting sufficient sleep, they can often be neglected when they matter most – during times of stress. This way, the Self-Care Checkup invites clients to become more aware of the frequency with which they practice self-care, categorizing these activities into five groups:

- Emotional;
- Physical;
- Social;
- Professional; and
- Spiritual self-care.

By filling it out regularly, clients can compare their self-care practices from week to week, spotting areas for development and brainstorming more activities that might help them maintain their mental health.

Mental Health diseases

1. **Depression**: Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Symptoms of depression include feeling sad or having a depressed mood, losing interest or pleasure in activities once enjoyed, changes in appetite, sleep or weight, feeling tired or having low energy, difficulty thinking, concentrating, making decisions or remembering things, feeling restless or irritable, thoughts of death or suicide. reach out to a mental health professional.
2. **Anxiety**: Anxiety is a normal human emotion that is characterized by feelings of worry, nervousness, apprehension, and uneasiness. It is a natural response to stress and can be helpful in some situations, such as when it motivates you to prepare for a difficult task or presentation. However, when anxiety becomes excessive or interferes with your daily life, it can become a mental health problem. Symptoms of anxiety can include feeling restless or on edge, easily fatigued, irritable, difficulty concentrating, muscle tension, headaches, dizziness, difficulty sleeping, and rapid heart rate. reach out to a mental health professional.
3. **Post-traumatic stress disorder (PTSD)**: PTSD is a mental health condition that can develop after experiencing a traumatic event, such as a car accident, assault, natural disaster, or war. Symptoms of PTSD can include flashbacks, nightmares, intrusive thoughts, avoidance of reminders of the trauma, feeling on edge or hypervigilant, and changes in mood or behavior. reach out to a mental health professional.
4. **Obsessive-compulsive disorder (OCD)**: OCD is a mental health condition that is characterized by unwanted thoughts (obsessions) and repetitive behaviors (compulsions) that a person feels driven to perform. Symptoms of OCD can be very distressing and can interfere with daily life. reach out to a mental health professional.
5. **Bipolar disorder**: Bipolar disorder is a mental health condition that is characterized by extreme mood swings, from mania or hypomania to depression. Symptoms of mania or hypomania can include feeling unusually energetic or elated, having racing thoughts or talking too fast, being easily distracted, needing little sleep, making impulsive decisions, and engaging in risky behavior. Symptoms of depression can include feeling sad or having a depressed mood, losing interest or pleasure in activities once enjoyed, changes in appetite, sleep or weight, feeling tired or having low energy, difficulty thinking, concentrating, making decisions or remembering things, feeling restless or irritable, thoughts of death or suicide. reach out

to a mental health professional.

6. Schizophrenia: Schizophrenia is a mental health condition that can cause changes in thinking, perception, and behavior. Symptoms of schizophrenia can include hearing voices, seeing things that are not there, having bizarre beliefs, feeling suspicious or persecuted, and withdrawing from social activities. reach out to a mental health professional.
7. Eating disorders: Eating disorders are mental health conditions that are characterized by unhealthy eating habits and a distorted body image. Symptoms of eating disorders can include restricting food intake, binge eating, purging (through vomiting or laxatives), excessive exercise, and preoccupation with weight and body shape. reach out to a mental health professional.
8. Personality disorders: Personality disorders are mental health conditions that are characterized by inflexible and maladaptive patterns of thinking, feeling, and behavior. Symptoms of personality disorders can vary depending on the specific disorder, but can include difficulty maintaining relationships, impulsivity, aggression, and difficulty managing emotions. reach out to a mental health professional.
9. Substance abuse disorders: Substance abuse disorders are mental health conditions that are characterized by the misuse of drugs or alcohol. Symptoms of substance abuse disorders can include using substances more than intended, being unable to control substance use, continuing to use substances despite negative consequences, and experiencing withdrawal symptoms when stopping use. reach out to a mental health professional.
10. Attention deficit hyperactivity disorder (ADHD): ADHD is a neurodevelopmental disorder that is characterized by difficulty paying attention, impulsivity, and hyperactivity. Symptoms of ADHD
11. Social anxiety disorder: Characterized by intense fear of social situations and scrutiny by others. People with social anxiety may worry about being judged, embarrassed, or ridiculed in social settings. They may avoid social interactions altogether or experience significant distress when participating.
12. Specific phobias: Intense fear of specific objects or situations, like spiders, heights, or enclosed spaces. The phobic object or situation may not be inherently dangerous, but the fear can be so debilitating that it interferes with daily life.
13. Agoraphobia: Fear of situations that might cause panic or feelings of being trapped, like open spaces, public transportation, or crowded places. People with agoraphobia often restrict their movements or require a trusted companion to be present. Leaving home alone, crowded places, enclosed places.
14. Panic disorder: Sudden episodes of intense fear and discomfort that peak within minutes. Symptoms can include heart palpitations, shortness of breath, dizziness, nausea, and feeling like you're losing control or dying.
15. Generalized anxiety disorder (GAD): Excessive worry and anxiety about a variety of things, often with no clear trigger. People with GAD may experience difficulty concentrating, sleep problems, muscle tension, and irritability.
16. Obsessive-compulsive personality disorder (OCPD): Characterized by a pervasive need for orderliness, perfectionism, and control. People with OCPD may spend excessive time on tasks, have difficulty delegating, and be preoccupied with rules and routines.
17. Body dysmorphic disorder (BDD): Preoccupation with perceived flaws in appearance, despite the flaws being minor or unnoticeable to others. People with BDD may constantly check their appearance in mirrors, seek reassurance from others, or undergo cosmetic procedures.
18. Premenstrual dysphoric disorder (PMDD): Severe mood and physical symptoms experienced in the days or weeks leading up to menstruation. Symptoms can include depression, anxiety, irritability, fatigue, bloating, and cramps.
19. Perinatal depression: Depression experienced during pregnancy or in the first year after childbirth. Symptoms can include feeling sad or hopeless, losing interest in activities, changes in appetite or sleep, and thoughts of harming oneself or the baby.
20. Seasonal affective disorder (SAD): Depression that occurs seasonally, typically in the winter months when daylight hours are shorter. Symptoms can include feeling tired or sluggish, oversleeping, difficulty concentrating, and cravings for

carbohydrates.

21. Somatoform disorders: Physical symptoms that are caused by psychological factors, rather than a physical illness. Examples include chronic pain, fatigue, dizziness, and digestive problems.
22. Dissociative disorders: Disruptions in memory, identity, and consciousness. Examples include dissociative amnesia (forgetting personal information), depersonalization (feeling disconnected from oneself), and dissociative identity disorder (multiple personalities).
23. Borderline personality disorder (BPD): Characterized by intense emotions, unstable relationships, and impulsive behaviors. People with BPD may experience fear of abandonment, self-harm, and frequent changes in mood, identity, and goals.
24. Histrionic personality disorder: Excessive emotionality and attention-seeking behaviors. People with histrionic personality may exaggerate their emotions, crave constant attention, and be easily influenced by others.
25. Narcissistic personality disorder: Inflated sense of self-importance, a need for admiration, and a lack of empathy. People with narcissistic personality disorder may be manipulative, take advantage of others, and have difficulty taking responsibility for their actions.
26. Antisocial personality disorder: Disregard for the rights and feelings of others, often accompanied by criminal behavior. People with antisocial personality disorder may lie, cheat, steal, and be impulsive and aggressive.
27. Gambling disorder: Uncontrollable urge to gamble despite negative consequences.

MENTAL HEALTH GAMES AND ACTIVITIES TO BOOST WELL-BEING

1. MINDFULNESS COLORING

The Activity: Mindfulness colouring is a relaxing and creative activity that helps calm the mind and reduce stress. By focusing on coloring intricate patterns and designs, you can temporarily divert your attention away from negative thoughts and emotions, promoting a sense of tranquility.

How It Helps: This activity encourages mindfulness by cultivating present-moment awareness and helps individuals develop better concentration and focus. It also provides an outlet for self-expression and creativity, which can boost self-esteem and overall mental well-being.

2. GRATITUDE JOURNALING

The Activity: Gratitude journaling involves writing down things you are grateful for each day. This simple practice can be done in a dedicated gratitude journal or any notebook.

How It Helps: Practicing gratitude has been shown to improve mental health by promoting positive emotions, enhancing empathy, and reducing stress. By regularly focusing on the positive aspects of life, you can cultivate a more optimistic outlook and improve overall life satisfaction.

3. THE FEELINGS WHEEL

The Activity: The feelings wheel is a visual tool that helps individuals identify and explore their emotions. By using the wheel, you can pinpoint specific emotions and gain a deeper understanding of your emotional state.

How It Helps: Emotional awareness is crucial for mental health, as it allows individuals to recognize and address their feelings effectively. The feelings wheel can help individuals develop emotional intelligence, improve communication skills, and enhance their ability to cope with stress and difficult situations.

4. DEEP BREATHING EXERCISES

The Activity: Deep breathing exercises involve taking slow, controlled breaths to help calm the mind and body. There are various techniques, such as diaphragmatic breathing and 4-7-8 breathing, that can be practiced to promote relaxation and reduce anxiety.

How It Helps: Deep breathing exercises help activate the body's relaxation response, reducing stress and promoting mental well-being. Regular practice of deep breathing can improve emotional regulation, increase self-awareness, and enhance overall mental health.

5. AFFIRMATION CARDS

The Activity: Affirmation cards are a collection of positive statements that encourage self-belief and confidence. Individuals can create their own cards or purchase a pre-made set, and use them daily to reinforce positive thoughts and beliefs.

How It Helps: Affirmation cards help individuals challenge negative thoughts and replace them with positive beliefs, improving self-esteem and emotional well-being. By regularly focusing on uplifting and empowering messages, individuals can cultivate a more positive mindset and enhance their mental health.

6. MINDFUL LISTENING EXERCISE

The Activity: Mindful listening involves paying close attention to sounds around you without judgement or distraction. This exercise can be practiced in a variety of settings, such as listening to nature sounds, music, or even the hum of household appliances.

How It Helps: Mindful listening helps improve concentration, focus, and present-moment awareness. By developing the ability to tune into the present moment, individuals can reduce anxiety, enhance emotional regulation, and improve overall mental well-being.

7. ROLE-PLAYING SCENARIOS

The Activity: Role-playing scenarios involve acting out different situations to help individuals develop coping strategies, communication skills, and empathy. This activity can be done in group settings or individually, using prompts or creating your own scenarios.

How It Helps: Role-playing scenarios help individuals develop problem-solving skills, emotional intelligence, and assertiveness. By practicing various situations, participants can explore different perspectives, build empathy, and learn effective ways to handle challenging circumstances, ultimately improving their mental health and resilience.

8. THE FIVE SENSES EXERCISE

The Activity: The Five Senses Exercise is a mindfulness technique that encourages individuals to focus on their present environment using all five senses. Participants observe their surroundings and take note of what they see, hear, smell, taste, and feel.

How It Helps: This exercise promotes mindfulness by grounding individuals in the present moment and redirecting attention away from stressors and negative thoughts. By regularly practicing the Five Senses Exercise, individuals can enhance emotional regulation, reduce anxiety, and improve overall mental well-being.

9. MENTAL HEALTH BOARD GAMES

The Activity: Mental health board games are specifically designed to educate individuals about various aspects of mental health and well-being. These games often incorporate elements of strategy, teamwork, and communication, providing an entertaining and interactive way to learn about mental health.

How It Helps: Mental health board games help raise awareness and understanding of mental health issues, reduce stigma, and encourage open dialogue. By engaging in these games, individuals can develop empathy, enhance communication skills, and gain valuable knowledge about mental health and self-care strategies.

10. GUIDED IMAGERY MEDITATION

The Activity: Guided imagery meditation involves using mental visualization to create a calming and peaceful environment within the mind. Participants can listen to pre-recorded guided meditations or create their own visualizations, focusing on a serene setting that brings them comfort and relaxation.

How It Helps: Guided imagery meditation promotes relaxation, reduces stress, and fosters a sense of inner peace. By regularly practicing this form of meditation, individuals can improve their emotional regulation, increase self-awareness, and enhance overall mental health.

11. GROUP SUPPORT AND SHARING SESSIONS

The Activity: Group support and sharing sessions involve gathering a group of individuals to discuss their mental health experiences, thoughts, and feelings in a safe and supportive environment. Participants can take turns sharing their stories, offering advice, or simply listening to others.

How It Helps: Sharing personal experiences with a supportive group can provide a sense of connection, reduce feelings of isolation, and promote healing. These sessions foster empathy, emotional intelligence, and effective communication skills while encouraging individuals to seek support and resources for their mental health journey.

12. LAUGHTER YOGA

The Activity: Laughter Yoga combines deep breathing exercises and laughter, often induced through playful exercises and group activities. Participants engage in guided laughter sessions led by a certified laughter yoga instructor.

How It Helps: Laughter has numerous mental health benefits, including reducing stress, boosting mood, and improving overall well-being. Laughter Yoga provides a fun and engaging way to experience these benefits in a group setting, fostering social connections and promoting emotional regulation.

13. POSITIVE AFFIRMATIONS

The Activity: Positive affirmations involve repeating positive statements or phrases to oneself, either silently or out loud, to promote self-love, confidence, and mental well-being. Individuals can create their own affirmations or find existing ones that resonate with their personal goals and aspirations.

How It Helps: Regularly practicing positive affirmations can help reframe negative thought patterns, boost self-esteem, and improve overall mental health. By incorporating affirmations into daily routines, individuals can develop a more optimistic outlook and foster a greater sense of self-worth.

14. ART THERAPY

The Activity: Art therapy involves engaging in creative activities, such as drawing, painting, or sculpting, to express emotions, thoughts, and experiences. Participants can work individually or in groups, guided by a trained art therapist or through self-directed exploration.

How It Helps: Art therapy provides a non-verbal outlet for emotional expression and self-discovery. It can help individuals process complex emotions, reduce stress, and promote personal growth. Engaging in creative activities can also foster mindfulness, enhance self-awareness, and improve overall mental health.

15. COGNITIVE BEHAVIORAL THERAPY (CBT) GAMES

The Activity: Cognitive Behavioural Therapy (CBT) games are designed to help individuals identify and challenge negative thought patterns, develop problem-solving skills, and practice healthy coping strategies. These games can be played individually or in groups, with the guidance of a mental health professional or as part of a self-directed program.

How It Helps: CBT games provide a fun and engaging way to learn and practice essential skills for managing mental health challenges. By participating in these games, individuals can develop a better understanding of their thought patterns, enhance emotional regulation, and improve overall mental well-being.

16. CUDDLE WITH YOUR PET

The Activity: Owning a pet comes with various responsibilities, including providing affection. This can take the form of simple daily routines such as cuddling with your pet. This interaction creates a bond, invokes happiness, and provides a sense of companionship.

How It Helps: The benefits of pet cuddling extend beyond joy and companionship. Scientific studies have shown that interacting with pets can help reduce stress levels, decrease blood pressure, and increase levels of serotonin, a hormone that elevates mood. This activity is a fun, comforting, and potent means of boosting your mental health.

17. TAKE TIME OFF SOCIAL MEDIA

The Activity: In today's digital world, stepping back from social media for designated periods is not just refreshing, but necessary. This could take the form of short daily breaks or longer digital detoxes.

How It Helps: Taking time off social media can significantly contribute to your mental health. It helps mitigate feelings of overwhelm, combats social media-induced anxiety, and encourages real-world interactions. This time away from the screen can lead to a healthier, balanced perspective on life and improved mental well-being.

18. GO ON A VACATION

The Activity: Planning and going on a vacation provide an exciting change of routine. It doesn't have to be a grand expedition; even a weekend getaway can do wonders for your mental health.

How It Helps: Vacations serve as a refreshing break from daily stressors, allowing you to recharge your mental batteries. The new experiences, change of scenery, and relaxed pace of vacations can lower stress levels and enhance mental well-being.

19. CARE FOR HOUSEPLANTS

The Activity: Engaging in nurturing activities such as taking care of houseplants can be soothing. From watering them to ensuring they get the right amount of sunlight, there's something profoundly calming about tending to plants.

How It Helps: Caring for houseplants promotes mindfulness, responsibility, and a connection with nature. The act of nurturing life fosters a sense of achievement and provides a calming routine for your brain. It's an activity that can enhance your environment and your mental health.

20. HAVE A MOVIE MARATHON

The Activity: Planning a movie marathon involves selecting a list of movies, setting up a comfortable viewing area, and dedicating an uninterrupted stretch of time to enjoy them.

How It Helps: Movie marathons provide a mental escape and relaxation, which are key to maintaining mental health. The shared experience of laughter, suspense, or even tears during a movie can offer stress relief and a temporary break from any challenges you are facing.

common mental health challenges faced at different stages of life:

1. **Childhood (0-12 years):**

- Attention deficit hyperactivity disorder (ADHD): Difficulty focusing, impulsivity, and hyperactivity.
- Autism spectrum disorder (ASD): Challenges with social communication and interaction, repetitive behaviors, and restricted interests.
- Anxiety disorders: Fears, worries, and physical symptoms like stomachaches or headaches in response to stressful situations.
- Depression: Feelings of sadness, hopelessness, and loss of interest in activities that were once enjoyable. (Idk)
- Learning disabilities: Difficulties with reading, writing, math, or other academic skills.

2. **Adolescence (13-19 years):**

- Depression and anxiety: These conditions often become more prevalent in adolescence due to hormonal changes, academic pressure, and social development challenges.
- Eating disorders: Anorexia nervosa, bulimia nervosa, and binge eating disorder can emerge due to body image concerns and pressure to conform to societal beauty standards.
- Substance abuse: Experimentation with drugs and alcohol can increase during adolescence, sometimes as a coping mechanism for emotional difficulties.
- Self-harm: Behaviors like cutting or burning oneself can be used as a way to express or manage difficult emotions.
- Emerging personality disorders: Traits of certain personality disorders like borderline personality disorder or obsessive-compulsive personality disorder may begin to appear in adolescence.

3. **Young adulthood (20-39 years):**

- Depression and anxiety: These conditions can persist or develop due to work stress, relationship problems, and financial challenges.
- Bipolar disorder: Mood swings between extreme highs (mania) and extreme lows (depression) can become more prominent in this age group.
- Post-traumatic stress disorder (PTSD): Symptoms like flashbacks, nightmares, and avoidance behaviors can develop after experiencing a traumatic event.
- Obsessive-compulsive disorder (OCD): Intrusive thoughts and repetitive behaviors can significantly interfere with daily life and relationships.
- Stress-related disorders: Conditions like burnout and adjustment disorders can arise due to demanding work schedules, family responsibilities, or life changes.

4. **Middle adulthood (40-64 years):**

- Depression and anxiety: These conditions may persist or re-emerge due to midlife crises, job changes, empty nest syndrome, or caring for aging parents.
- Sleep disorders: Difficulty falling asleep, staying asleep, or experiencing excessive sleepiness can become more common due to hormonal changes and stress.

- Substance abuse: Continued or increased substance use may be a way to cope with stress or emotional difficulties.
- Grief and loss: Dealing with the death of loved ones or significant life changes can lead to depression, anxiety, and other mental health challenges.
- Age-related cognitive decline: Dementia or Alzheimer's disease can begin to affect memory, thinking, and behavior in some individuals.

5. Older adulthood (65+ years):

- Depression and anxiety: These conditions remain prevalent in older adults and may be influenced by health problems, social isolation, and financial concerns.
- Dementia: This group of neurodegenerative diseases can significantly impair memory, thinking, and daily functioning.
- Delirium: A sudden and temporary confusion that can be caused by an underlying medical condition or medication side effects.
- Sleep disorders: Similar to middle adulthood, sleep disturbances can be common due to physical changes and medications.
- Grief and loss: Losing loved ones and facing physical limitations can lead to emotional distress and mental health challenges.

Men:

- Higher rates of substance abuse: Men are more likely than women to use and abuse alcohol and drugs, potentially as a coping mechanism for societal pressures or emotional difficulties.
- Lower rates of seeking help: Due to traditional gender roles and stigma, men often hesitate to seek professional help for mental health issues, leading to delayed diagnosis and treatment.
- Suicide risk: Men are four times more likely than women to die by suicide, highlighting the need for greater awareness and support systems for men's mental health.
- Depression and anxiety: While less commonly diagnosed than in women, men can still experience depression and anxiety, often presenting differently with symptoms like anger, irritability, and changes in sleep or appetite.

Women:

- Higher rates of depression and anxiety: Women are diagnosed with depression and anxiety disorders at significantly higher rates than men, likely due to a combination of hormonal, biological, and social factors.
- Eating disorders: Women are more prone to eating disorders like anorexia nervosa, bulimia nervosa, and binge eating disorder, influenced by societal beauty standards and body image pressures.
- Post-traumatic stress disorder (PTSD): Women are more likely to experience trauma, including sexual assault and domestic violence, which can increase the risk of developing PTSD.
- Maternal mental health: Pregnancy and childbirth can trigger mental health challenges like postpartum depression and anxiety, requiring specialized support for mothers.

Studies indicate that transgender people are more likely to experience depression, anxiety, and post-traumatic stress disorder (PTSD) compared to the general population. This increased vulnerability can be attributed to several factors, including:

- Discrimination and stigma: Transgender individuals often face prejudice, discrimination, and social exclusion based on their gender identity. These experiences can be isolating and stressful, contributing to mental health challenges.
- Lack of access to adequate support: Navigating the complexities of gender identity and transition can be overwhelming. Insufficient access to affirming healthcare, support groups, and mental health professionals can further exacerbate anxiety and depression.
- Internalized transphobia: Some transgender individuals may internalize negative societal messages about their gender identity, leading to feelings of shame, guilt, and low self-esteem, which can negatively impact their mental well-being.

Gratitude Journal[improves mental health, feel grateful consistently, overcome stress and anxiety]

1. Write about 5 things that help you stay clean and fresh
2. What is something that was hard to do but you did it anyway
3. Write about recent obstacle you faced and how you overcame it.
4. What is one life lesson that you will always hold on to
5. Write about a life changing experience of your life
6. What do you like most about yourself
7. Express gratitude to yourself and the journey you are having
8. What are you always excited to do
9. What is your strongest life value
10. How have you supported people throughout your life? Remember a time when you helped someone in need
11. What is your most prized possession
12. What was something you did for the first time recently
13. What is one part of your life that you won't trade for anything
14. What are the steps that you have taken through the years that made you a better version of yourself

15. What are your favourite things to eat
16. Write about a time when you challenged your comfort zone
17. What is your favourite holiday, and why do you love it
18. Write about a time when you opened your mind to a new concept and learned something valuable
19. Are you an early bird or a night owl? What do you love most about this part of the day?
20. What is your favourite part of your daily routine
21. What is your favourite thing to do in your free time
22. Write about a time when you felt proud of yourself
23. Look around and list 5 things that help you in your day-to-day life
24. How does gratitude impact your thoughts
25. Write and share a letter of gratitude to someone who has been your well wisher
26. Think about the people you don't know that help make your life easier
27. When was the last time someone expressed gratitude to you
28. What is something that always gives you happiness
29. Pick a random photo and write about why you are grateful for that memory
30. What do you love most about the time you are living in
31. Express gratitude for your strength to make it through tough times
32. List 3 good things you have now that you didn't have five years ago
33. Express gratitude for the facility of ordering food at your doorstep and the people who deliver it
34. List 5 things that you love about the world
35. Write about an electronic device that you are grateful to have
36. Write about the last time you felt grateful for using your talents and skills
37. What is one thing about the internet that you admire
38. Write about someone who was kind to you recently
39. Look around you and find something that you can feel grateful for, no matter how small
40. Express gratitude for 5 tools that help you save time
41. What about your life do you enjoy the most? think about your privileges and express your gratitude for them
42. Write about a time you were grateful for something a loved one did for you
43. Express gratitude for 3 things that you might take for granted (e.g. clean water, electricity)
44. Write a thank you note for yourself
45. What is something that you can do today that people 30 yrs. ago couldn't
46. What is an app or a piece of technology that you use everyday that adds value to your life
47. What are a few aspects of modern technology that you love
48. List 5 ways that having a mobile phone makes your life easier
49. Express gratitude to the one who always make you feel joyful
50. Who are you most grateful for in your life
51. Write about one positive thing that happened today
52. Express gratitude for 5 things you use daily
53. Choose 3 people to say thanks today. Write about why you are thankful to them
54. Take a deep breath and feel grateful to be who you are, right where you are
55. What privilege do you enjoy that others might not
56. Express gratitude for the time you achieved a goal with your willingness and effort
57. When did something wonderful happen unexpectedly
58. Express gratitude for having as much food as you need
59. Appreciate the vehicles that let you travel long distances
60. Appreciate someone who accepts you just as you are
61. Write and share a letter of gratitude to someone who has brought a positive difference in your life
62. Appreciate yourself for building the habit of gratitude to love a happier life
63. Express gratitude for a simple pleasure in life
64. Why did you start gratitude journaling? Express gratitude to yourself for taking this step

Possible Features for App

1. LOGIN?? [NICKNAME/PHONENUMBER/GMAIL]
2. Daily mood tracker, What should we do with data of mood tracker
3. CHATBOT for therapy, counselling, coaching
4. Do we need actual experts/Personalized Therapist??
5. Affirmations??, Picture yourself exercises, positive self-talk, Say sentences like I can do it.....
6. Music and soundscapes

7. Thoughtful words of wisdom/ Quotes to improve mood/ self esteem
8. Gratitude journal to love yourself?? Will journal really work
9. Creating Blogs to show recent big issues [Health problems due to SOCIAL MEDDIA, etc]
10. Connect with peers/group of people to talk about similar problems connects people based on how you feel today like both of u want to talk about academics/loneliness/professional life.
11. Community for like-minded [Quora]
12. Meditation
13. Notifications to keep practice going [daily mediate on that time or write journal]
14. Feedback
15. Exercise [Physical]
16. Journal [1. 3 things you accomplished today big or small, 2. Is something weighing you down write it down and let it go, 3. What are you feeling grateful for 4. Additional Notes] and reflection about your past wrong doings and what did you to correct it.
17. Sleeping music
18. Maintain Streaks????
19. Above mentioned activities for each day
20. Should we save moods [csv,
21. Should we manage blogs according to age and gender
22. Group sessions like webinars, provide the link ..
23. Games to disorders?????
24. Psychiatric tests???
25. Should only games be displayed or should they be displayed under particular disorder[if chatbot recommends that particular game]
26. How to improve their mood???
27. Should we consult real psychiatrist??

Challenges

- Integrating with ML model
- Previous data should be stored[data before closing the app]
- Time