

# Mental Health & Wellness

Mental wellness is a positive state of mental health. It is more than the absence of mental illness. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Being mentally well means that your mind is in order and functioning in your best interest. You are able to think, feel and act in ways that create a positive impact on your physical and social well-being.

## 1. Stress Management

The most dangerous aspect of stress is how easily it can creep up on you. You think that you got used to it. It may start to feel familiar, or even normal. You may not notice how much it is affecting you, even as it exacts a heavy toll.

If you often feel frazzled and overwhelmed, it is time to take action to bring your emotional and physical health back on track.

Since it is not entirely possible to cut out all forms of stress from our lives, it is even more important - and realistic - that we learn how to cope with it. We have the power to keep our stress under control. Discover some of these stress-busting powers!



### The power of time management

Being more organised and planning our time in advance can help us feel more in control.

It gives us a clear overview of the tasks that need to be done. Whip out that to-do list and calendar, and start planning!



### The power of positivity

Don't let negative thoughts take control over us! Try reframing them into motivation and focus on empowering thoughts, like how we had overcome similar challenges in the past.

Trust that our strengths of past experiences will see us through. Taking note of all the positive things in our life could also give us a more balanced, grateful view of the world!

## The power of mindfulness



Mindfulness is about paying attention to the present moment, to our thoughts and feelings, without any judgement.

Very often, spending too much time problem solving, thinking negative or random thoughts can be draining and stressful.

Practising mindfulness can help us become more aware of our thoughts and feelings, so that instead of being overwhelmed by them, we are better able to manage them.

Self-help tools:

- [Stress self-assessment tool](#)
- [Coping with stress](#)
- [101 ways to cope with stress](#)

## 2. Self-care

*What is self-care?*

Self-care is important to maintaining a healthy relationship with yourself. It means doing things to take care of our minds and bodies by engaging in activities that promote well-being and reduce stress. Doing so enhances our ability to live fully, vibrantly, and effectively. The practice of self-care also reminds both you and others that your needs are valid and a priority.

Self-care isn't just about finding ways to relax. It's about taking care of yourself mentally, physically, emotionally, socially, and spiritually. To care for your health and well-being, it is important to find a balance that allows you to address each of these areas. Sometimes you might need more self-care in one specific area to restore balance or find relief from a stressor in your life.



Check out how to start a self-care plan [here](#)!

### 3. Mental Resilience

Having mental resilience means we are able to bounce back and even thrive in the face of extreme difficulty. How do we develop resilience?

## RESILIENCE

### MIND OUR MINDSET



TURN NEGATIVE EXPERIENCES INTO LEARNING EXPERIENCES

i can do it!

thank you!

DETERMINE WHAT YOU CAN CONTROL

#### MIND OUR MINDSET

##### DETERMINE WHAT YOU CAN CONTROL

You can't control all external events/factors, or how someone else behaves, but you can control how you react.

##### TURN NEGATIVE EXPERIENCES INTO LEARNING EXPERIENCES

Acknowledge your feelings and recognise that adversity or failure is part of growth; choose to adopt a hopeful outlook.

#### DEVELOP YOUR WELLNESS TOOLBOX

##### EXPRESS GRATITUDE

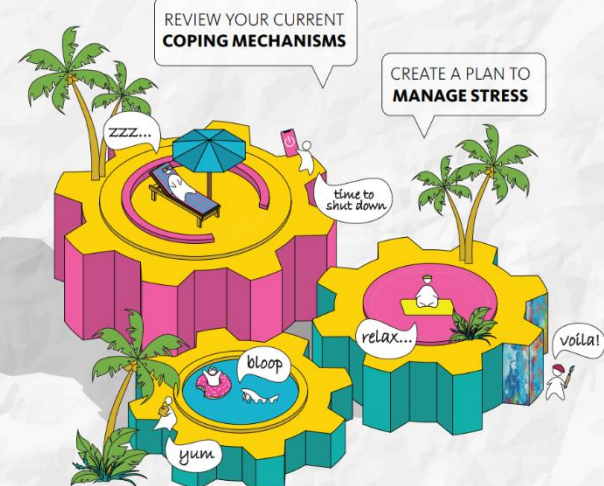
Reflect on at least 3 things on a daily basis on what you've done well, what's going well for you, what/who you feel thankful for or simply what made you feel positive. Enhance this benefit by writing these down in a journal.

##### POSITIVE SELF TALK

Think of personal affirmative phrases you can use to remind yourself to either take action or to calm down –  
"I can manage this emotion",  
"I can handle it, just like I've handled ..." or  
"I will do my best".

## RESILIENCE

### PRACTICE SELF-CARE



REVIEW YOUR CURRENT COPING MECHANISMS

CREATE A PLAN TO MANAGE STRESS

time to shut down

relax...

bloop

yum

volla!

#### PRACTISE SELF-CARE

##### REVIEW YOUR CURRENT COPING MECHANISMS

Recognise what has helped you cope with past challenging situations or how you have been coping to date.

What tools and strategies have you found helpful? What things are you doing that are not helpful? Make any necessary changes to increase your ability to cope.

##### CREATE A PLAN TO MANAGE YOUR STRESS

Identify your sources of stress in your life, these could extend beyond life situations and may stem from your current habits, attitude and beliefs (i.e. perfectionistic).

Take care of yourself — we need to be healthy in order to meet life's challenges. This includes not just our physical health but mental health too.

#### DEVELOP YOUR WELLNESS TOOLBOX

**EXERCISE** – try to incorporate 30 minutes of physical activity every day; leverage on online exercise videos and apps for inspiration.

**CREATIVITY / HOBBY** – develop creative pursuits that you enjoy on a regular basis.

**DIET** – be mindful of what food is fuelling your body.

**RELAXATION TECHNIQUES** – find somewhere to practice being calm each day.

**SLEEP** – good quality sleep is one of the most powerful ways to reduce stress while increasing energy, memory and learning.

**TECHNOLOGY** – use technology in healthy ways by finding time each day to disconnect.

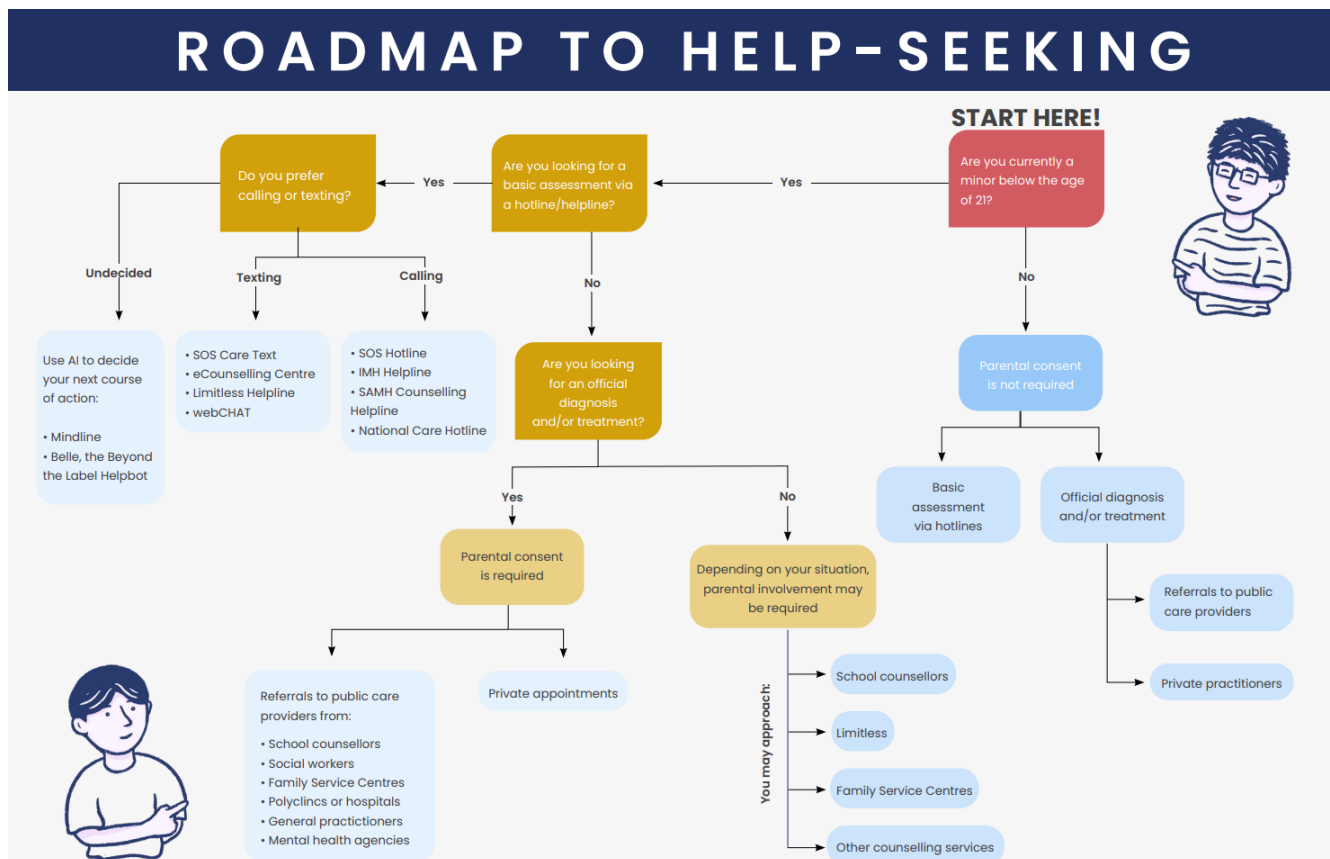


#### 4. Helplines and Support

It is okay to reach out.

With the daily demands of our lives, we may sometimes feel stressed, worried, or even sad. It is common to feel this way and we are not alone in experiencing them. When things start to feel overwhelming, it's okay to reach out for support.

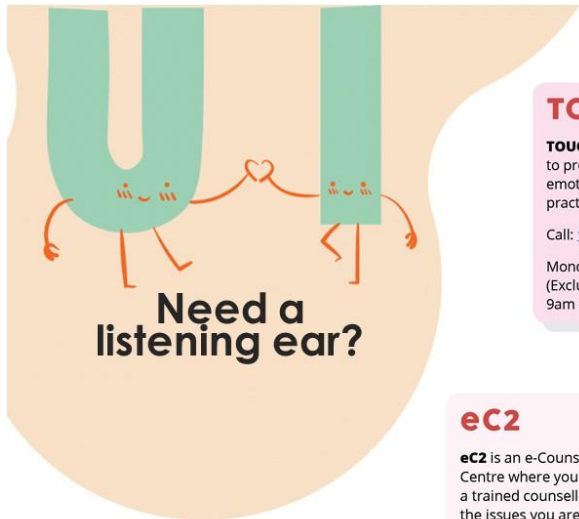
Below is a roadmap to guide you.





Here are some useful tools, websites and helplines:

- [Mindline](#)
- [Belle, the Beyond the Label helpbot](#)
- [Mental health e-kit](#)
- <https://www.healthhub.sg/programmes/186/MindSG/Discover>
- <https://www.limitless.sg/facts>



**Need a listening ear?**

**TOUCHline**  
TOUCHline is a helpline to provide youths with emotional support and practical advice.  
Call: [1800 377 2252](tel:18003772252)  
Monday - Friday  
(Excluding Public Holidays):  
9am - 6pm

**SOS**  
SOS provides round the clock emotional support for those in distress, thinking of suicide or affected by suicide. This service is manned by trained volunteers.  
Call: [1800 221 4444](tel:18002214444)  
(24-hour helpline)  
There is also an alternative avenue of emotional support for those who prefer to write. Response time for this service is within 48 hours, excluding weekends and public holidays.  
Email: [pat@sos.org.sg](mailto:pat@sos.org.sg)

**ec2**  
ec2 is an e-Counselling Centre where you can talk to a trained counsellor about the issues you are facing, right where you are.  
Youths may chat with with a counsellor online at:  
[www.ec2.sg](http://www.ec2.sg)  
Monday - Friday  
(Excluding Public Holidays):  
10am - 12pm & 2pm - 5pm

**Help123**  
Help123 is a service for youth to reach out to someone for cyber wellness issues (from cyber bullying to having your social media account hacked or having an addiction to the Internet).  
Call: [1800 6123 123](tel:18006123123)  
Find out more: [help123.sg](http://help123.sg)  
Monday - Friday  
(Excluding Public Holidays):  
10am - 6pm

**mindline.sg**  
Mindline.sg is an online platform that provides tools, tips and resources to help you manage your health and well-being. Explore and find out how you can improve your mental well-being and support your friends too.  
Find out more: [www.mindline.sg](http://www.mindline.sg)

Remember, it is okay to reach out.