

Value Education 1 : Group 12

Summary 5:

Date: 23/10/2024

The topic of today's session was about the importance of mental health and techniques for handling mental health issues.

Mental health plays a very important role in our life, but it usually takes a backseat when we are faced with other problems or events in our life, like deadlines for example. It is very important that we are conscious of our mental health and give it equal importance as our real-world events.

Mental health is what enables the different components of our body to work together like a well-oiled machine. Poor mental health can result in friction between these parts of our body. The mind must give direction to the body and mental health is crucial for that.

In our lives, poor mental health usually arises from inadequate time management, more importantly, the problems that arise from that. Bad sleep schedules are one of the most impactful and unfortunately the most common side effect of poor time management.

A feeling of insignificance is also a prominent cause of poor mental health. This is very bad for us, since this feeling can destroy our confidence, which leads to more insecurity, in time leading to a vicious cycle. Therefore, it is very important to keep our mental health in check.

To keep our mental health secure, we can employ the following techniques. Keep a target of number of tasks to complete in a day. It is vital that this target is not kept too high, as it may cause the opposite effect. To find a suitable target, count the number of tasks completed in the previous day and keep that as the target, incrementing it slowly.

At the end of the day, review the activities completed and analyse the impact that those activities have had. Analyse what could be done better and whether it was a good day or not.

In conclusion, our mental health is vital to us, and keeping it secure is a must for a successful life.