



مدرسة أبوظبي الهندية
Abu Dhabi Indian School



WORLD MENTAL HEALTH DAY

October 10, 2022



It is health that is the real wealth and not the pieces of gold and silver.
Mahatma Gandhi

MENTAL HEALTH

What is Mental Health?

Mental health is our emotional, psychological and social well being. It is how we think, feel and act. It helps to determine how we handle stress related to others and make healthy choices.

World Mental Health Day

World Mental Health Day is marked every year on October 10 to raise awareness about mental health around the world and to mobilize efforts to support those experiencing mental health issues.

Importance of Mental Health

Just as physical health, mental health is also an integral part of overall health. Without proper mental health there might be issues in our relationships, work, socializations and even could lead to crimes

MENTAL HEALTH

IS...	ISN'T...
A part of everyone	A sign of weakness
Something to look after	All in your head
Real and complex	Something you can just snap out of
Really important	Always a negative thing
Something you can change	Something to be ashamed of

Life Skills

Life skills are the abilities for adaptive and positive behaviour that enables individuals to deal effectively with the demands and challenges of everyday life.

THINKING SKILLS

Skills that help us understand the world around us, think critically, solve problems, make logical choices and develop our own values and beliefs.

SOCIAL SKILLS

The skills we use everyday to interact and communicate with others

EMOTIONAL SKILLS

They refer to the ability to recognise, express and regulate your emotions



Resilience

Resilient means facing difficulties head on instead of falling into despair or unhealthy coping strategies.

Health Education

Health education is educating people about health. Areas within this covers environmental health, physical health, social health, emotional health, intellectual health and spiritual health.

HOW TO DEVELOP MENTAL HEALTH?

Interpersonal Relationships

Interpersonal relationships are important for your overall physical and emotional happiness. Relationships help fight loneliness while also giving you a sense of purpose in life. For instance, the closeness you feel with family and friends is an essential part of your social support.

People with strong interpersonal skills tend to build good relationships and can work well with others.

Positive Peer Pressure

Positive effects of peer pressure include:

- a sense of belonging and support.
- increased self-confidence.
- introduction to positive hobbies and interests.
- reinforcement of positive habits and attitudes.

Healthy Emotional Expression

There are six basic emotions humans are born with that we should all be able to recognize and control:

- Anger
- Sadness
- Fear
- Disgust
- Surprise
- Joy



Digital Empowerment

To help them adopt self-determination and autonomy, exert more influence on social and political decision-making processes and gain increased self-esteem.

Choosing a Career Plan

Five-Step Career Decision Making Process

- STEP 1: Self-Assessment
- STEP 2: Identify and Research Options
- STEP 3: Evaluate and Prioritize
- STEP 4: Take Action and Try Options
- STEP 5: Reflect and Re-evaluate.

