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Newsletter

The theme for World Mental Health Day 2021 is

“**Mental Health in an Unequal World**”

World Mental Health Day is observed on **October 10th**. The goal is to help raise mental health awareness. Each of us can contribute to ensure that people dealing with problems concerning mental health can live better lives with dignity.

2020 highlighted inequalities due to race and ethnicity, gender identity, and the lack of respect for human rights in many countries, including for people living with mental health conditions. Such **inequalities have an impact on people's mental health.**

Every year **one adult in four**, along with **one child in ten**, will have a mental health issue. These conditions can profoundly affect literally millions of lives, affecting the capability of these individuals

to make it through the day, to sustain relationships, and to maintain work.

This theme, chosen for 2021, highlights that **access to mental health services remains unequal**, with between **75% to 95%** of people with mental disorders in low- and middle-income countries **unable to access mental health services at all**, and access in high income countries is not much better.

The **stigma attached to mental health** makes it more difficult for those affected to pursue help. The best way to deal with this stigma is through facts and a better understanding of mental health problems. From **identifying** the causes, **pinpointing** solutions, and ultimately **recognizing** that we are really dealing with medical issues.

This is the time for all of us to come together and support this cause and be a mental health advocate in our communities.

What does the green ribbon mean?



The green ribbon is the **international symbol for mental health awareness**. Did you know that the average adult will say "I'm fine" 14 times per week, yet **only 19% mean it?**

5 WAYS TO WELLBEING

'5 Ways to Wellbeing' introduces you to five **simple and effective** ways to improve your psychological and emotional health that are based on **extensive international research**. A healthy mind is just as important as a healthy body for your overall wellbeing. Like physical fitness, you can strengthen your psychological health in lots of **small day-to-day ways**.

The Five ways to wellbeing are simple things that we can all do to improve our emotional health and wellbeing:



1. CONNECT

Spend time with family and friends. Enjoy doing things together and talking to each other.



3. KEEP LEARNING

Try something new. Try a new hobby or learn about something just because it interests you.

2. BE ACTIVE

It keeps you physically healthy, and makes you feel good

4. TAKE NOTICE

Take a break to see how you feel. Relax and look around you or listen to music, take a few deep breaths.

5. GIVE

Do something for a friend or relation/adult, as well as making them feel good, it can make you feel good too!



Self Care

The concept of self-care holds different meaning from person to person, but on a fundamental level, practicing self-care means taking care of yourself physically, mentally, and emotionally. **Small acts of self-care in your daily life can have a big impact.**

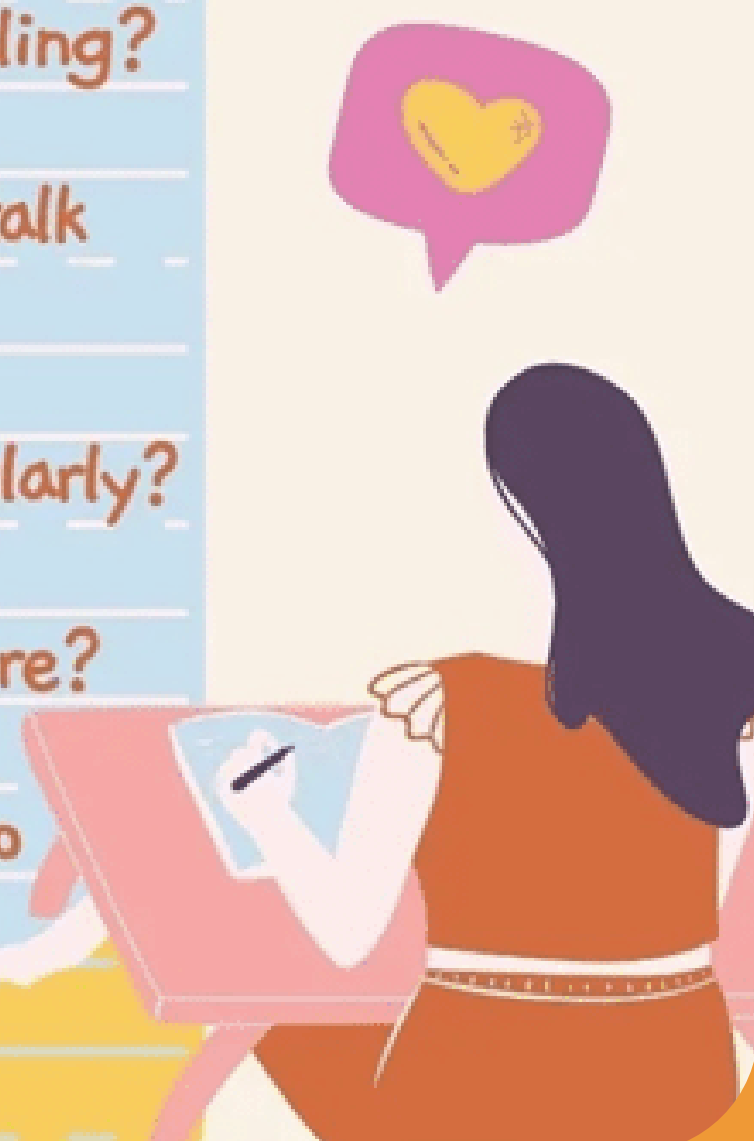
- Get regular exercise
- Eat healthy, regular meals and stay hydrated.
- Make sleep a priority
- Try a relaxing activity
- Set goals and priorities
- Practice gratitude
- Focus on positivity
- Stay connected



Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you.

Self-Care Questionnaire

- ✓ Are you sleeping well?
- ✓ Are you exercising regularly?
- ✓ Are you making healthy food choices?
- ✓ Are you making time for journaling?
- ✓ Do you have a trusted friend to talk to?
- ✓ Do you practice mindfulness regularly?
- ✓ Do you spend some time in nature?
- ✓ Do you have a regular routine to practice gratitude?



STOP THE STIGMA

Here are six things you can do to reduce stigma around mental illness

1. Know the facts. Educate yourself about mental illness including substance use disorders.

2. Be aware of your attitudes and behavior.



3. Choose your words carefully. The way we speak can affect the attitudes of others.

4. Educate others. Pass on facts and positive attitudes; challenge myths and stereotypes.



5. Focus on the positive. Mental illness, including addictions, are only part of anyone's larger picture.

6. Support people. Treat everyone with dignity and respect; offer support and encouragement.

Scroll for a word search activity!





Some Ways to Feel Better on Bad Days

Issued by the Health and Mind club of DPS, Sharjah.

Find out by solving the word-search below:

D	I	C	O	M	F	Y	C	L	O	T	H	E	S
P	L	A	H	P	I	E	R	D	E	L	G	R	H
O	D	L	H	C	E	U	S	I	L	I	N	I	O
D	N	R	E	C	R	P	N	G	H	S	I	A	M
C	E	T	A	R	D	Y	H	I	T	T	H	H	T
A	D	R	I	D	C	C	S	T	S	S	C	S	D
S	I	I	T	E	D	D	H	A	E	O	T	E	A
T	L	T	N	E	N	P	S	L	F	T	E	R	J
S	T	O	C	E	U	I	R	D	A	U	R	F	O
S	I	P	I	N	R	G	S	E	M	A	T	F	U
T	S	R	A	D	T	R	D	T	I	A	S	S	R
A	F	E	L	L	C	T	S	O	L	O	Y	D	N
C	L	O	S	D	L	S	E	X	Y	N	F	H	A
C	S	H	L	Y	S	L	E	E	P	A	A	A	L

Words to be found

Friends

Sleep

Digital Detox

Podcasts

Comfy clothes

Fresh air

Lists

Stretching

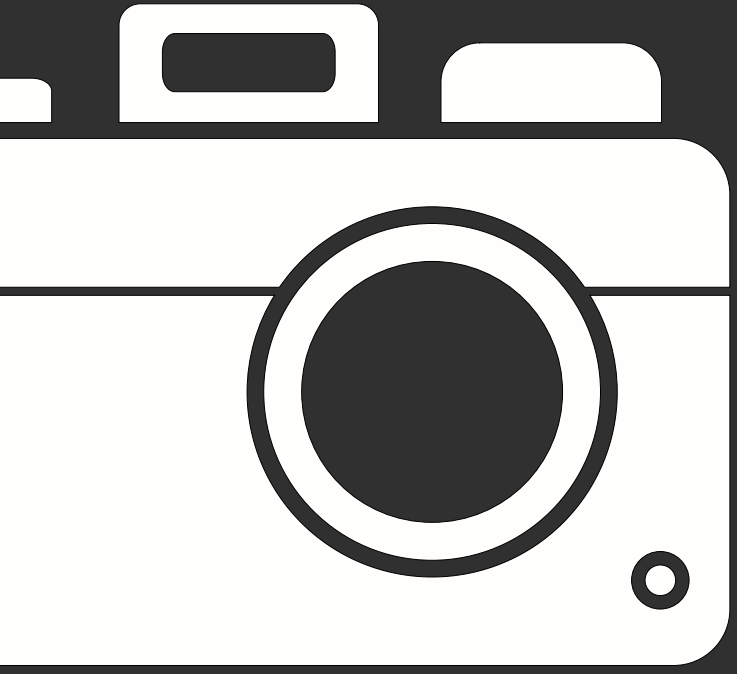
Clean up

Journal

Hydrate

Family

UPCOMING EVENTS FOR OCTOBER



- **Student led webinars**
- **Stop the stigma activity**
- **Mental health matters-
creating awareness
through street plays,
art, music and dance**
- **Well-being
photography challenge**



CREDITS

Mental Health in an Unequal World

5 Ways to Wellbeing

Self Care

Stop the Stigma

Upcoming Events for October

- H&M Club

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