

WORLD MENTAL HEALTH DAY

HEALTH AND MIND CLUB

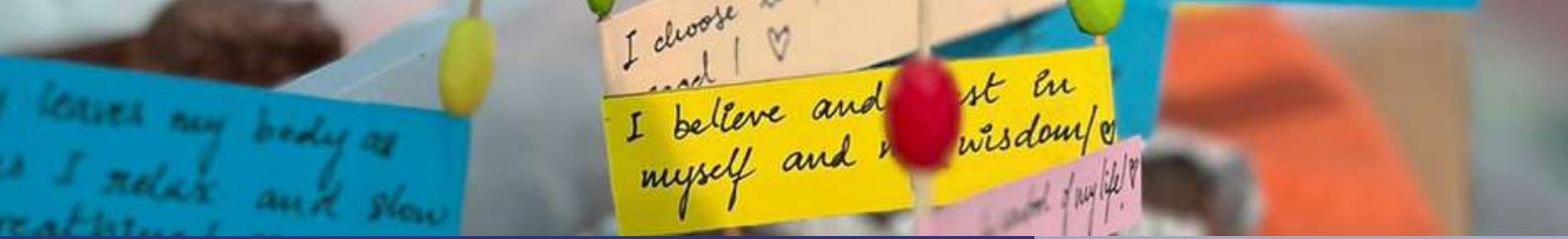
OCTOBER



WHY IS MENTAL HEALTH IMPORTANT?

1 in 5 adolescents experiences mental health conditions. This is exactly why mental health matters and should matter. Your voice, my voice— our voices— would make a whole lot of difference.

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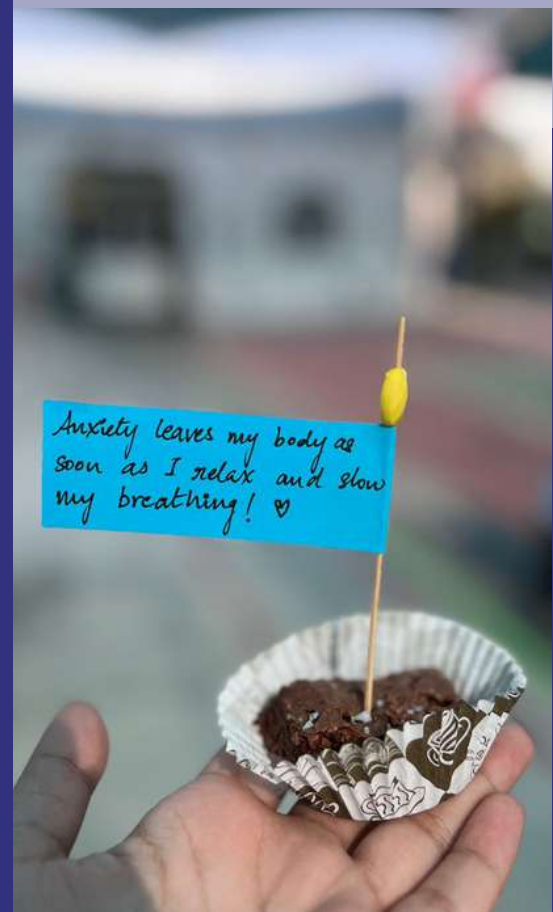
We all have a collective desire for a better sense of well-being. The adolescent stage has proven to be the formative years in one's life, but statistics show that the adolescent demographic are most vulnerable to mental health problems, and this goes on to impact their lives as adults.

The World Health Organization called for mental health to be treated as everyone's responsibility. In a world such as ours, the need for stable mental health and sense of well-being can never be overemphasized.

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The 2022 World Mental Health Day theme 'Make Mental Health & Well-Being for All a Global Priority' provides us with an opportunity to re-ignite our efforts to make the world a better place.



WHAT WORKS

FOLLOW THE RAINBOW, TO PROTECT YOUR MENTAL HEALTH

Get closer to nature

To get the best out of nature's healing effects, try tuning your senses to what is around you – the trees, plants, birds, and animals and water such as ponds or the seashore. Take a deep breath and see how you feel. The idea is to get connected with your natural surroundings.

Learn to understand and manage your feelings

It often helps to give our feelings our attention without judging them, without telling ourselves we are stupid or weak to feel the way we do. It may seem strange and uncomfortable to do this. But practice and patience will help. Naming what we are feeling is also likely to help. So, we can say to ourselves: "I'm feeling really irritable today but also sad." Another helpful step can be to work out what has led to us feeling this way – might it be a disagreement or disappointment that you have had?



Keep moving

Our bodies and minds are connected, so looking after ourselves physically also helps us prevent problems with our mental health (it works the other way around, too).

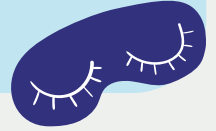


Eat Healthy

Food and drink affect our bodies, brains, and mood – for good or bad.

Get more from your sleep

Develop a relaxing bedtime routine to help you start winding down before you actually go to sleep. Avoid TV and mobile screens and caffeine before bed. This will help you fall asleep and stay asleep. Maintain a regular sleep schedule, throughout the week.



Be curious

Life can feel more interesting, lively, and rewarding when we are open to trying new experiences and experimenting with how we do things. It could be as simple as what we have for breakfast or the route we walk with the dog.

Talk to someone you trust

Use your own words. It will make you feel safer and less alone, and that will help protect your mental health and prevent problems. Talking may also change how you see and feel about the situation in ways you find helpful. Another benefit is that talking may strengthen your relationship with the person you speak with. This will benefit both of you and make it easier for them to turn to you when they need support themselves.



Be kind and help create a better world

If you have ever felt lonely, you will know how much it helps to have even a small connection with someone else.

October Highlights

Mental Health Vision Board

Coming together to reflect upon events and experiences that make us feel grateful, and sharing experiences that foster positive mental health by sticking written notes on our vision board.

Return of the Brownies!

Students tried to shine a light on the concept of self-care, wellness and taking responsibility for one's own mental health through this quiz. Winners were given delicious baked goodies.

Break the Bias: Icebreakers

The first onsite session of Break the Bias for 10th and 12th grade, led by Mark, Anusha, and Raunak.

and more to come...

WHY GREEN RIBBON?

The green ribbon is a symbol used to represent the cause of mental health awareness and to support those who suffer from mental illness.



CREDITS

Design - Sagrika, Livleen

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