

SEPTEMBER NEWSLETTER  
HEALTH AND MIND CLUB | 2022

# YOUTH MENTAL HEALTH DAY





# INTRODUCTION

## What is youth mental health day about?

Youth Mental Health Day (YMHD) promotes understanding and discussion of mental health in young people, enabling them to live happy and healthy lives all year round.

Every year, the day aims to get young people and those who care about them, to talk about how to improve their mental health.

Undoubtedly, we are more digitally connected today. We can talk to teachers on Zoom and connect with friends online, but technology has left many young people feeling socially disconnected. 1 in 4 young people now say they feel socially anxious, lonely, and overwhelmed.

70% of young people want to be "just healthy and happy." However, our social and in-person connections (to family, friends, and the community) have been shown to make us happier, and also physically and mentally healthier.

That is why this year's Youth Mental Health Day will focus on how young people can: **#ConnectMeaningfully**.

By focusing on the importance of building and maintaining meaningful connections and relationships, YMHD 2022 will invite young people to reflect on how their relationships have changed over the last couple of years.



# THE SETS

'Healthy living' means maintaining a healthy lifestyle and introducing habits that improve your health. It is also important to note that healthy living encompasses more than just our physical health. Our physical, mental, and spiritual well-being are all interconnected. We must make healthy lifestyle choices that promote our psychological well-being. To live a healthy life, we must work on four areas: our "mindset," our "health-set," our "heart-set," and our "soul-set."

## *Mindset- Your Brain and Mind*

The mindset is not as simple as it appears. Yes, books, people, and the words you speak can all help you develop a positive mindset. However, whether on purpose or by accident, you could find yourself feeding your mind with negative material from the internet or social media. As a result, we must be cautious as all these factors influence our mindset in some or the other way.

## *Health set- Your Physical Health*

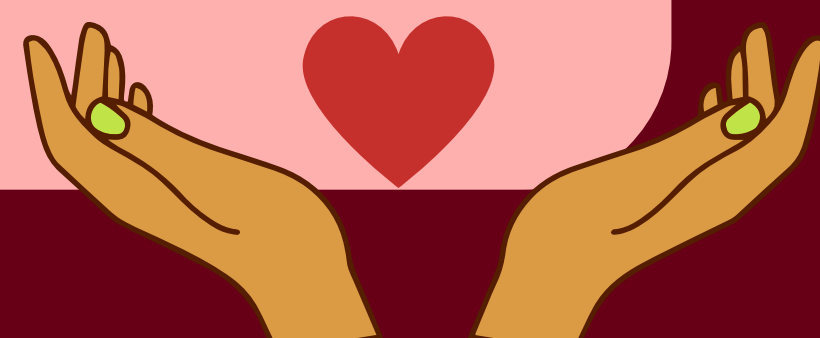
A healthy person is more productive and less stressed. As a result, it is important that we exercise and work out. Taking care of your body is a must, and no matter how hectic your schedule is, always set aside at least 10 minutes of your morning routine for exercise, and don't stop until you sweat. It boosts your energy, relieves stress, and multiplies your joy.

## *Heart set- Your Emotional Wellbeing*

Humans are controlled by their hearts and emotions. No one should suppress their feelings because doing so only causes a negative buildup that could result in outbursts. As a result, one should manage these feelings in a healthy way. One can do so by; writing a personal diary or speaking to someone you trust

## *Soulset- Your Spiritual Balance*

Yogita states, "What is the point of doing everything in life if our soul is not alive?". We all have different beliefs, but whatever we believe in allows us to connect with ourselves and the rest of the world. Helping others, morning prayers, showing gratitude, and meditation all contribute to having a perfect soul-set.



# 20/20/20

For a balanced life, involve yourself in mindset, health set, heart set, and soul set every day.

If you think that's a lot of work, the 20/20/20 formula can help you work on all four elements in one hour, every day! According to the 20/20/20 formula, you must divide your first hour of the day in the following order: **20 minutes move**, **20 minutes reflect**, and **20 minutes grow**.

## 1) 20 minutes- Move

Exercising for 20 minutes will not only get your blood flowing, but it will also help you think, learn, problem-solve and maintain an emotional balance. It can also help with memory and anxiety!

## 2) 20 minutes- Reflect

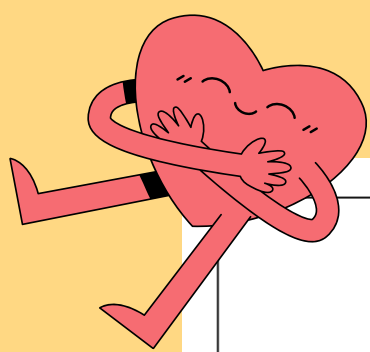
No matter what the day brings, 20 minutes of reflection will keep you set. Writing down your values and reviewing them briefly each morning will help you remember why you do what you do.

## 3) 20 minutes- Grow

Lastly, 20 minutes of real, interesting learning. Read a book or study someone you admire. Whatever you learn, make sure it's something you're truly interested in, something that will spark your brain rather than numb it.

The 20/20/20 rule will maximize your chances of having a productive day, every day!

It's up to you how you divide the four elements using the formula, but here's an example:



	20 min <i>Move</i>	20 min <i>Reflect</i>	20 min <i>Grow</i>
<b>Healthset</b>	10 min workout		Eat Healthy
<b>Heartset</b>	Write your journal		
<b>Soulset</b>		Yoga/ Meditate	
<b>Mindset</b>			Read a book