MENTAL HEALTH AWARENESS CAMPAIGN

Make Mental Health For All A Global Priority
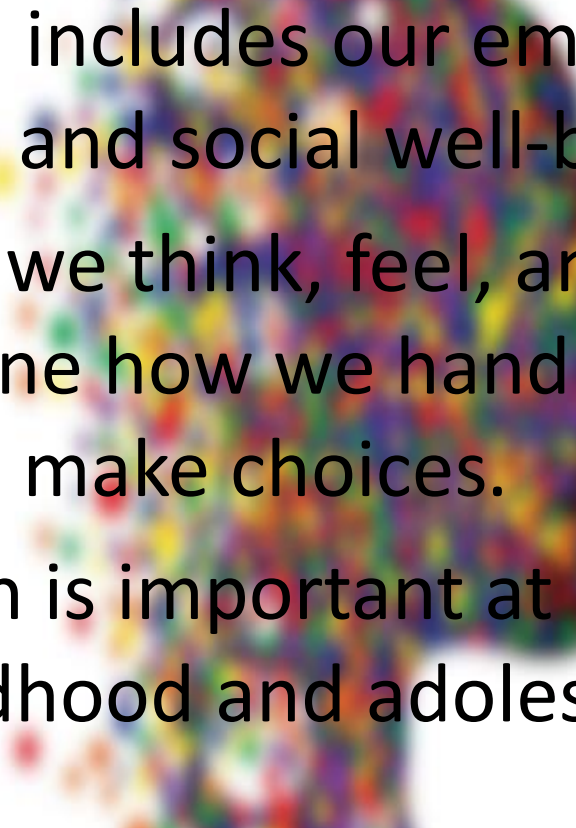
Work done by 6-H/ 6-I and 7-H

Teacher : Miss Zara Athar

23rd October – 3rd November

What is mental Health?

- Mental health includes our emotional, psychological, and social well-being.

- It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

- Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Purpose

- The purpose of a mental health awareness campaign is **to increase the nature, magnitude, and treatment of mental health issues in the population by informing the public about the nature and treatment of mental disorders**, which will facilitate early identification and treatment of such problems (WHO, 2004).

Lets look at the students work for this campaign

Kenzy Magdy 6-H

Mayisha Khalid 6-h

Marwa Ilyas 6- H

Quiz Activity

1→ You only need to take care of your mental health if you have a mental health condition. *

A True ✓

B False

Incorrect!
Just like physical health, everyone can benefit from actively looking after their well-being and improving their mental health.

3→ Our mental health is connected to our physical health. *

A True

B False

Correct!
Mental health can impact our physical health both negatively and positively, as well as other aspects of our lives like relationships, self-image and focus. Taking care of our mental health can lead to a general sense of well-being.

2→ Mental health means that you feel calm, relaxed and happy all the time. *

A True

B False

Correct!
Mental health means having the right emotion at the right time. Throughout our lives, everyone experiences different levels of positive mental health and well-being.

4→ Children are as likely as adults to suffer from a mental health condition. *

A True

B False

Correct!
Like adults, many children and adolescents struggle with their mental health. In fact 50% of mental health conditions happen by age 14. Sadly many never get the care they need.

5→ Nothing can be done to protect people from developing a mental health condition. *

A True

B False

Correct!
Many factors can protect people from mental health conditions, including strengthening social and emotional skills; seeking help and support early on; developing supportive, loving, warm family relationships; and having a positive school environment.

Creative writing by students

Mental Health

What is mental health? Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. How can you improve your mental health? There are many ways to improve your mental health.

Speak with others
Some people are afraid to talk and can't make any friends, and some people love being alone. If you Connect with other people and make good relationships are important for your mental wellbeing.

Exercising
Exercise is very good for you and for your body. It can also improve your mental health's. How? It will help you reduce depression and anxiety. If you exercise indoors why not outdoors? Being outside in nature and having fun helps reduce stress.

Get enough sleep
Sleeping is good for you. Sleeping is critical to not only physical but also to our mental health. It can improve your mental health. How can it help you? reduce stress and improve your mood.
 How does sleep reduce stress? A lack of sleep can cause a body to react as it is it distress releasing more of the stress hormones, cortisol responsible for your flight or flight reaction to danger increasing your heart rate in anticipation of a flight.

Eat properly
Eating properly is also very important and can improve your mental health eating well a balanced diet and full of vegetables and nutrients can improve your sensible well-being and mood. Eat a brain-healthy diet to support strong mental health. Foods rich in protein give you nutrients that are vital for your mental health. They help the production of complex chemical messengers in your brain. Meat, fish and pulses such as lentils or beans are a good source of protein. Vitamin B12 also improves mental health.

By lgodi 6-I

Metal health and Well-being

According to WHO there is no single 'official' definition of mental health. Mental health refers to a person's psychological, emotional, and social well-being; it influences what they feel and how they think, and behave. The state of cognitive and behavioural well-being is referred to as mental health. The term 'mental health' is also used to refer to the absence of mental disease.

Mental health means keeping our minds healthy. Good mental health helps you enjoy life and cope with problems. It offers a feeling of well-being and inner strength. Just as you take care of your body by eating right and exercising, you can do things to protect your mental health. In fact, eating right and exercising can help maintain good mental health

An emotionally fit and stable person always feels vibrant and truly alive and can easily manage emotionally difficult situations. To be emotionally strong, mone has to be physically fit too. Although mental health is a personal issue, what affects one person may or may not affect another; yet, several key elements lead to mental health issues.

Many emotional factors have a significant effect on our fitness level like depression, aggression, negative thinking, frustration, and fear, etc. A physically fit person is always in a good mood and can easily cope up with situations of distress and depression.

There are many symptoms of mental health issues that differ from person to person and among the different kinds of issues as well. For instance, panic attacks and racing thoughts are common side effects. As a result of this mental strain, a person may experience chest aches and breathing difficulties. Another sign of poor mental health is a lack of focus. It occurs when you have too much going on in your life at once, and you begin to make thoughtless mistakes, resulting in a loss of capacity to focus effectively. Another element is being on edge all of the time.

The mind is one of the most powerful organs in the body, regulating the functioning of all other organs. When our minds are unstable, they affect the whole functioning of our bodies. Being both physically and emotionally fit is the key to success in all aspects of life. People should be aware of the consequences of mental illness and must give utmost importance to keeping the mind healthy like the way the physical body is kept healthy. Mental and physical health cannot be separated from each other. And only when both are balanced can we call a person perfectly healthy and well. So, it is crucial for everyone to work towards achieving a balance between mental and physical wellbeing and get the necessary help when either of them falters.

Farah 7- h / Khawlah Hashmi 6-H

Global metal health Essay

What is the importance of mental health?

Mental health is an important part of the life of a person. It impacts our behaviors, emotions, and thoughts. A healthy mental state promotes effectiveness, and productivity in activities that includes work, academics, and inter-personal relationships.

A person who has sound mind is able to adapt itself to the changes in the life. His mind has the capability to withstand stress and does not go off the balance. His mental strength keeps him solid and unshaken amidst adversities and challenges in life. Mental health also plays a critical role in maintaining the health of your relationships.

Good mental health equips people with the ability to effectively deal with stress, and maintain stability in relationships. Students with healthy mind are able to efficiently cope up with academic stress. Their mind is strong and capable enough to face the fierce competition and succeed in realizing their goals.

What are the common types of mental health issues?

❖ Anxiety Disorders: symptoms of intense anxiety or panic that are directly caused by a physical health problem

❖ Mood Disorders: your general emotional state or mood is distorted or inconsistent with your circumstances and interferes with your ability to function

Mental Health is an important factor of anyone's life. The way we can physically fall sick means we can also fall sick mentally. A mental illness is the instability of someone's mental health, due to many factors like stress, or a reaction to certain incidents. It could also happen because of other factors like child abuse or trauma.

Mental illness' are curable, one can seek help from experts like Psychiatrists or people who can help in this particular field and help a person overcome their illness by helping them see the good in life.

There are many symptoms that could differ from person to person depending on their mental stability. They might get irritated by minor events or statements that they don't agree with or simply don't want to hear. If you know anyone that is suffering with mental instability and want to help, inform them that you're there to support them.

Project By Nowera Ansari 6-H

Global Mental Health and well-being are a priority

Mental health describes our emotional and psychological state. You can think of your mental health as a garden; something that needs to be taken care of. Many things, such as stress or a bad event, can prompt someone's health to decline. The effects of this can change your mental health, which in turn may change you as a person. If your mental well-being is too mismanaged, you might develop a mental disorder; such as depression or anxiety.
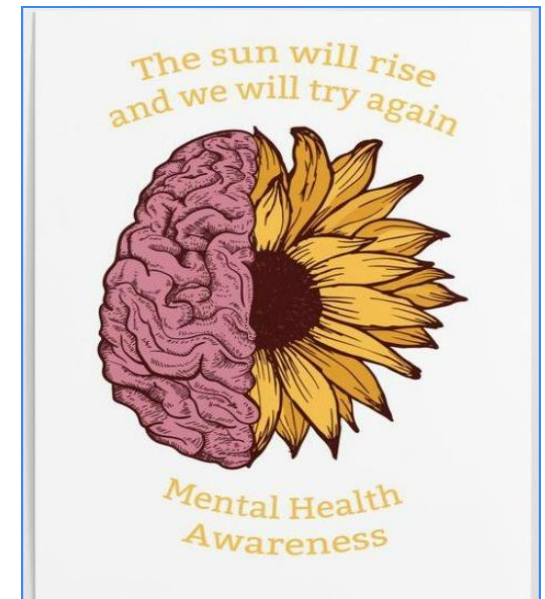
For the longest time, the subject of mental health has been treated as a sort of taboo. But imagine how many lives in history could have been saved had they had someone to listen to their problems and give them advice. Had they had someone support them emotionally. Which is why, as a community, we must be mindful of our members' mental health. For example, schools shouldn't bombard students with projects with tight deadlines. All that does build up unnecessary stress. Another example is that people shouldn't be expected to return to work straight after a tragic event.

if you are mentally ill you should see a therapist or members of the community such as close friends and family members.

-Novera Ansari

Presentation by Yalini Paratibha 6- I

One Word to express Emotions
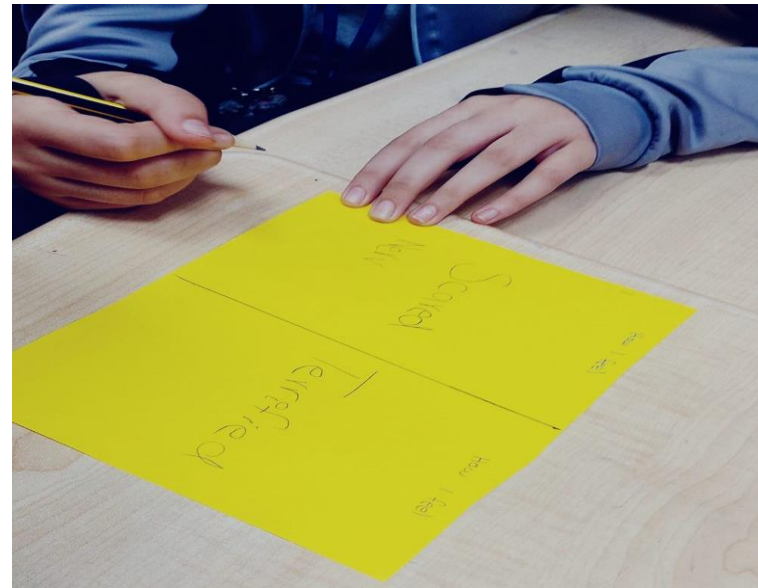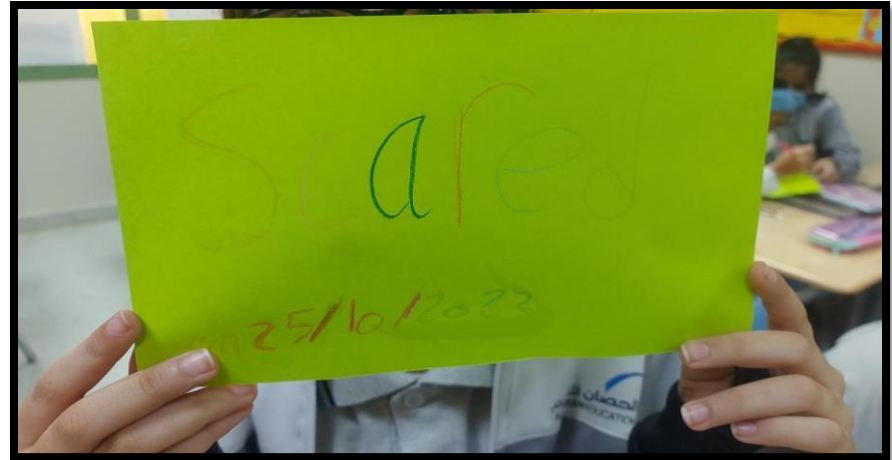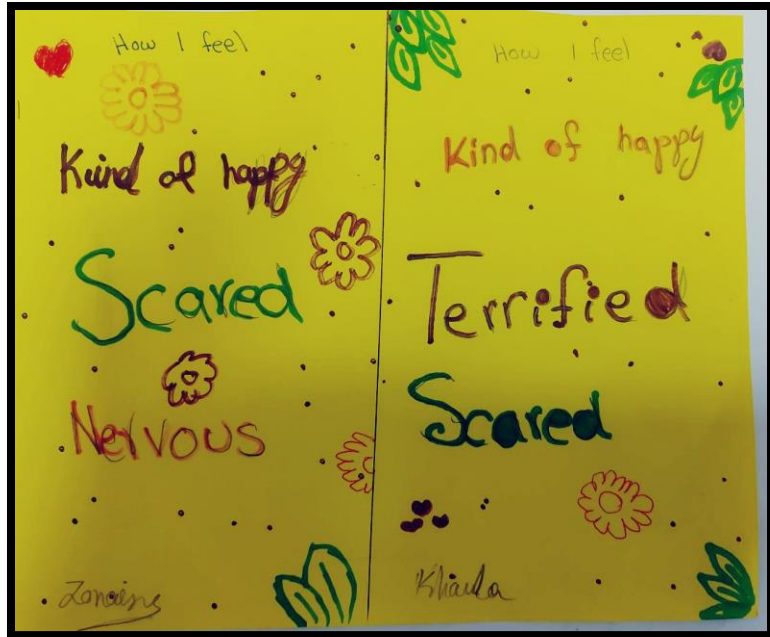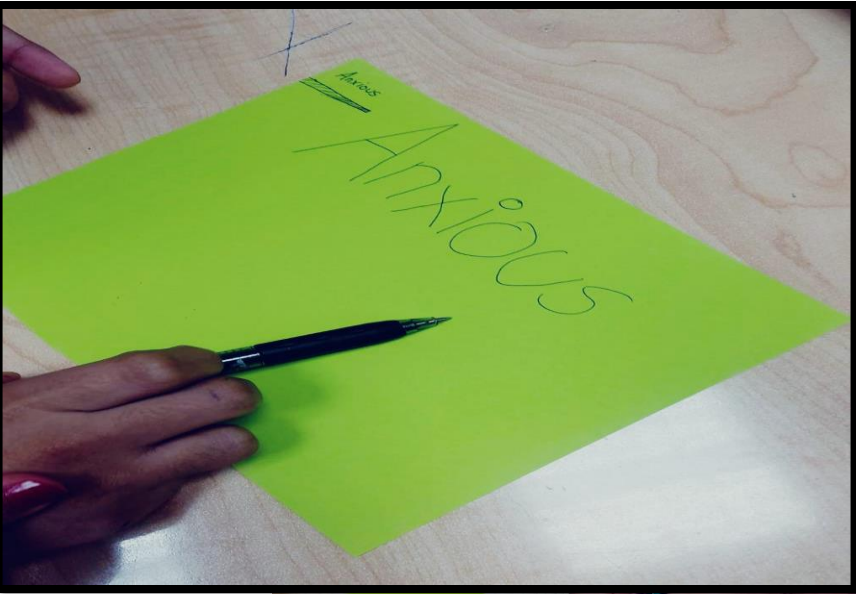
Students Happiness Bringers
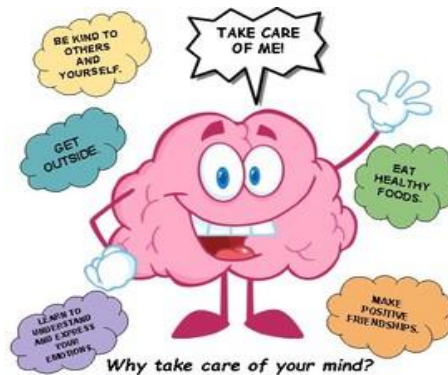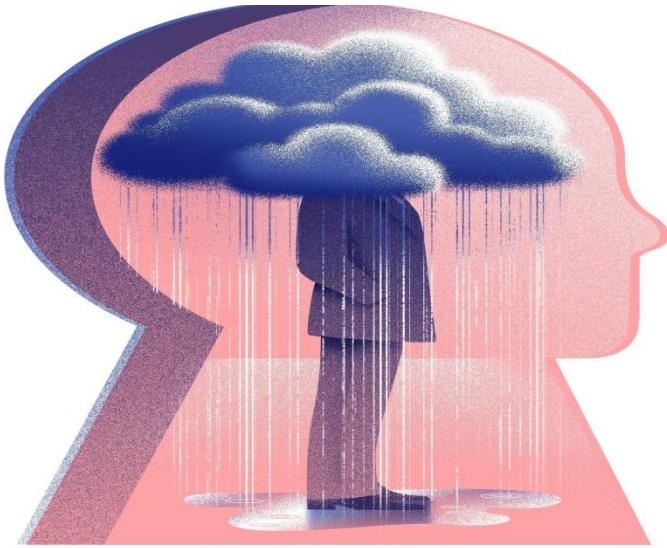
It's not just one week

We will continue to campaign for a kinder society all year round. We are here to support communities, families and individuals to live mentally healthier lives, with a particular focus on those at greatest risk.

Thank you for all your support