

VOICE

E-Newsletter of DY Patil International School, Nerul

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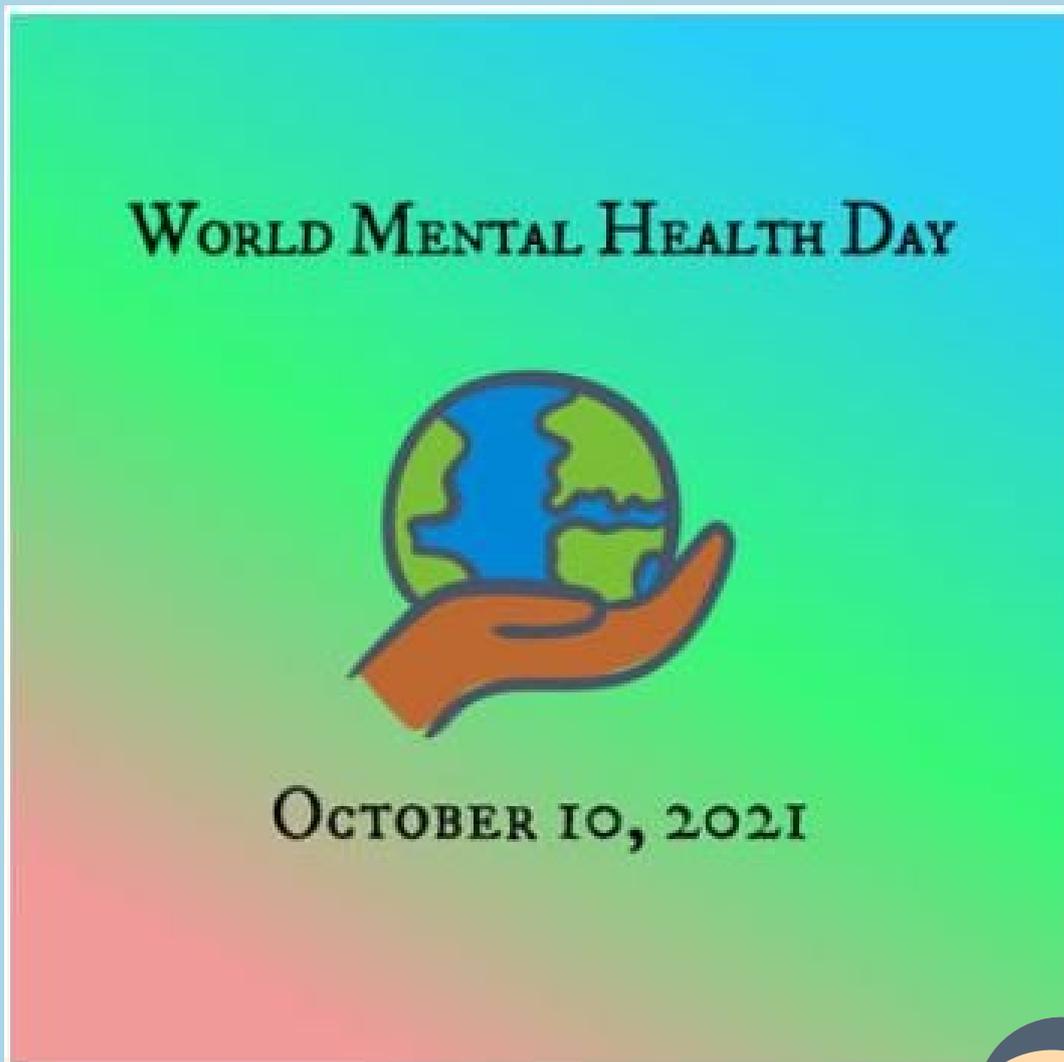
**'I do not fix problems. I fix my thinking.
Then problems fix themselves.'**

-Louise Hay

World Mental Health Day

“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.”

~Fred Rogers.





Courtesy: thriveagency.com

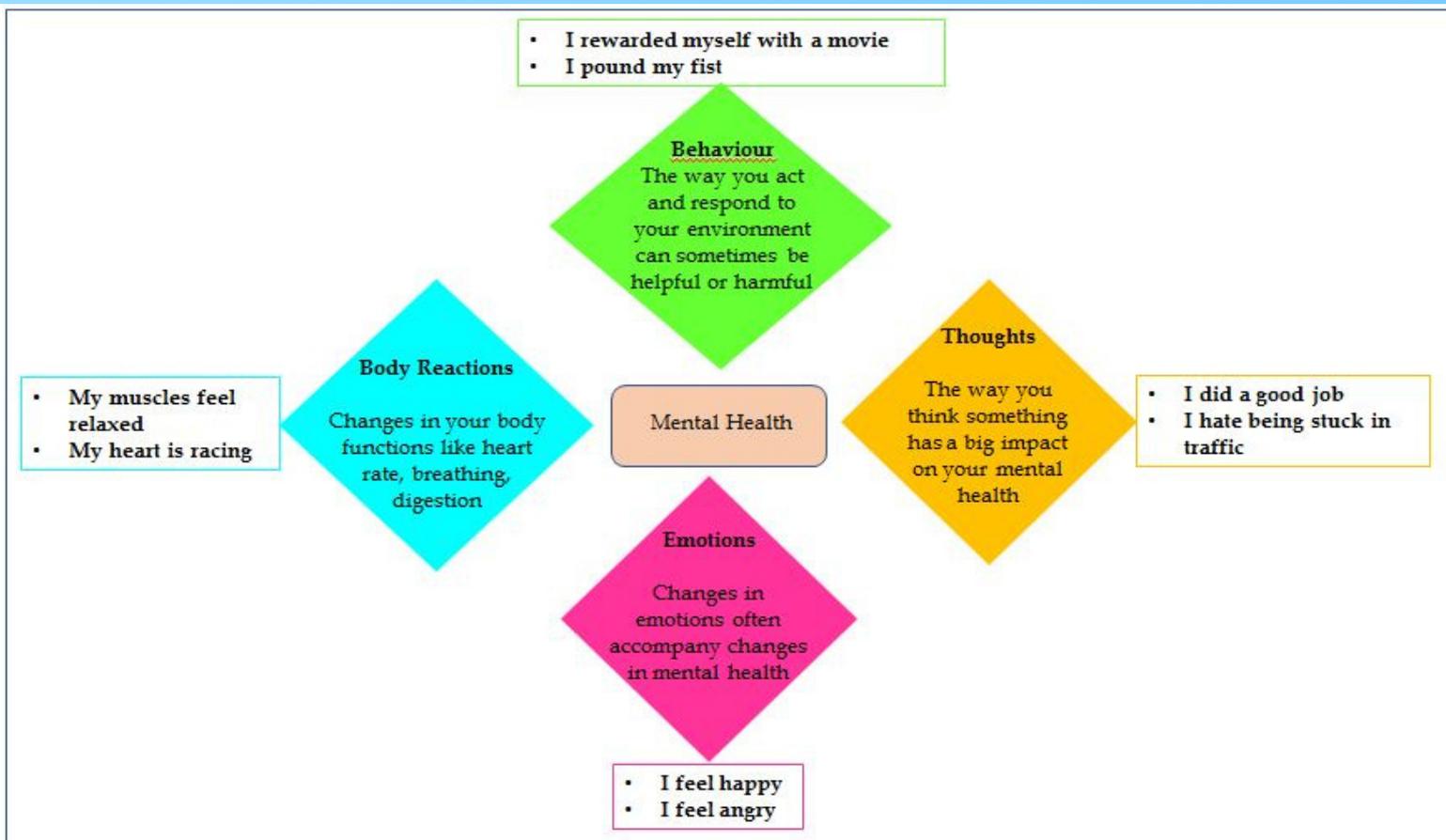
Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

The 2021 theme is “Mental health care for all: Let’s make it a reality” - and focuses on highlighting the fact that mental health care access remains unequal across the world.



Mental Health- Framework

Mental Health awareness creates a balance in various spheres of life - school, work, relationships, etc. The key elements of Mental Health illustrated below highlight the priority it deserves.

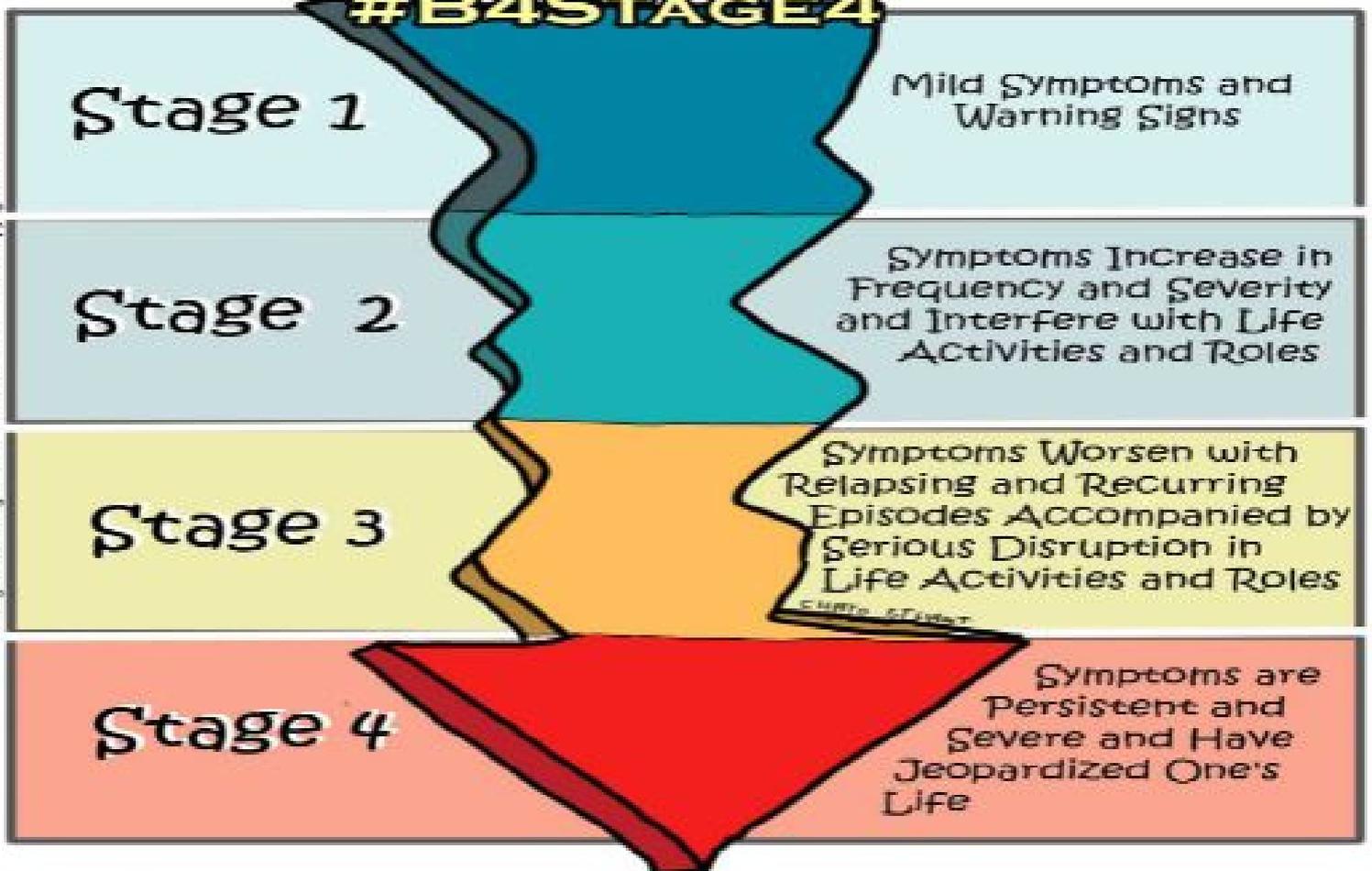


Mental Health- Framework

Here are some early warning signs to be noticed/identified if you or your loved ones are going through. These signs could be due to various reasons such as relationship issues, confidence, failure in tasks, conflict at the workplace, financial issues and so on. Each early sign may vary from simple to severe in its intensity and can lead to mental health issues that may cause disturbance in your daily productivity.

Stages of Mental Health Conditions

#B4STAGE4



B4Stage4 and "Stages of Mental Health Conditions" © Copyright Mental Health America

If things are piled up for long and have started bothering you, it's time to talk to someone as it may get worse by day!
What one can do in such situations-

Talk to someone you trust



Take some time out and work on yourself

Start taking 'ME' time



Love yourself

Communicate

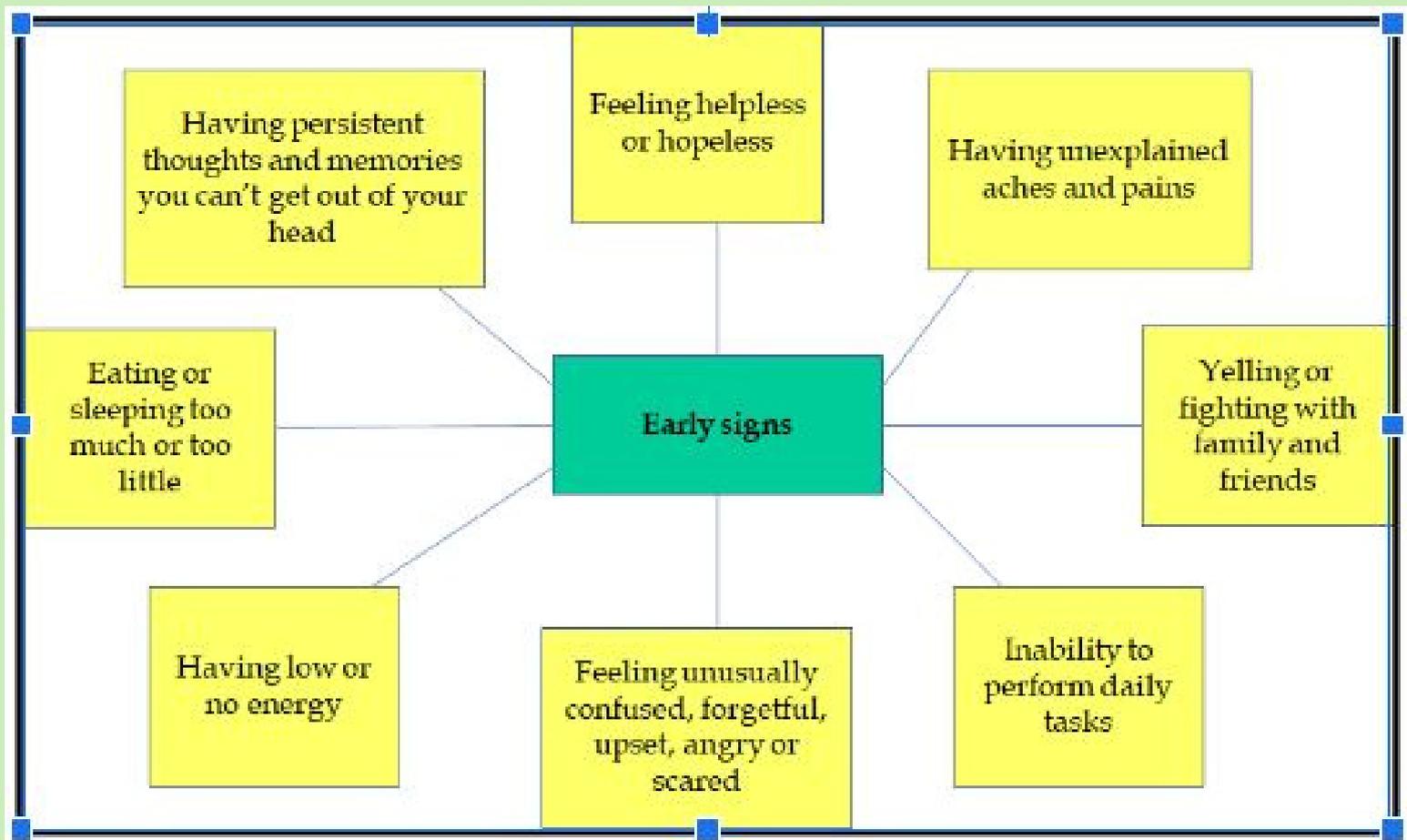


Express yourself in appropriate way



**“Don’t ignore your discomforts about a place or person.
They are normally vital signs for you to change.”**

- Dr. Jacinta Mpalyenkana



Mental Wellness in the Classrooms

A Sneak peek

“You can't teach children to behave better by making them feel worse. When children feel better, they behave better”

– Pam Leo

Our young learners from Grade 1 created 'feeling words' in the form of emojis.



Grade 2 students identified the range of emotions that are experienced by all of us. The chart below provided them with some tips to tackle these emotions.



Green Take Care of Yourself or Talk to a Caring, Safe Adult	Blue Go	Purple Slow Down	Orange Stop
 Sad	 Happy	 Nervous	 Angry
 Upset	 Excited	 Surprised	 Screaming
 Hurt	 Calm	 Confused	 Ready to Fight
 Tired	 Proud	 Silly	 Furious

Students of Grade 3 shared their responses in the form of thoughts and actions to various emotions. Here are a few techniques to follow when 'Disappointed' or 'Sad'.



I can play any sport so that my mind is off it and I can feel better.

Instead of watching mobile, I would read story books

Instead of crying I can start doing it again

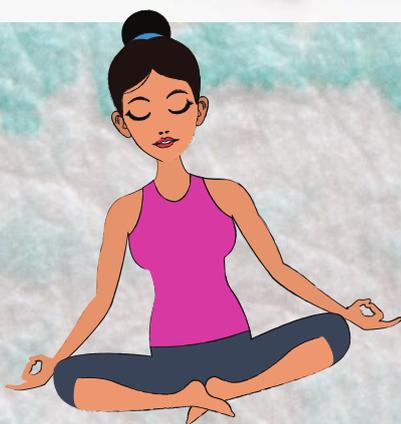
I seek help from parents

I follow RTR method- Read To Relax method

I can ask my parents to help me with it.

I am looking forward to enjoy next time

I do yoga



Mental Health Checklist

Read! Recognise! Remember!

Mental Health

Check In

Where are you on the scale today?

I'm wonderful!



I'm great!



I'm good.



I'm okay.



I'm not okay.



I'm struggling.



I'm having a really hard time.



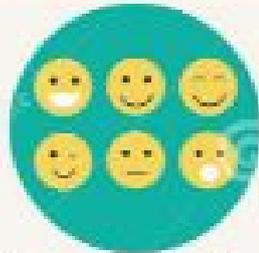
Tips to Maintain a Positive Mental Health

“If we start being honest about our pain, our anger, and our shortcomings instead of pretending they don’t exist, then maybe we’ll leave the world a better place than we found it.” Russell Wilson

MENTAL HEALTH IMPROVEMENT



Eat Well



Share your Feeling



Be creative



Relax



Good Sleep



Exercise



Talk to Friends



Manage Your Stress

References:
Heretohelp.bc.c
Mentalhealth.gov
Self.com
Psychologytoday.com



Happy Reading!
TEAM DYPIS

