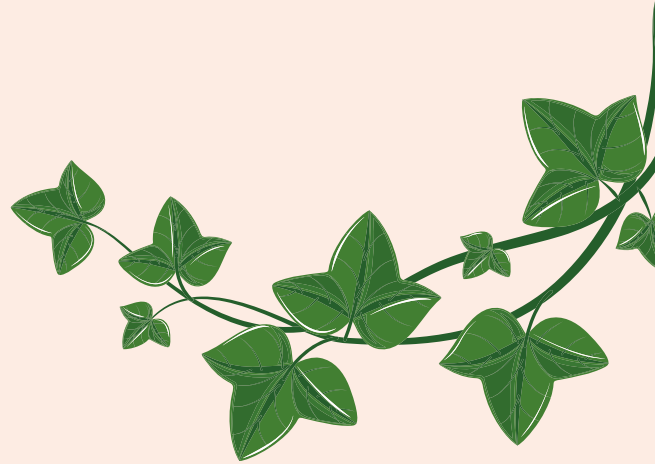


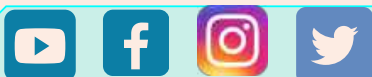
TOPIC 2- IMPORTANCE OF MENTAL HEALTH IN STUDENTS





WHAT IS MENTAL HEALTH?

The World Health Organization (WHO) defines mental health as mental well-being in which people can realize their abilities, cope with normal stress, work productively, and positively contribute to the community. Mental health is the foundation for the well-being of people and the effective functioning of a community. Mental health is the foundation for the well-being and effective functioning of individuals. It includes our emotional, psychological, and social well-being. It affects how an individual thinks, feels, and acts.





WHY IS MENTAL HEALTH IMPORTANT?

Maintaining good mental health is crucial for every individual, and for students, it becomes even more imperative. The demanding academic environment, coupled with the challenges of personal growth and social interactions, underscores the need to prioritize mental well-being.

Why is Mental Wellbeing Important?

Helps us to feel able to cope with life's challenges

By looking after our mental health and wellbeing, we improve our relationships with those around us

Better overall mental and emotional health leads to us feeling happier and reduces stress levels

Paying attention to our mental and emotional health decreases the risk of experiencing mental illness

Our mental health affects how we think, feel and act - it's important we take care of ourselves





WHAT ARE THE FACTORS THAT AFFECT MENTAL HEALTH?

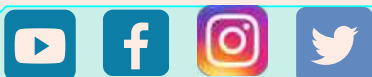
Mental health is influenced by a complex interplay of various factors. A Few of the factors affecting mental health are:

1. Biological Factors:

Genetics, hormonal imbalances, brain chemistry, and other biological factors can contribute to the development of mental health disorders.

2. Environmental Factors:

Exposure to stressful or traumatic events, such as abuse, neglect, violence, or natural disasters, can have a significant impact on mental health. Other environmental factors, such as poverty, social inequality, discrimination, and lack of access to healthcare and education, can also affect mental health.



3. Social Factors :

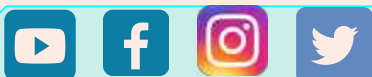
Social factors, such as social support, relationships, and social integration, can play a crucial role in mental health. Isolation, loneliness, and lack of social support can contribute to the development of mental health disorders.

4. Lifestyle Factors :

Lifestyle factors, such as diet, exercise, sleep, substance abuse, and stress management, can impact mental health. Poor lifestyle habits can increase the risk of developing mental health disorders.

5. Psychological Factors:

Psychological factors, such as negative thinking patterns, low self-esteem, and poor coping skills, can contribute to the development of mental health disorders.



6. Developmental Factors:

Developmental factors, such as childhood experiences, can have a significant impact on mental health. Traumatic experiences, such as abuse or neglect, can lead to the development of mental health disorders later in life.

7. Cultural Factors:

Cultural factors, such as values, beliefs, and traditions, can influence mental health. Cultural stigma and discrimination can also contribute to the development of mental health disorders.

8. Economic Factors:

Economic factors, such as unemployment, financial stress, and lack of access to healthcare, can impact mental health.





SIGNS & SYMPTOMS TO LOOK OUT FOR?

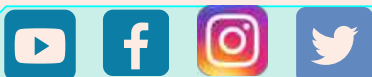
- **Difficulty in sleeping**
- **Changes in appetite or unplanned weight changes**
- **Difficulty in concentrating**
- **Loss of interest in things you usually find enjoyable**
- **Inability to complete usual tasks and activities**
- **Feelings of irritability, frustration, or restlessness**





WAYS TO PROMOTE MENTAL HEALTH AWARENESS?

In the fast-paced world of academia, where students juggle coursework, exams, and social pressures, mental health often takes a backseat. However, prioritizing mental well-being is not just a luxury, it's a necessity for overall success. Let's delve into why mental health is paramount for students and how fostering a supportive environment contributes to their academic journey.



1. Understanding the Academic Pressure:

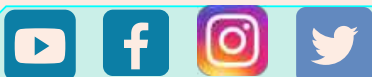
Students face an array of challenges that can take a toll on their mental health. The constant demand for high performance, tight deadlines, and the pressure to excel in both academics and extracurricular activities can create a breeding ground for stress and anxiety.

Recognizing the impact of these challenges on mental well-being is the first step toward building a healthier academic environment.

2. Cognitive Benefits of Good Mental Health:

A student's mental state is intricately linked to their cognitive functions. When mental health is prioritized, students experience improved concentration, enhanced memory retention, and a heightened ability to learn.

These cognitive benefits not only contribute to academic success but also provide students with essential skills for navigating real-world challenges.



3. Emotional Intelligence and Interpersonal Skills:

Beyond the academic realm, mental health plays a pivotal role in shaping emotional intelligence and interpersonal skills. Students with good mental health are better equipped to manage their emotions, make informed decisions, and navigate social relationships effectively.

These skills are not only valuable in the classroom but are also critical for success in future careers and personal relationships.

4. Prevention and Early Intervention:

Addressing mental health concerns in students is not just about reacting to problems; it's about proactive prevention and early intervention. By creating a culture that encourages open discussions about mental health, schools and universities can identify potential issues before they escalate.

Early intervention strategies empower students to build resilience, fostering adaptability and a positive approach to challenges.

5. The Role of Educational Institutions:

Educational institutions play a crucial role in promoting mental health awareness and providing support systems. Integrating mindfulness practices, counselling services, and stress-management programs into the educational curriculum can make a significant difference.

These initiatives contribute to a more nurturing learning environment, where students feel supported in both their academic and personal journeys.

6. Breaking the Stigma:

One of the barriers to addressing mental health in students is the persisting stigma surrounding mental health issues. Breaking this stigma is essential to creating an environment where students feel comfortable seeking help.

Educational institutions can actively work towards encouraging students to prioritize their well-being without fear of judgment.



7. Empowering Students for Lifelong Well-being:

Prioritizing mental health in students is an investment in their future success and happiness. By equipping students with the tools to manage stress, build resilience, and maintain a positive mental state, educational institutions contribute to their overall well-being.

These habits extend beyond the classroom, fostering a foundation for lifelong mental health.





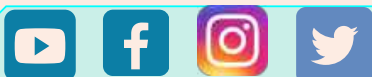
WAYS TO TAKE CARE OF YOUR MENTAL HEALTH AS A STUDENT?

1. Establish a routine:

Having a routine will ensure you always leave time for yourself to rejuvenate as a university can get very stressful. Being able to establish a routine will keep you organized as you can see exactly what needs to be done throughout the day. This will eventually lead to reduced stress levels as anxiety.

2. Stay active:

Exercising is important; however, it is very hard to stay motivated to go to the gym every day. So, instead of going to the gym a simple walk in the park can boost your mood, reduce stress, and improve concentration. Being physically active will strengthen your bones and muscles and help reduce the risk of disease.



3. Healthy Eating:

The first and foremost pro-tip to improve mental health for students is to inculcate the habit of eating the right food and nourishing the body with a proper diet. Every year, more research linking nutrition to mental health is published. Poor diets and unhealthy eating habits may worsen your physical health, which can then have a bad impact on your mental health. Eating a nutritious, well-balanced diet rich in fats, fiber, and nutrients can help you manage your stress and anxiety, enhance your sleep, improve your memory, and make you feel better overall.

4. Adequate Sleep:

Another golden tip to improve mental health for students is to always emphasize having a proper 8-9 hours of sleep. Sleep has indeed been linked to a variety of physical and mental health effects. While some psychological or mental illnesses may contribute to sleep troubles, a lack of sleep can intensify pre-existing conditions including depression, stress, and anxiety. Getting adequate sleep every night and going to bed early or at a decent hour is an excellent approach to living a healthy and happy life.



5. Mindfulness and Meditation:

Practicing meditation and mindful techniques such as Yoga or journaling can help reduce stress levels. Being able to gather your thoughts from the week and putting them into an activity will help you have a clear mind for the next upcoming week.

6. Social Connections:

Having a good circle of friends and a supportive family around you is very important. If you are ever feeling low, having supportive friends and family around you can brighten up your day immensely. Connecting with people is an important aspect of maintaining a healthy lifestyle. By avoiding loneliness and unpleasant feelings, socializing with real people that you love being around can help you feel better. You can engage in a fun activity, such as solving a puzzle or playing a board game, or simply catching up and talking.

7. Time Management:

Having effective time management is a very important skill to be able to have as the workload at university can be challenging but by implementing tools such as calendars and to-do lists you will be able to reduce procrastination and any last-minute stress that may occur.

8. Give your mobiles some rest:

Here is another pro-tip to improve mental health for students that will also relax your body, especially the eyes. You may well not consider yourself addicted to your phones, social media, or other smart devices, but reducing the screen timing and the use of technology is frequently becoming more difficult than before. Excessive and extended use of social media and other forms of media might have negative consequences. Even excessive news intake might have a negative impact on your mental health. There's no need to go cold turkey and eliminate it from your life, but limiting would be a good option.

9. Seek Help:

Children and adults, both have to understand and learn that there is no harm in seeking help for their mental health and well-being. Getting assistance when you need, is the right and healthy thing to do. Unfortunately, there is still a stigma associated with mental health and getting assistance or help to improve mental health for students and youth in our society. However, this is changing. People are starting to realize not just how common mental health problems are, but also how necessary and natural it is to seek help. You don't have to do this by yourself.

10. Self-Care:

What do you like to do? Is it reading, painting, gardening, or dancing? The choices are infinite, but it's important for your mental well-being that you devote some time to doing something you truly like. Having a little fun every day, whether for 5 minutes or longer, may help relieve tension and focus your attention and concentration on something that offers you true delight.

Conclusion:

Good mental health is essential for overall well-being, and it can contribute to a student's ability to find success in the world. It can help students to develop and maintain strong relationships with others, as well as an overall sense of contentment. Good mental health also allows them to deal with life's challenges and stressors in their daily lives.

Remember that everyone's mental health journey is unique, so it's essential to find strategies that work best for you. Your mental health is a valuable asset and taking care of it should be a top priority during your student years.

