

MANODARPAN

During these unprecedented times due to the pandemic situation which lead to closure of schools, new system of online classes, restrictions of outdoor activities etc. has led to stress and anxiety among many students which calls for an empathetic handling through emotional and psychosocial support. Keeping this in mind, various activities were conducted for students of classes VI to XI to increase the awareness and address issues related to emotional and psychological well being. Various activities were conducted from 4th to 10th October, 2020 on the occasion of World Mental Health Day on 10th October, 2020.

The bizarre conditions owing to COVID-19 pandemic and its implications have led to an exponential decline in mental health and emotional well being of students across the globe. It is thus necessary to acknowledge the similarity of our struggles and the differences in their manifestations. Class VI to XI students of Springdays School used art forms to express their empathy and passion for the cause. The gallery of their exemplary work and heartwarming expression through art are shown below:



SOCIAL SEA

KEYS TO ENHANCE MENTAL WELL-BEING

"SOCIALIZE WITH THE SURROUNDING"

Connecting with people is good. You can share your feelings with people and you can receive advice and support from your family and friends. It makes you feel better and helps you to cope with your problems. You can be happy and feel good about life. You can also get feeling and coping ideas by talking to others.

"Socializing is more positive than being alone."

• Right time for bed :-

You should be getting about 8 hours of sleep each night. If you are not getting enough sleep, you may feel tired and have trouble concentrating. This means you may be having trouble with your school or work. You should try to go to bed at the same time every night and wake up at the same time every morning. This will help you to get enough sleep.

• Positive thinking :-

You should be looking for the good in things. You should not think about the bad things that happen to you. You should think about the good things that happen to you. You should think about the good things that you can do to make your life better. You should think about the good things that you can do to help other people. You should think about the good things that you can do to make the world a better place.

• Managing stress :-

Most of us are under a lot of stress. Stress can make it hard to think and feel. Stress can make it hard to do your school or work. Stress can make it hard to get enough sleep. Stress can make it hard to get enough exercise. Stress can make it hard to get enough time to relax. Stress can make it hard to get enough time to spend with the people you love. Stress can make it hard to get enough time to spend on the things you enjoy. Stress can make it hard to get enough time to spend on the things that make you feel good. Stress can make it hard to get enough time to spend on the things that make you feel like you are living.

Keys to enhance the Mental-Well being

TIPS

Mental Well being

What is Mental Well being?

Mental well being is a state of mind. It is a state of mind that is healthy and happy. It is a state of mind that is free from stress and anxiety. It is a state of mind that is free from depression and other mental health problems. It is a state of mind that is free from all the things that can make you feel bad. It is a state of mind that is free from all the things that can make you feel like you are not in control of your life. It is a state of mind that is free from all the things that can make you feel like you are not living. It is a state of mind that is free from all the things that can make you feel like you are not happy. It is a state of mind that is free from all the things that can make you feel like you are not good. It is a state of mind that is free from all the things that can make you feel like you are not worth anything. It is a state of mind that is free from all the things that can make you feel like you are not loved. It is a state of mind that is free from all the things that can make you feel like you are not important. It is a state of mind that is free from all the things that can make you feel like you are not special. It is a state of mind that is free from all the things that can make you feel like you are not unique. It is a state of mind that is free from all the things that can make you feel like you are not who you are. It is a state of mind that is free from all the things that can make you feel like you are not the person you want to be. It is a state of mind that is free from all the things that can make you feel like you are not the person you are.

How to enhance Mental Well being?

1. **Be active** - Engage in physical activity. It helps to reduce stress and anxiety. It also helps to improve your mood and energy. It also helps to improve your sleep. It also helps to improve your overall health. It also helps to improve your self-esteem. It also helps to improve your confidence. It also helps to improve your ability to cope with stress. It also helps to improve your ability to deal with problems. It also helps to improve your ability to make decisions. It also helps to improve your ability to communicate. It also helps to improve your ability to get along with others. It also helps to improve your ability to be a good friend. It also helps to improve your ability to be a good parent. It also helps to improve your ability to be a good citizen. It also helps to improve your ability to be a good person. It also helps to improve your ability to be a good human being. It also helps to improve your ability to be a good member of society. It also helps to improve your ability to be a good member of the world. It also helps to improve your ability to be a good member of the universe. It also helps to improve your ability to be a good member of everything.

2. **Be healthy** - Eat a healthy diet. It helps to improve your overall health. It also helps to improve your mood and energy. It also helps to improve your sleep. It also helps to improve your overall well-being. It also helps to improve your self-esteem. It also helps to improve your confidence. It also helps to improve your ability to cope with stress. It also helps to improve your ability to deal with problems. It also helps to improve your ability to make decisions. It also helps to improve your ability to communicate. It also helps to improve your ability to get along with others. It also helps to improve your ability to be a good friend. It also helps to improve your ability to be a good parent. It also helps to improve your ability to be a good citizen. It also helps to improve your ability to be a good person. It also helps to improve your ability to be a good human being. It also helps to improve your ability to be a good member of society. It also helps to improve your ability to be a good member of the world. It also helps to improve your ability to be a good member of the universe. It also helps to improve your ability to be a good member of everything.

3. **Be happy** - Spend time with the people you love. It helps to improve your mood and energy. It also helps to improve your sleep. It also helps to improve your overall well-being. It also helps to improve your self-esteem. It also helps to improve your confidence. It also helps to improve your ability to cope with stress. It also helps to improve your ability to deal with problems. It also helps to improve your ability to make decisions. It also helps to improve your ability to communicate. It also helps to improve your ability to get along with others. It also helps to improve your ability to be a good friend. It also helps to improve your ability to be a good parent. It also helps to improve your ability to be a good citizen. It also helps to improve your ability to be a good person. It also helps to improve your ability to be a good human being. It also helps to improve your ability to be a good member of society. It also helps to improve your ability to be a good member of the world. It also helps to improve your ability to be a good member of the universe. It also helps to improve your ability to be a good member of everything.

WORLD MENTAL HEALTH DAY

"NO HEALTH WITHOUT MENTAL HEALTH"

THOUGHTS OF DEATH

Share your feelings and worries

LOSS OF ENERGY

Practice Meditation and Relaxation

HELPLESSNESS

Take time for your hobbies

ANXIETY

Get enough sleep

SLEEPING PROBLEM

Exercise regularly

LOSS OF CONCENTRATION

Just a minute of your time

S.S. KAVINAYA VII - B

KEYS TO ENHANCE MENTAL WELLBEING

MINDFULNESS

LEARN NEW SKILLS

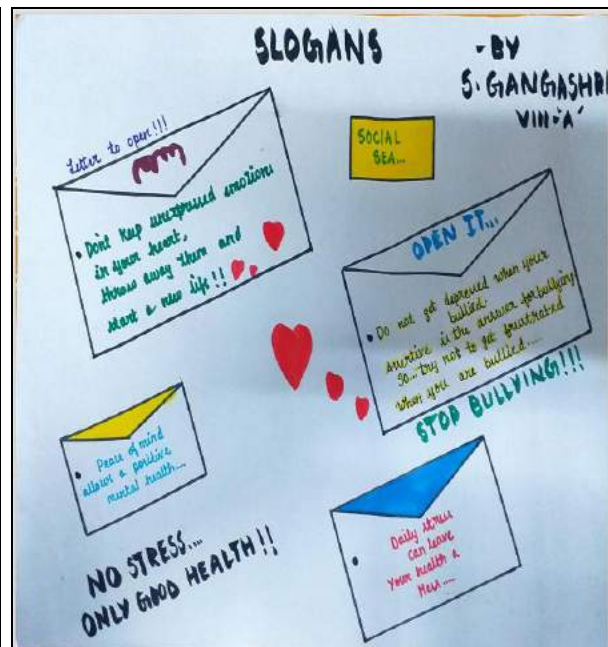
CONNECT WITH OTHER PEOPLE

GIVE TO OTHERS

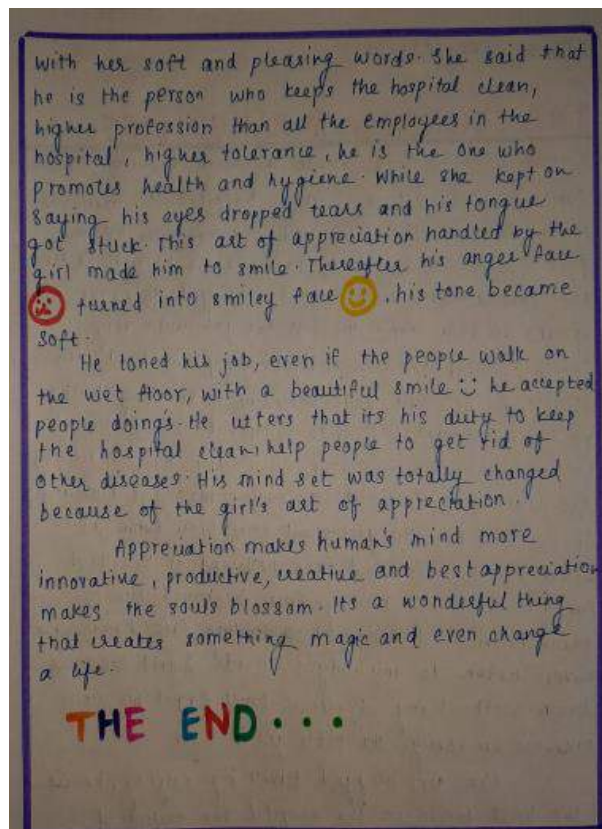
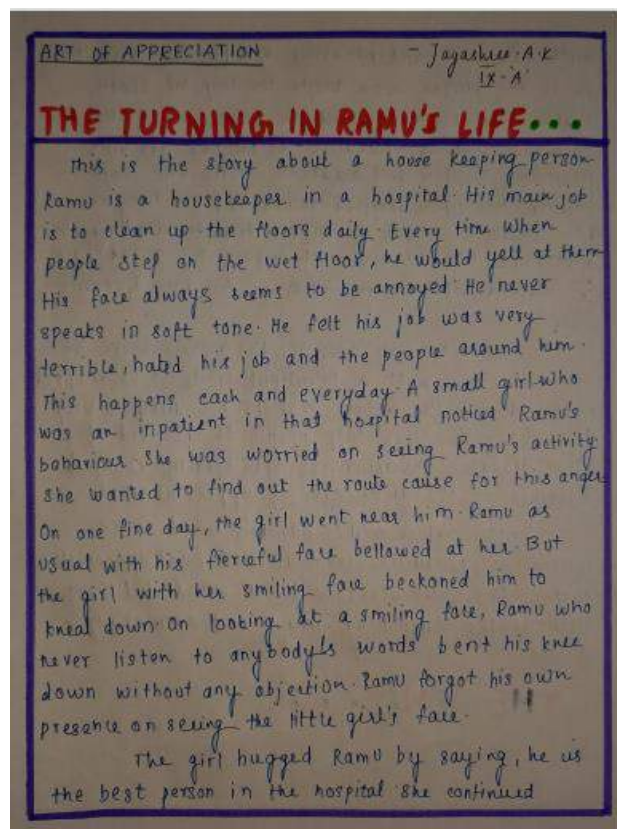
BE PHYSICALLY ACTIVE

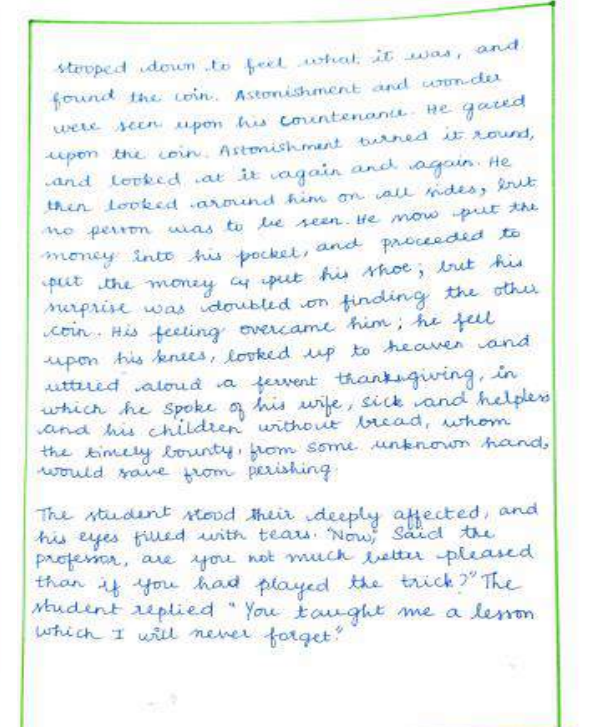
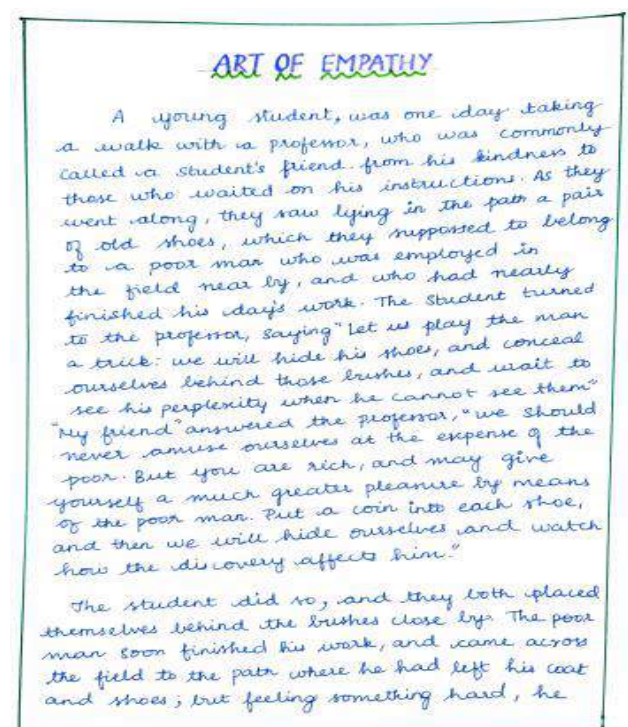
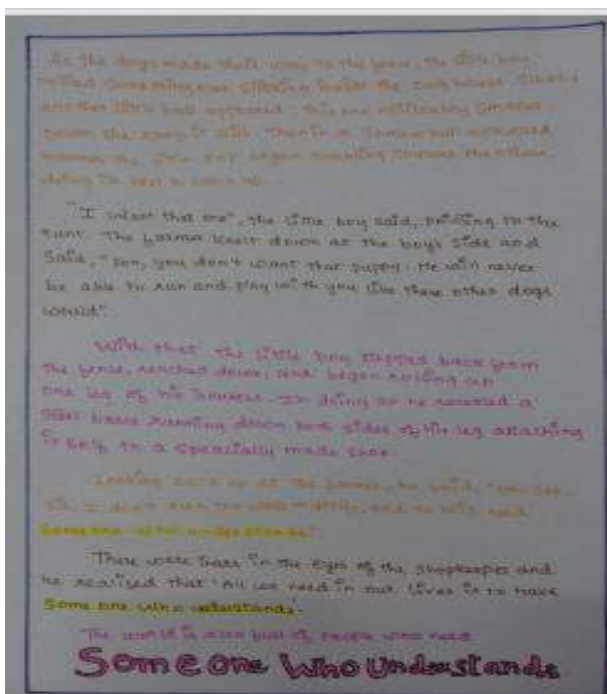
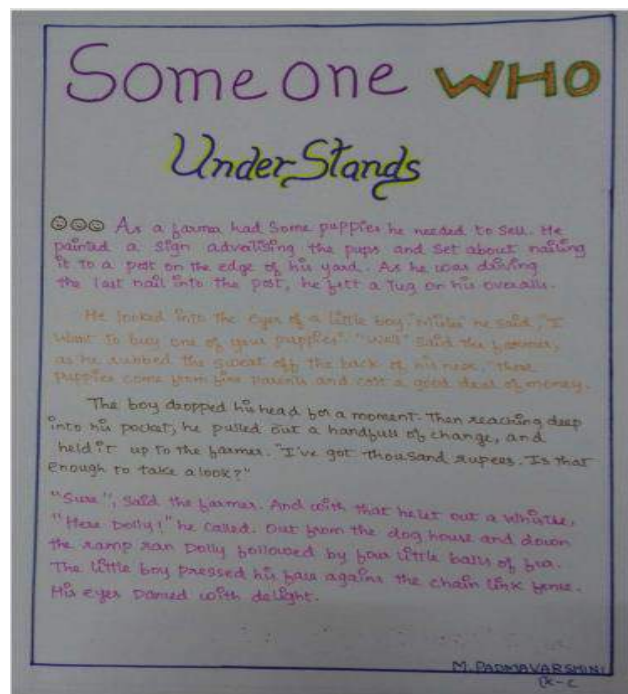
HEALTH IS WEALTH

S.S. KAVINAYA VII - A



Grade VIII students prepared slogans on the “mental health”.





Story Writing on "Art of empathy" & "Art of Appreciation"

