

Theme 2: Emotional Well-being and Mental Health



Introduction

The objectives of the module:

- Develop awareness about mental health skills
- Develop emotional well-being in self, and fostering and supporting one another in developing positive attitudes and accessing help when required
- Build awareness around various emotions and expressions
- Identification their own and their peers' personal strengths and skills to with stressful situations and seek help when required



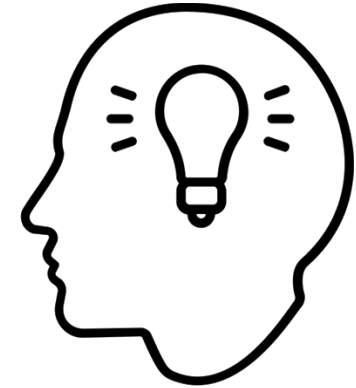
Activities

S. No.	Activities	Methods
1	Knowing My Emotions	Brainstorming, discussion on situations
2	Managing Challenging Emotions	Discussion, role play
3	SWOT- Identifying Strengths	SWOT Analysis
4	My Core Strengths– I have, I am, I can	Group discussion
5	Understanding Mental Health	Analysis of situations, discussions
6	Mindfulness – Mindful Being Mindful Living	Mindfulness exercise, Meditation

Activity I: Knowing my Emotions

Learning Outcomes

Demonstrates the ability to identify various emotions in different situations.

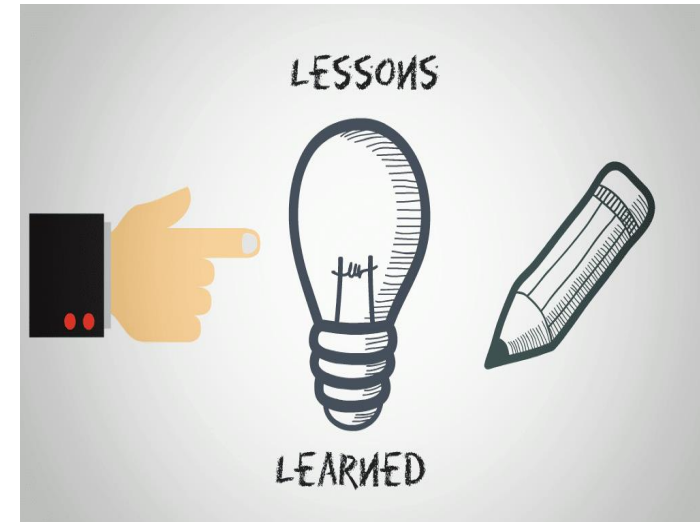


Situations

1. It is your birthday and all your friends are about to come to your place for a party
2. Your examination results have just been announced and your marks are much lower than what you had expected
3. Your little brother has not come home from tuition and it is getting dark
4. You heard your close friend saying something bad about you to another friend
5. The teacher scolded you in front of the whole class.
6. You saved a little puppy from being hit by a vehicle
7. You were trying to set the time on the wall clock at home, but it fell down and broke
8. You got hurt in school, your friends came to pick you up and then sat by you to take care of you
9. You participated in a singing competition, your name has been announced as the winner and you are going towards the stage to receive your prize.
10. Your little sister scribbled in your school notebook with a crayon.
11. When you opened your school bag at the end of the term, you found a beautiful card made for you by your friend
12. You are not sure which chapters are included for the test to be held tomorrow

Summary of discussions

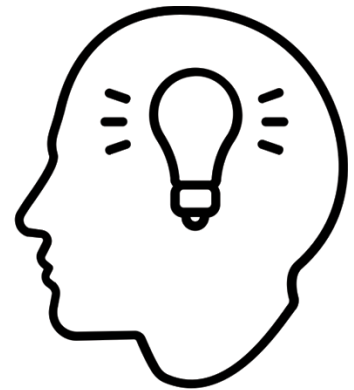
- Emotions are a part of everyone's lives. They are neither good nor bad but how they are expressed is more important
- Developing awareness of emotions is a skill that builds over time and needs to be practiced
- Becoming aware of our emotions and labeling them, is the first step in managing challenging emotions



Activity-2: Managing Challenging Emotions

Learning Outcomes

- Expresses how emotions are expressed in healthy unhealthy ways
- Demonstrates skills to express emotions in healthy ways
- Identifies and describes weaknesses and strengths in self
- Demonstrates an understanding of how one can use one's strengths to overcome



Situation-1

Malavika is an excellent Kabaddi player. However, her name did not appear this time in the Kabaddi tournament to be held in the village. When Malavika heard about this, she went to the village headman and fought with him.

Video

Reflective Questions:

- 1. What are the emotional feelings of Malavika?**
- 2. What does Malavika wish to do in this situation?**
- 3. Did you consider her actions healthy or unhealthy at the present situation?**
- 4. Will she be able to fulfill her desire by the kind of actions she is showing towards the teacher?**
- 5. What is the healthy way of behaving in this kind of situation?**

Video

Other Situations

Situation-2

Anima cleared the Class VIII examination yesterday. Suddenly, her parents informed her that she will not go to school from the next day instead, she will go to work. Anima was very upset but she did not utter a word. She regretted all the time she dreamt of going to college and blamed her parents for not understanding her desires. She decided she will never again tell them her wishes again.

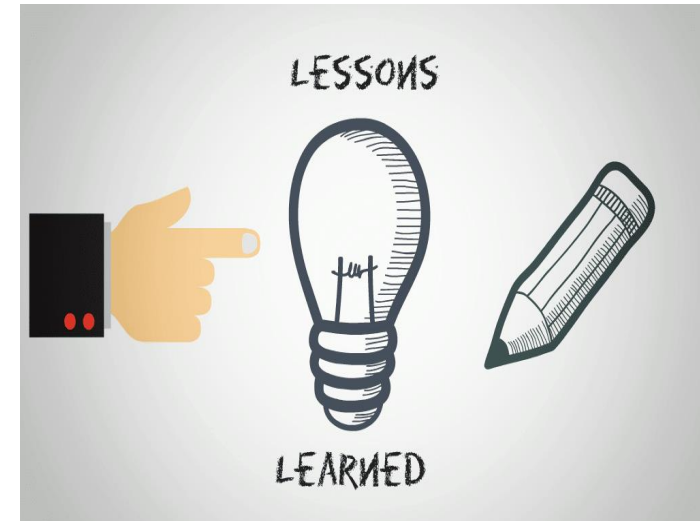
Video

Situation 3

Manju was studying in Class VIII. The teacher announced that three girls who top the class in the upcoming examination would receive a special award and scholarship in Class IX. Manju worked very hard and was confident that she would be one of the top three. When she got her results she was very surprised that she had just missed the third rank. She had already told her parents and grandmother about her expectation.

Summary of discussions

- Emotions are a natural response to situations in life
- Emotions are neither good nor bad. How they get expressed is important
- Managing emotions is the ability to identify, label, and express them appropriately
- Managing emotions is an important skill that one needs to practice



Activity-3: SWOT – Identifying Strength

Learning Outcomes

- Identifies and describes own weaknesses and strengths
- Demonstrates an understanding of how one can use one's strengths to overcome challenging situations
- Identifies and describes areas for improvement
- Identifies people who can support in developing one's strengths further



SWOT

Strengths are internal resources that you have and things that you do very well. They can be a specific skill or ability that you are born with or that you learn such as singing, playing music, swimming, drawing, etc.

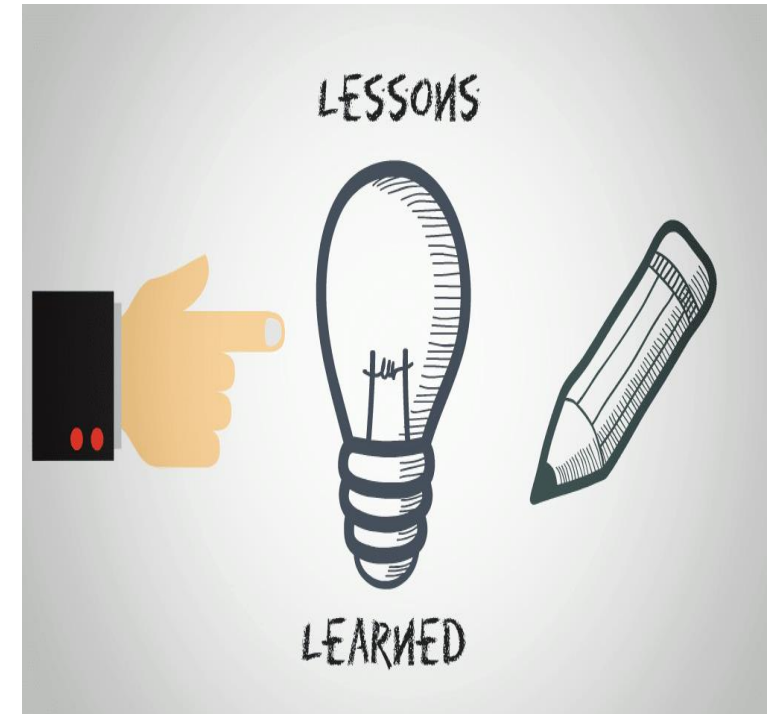
Weaknesses are specific skills or abilities, which you need to improve upon or are currently lacking

Opportunities are favorable external factors that are available for your support and growth. They could be people or situations that help you recognize your strengths, use them and learn new skills

Threats are obstacles that come in your way, or external factors, that have the potential to block your growth or harm you

Summary of discussions

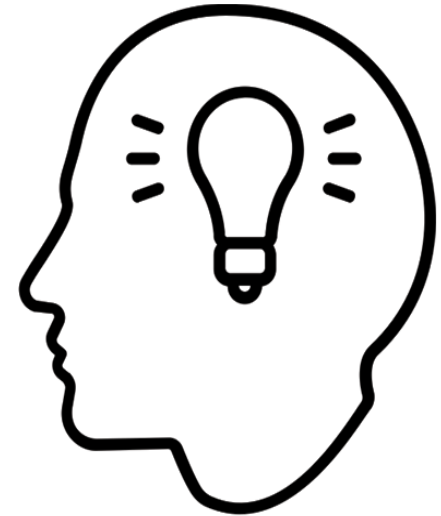
- Identifying and using one's strengths can promote well being.
- Strengths can also be applied to manage personal challenges as well as make good use of available opportunities.
- It is important that one identifies people who can support them to learn new skills and abilities. This can help create opportunities for new learning and personal growth



Activity-4: My Core Strength - 'I have, I am, I can'

Learning Outcomes

Explains how lifestyle contribute towards long term health and well being

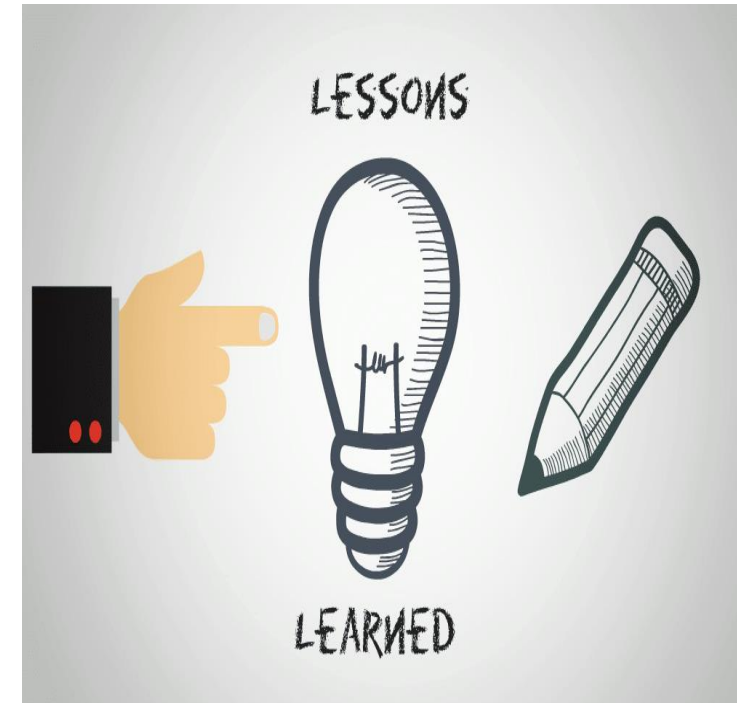


Identification of strengths

I Am	I Have	I Can
<p>(Internal personal strengths – feelings, attitudes and beliefs that can be strengthened by support) For example: I am honest, and I believe that we should work hard if we want to achieve our dreams.</p>	<p>(External support, resources, help that promotes resilience and well-being) For example: I have a loving aunt who supports and guides me. I have two close friends with whom I share everything.</p>	<p>(Social and interpersonal skills – learnt or acquired by interacting with others) For example: I am able to express my feelings and needs with people around me. Most of my peers trust me.</p>

Summary of discussions

- Core strengths or positive traits can come from within or can be developed with the help of people and resources around us
- As time passes, new strengths can be added to the list of individual resources
- Knowing our strengths and people who we can reach out to when faced with challenges, can help individuals deal with situations better



Activity-5: Understanding Mental Health

Learning Outcomes

- Recognizes that 'mental health and well-being' exists along a continuum
- Identifies signs of distress in self and others
- Accesses and provides timely support to maintain or restore well-being

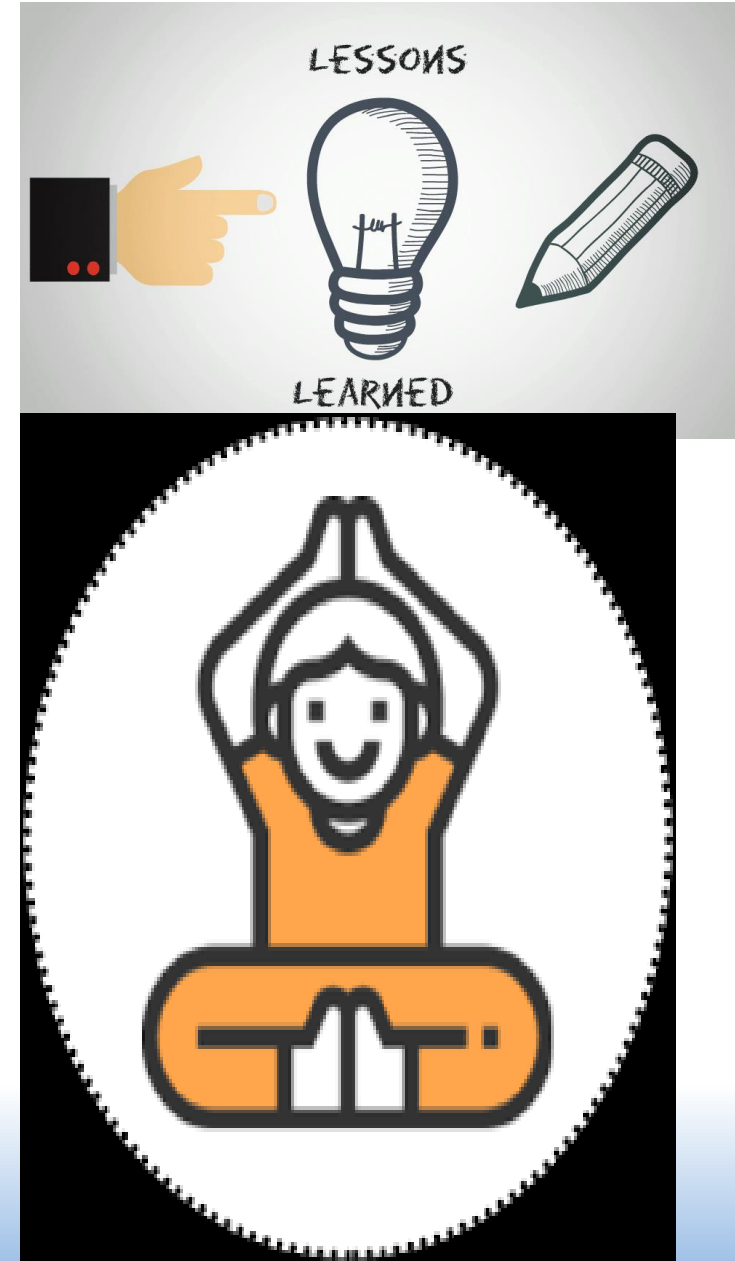


Statements

- I did badly in my exam and have been feeling like a failure recently (distress).
- I keep thinking that life is not worth living (illness).
- I know my strengths and limitations (well-being).
- Since last month, I find that I have lost interest in everything (illness).
- I can adjust to any new situation (well-being).
- I sometimes feel very confused about what to do (distress).
- I hurt myself when I feel sad or anxious (illness).
- I am able to face challenges (well-being).
- I have been feeling sad for the last two days as I miss my sister who has gone to a different city to study (distress).
- I feel so nervous that I have stopped going to school (illness).

Summary of discussions

- The state of mental health and well-being can keep changing along a continuum
- When faced with everyday challenges, a person could move along the continuum from a state of well-being to distress.
- However, if one has the skills or the right support the person can move out of this state and this may not affect the person's ability to work productively over a long period of time.
- Some people in the state of distress might require timely help and support from family to return to the state of wellbeing while others might require professional help
- On a personal level, one should not hesitate in seeking professional help and should not make fun of someone who is seeking help for a mental health concern.



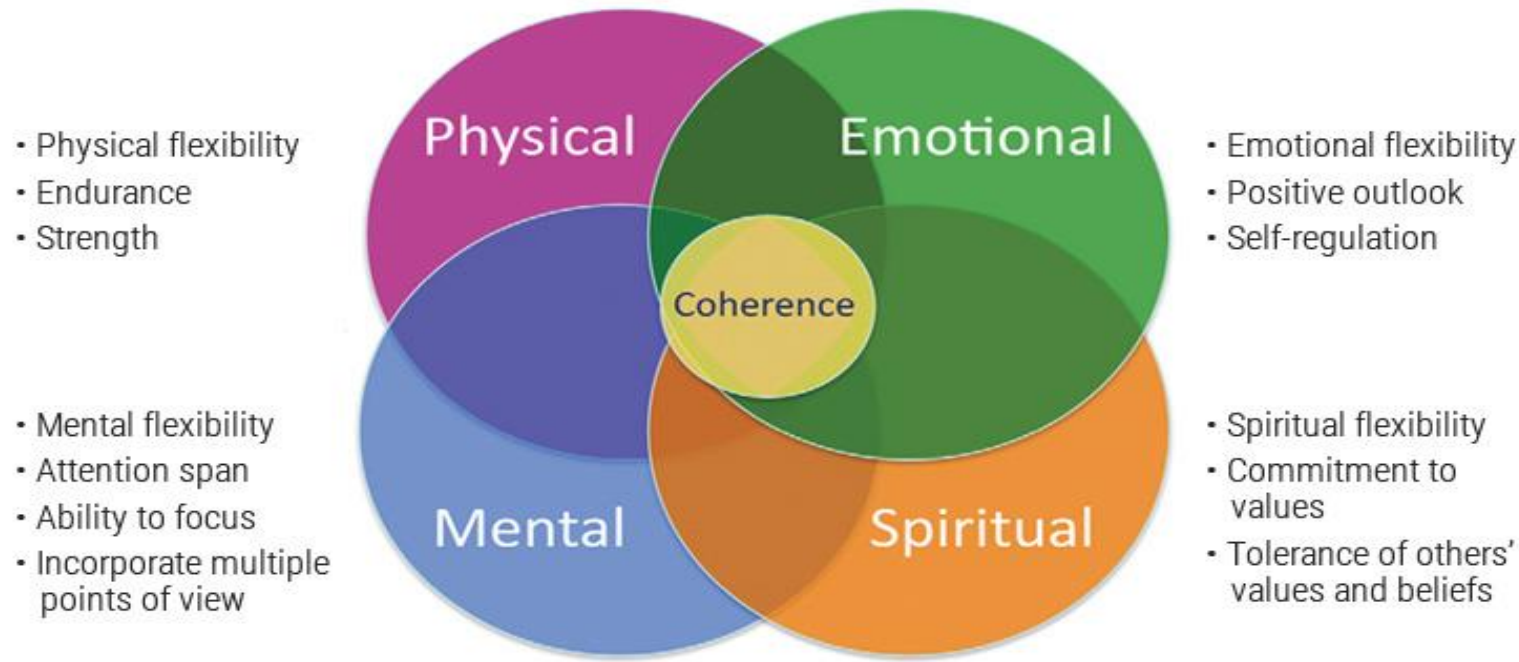
Activity-6: Mindfulness – Mindful Being Mindful Living

Learning Outcomes

Demonstrates strategies to overcome challenging emotions

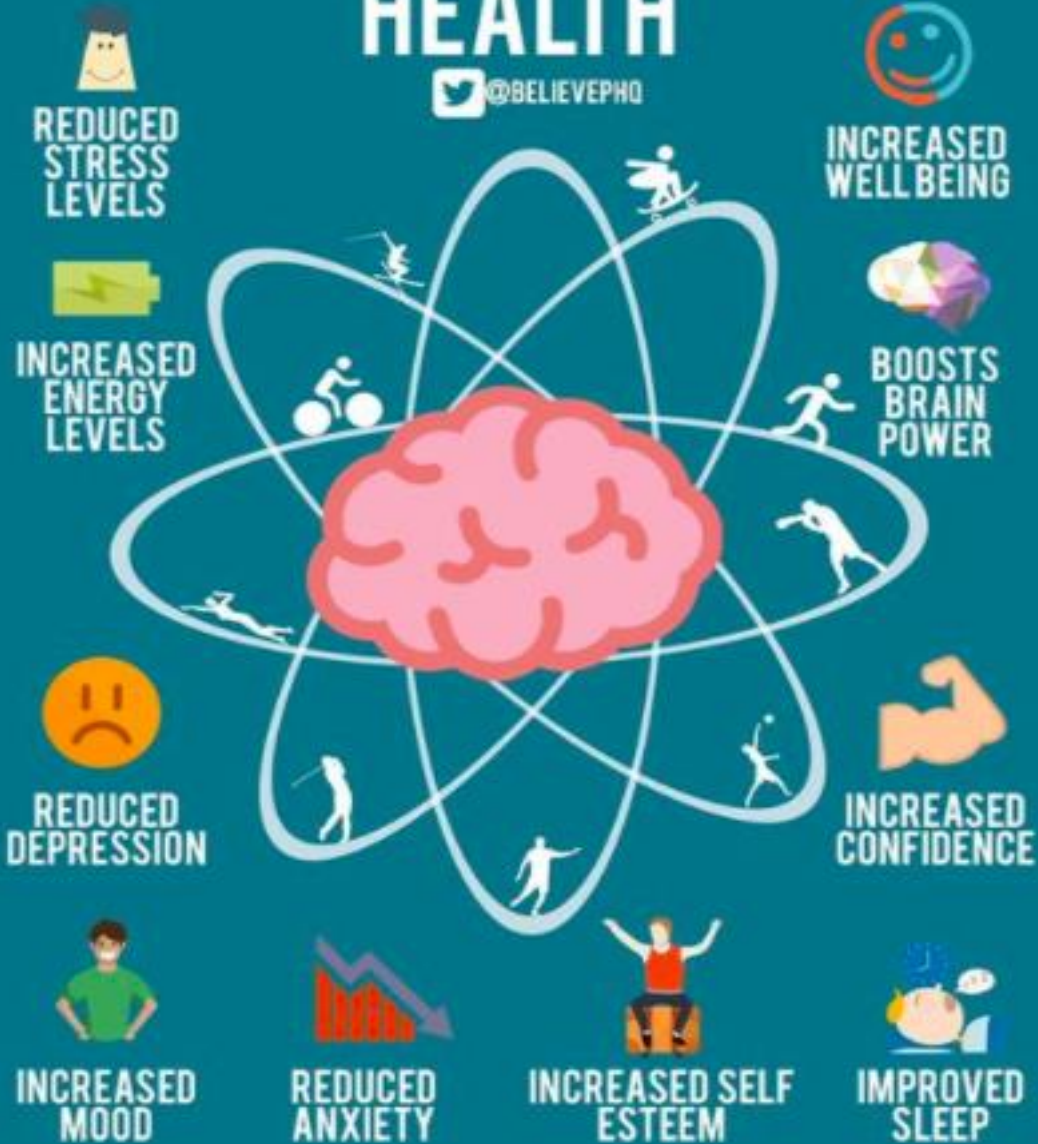


Domains of Resilience



THE BENEFITS OF EXERCISE ON MENTAL HEALTH

@BELIEVEPHO



Reflective Questions

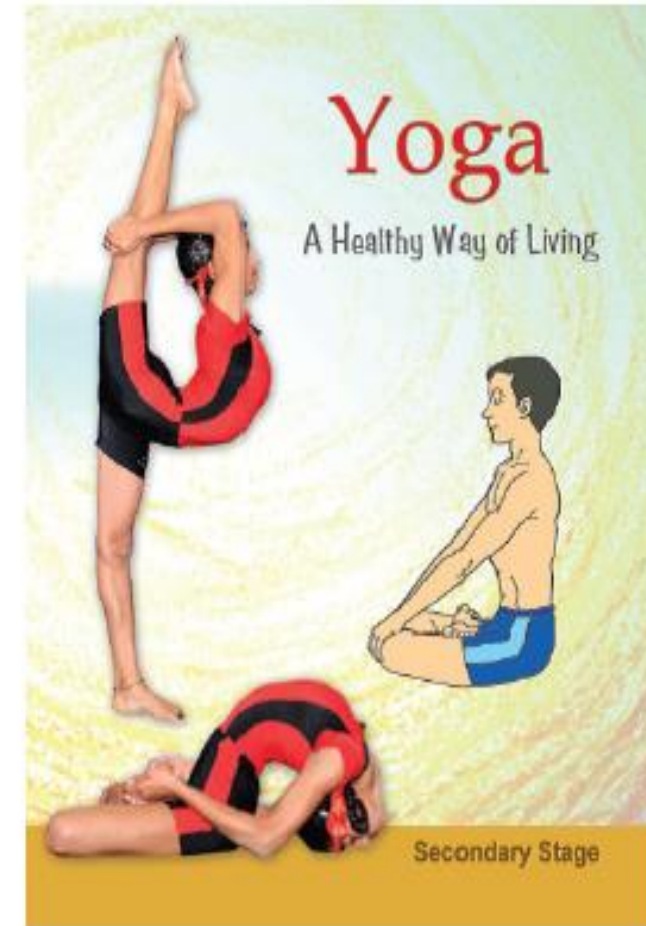
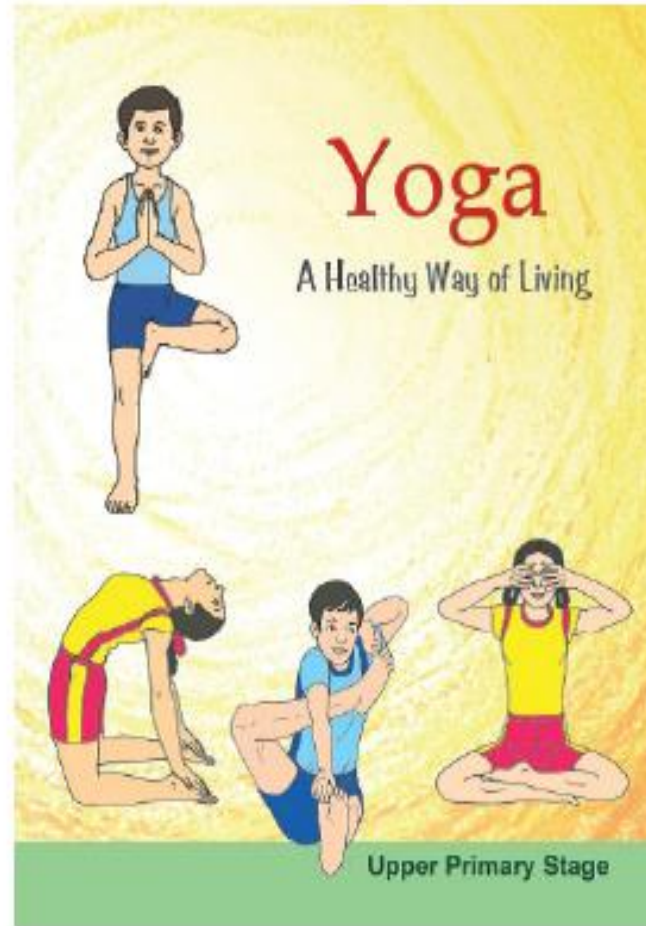
Can Yoga/ Meditation be the part of our daily life routine?

How can we practice mindfulness?

What all are the benefits of exercise on Mental Health and Wellbeing?

Summary of discussions

- There are ways to deal with challenging emotions and distress
- Regular practice of simple relaxation exercises and mindfulness helps us cope with distress.



For more information : Refer to NCERT books on yoga

Thank You!

