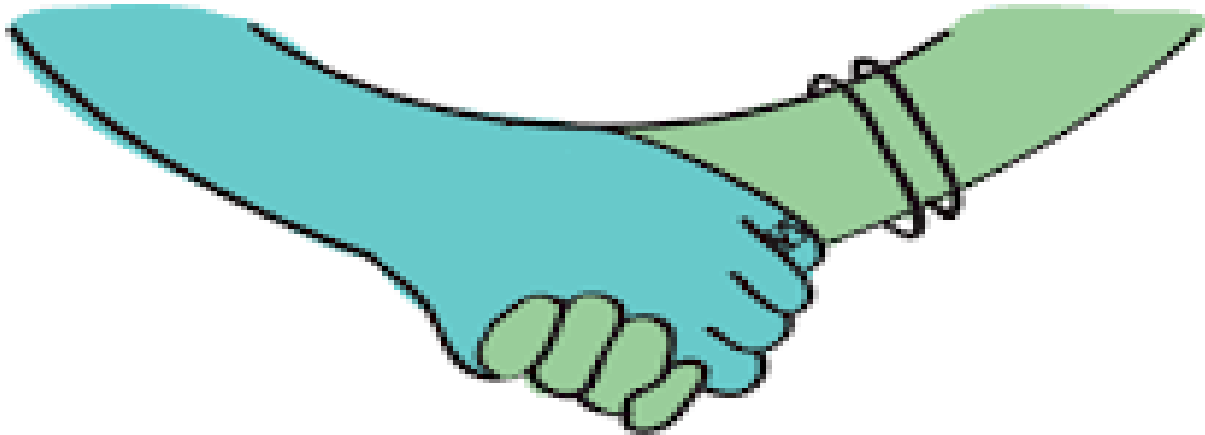


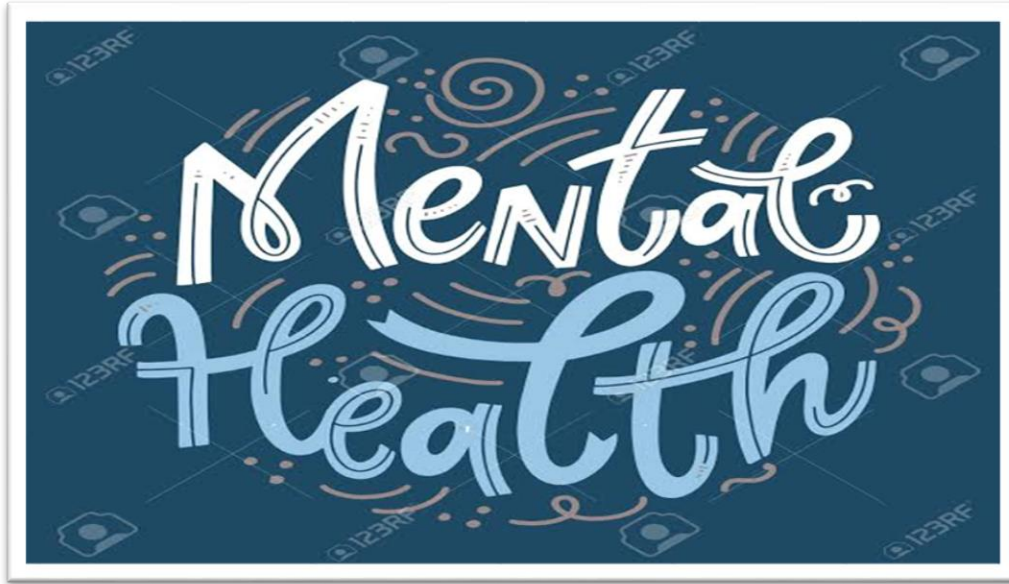
Promoting Mental Health

mental health



How many of us???

- **Feel sad or angry most of the time.**
- **Feel unwell but the doctor says that I'm healthy**
- **Sleeping much less/more than I usually do and it's affecting my life**
- **Don't enjoy the things that I used to earlier**
- **Have trouble concentrating**
- **Feel stressed and anxious about my academic work**
- **Feel socially isolated and disconnected**
- **Find it hard to manage my daily life without consuming certain substance**



- **It is emotional, psychological and social well being.**
- **Mental Health is not just an absence of mental problems but also the presence of positive characteristics.**
- **It influences how one feels, thinks and behaves.**

I have anxiety. And I'm treating my anxiety. I'm on medication for my anxiety. Why am I saying this? Because it's a completely normal thing. More and more people should talk openly about it. There is nothing shameful about it or something to hide. If you had a constant stomach pain, wouldn't you go to the doctor? It's that simple. I want to make this my mission, to take any shame out of this, to educate people about this.

Anushka Sharma





Dwayne Johnson

“I found that, with depression, one of the most important things you could realise is that you're not alone. You're not the first to go through it; you're not going to be the last to go through it... I wish I had someone at that time who could just pull me aside and say, 'Hey, it's going to be okay. It'll be okay.' So I wish I knew that.”

I thought it was stress, so I tried to distract myself by focusing on work, and surrounding myself with people, which helped for a while. But the nagging feeling didn't go away. My breath was shallow, I suffered from lack of concentration and I broke down often.

-Deepika Padukone





healthy
body

+



healthy
mind

=



happy
life



Enhancement of Mental Health

- **Communication:** The most important task to improve your mental health is to talk. Reaching out for someone is not a sign of weakness. Discussing issues that are bothering you with your family, friends or partner will help you release your stress.



Enhancement of Mental Health

- ▶ **Stress Management:** Stress generally happens when our requirements exceeds our resources. Effective stress management, helps you to control the level stress in your life, so you can be happier, healthier, and more productive. **But stress management is not one-size-fits-all.** That's why it's important to experiment and find out what works best for you.



Enhancement of Mental Health

- **Proper Sleep/Diet:** Taking proper sleep and healthy diet helps us to manage our mood in a better way. Nutritious diet boosts our immune functions which further enhances emotional well being.



Enhancement of Mental Health

► **Relaxation Techniques:** Breathing exercises, yoga, pranayam etc the few relaxation techniques that one can use to enhance mental health.



A little
consideration,
a little thought for others,
makes all the difference.

-Eeyore

Even after using the various techniques the answer to the previously asked questions still remains “YES”.

Feel free to contact:

STUDENT SUPPORT SYSTEM,

Directorate of Student Welfare

Room no. 001 and 023 AB 1(Ground Floor),

University Campus.

Email : students.counsellor@jaipur.manipal.edu