



PROGRESSIVE ENGLISH SCHOOL, (L.L.C.)

(Approved by Ministry of Education, UAE, Affiliated to CISCE (ICSE / ISC), New Delhi)

Tel: + 971 6 567 22 34, Fax: +971 6 566 43 11

P.O. Box 6078, Sharjah, United Arab Emirates, E-mail: progressive.english09@gmail.com

PSYCHOLOGICAL CARE FOR STUDENT

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PSYCHOLOGICAL CARE FOR STUDENT

Policies are population interventions aimed at guiding choices and behaviors to achieve a desired, repeated outcome. They involve sets of decisions, and standards used by a group when dealing with significant or common or both challenges.

Psychological care is increasingly a right for people living in developed countries. These provide their citizens with a welfare system that offers security and support when individuals and groups have to cope with stressful events, which frequently include psychological connotations.

Who needs psychological care?

All children need psychosocial support for their psychological and emotional wellbeing, as well as their physical and mental development. Some children need additional, specific psychosocial support if they have experienced extreme trauma or adversity or are not receiving necessary caregiver support.

Why is Psychological Health Important?

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.

Why we should teach Mental Health in Schools:

Schools need to realize that teaching mental health is important. Teaching mental and physical health together leads to better outcomes for children and adolescents. Students' mental health impacts many areas of their lives, including their relationships with other people and with drugs and alcohol.

What are the Four Components of Psychological Health?

Psychological health includes,

- Mental
- Emotional
- Social
- Spiritual dimensions

MENTAL HEALTH

The term **mental health** is used to describe the “thinking” or “rational” dimension of our health. A mentally healthy person perceives life in realistic ways, can adapt to change, can develop rational strategies to solve problems, and can carry out personal and professional responsibilities. In addition, a mentally healthy person has the intellectual ability to learn and use information effectively and strive for continued growth. This is often referred to as intellectual health, a subset of mental health.

EMOTIONAL HEALTH

Emotional health also affects social and intellectual health. People who feel hostile, withdrawn, or moody may become socially isolated. Because they are not much fun to be around, people may avoid them at the very time they are most in need of emotional support. For students, a more immediate concern is the impact of emotional upset on academic performance. Have you ever tried to study for an exam after a fight with a friend or family member? Emotional turmoil can seriously affect your ability to think, reason, and act rationally.

SOCIAL HEALTH

Social health includes your interactions with others on an individual and group basis, your ability to use social resources and support in times of need, and your ability to adapt to a variety of social situations. Socially healthy individuals enjoy a wide range of interactions with family, friends, and acquaintances and are able to have healthy interactions with an intimate partner. Typically, socially healthy individuals can listen, express themselves, form healthy attachments, act in socially acceptable and responsible ways, and

find the best fit for themselves in society. Numerous studies have documented the importance of positive relationships with family members, friends, and significant others to overall well-being and longevity.

SPIRITUAL DIMENSIONS

It is possible to be mentally, emotionally, and socially healthy and still not achieve optimal psychological well-being. For many people, the difficult-to-describe element that gives life purpose is the spiritual dimension.

What are the Psychological Needs of a Child?

Basics for a child's good mental health:

- Unconditional love from family.
- Self-confidence and high self-esteem.
- The opportunity to play with other children.
- Encouraging teachers and supportive caretakers.
- Safe and secure surroundings.
- Appropriate guidance and discipline.

What are the five psychosocial needs?

“Accordingly, psychosocial support after disasters or other traumatic events should promote five essential principles:

- 1) a sense of safety
- 2) calming,
- 3) self- and community efficacy
- 4) social connectedness
- 5) hope.

How can schools help students with stress?

It is easy to understand why. Pressure comes from all directions—K–12 schools and colleges are increasingly competitive and students feel like they must constantly excel academically and extracurricular. On top of that, homework brings stress out of the classroom and testing often makes students feel they have “one chance to get it right.”

Start dialogues early—either in one-on-one conversations or small group settings. Listen to what students and faculty say by asking open-ended questions, allowing them to freely express how they feel. Dig deeper by asking how often they feel stressed throughout the day—and when they feel most stressed.

How can I increase my mental strength?

6 Habits That Will Help You Build Mental Strength

- Focus on One Thing at a Time.
- Set Aside Time to Move Your Body.
- Give Yourself a Daily “Mindfulness Break”.
- Carve Out “Self-Care” Time.
- Set Limits and Stick with Them.
- Don't Be Afraid to Reach Out for Help.
- Friend, family or relationship issues
- Low mood or losing interest in things you enjoy
- Stress or anxiety about your work or anything else

Counseling can help you understand these issues and suggest strategies for dealing with your feelings.

WHERE TO GO FOR HELP

Talk to someone,

It's important to tell someone how you feel as this may bring an immediate sense of relief.

YOU COULD SPEAK TO A:

- Friend
- Member of your family
- Teacher
- Counselor
- Doctor

A tutor may also be able to help you get in touch with school or other counseling services.