



Mental health is as important as physical health for students. To have a healthy life it should be balanced hand to hand. Worldwide studies have shown that more than 1 in 3 high school students has experienced sadness or hopelessness in 2019. In 2019, approximately 1 in 6 youth reported making a suicide plan in the past year, a 44% increase since 2009. These findings are alarming and show the importance of the mental health among the younger generation.

LET'S TALK ABOUT MENTAL HEALTH

- Academic stress
- Bullying
- Substance misuse
- Anxiety related issues
- Childhood trauma
- Uninvolved parenting / neglective parenting



What is Stress?

34% of students say that stress affects their academic performance. It's impossible to get rid of all stress in our lives, but learning how to manage stress effectively can decrease its negative impact.

Stress is the body's response to a perceived threat, increased heart rate, breathing rate, muscle tension and blood pressure.

When you're feeling stressed, it's important to take time to relax and allow your heart, muscle and lung function to return back to normal.

Not all stress is bad.

Positive stress, for example, taking a difficult new class, allows us to engage with meaningful challenges and offset boredom. It can involve using the energy produced by stress to be productive and grow as a person.

Negative stress is the chronic feeling of being overwhelmed, oppressed, and behind in your tasks, with little opening for relief. Your perception is key to determining which category a stressful situation falls under. What is perceived as negative stress for one person may be perceived as positive stress for another.



Symptoms of Stress

1. Thoughts

Low self-esteem, Fear of failure, Worries about the future

2. Feelings

Anxious, Scared, Irritable, Moody

3. Behaviour

Crying for no reason, Grinding your teeth, Acting impulsively, Stuttering, Increased smoking, Being prone to accidents, Change in appetite, Drinking or drug use, Startling easily

4. Physiology

Perspiration / sweaty hands, Fatigue, Increased heart rate, Changes in sleep patterns, Trembling, Indigestion, Nervous tics, Headaches, Dry throat or mouth, Neck or back pain.

Tips to avoid procrastination

- Get organized
- Eliminate distractions
- Prioritize your work
- Set goals
- Set deadlines
- Take break
- Reward yourself
- Hold yourself accountable

Inclusive Education



Inclusive education is a provision that is committed to educating all students, including students identified as experiencing special educational needs and disabilities (SEND) in a common learning environment. In such settings, all students have access to quality instruction, intervention and support, so that they experience success in learning. Inclusive education providers create a culture of collaboration, in a landscape of mutual respect and equality for all. All students are given opportunities to be successful learners, to form positive social relationships with peers, and to become fully participating members of the learning community.

Procrastination

"Procrastination is the thief of time"

Charles Dickens -

Managing Stress

- Exercise Regularly
- Avoid Procrastination
- Sleep and eat well
- Take one thing at a time
- Learn to accept what you can't change
- Talk about your worries to loved one
- Get professional help if required

What is procrastination?

Procrastination is the act of delaying or putting off tasks until the last minute, or past their deadline.

Supporting Students Mental Health- Tips For Parents

Foster Open Communication

Finding a unique (productive talks in meal time or time in the car)

Set Limits

Help the parents to protect their children from risk behaviors like alcohol and drugs. Parents explain their enforcing boundaries rather than punishing.

Share Some Coping Mechanism

Talk with them about how to cope fear and stress like deep breaths, exercise, positive thoughts, playing with pets and engaging in healthy hobbies.

Listen And Empathize

Listen to your child, understand their perspective and validate their feelings.



A school that can provide the following below is an inclusive school:

- learning opportunities for all children
- Create accessible learning environment for all
- Encourage equal participation
- Work along with special teachers, parents, specialists, and other stakeholders where necessary.
- Provide learning materials for students & teachers
- Make individual educational plans for special needs students involving parents, special teachers, specialists, etc

Anger Management Techniques

"Anger is a feeling or emotion that ranges from mild irritation to intense fury and rage."

- Ask yourself why you're angry.
- Count up to or down from 10
- Use "if-then" statements to consider the consequences.
- Listen to another person.
- Focus on your breathing.
- Take a walk or step away.
- Give yourself some good advice (self-talk).
- Look for humor, without making fun of someone.

How to Manage Your Anger

