

Mental Health & Well-being

Harnessing the Power of Self

CHS Wellbeing Team

What is 'Mental Health'?

It is a state of well-being in which the individual realises his/ her own abilities;
can cope with normal stresses of life;
can work productively and fruitfully and
is able to make a contribution to his/ her own community.

(World Health Organisation)

<https://youtu.be/GPeeZ6viNgY?si=feCVtDHSCa-RFiA4>



HOW AWARE AM I ABOUT MY MENTAL HEALTH?

Self-reflection

Do I have

- a sense of contentment?
- a zest for living and the ability to laugh and have fun?
- the ability to deal with stress & bounce back from adversity?
- a sense of meaning and purpose, in my relationships?
- the flexibility to learn new skills and adapt to change?
- a balance between work and play, rest and activity?
- the ability to build and maintain fulfilling relationships?
- self-confidence and high self-esteem?

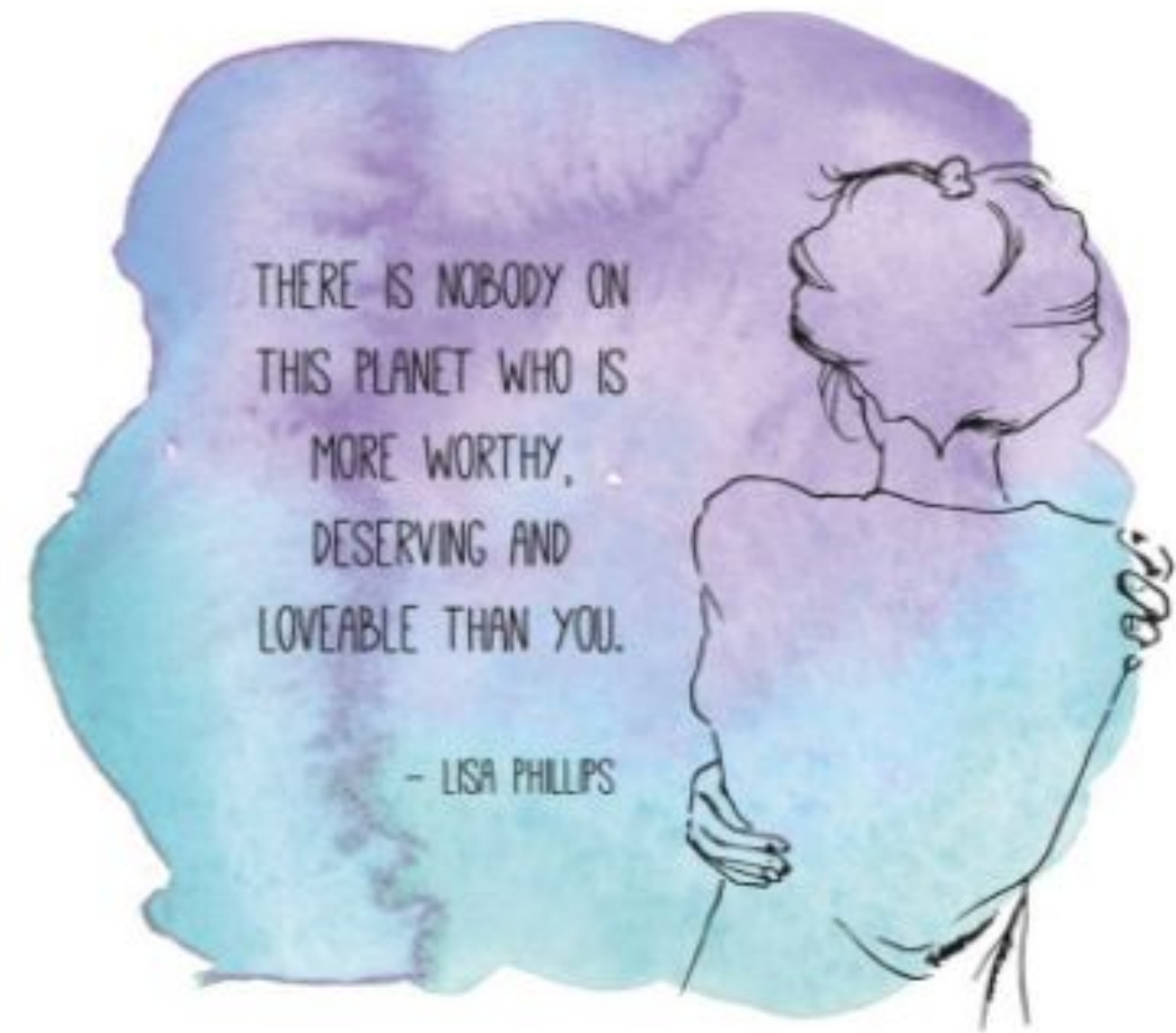


Let us share our thoughts and experiences about wellbeing



- ✓ Talk about your feelings
- ✓ Stay connected
- ✓ Set realistic goals
- ✓ Break monotony
- ✓ Seek help
- ✓ Identify triggers
- ✓ Practice coping skills
- ✓ Do something that you are good at
- ✓ Be kind and care for others
- ✓ Do not blame yourself
- ✓ Surround yourself with people having positive attitude
- ✓ Eat balanced meal and exercise regularly
- ✓ Take good rest
- ✓ Let go past mistakes
- ✓ Do not compare yourself with others
- ✓ Accept who you are
- ✓ Value yourself

How can I ensure to have good mental health?



Emotional Wellbeing Toolkit

Create an emotional wellbeing toolkit for yourself.

Your toolkit could include:

- a collection of photos, memes or crafts that lift your mood
- a list of strategies you could use to support your wellbeing if things are difficult
- a snapshot of people, places and websites that offer support and help.



Physical Wellness

- Regular exercise has been shown to improve mood and self-esteem whilst reducing stress and anxiety.
- This is due to many factors, including the immediate impact of the endorphins (hormones) released during exercise, and the improvement in sleep quality following such activity. Studies have repeatedly shown that good quality sleep has been linked with improved mood.



Physical Wellness



ADULTS



What's your move?

You know you need physical activity to stay healthy.
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

So get more active — and start feeling better today.

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND



Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

Or get the same benefits in half the time. If you step it up to **vigorous-intensity** aerobic activity, aim for at least **75 minutes** a week.

Is it moderate or vigorous? Use the "talk test" to find out.

When you're being active, just try talking:

- If you're breathing hard but can still have a conversation easily, it's **moderate-intensity activity**
- If you can only say a few words before you have to take a breath, it's **vigorous-intensity activity**

What counts?

Whatever gets you moving!



Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter who you are, where you live, on your own, or together.
You can find a way that works for you.



And over time, physical activity can help you live a longer, healthier life.

- ✓ Lower your risk of diseases like type 2 diabetes and some cancers
- ✓ Control your blood pressure
- ✓ Stay at a healthy weight

So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.
health.gov/MoveYourWay/Activity-Planner



One way of checking **physical activity** intensity is to determine whether your pulse or heart rate is within the target zone during physical activity.¹

For moderate-intensity physical activity, your target heart rate should be between 64% and 76%^{1,2} of your maximum heart rate. You can estimate your maximum heart rate based on your age. To estimate your maximum age-related heart rate, subtract your age from 220. For example, for a 50-year-old person, the estimated maximum age-related heart rate would be calculated as $220 - 50 \text{ years} = 170$ beats per minute (bpm). The 64% and 76% levels would be:

- 64% level: $170 \times 0.64 = 109$ bpm, and
- 76% level: $170 \times 0.76 = 129$ bpm

This shows that moderate-intensity physical activity for a 50-year-old person will require that the heart rate remains between 109 and 129 bpm during physical activity.

For vigorous-intensity physical activity, your target heart rate should be between 77% and 93%^{1,2} of your maximum heart rate. To figure out this range, follow the same formula used above, except change “64 and 76%” to “77 and 93%”. For example, for a 35-year-old person, the estimated maximum age-related heart rate would be calculated as $220 - 35 \text{ years} = 185$ beats per minute (bpm). The 77% and 93% levels would be:

- 77% level: $185 \times 0.77 = 142$ bpm, and
- 93% level: $185 \times 0.93 = 172$ bpm

This shows that vigorous-intensity physical activity for a 35-year-old person will require that the heart rate remains between 142 and 172 bpm during physical activity.

Example 1: Moderate-Intensity Activity and Muscle-Strengthening Activity



Total: 150 minutes moderate-intensity aerobic activity + 2 days muscle-strengthening activity

Example 2: Vigorous-Intensity Activity and Muscle-Strengthening Activity



Total: 75 minutes vigorous-intensity aerobic activity + 2 days muscle-strengthening activity



Sleep



Get 7-9 hrs

Stick to the same
sleep and awake
times

Get rid of
technology

Eat



Have a
balanced diet
Keep hydrated
Don't binge eat
Eat at set times

Exercise



Get active, and
out of the house
Proven to make
people feel
happier and
more energetic

Enjoy and Relax



Find something
you enjoy doing
Make time for it
every day
Develop relaxation
techniques



Antakshari



Social Wellness

- Sharing, developing, and sustaining of meaningful relationships with others. This allows you to feel valued, and provides a sense of connectedness and belonging.
- Studies have found that having a variety of social relationships may help reduce stress, depression and severe health risks.

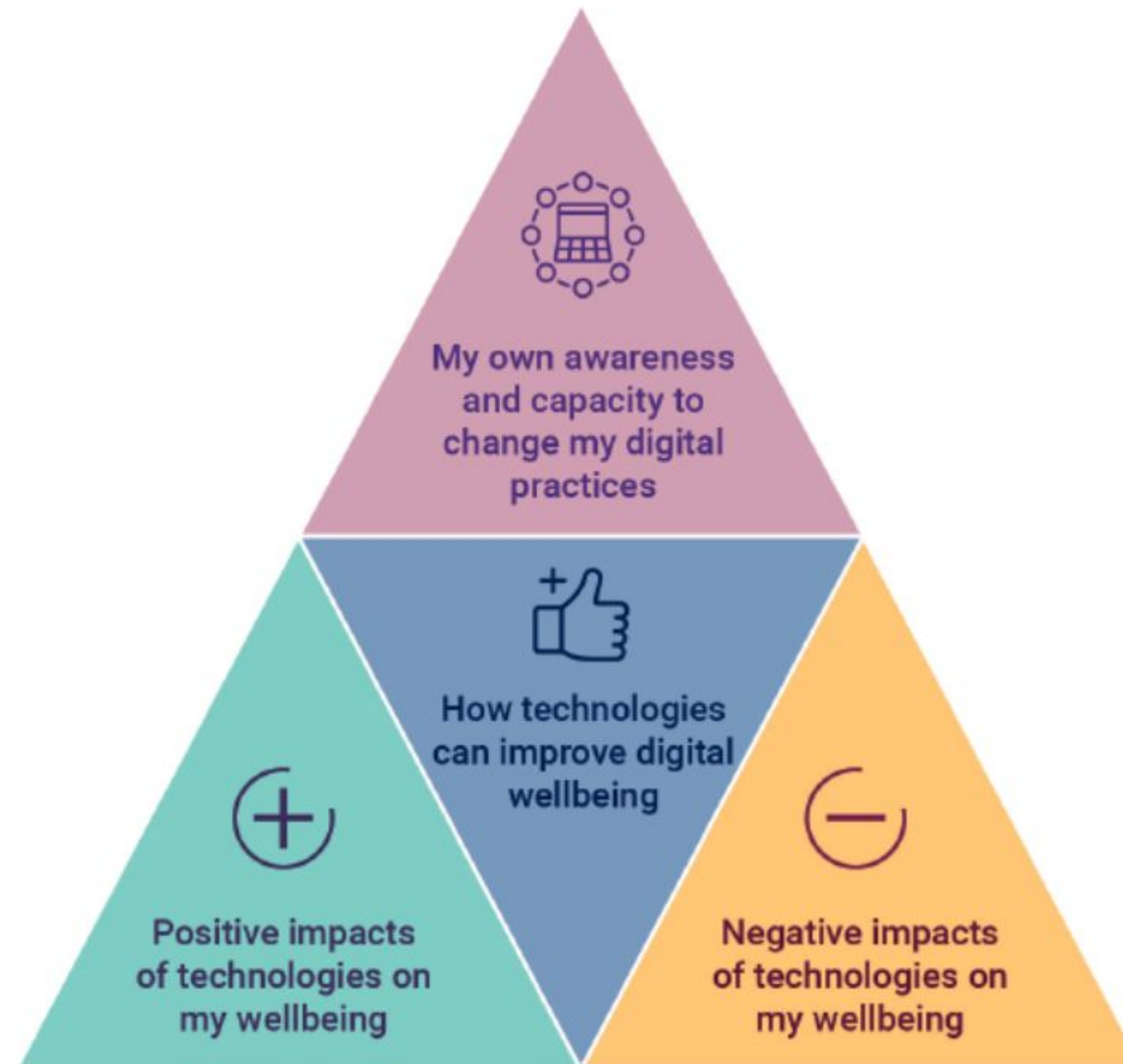


Caring for Your Social Wellness

- Start with the relationships you have
- Make yourself a part of social gatherings
- Take up opportunities to interact
- Bond with your kids
- Treat others with respect
- Take care of yourself while taking care of others

<https://youtu.be/lD32AFZa0VU?si=mWWv8Z1huKBjhYB->

Digital Wellness



Model showing four aspects of digital wellbeing for individuals (Jisc, 2019)

DIGITAL WELLBEING SELF-CHECK

S.No	STATEMENT	N	R	S	O
1	I tend to lose track of my time when I am on my phone				
2	I feel the need to check my phone right away if it vibrates or makes a sound				
3	I get distracted by my phone when I am with my friends/ family				
4	I spend more time on social media than I would like to				
5	I will stay on my phone instead of going to sleep when I intend to				
6	If I have a question, I reach for my phone for an immediate answer				
7	I feel overwhelmed by the number of unread messages I have				
8	I feel compelled to share my accomplishments in the social media				
9	I feel inferior when I am not familiar with the new options/ functions in platforms				
10	I feel hurt by the comments/ reactions I receive for my posts online				

N - Never; R - Rarely; S - Sometimes; O - Often

- *Understand how you're using your device*
- *Manage your apps and notifications to reduce distractions*
- *Explore more ways to fine-tune your tech habits*
- *Unplug more often and create device-free zones and times*
- *Explore offline activities*
- *Block explicit sites*
- *Find balance as a family*
- *Have a tech talk with your children on how to be smart, safe and kind on the internet.*
- *Wind down for a better night's sleep*



Moving from Digital Citizenship to Digital Leadership

Digital Citizenship: Using the Internet and Social Media in a responsible and ethical way

Digital Leadership: Using the Internet and Social Media to improve the lives, well-being and circumstances of others - George Couros

I am a responsible Digital Citizen.
I use the internet and Social Media...



I am an inspirational Digital Leader.
I use the internet and Social Media...




1. To share appropriate stories, images, videos and ideas with friends and family. 

2. I have a positive digital footprint. 


3. I give due credit when I share an idea, image or video. 


4. I treat others the way I would like to be treated. 

5. I report inappropriate online behaviour. 



1. To learn and share learning. 

2. To empower others with no voice. 

3. To address societal inequality. 

4. To promote important causes. 

5. To be a more positive influence in the lives of others. 

How to make the transition? Find a passion and start influencing others to make a positive change!





Mental Wellness Challenge

What's **one** thing you
can change in your
day to **improve** your
mental health?



CREDENCE CARES A WELLBEING JOURNAL



"Greetings, wellness warriors! Brace yourselves for a journey filled with inspiration, practical tips, and a sprinkle of magic as we dive deep into the realms of wellbeing." - Wellbeing Champions

2024 - APRIL EDITION

THE
POETIC
ESSENCE



CHILD NAME
GRADE & SEC



WELL-BEING TIPS



SOCIAL

This webinar comes with news on our services and rates This webinar comes with news on our services and rates This webinar comes with news on our services and rates

Take care
OF
YOURSELF

EMOTIONAL

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DIGITAL

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PHYSICAL

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VOICES OF CREDEnce FAMILY

YOU ARE
enough

Love
YOURSELF



“

STUDENT VOICE



PARENT VOICE

“



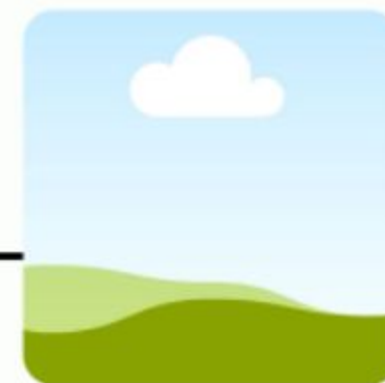
FROM THE TEACHER'S DESK

“



AT A GLANCE

REFLECT & REVISE



WELLBEING TEAM:

NAME
NAME
NAME



A decorative border of watercolor-style flowers and leaves surrounds the central text. The border includes clusters of small blue flowers, larger yellow flowers, and green foliage, all rendered in a soft, painterly style. The background is a light, textured paper-like surface.

Thank You