

Understanding Mental health to become better learners!



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A topic of various forums and platforms of late. Experts and advocates strive tirelessly to create public awareness on this subject. Mental health encircles our emotional, psychological and social well-being. It affects how we think, feel, and act. How we overcome challenging situations, interact with each other and the choices we make every day is a reflection of our mental health regardless of the gender or age group. It is as vital as our physical health!

Modernization and generational perspectives change every area of a community, including education and jobs. In the last 20 years, there have been significant reforms and redesigns of these two sectors. A grade school student today participates in enrichment classes and extracurricular activities outside of scheduled class times. The majority of college students work full-time jobs while still attending full-time classes and caring for

families. Keeping up with all the obligations and responsibilities has become difficult, but it is also essential. Routine family duties must be handled throughout the designated working hours. This is just a brief summary of a small portion of our community.

Twenty-four hours feel like twelve hours in a day, because of the numerous daily routines and tasks. To some it can be overwhelming, exhausting.

For college students, fulfilling the mentioned duties, attending classes, doing assignments and preparing for exams can be intense all the while ensuring that the emotional, psychological and social well-being is in a sound state. It is necessary to do a self-evaluation and to make certain that the mental health meter has not gone red as it ultimately leads to mental illness.

Although these two terms are often used interchangeably, poor mental health and mental illness are not the same. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of physical, mental, and social well-being. Social and financial circumstances, adverse childhood experiences (trauma or abuse), biological factors (genes or brain chemistry), and underlying medical conditions or family history of mental health problems can all shape a person's mental health. The following are some of the signs that your mental health has worsened and developed a mental illness or disorder.

You have to seek professional help when these symptoms develop;

- 1 **Withdrawing from friends, family, and colleagues**
- 2 **Avoiding activities that are normally enjoyed**
- 3 **Sleeping and eating too much or too little**
- 4 **Feeling hopeless**
- 5 **Thinking of causing physical harm to yourself or others**

Self-care is the first and foremost tool to cope with mental health issues and reduce a person's risk of illness, maintain and boost emotional well-being. Some of the factors of the self-care routine are;



Regular exercise:
Exercising for 45 minutes, three to five times a week



Eat a balanced diet and stay hydrated: It can give a constant supply of energy throughout the day.



Look for positive social interactions: Connecting and maintaining meaningful connections and relationships.



Aim for good-quality sleep



Practice gratefulness: Practice mindfulness and gratitude by actively identifying things that you are grateful for daily.



Perform relaxing activities: Breathing exercises, meditation, wellness apps, and journaling can help reduce stress and improve overall health and well-being

To be a better learner of a sound mind for instance in college, seek the support system that is already in place. Interact with classmates and ask for their help when the work and lessons get too compelling. Additionally, obtain the assistance of faculty advisors, coordinators and mentors. Allow yourself to take a break and use the relaxation and leisure facilities set up on campus. Meet and get to know new students, have social gatherings outside college classes. Accept all the help you can get, to attain your higher education goals and to become a successful person in life.



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