



# MENTAL HEALTH WEEK

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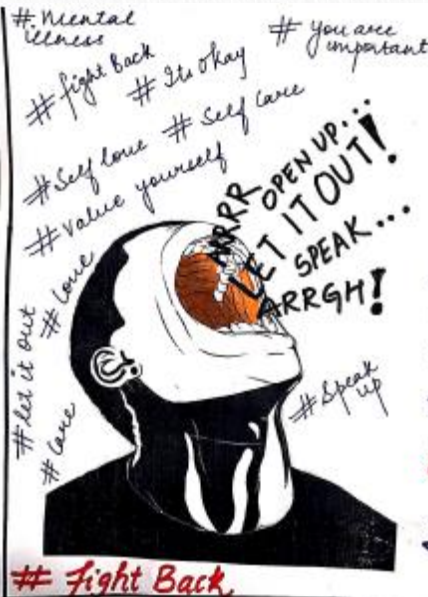
# HEALTH MINDFULNESS

Your brain is like any part of your body, it needs to stay healthy to be resilient.



Let's talk about it!

Mental Health is as important as Physical Health.



It's OK, To Not Be OK.. Just Dont Giveup!!!



STOP THE STIGMA AND TALK ABOUT MENTAL HEALTH

## FIVE WAYS TO WELLBEING

**CONNECT**

Talk and Listen,  
Be there,  
Feel Connected

**KEEP LEARNING**

Embrace new experience  
See opportunities,  
Surprise Yourself

**BE ACTIVE**

Do what you can,  
Enjoy what you do,  
Move Your Mood

**GIVE**

Your time,  
Your words,  
Your presence

**TAKE NOTICE**

Remember,  
The simple things  
that give you Joy.

DISHA JAIN  
XI-E

## HOW ARE you?



# MENTAL HEALTH WEEK

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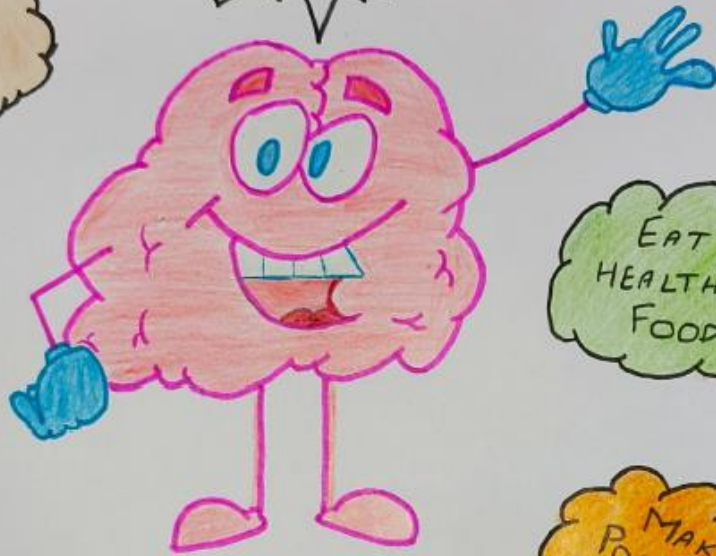
Mental Health Week was observed from **4th to 10th October, 2020** on the occasion of **World Mental Health Day** on 10th October, 2020. During the mental health week, the following activities were undertaken in an online mode.



BE KIND TO  
OTHERS  
AND  
YOURSELF

GET  
OUTSIDE

TAKE CARE  
OF ME!



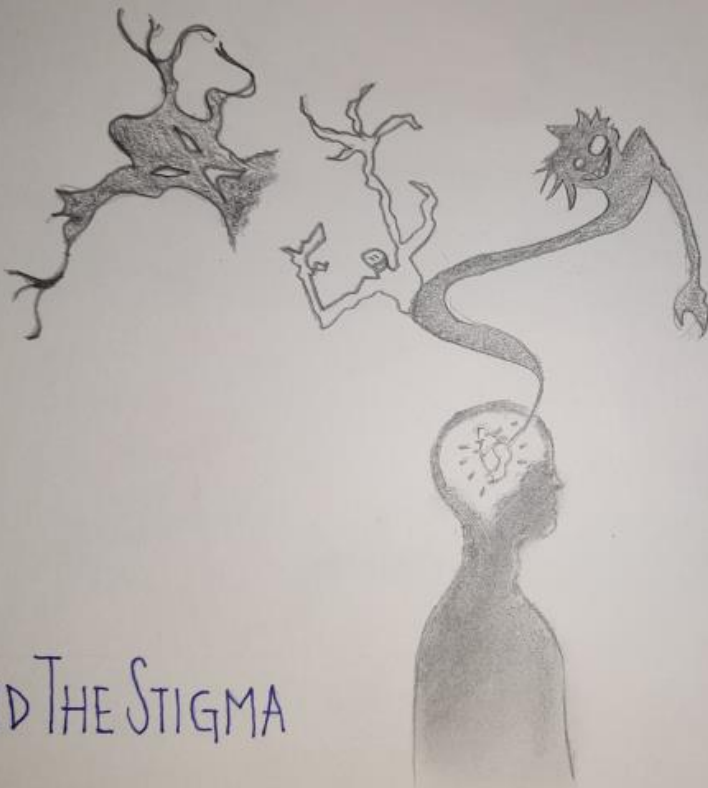
EAT  
HEALTHY  
FOODS

MAKE  
POSITIVE  
FRIENDSHIPS

➔ WHY TAKE CARE OF YOUR MIND?

★ TO HELP PREVENT MENTAL ILLNESS

- PRAVAR SEMWAL
- XIE



It's not easy dealing  
with the monsters in  
your head.

However,  
Be kind to your mind  
help is around the  
corner.

END THE STIGMA

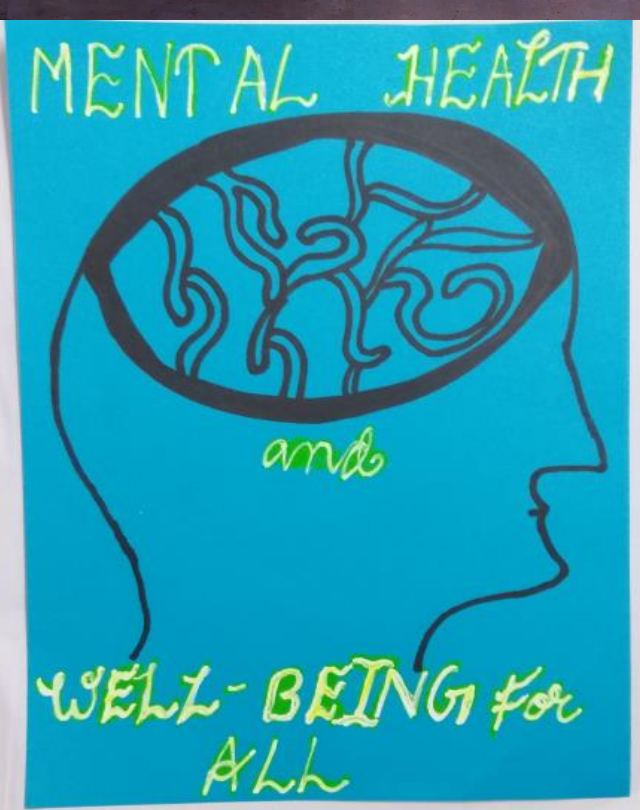
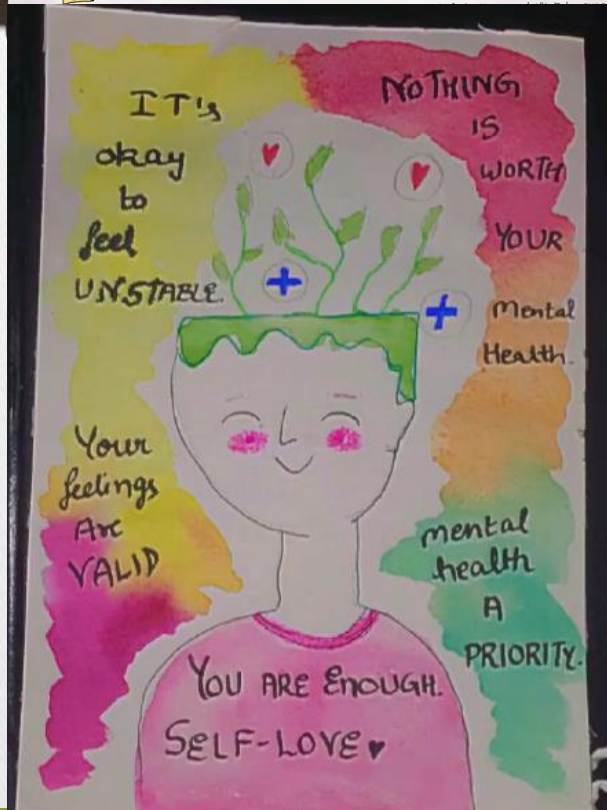
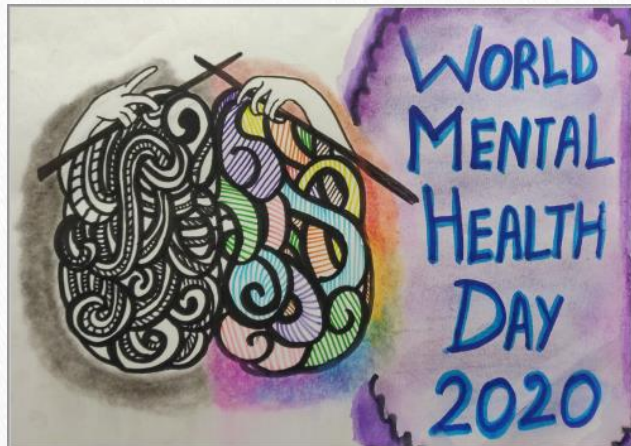
# worldmentalhealthday  
10<sup>th</sup> October, 2020

# POSTER MAKING

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Students of class VIII upwards made posters to help create awareness about Mental Health & Well Being.





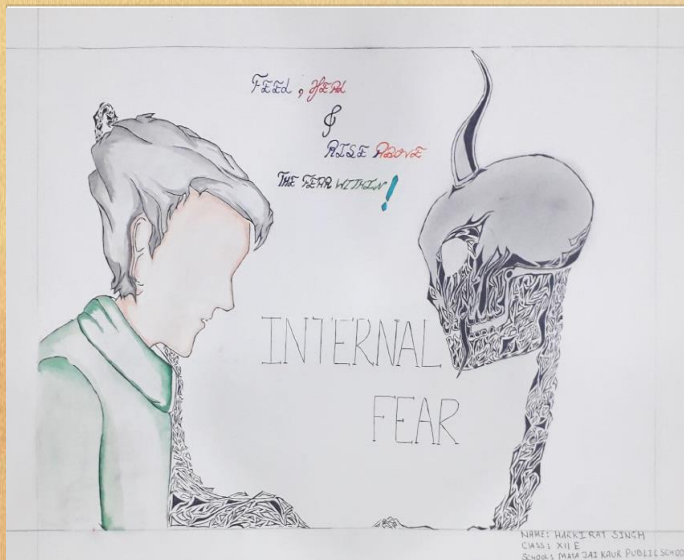


# SLOGAN WRITING

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In an attempt to put across the message of why mental health is important, students wrote slogans.







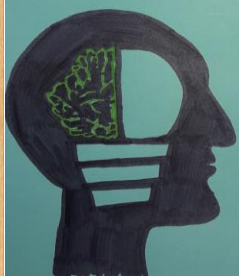
# STORY TELLING

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Story Telling as an important tool of connect and reflection was used during the Life skills sessions to let students understand the different components of mental well-being and link it to their daily life and ways to improve their quality of life.



A healthy mind,  
is the greatest  
treasure to find.



TANISHKA  
X-E

A HEALTHY MIND  
SIGNIFIES A  
HEALTHY BODY.  
MENTAL HEALTH IS PRESERVED  
WEALTH.

ARCHIA  
X-E

this  
is my  
happy  
place

Sincerely,  
MIND

B612

Your mental health is a  
priority. Your happiness is an  
essential. Your self-care is  
a necessity.

Your  
FEELINGS  
ARE  
VALID

When  
you are high  
on emotion and  
loosing your focus  
It's because you're  
Human. It's  
Okay, not to be  
Okay!



# **NATIONAL CONFERENCE ON POSITIVE MENTAL HEALTH AND WELL BEING**

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Students participated in the National conference on positive mental health and Well-being by Expressions India. The conference was headed by Dr.Jitender Nagpal, Programme Director, Expressions India and his team members.



[CLICK HERE TO](#)  
[READ THE FULL](#)  
[REPORT ON THE](#)  
[NATIONAL](#)  
[CONFERENCE](#)



# VIRTUAL MARCH FOR MENTAL HEALTH

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Students of class XI participated in world's first 24-hour Virtual March for Mental Health by United for Global Mental Health and Speak Your mind. This 24-hour livestream featured people with lived experience, mental health leaders and influencers from the civil society groups already active in 19 countries through the Speak Your Mind campaign. The March was intended to increase awareness of mental health issues, break down stigma and bring about policy change.