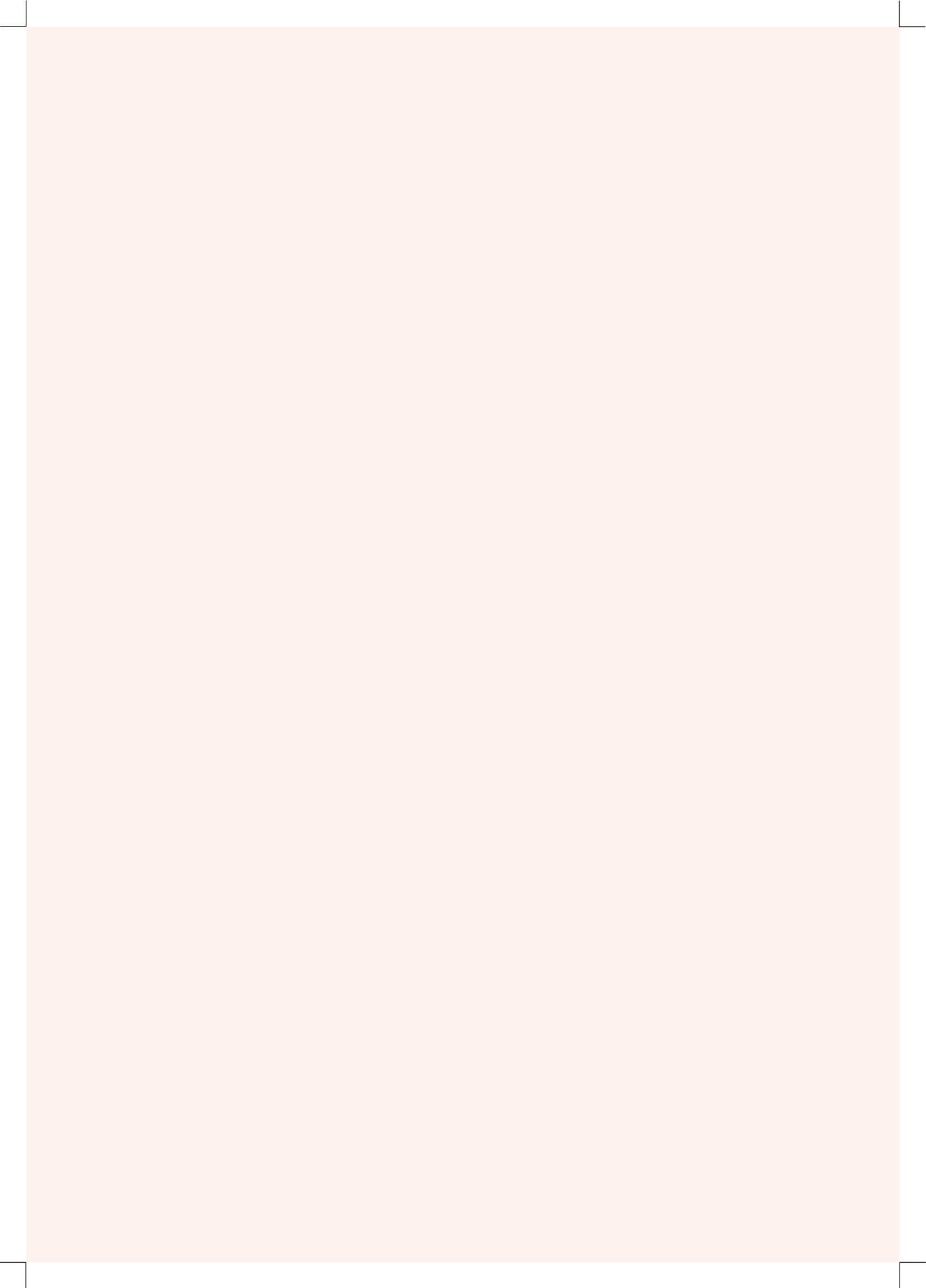




MENTAL HEALTH Module





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A stylized graphic of a human head profile in shades of purple and orange, with a brain illustration inside. The word 'CONTENT' is written in large white letters across the brain area.

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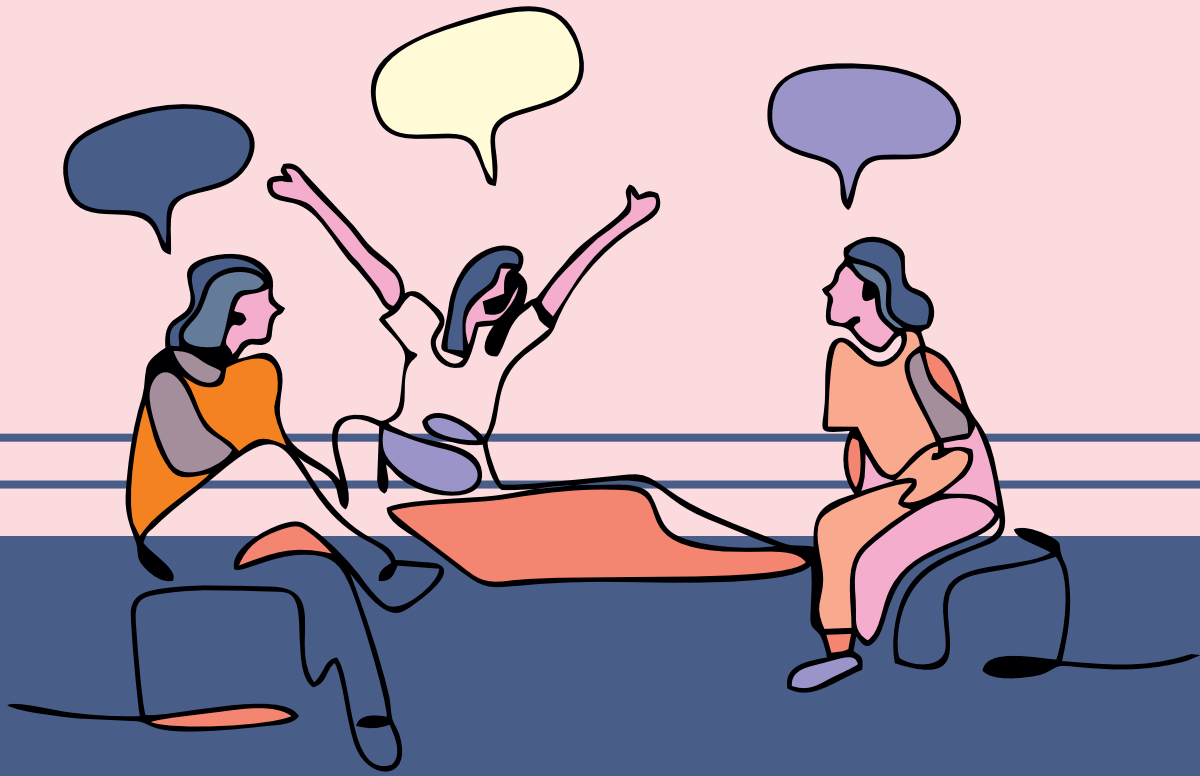
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Section 1: Introduction

INTRODUCTION



The present book consists of seven modules focused on Mental Health and its wellbeing. The module will introduce the learner to understand what mental health is, its basic signs and symptoms, decoding stigma, understanding its risk and protective factor, learning emotional quotient, building resilience and inculcating gratitude. The mental health Curriculum is a combination of theory and activities. It is a holistic guide for a facilitator to empower communities with mental health and wellbeing. The curriculum provides an effective encounter between “what to do” and “how to do it” and will help the facilitator to simplify teaching and learning methods. This guide will provide hands on experiences to youth in creating a safe space where mental health matters and is discussed without any barriers and hesitation. The skills, competencies and knowledge of this mental health curriculum are important for stakeholders to be able to participate and flourish in learning, work, civic life and leisure. These concepts will help in curating self-actualization and problem-solving capabilities, interpersonal satisfaction, autonomy, relatedness and relationship- building abilities, self-control and prosocial attitude. The curriculum can be completed within a duration of 24 hours, out of which 14 hours can be dedicated to the coursework and demonstrating the concepts in the seven modules. These seven modules have been divided into 7 chapters further subdivided into 18 topics in total. The remaining 10 hours are dedicated to using a Workbook which is designed for students as a part of homework or class assignment to ensure continuity and practice of the concepts learnt. It covers not only the pedagogical design aspects of mental health curriculum, but also the courses supported by activities and demonstrations, thus serving as a valuable resource for the student’s growth and effective learning. The document is an outcome of the feedback received from various institutions, trainings, and research. The success of this curriculum depends upon its effective implementation, and it is expected that effective outcomes will be witnessed by the implementer.

***"Without mental health there can be
no true physical health."***

Dr. Brock Chisholm (WHO),

Pre-Questionnaire

Q1) What is mental health?

- a) Mental health is our emotional, psychological, and social well-being.
- b) Mental health is mental illness.
- c) Mental health denotes crazy or misfits of the society.
- d) Mental health disables people to manage life's stressors.

Q2) What are the factors that contribute to mental health problems?

- a) Biological problems such as genetics and brain chemistry.
- b) Family history of mental health problems.
- c) Life experiences such as trauma, abuse, violence and injustice.
- d) All the above

Q3) What are not the early signs and symptoms of mental health?

- a) Withdrawal
- b) Drop in functioning
- c) Connecting with everyone
- d) Illogical thinking

Q4) Choose the facts about mental health from the given options.

- a) Mental illness is a curse or punishment from the gods.
- b) People with mental illness should be locked up or isolated from society.
- c) Mental illness is not a sign of weakness or lack of willpower.
- d) People with mental illness cannot lead successful and fulfilling lives.

Q5) What are the risk factors when it comes to mental health?

- a) Those factors modify or alter a person's response to some environmental hazard.
- b) A person's likelihood of having a disorder may be increased by vulnerability features.
- c) Factors work in a catalytic way.
- d) Lack of understanding of the interaction between mental disease and other mental health problems.

Q6) What is emotional intelligence?

- a) Scientific understanding and effective interventions to build thriving in individuals, families, and communities.
- b) The act of adjusting well in the face of trauma or tragedy, dangers, or other severe causes of stress.
- c) The act of expressing gratefulness for one's possessions.
- d) The capacity to recognize, comprehend, and control one's own as well as those of others.

Q7) Why are emotional intelligence skills important?

- a) Self-knowledge
- b) Changes in mood
- c) Social acceptance and inclusion
- d) Physical fitness

Q8) The four key elements of resilience are?

- a) Problem solving skill, sense of control, social support and self-compassion
- b) Action, attention, motivation and thoughts
- c) Self-regulation, empathy, social skills and self-awareness
- d) Illogical thinking, problem thinking, increased sensitivity and withdrawal

Q9) What is gratitude?

- a) It is an internal, spontaneous declaration of warmth and goodness.
- b) Scientific understanding and effective interventions to build thriving in individuals, families, and communities.
- c) The act of adjusting well in the face of trauma or tragedy, dangers, or other severe causes of stress.
- d) The capacity to recognize, comprehend, and control one's own as well as those of others.

Q10) what do you mean by self-compassion?

- a) The capacity to comprehend your own emotions and how they affect your performance.
- b) Capacity to exercise control over one's actions, feelings and thoughts in the service of long- term objectives.
- c) Acknowledging humanity and the capacity for error.
- d) Ability to comprehend another person's point of view and the reasons behind their feelings and actions.



MODULE

1

MODULE 1 – A SAGA OF MENTAL HEALTH



Once upon a time, there was a girl named River who lived in a small village in India. River was always happy and enjoyed spending time with her friends and family.

However, one day, she started feeling sad and anxious all the time. She found it difficult to concentrate on her work, lost interest in things she used to enjoy, and even struggled to get out of bed in the morning.



At first, River tried to ignore these feelings and carry on with her daily life. But as time went on, she found it increasingly difficult to cope with her emotions. She started isolating herself from her friends and family, and eventually stopped leaving her house altogether.

River, family and friends noticed that something was wrong and tried to talk to her about it. However, River found it hard to be open about her feelings and didn't want to burden anyone with her problems. Her family and friends didn't know what to do to help her and felt helpless watching her suffer.



This story highlights the importance of mental health and the impact it can have on a person's life.

First let's understand what mental health is.

- Mental health is our emotional, psychological, and social well-being. It influences our thoughts, emotions, and behaviors.
- Mental health enables people to manage life's stressors, develop their potential, study and work effectively, and give back to their communities.
- It is a crucial element of health and well-being that supports how we respond to stress, interact with others, and make decisions.
- It is one of the very important aspects as it covers every phase of life, from childhood, adolescence to adulthood.

The absence of mental disorder is only one aspect of mental wellbeing. It has variable degrees of difficulty and distress, that is experienced differently by everyone, and may have very different social and clinical implications. There are many factors that contribute to mental health problem these are:

- Biological problems such as genetics and brain chemistry.
- Family history of mental health problems.
- Life experiences such as trauma, abuse, violence and injustice.

Fact Check

The WHO has outlined the impacts of mental illness and suicide on sustainable development goals. With a suicide rate of 15.7 per 100,000 people (about the seating capacity of the Los Angeles Memorial Coliseum) in 2015, India has a higher rate of suicide than the regional average of 12.9 and the global average of 10.6. In India, the top killer of people between the ages of 15 and 29 is suicide. The population continues to have an unaddressed need.

Mental Health over the period of years has developed at a very slow rate, despite having a 14% of global burden of disease attributed to neuropsychiatric disorder. Let's explore some key factors:

- Lack of understanding of the interaction between mental disease and other mental health problems.
- The burden of mental disorders is likely to have been understated.
- Most low- and middle-income countries have experienced gradual advancements in the provision of mental health services.
- The implementation of mental health services in primary care settings is difficult, there are not enough people qualified to provide such services, and public health leadership lacks a mental health perspective.

However, there have also been some positive developments in recent years. Mental health advocacy groups have emerged, and there is growing recognition of the need for more accessible and culturally appropriate mental health services. The Indian government has also launched initiatives to improve mental health, such as the National Mental Health Program, which aims to provide mental health services to all Indians.

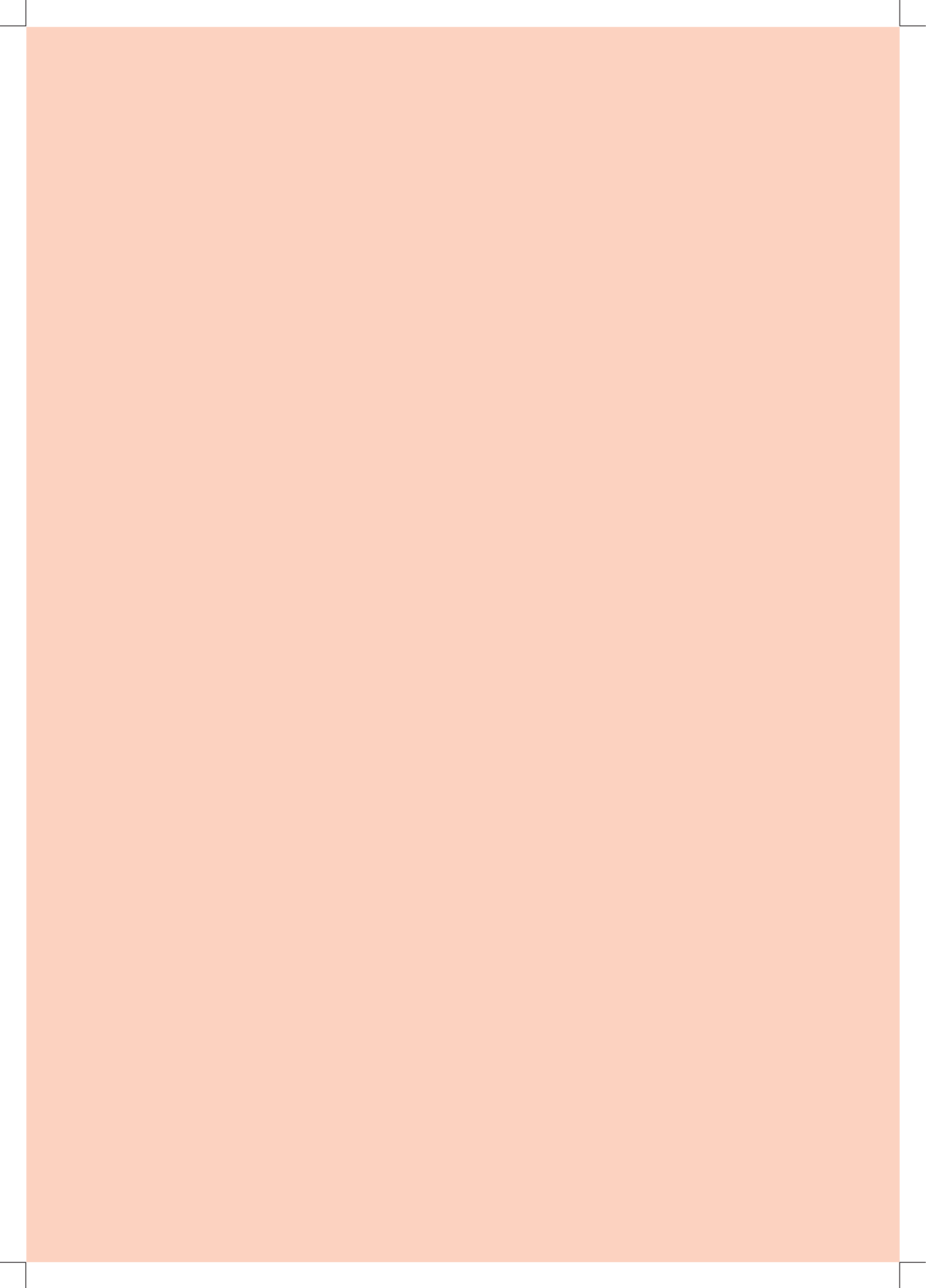
Now let's come back to the story...

Eventually, the River family reached out to a mental health professional in the nearby city. The mental health professional was able to meet with River and help her work through her emotions. Through therapy and counseling, River learned how to manage his anxiety and depression and gradually started to feel better.



With time, River was able to open to her family and friends about her struggles with mental health. She realized that she wasn't alone in her struggles and that it was important to seek help when dealing with mental health issues.





Module 2

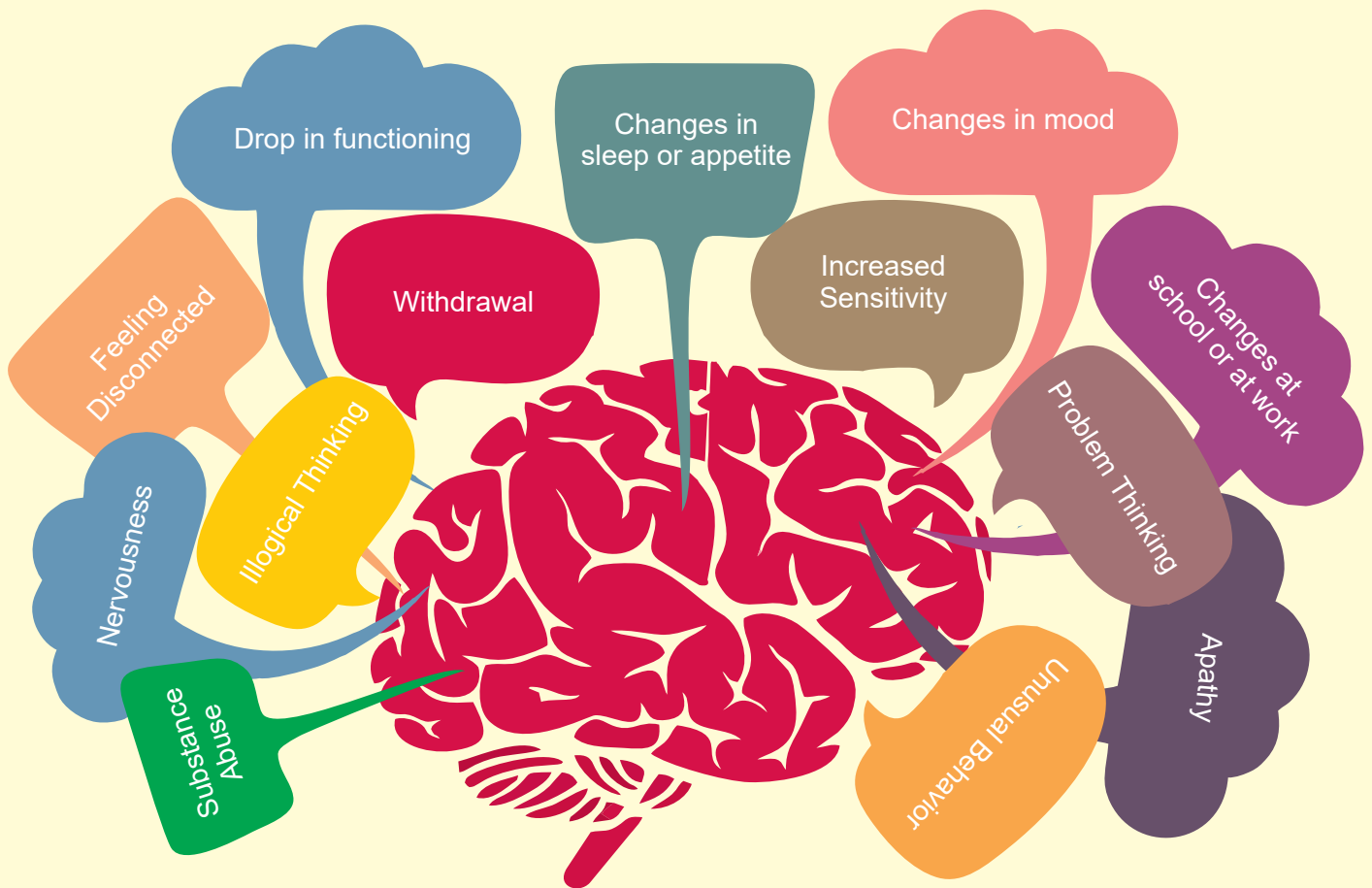


MODULE 2 – A LENSE AT THE BASIC SIGNS AND SYMPTOMS OF MENTAL HEALTH

The goal is important to assure prompt intervention by being aware of emerging symptoms or early warning indications and taking appropriate action. Early intervention **CAN** lessen the severity of a condition and the disruption of basic functioning and quality of life. Even the onset of a severe mental disorder may be postponed or prevented.

SIGNS AND SYMPTOMS

Consider following up with a mental health expert if several of the following signs and symptoms occur.



Changes in sleep or appetite:



Dramatic changes in sleep or appetite,

For example, a person has difficulty in sleeping either the person is sleeping less or not able to sleep at all and have difficulty in eating not able to eat at all. A person can show opposite symptoms as well can sleep for longer hours than usual or eating too much.

Another major sign is having **poor hygiene**,

For example, a person has difficulty in maintaining basic hygiene like taking shower, brushing, wearing ironed clothes, etc.



Withdrawal

Recent social withdrawal and a loss of interest in once-enjoyed activities.

For example, A person is avoiding social events, not showing interest any activity is often in home alone, not interacting with family or friends.



Changes in mood:

Rapid or drastic swings in emotions, depressed feeling, or increased irritation.

For example, a person is feeling hopeless and worthless since several months with a heavy feeling of sadness may indicate towards having depressive episodes. A person may show a sudden outburst of anger or irritation and then start crying while doing the basic day-to-day task.



Drop in functioning:

A sudden decline in functioning at work, school, or in social situations, such as quitting a sport, receiving a poor grade, or having trouble doing routine chores.



Increased Sensitivity:

Heightened sensitivity to sights, sounds, scents, or touches; avoidance of circumstances that are too stimulating.



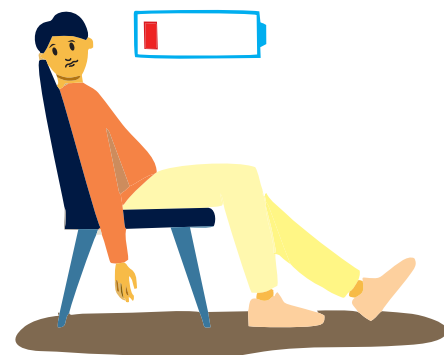
Problem Thinking:

Difficult-to-explain issues with focus, memory, logical thought, and speech.



Apathy:

It is the absence of initiative or motivation to engage in any action.



Illogical Thinking:

Extraordinary or irrational notions of one's capacity for perceiving hidden truths or controlling the course of events; the "magical" or illogical thinking that characterizes childhood in an adult.



Feeling Disconnected:

A generalized experience of being cut off from oneself or one's surroundings; a false sense of reality.



Nervousness:

suspicion of others, or a very uneasy sensation.

For example, a person being apprehensive of going to market to buy groceries without any threat present in reality.



Unusual Behavior:

Odd, untypical, or odd behavior.

For example, a person is hearing voices that are not present in real life, seeing an image that tells them to take a course of action without existing or having beliefs that others are always scheming and plotting against them.



Changes at school or at work:

it includes rising absenteeism, declining performance, and difficulties forming close bonds with classmates and coworkers.



Substance Abuse:

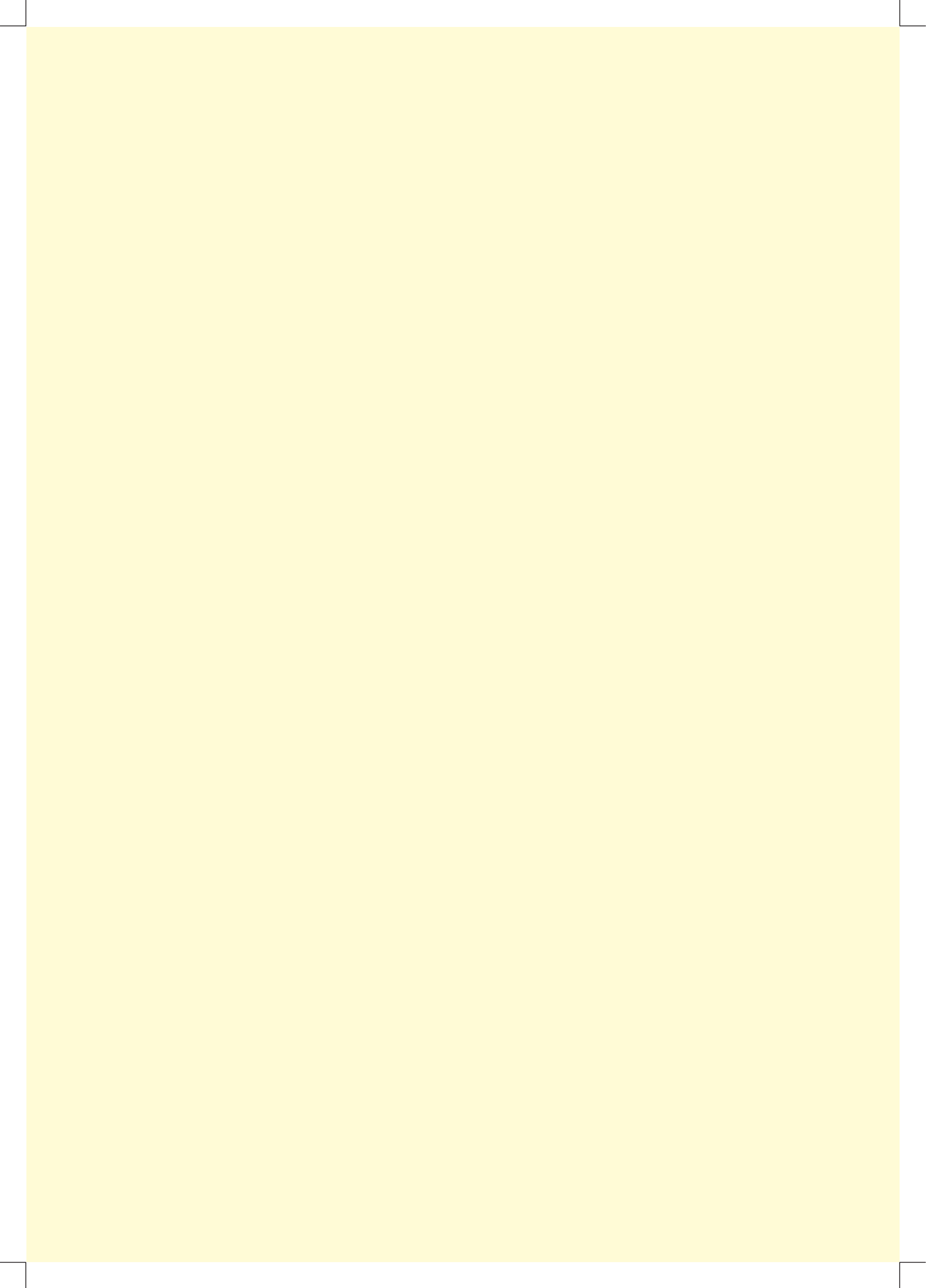
Abuse of cigarette, alcohol and other drugs.



Psychological Distress cannot be predicted by one or two of these symptoms alone, but they may point to the need for more testing. A person should contact a doctor or mental health expert if they are experiencing numerous problems at once and the symptoms are seriously impairing their capacity to learn, work, or interact with others. People who have suicidal ideas or plans to hurt themselves or others require quick assistance.

Example- As the story depicted, River, was facing this mixture of signs and symptoms for more than 6 months and after professional guidance she was treated for her mental health problems. With proper support and treatment, she was able to live her life fully. Any signs and symptoms pertaining to more than 6 months should be addressed, with proper professional guidance.





The background of the slide is a collage of stylized human silhouettes in various colors, including shades of grey, brown, olive green, dark blue, and white. The silhouettes are layered and overlapping, creating a sense of a diverse group of people. In the center, there is a white rounded rectangular box containing the text 'Module 3'.

Module 3

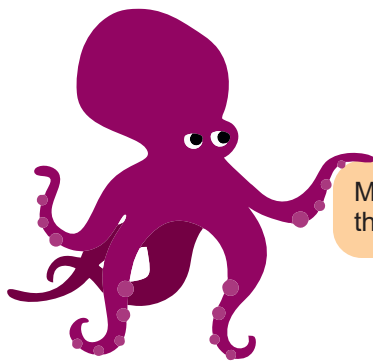
MODULE 3 – THE TALE OF STIGMAS AND THE UNTOLD STORIES

The history of stigma surrounding mental health dates back centuries, with a long and complex evolution. In the past, mental illness was often attributed to supernatural causes, such as possession by evil spirits or divine punishment. As a result, people with mental health issues were often ostracized and marginalized from their communities, and even subjected to cruel and inhumane treatments.

In the 18th and 19th centuries, the rise of psychiatry as a medical specialty led to a shift in attitudes towards mental illness, with some attempts made to provide more humane treatment. However, even as more sophisticated understanding of mental health issues emerged, stigma persisted.

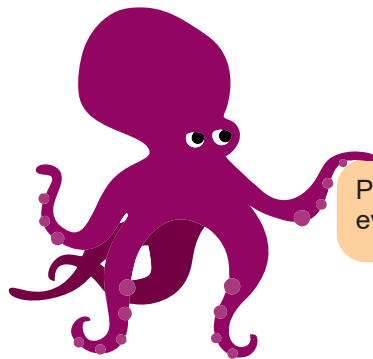
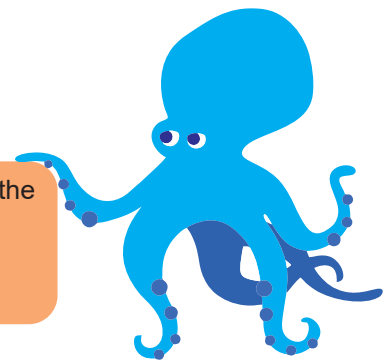
STIGMA/MYTH

FACT



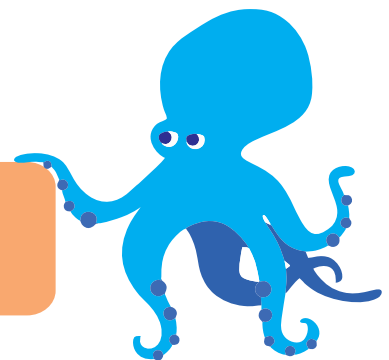
Mental illness is a curse or punishment from the gods.

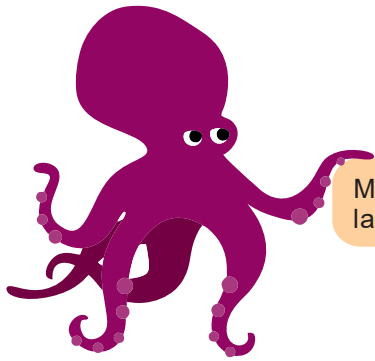
Mental illness is not a curse or punishment from the gods. It is a medical condition that can affect anyone, regardless of their religious beliefs or practices.



People with mental illness are possessed by evil spirits.

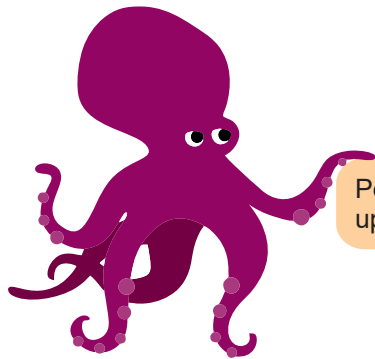
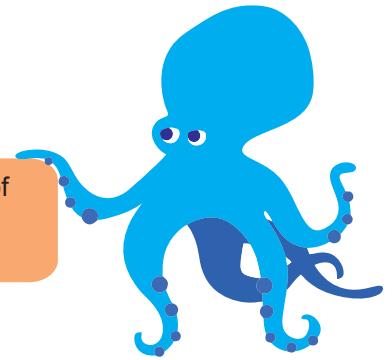
Mental illness is not caused by evil spirits or possession. It is a medical condition that can be caused by a variety of factors, including genetic, environmental, and psychological factors.





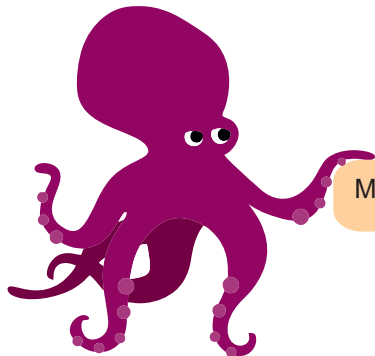
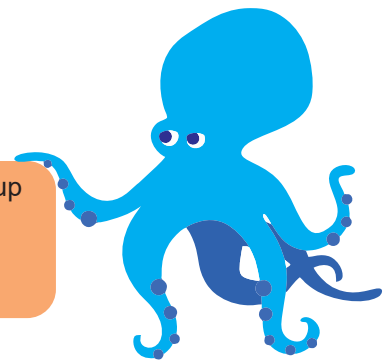
Mental illness is a sign of weakness or lack of willpower.

Mental illness is not a sign of weakness or lack of willpower. It is a medical condition that requires treatment and support, just like any other illness.



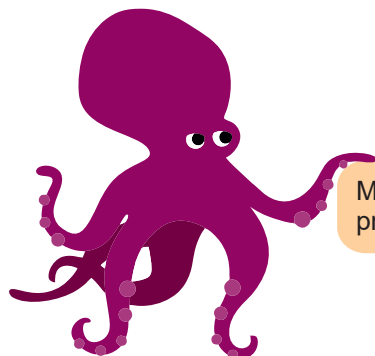
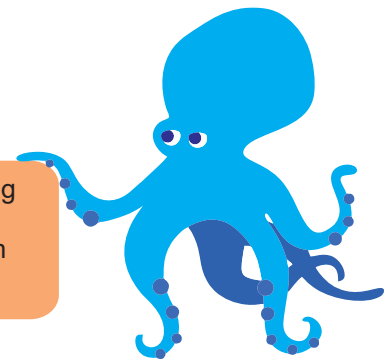
People with mental illness should be locked up or isolated from society.

People with mental illness should not be locked up or isolated from society. They deserve to receive proper treatment and support and should be integrated into society.



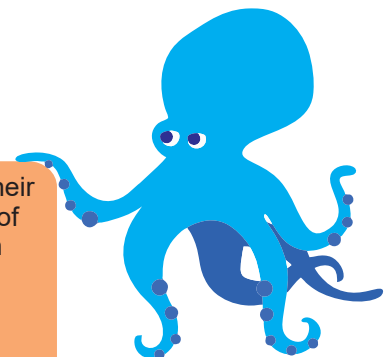
Mental illness is a rare occurrence in India.

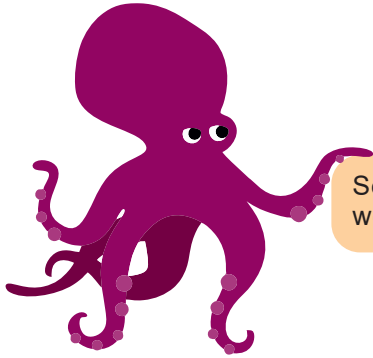
Mental illness is quite common in India. According to the National Mental Health Survey of India, nearly 14% of the population in India suffers from some form of mental illness.



Mental illness only affects the wealthy and privileged.

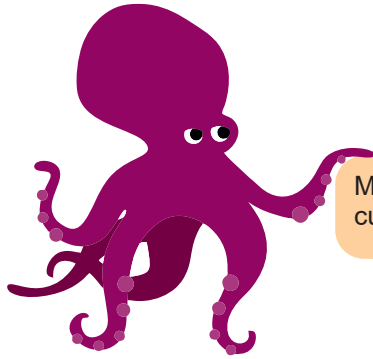
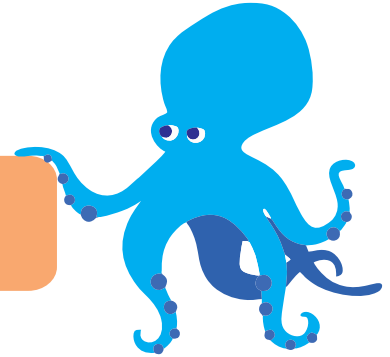
Mental illness can affect anyone, regardless of their socioeconomic status. However, due to the lack of resources and awareness about mental health in India, people from lower socioeconomic backgrounds may face greater challenges in accessing proper treatment and support.





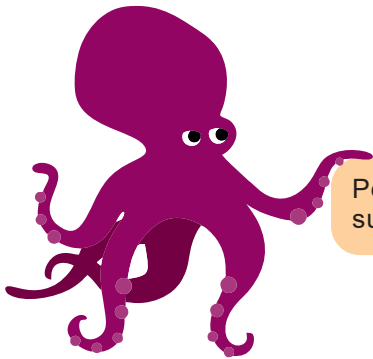
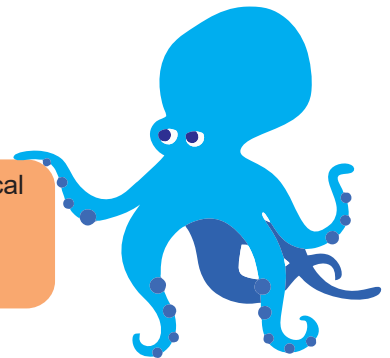
Seeking help for mental illness is a sign of weakness or shame.

Seeking help for mental illness is not a sign of weakness or shame. It is a courageous and important step towards recovery and well-being.



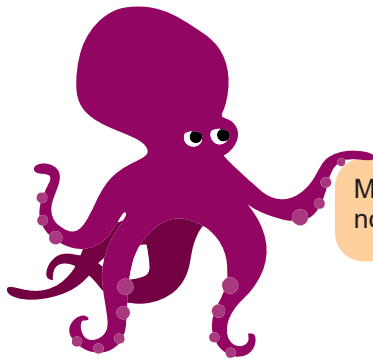
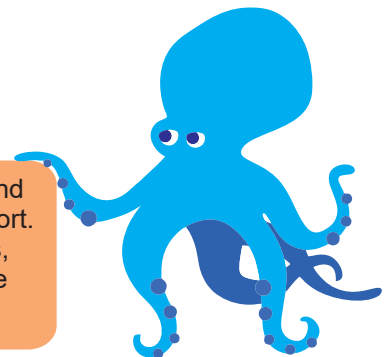
Mental illness is not a real illness and can be cured by traditional remedies.

Mental illness is a real illness that requires medical treatment. While traditional remedies may offer some relief, they are not a substitute for proper medical care.



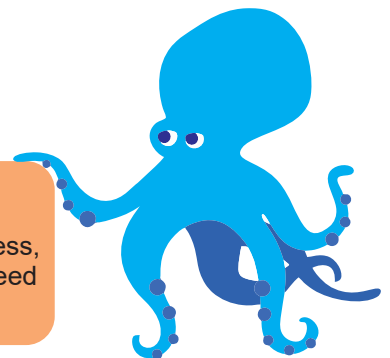
People with mental illness cannot lead successful and fulfilling lives.

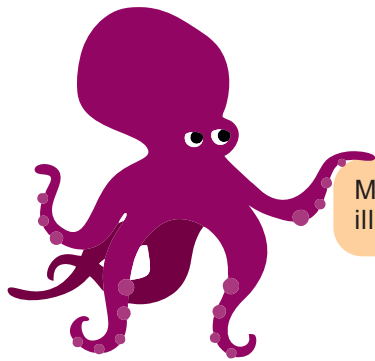
People with mental illness can lead successful and fulfilling lives with the proper treatment and support. Many successful individuals, including celebrities, have struggled with mental illness and have gone on to achieve great things.



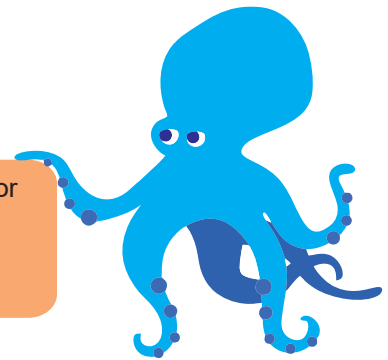
Mental illness is a private matter and should not be discussed openly.

Mental illness should be discussed openly and without shame or stigma. Talking about mental health can help reduce stigma, increase awareness, and encourage people to seek help when they need it.

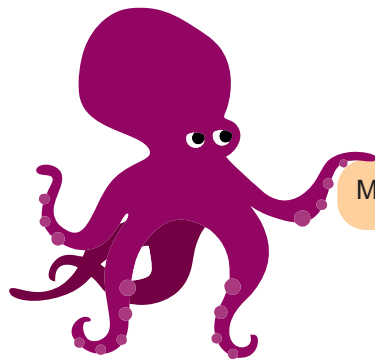




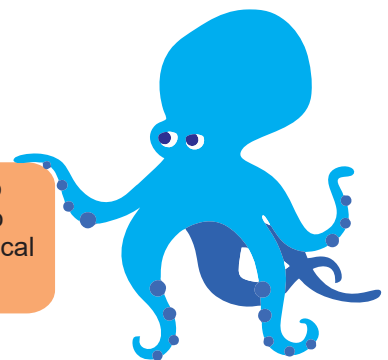
Medication is the only treatment for mental illness.



While medication can be an effective treatment for some mental illnesses, it is not the only option. Therapy, support groups, lifestyle changes, and other forms of treatment can also be effective.



Mental illness is a choice.



Mental illness is not a choice. No one chooses to have a mental illness, just like no one chooses to have cancer or diabetes. Mental illness is a medical condition that requires treatment and support.

In the 20th century, the stigma surrounding mental health was perpetuated by several factors, including the portrayal of mental illness in popular media as something to be feared and ridiculed. People with mental health issues were often portrayed as violent or unpredictable, which reinforced stereotypes and further contributed to stigma.

Today, although we have made significant strides in understanding and treating mental health issues, stigma remains a significant barrier to care. People with mental health issues are still often ostracized and marginalized, and may face discrimination in employment, housing, and healthcare. Stigma also contributes to a lack of access to care, as people may be hesitant to seek help for fear of being stigmatized.

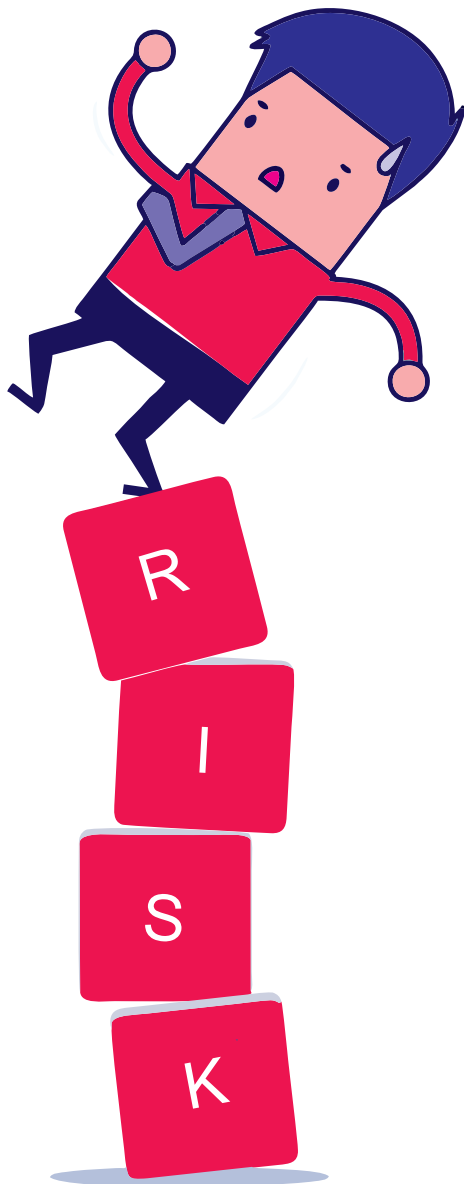


The image features a large, light yellow thought bubble shape against a dark blue background with concentric circular lines. Inside the top part of the bubble, a person with brown hair, wearing a red jacket and a white shirt, is shown from the side, sitting in a yellow cage. The person's hand is near their face. The overall style is graphic and illustrative.

Module 4

MODULE 4 – DECODING THE FACTORS THAT FACILITATE HELP SEEKING BEHAVIOR

There are two kinds of factors in mental health that impact help seeking behavior and facilitate it. These are;



Risk factors

Risk factors may exist in an individual or in their family, community, or surrounding institutions. They might have a biological or psychosocial basis. The characteristics of vulnerability are recognizable and quantifiable (and are occasionally referred to as indicators). They are not the disease in and of themselves, but they might be required for the emergence of a particular mental ailment. A person's likelihood of having a disorder may be increased by vulnerability features, but other risk factors are to be also required for the illness to be expressed.

Risk factors include, for example:



Genetic propensity



Unemployment and homelessness



Consumption of alcohol and other drugs



Caste injustice and identity-based discrimination



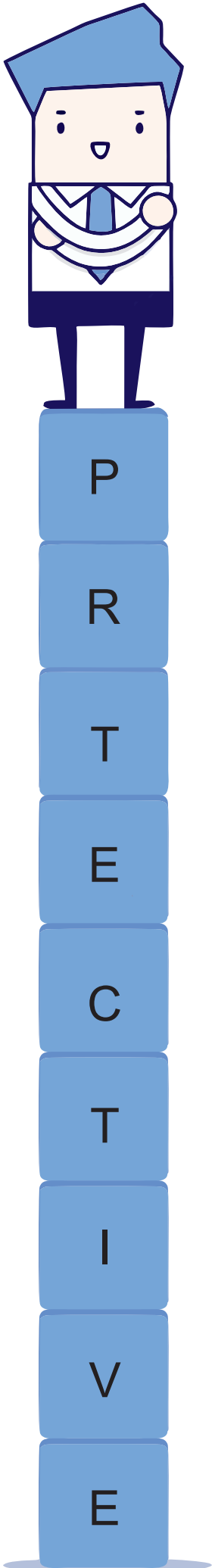
Family strife or disarray



Domestic violence and gender-based violence



Tense living circumstances



Protective factors

Protective factors, according to Rutter (1985b), are "those factors that modify, ameliorate, or alter a person's response to some environmental hazard that predisposes to a maladaptive outcome." It appears that protective factors work in a catalytic way. In the absence of risk factors, they may make a noticeable difference in the influence that risk factors have, but they may not always promote normal growth. Additionally, protective factors may be biological or psychosocial in character and may lie with the individual, their family, their society, or institutions.

Protective factors include, for example:



- Personal qualities, such as the capacity to handle stress, overcome obstacles, and have problem-solving abilities.



- Physical fitness and healthy habits



- Social acceptance and inclusion



- Strong cultural pride and identity

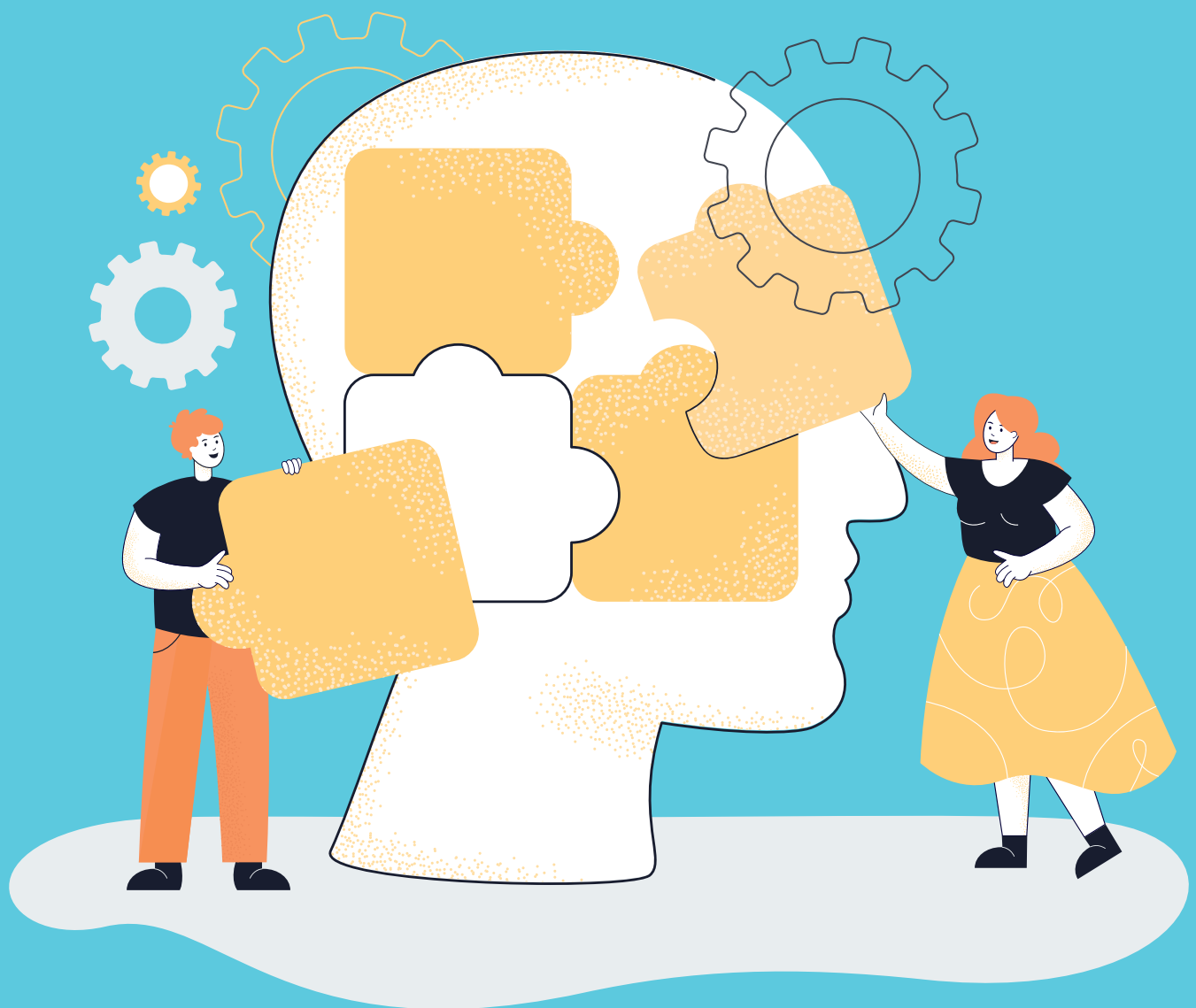
The development of protective factors, the reduction of risk factors, and the removal of barriers to obtaining help are necessary for achieving and maintaining good mental health.

A Positive Turn of Mental Health

Protective factors, according to Rutter (1985b), are "those factors that modify, ameliorate, or alter a person's response to some environmental hazard that predisposes to a maladaptive outcome." It appears that protective factors work in a catalytic way. In the absence of risk factors, they may make a noticeable difference in the influence that risk factors have, but they may not always promote normal growth. Additionally, protective factors may be biological or psychosocial in character and may lie with the individual, their family, their society, or institutions.



Module 5



MODULE 5 – EMOTIONS THE PARTNER OF INTELLIGENCE

The story of "The Two Wolves."

A grandfather is talking to his grandson about the two wolves that live inside of each of us. One wolf represents negative emotions such as anger, envy, and fear, while the other represents positive emotions such as love, kindness, and compassion. The grandson asks which wolf will win in the end, and the grandfather responds, "The one you feed."



Emotional intelligence, often known as EI, is the capacity to recognize, comprehend, and control one's own emotions as well as those of others. This entails understanding how emotions affect individuals and how they might influence our behavior (both positively and adversely), as well as acquiring effective coping mechanisms for both our own and other people's emotions. (Goleman, 1998)



The ability to control our emotions is crucial when we are under stress or pressure. For instance, when we are...

- Providing and accepting criticism
- observing a strict deadline
- Managing difficult partnerships
- lacking sufficient resources
- handling change
- overcoming setbacks and failure

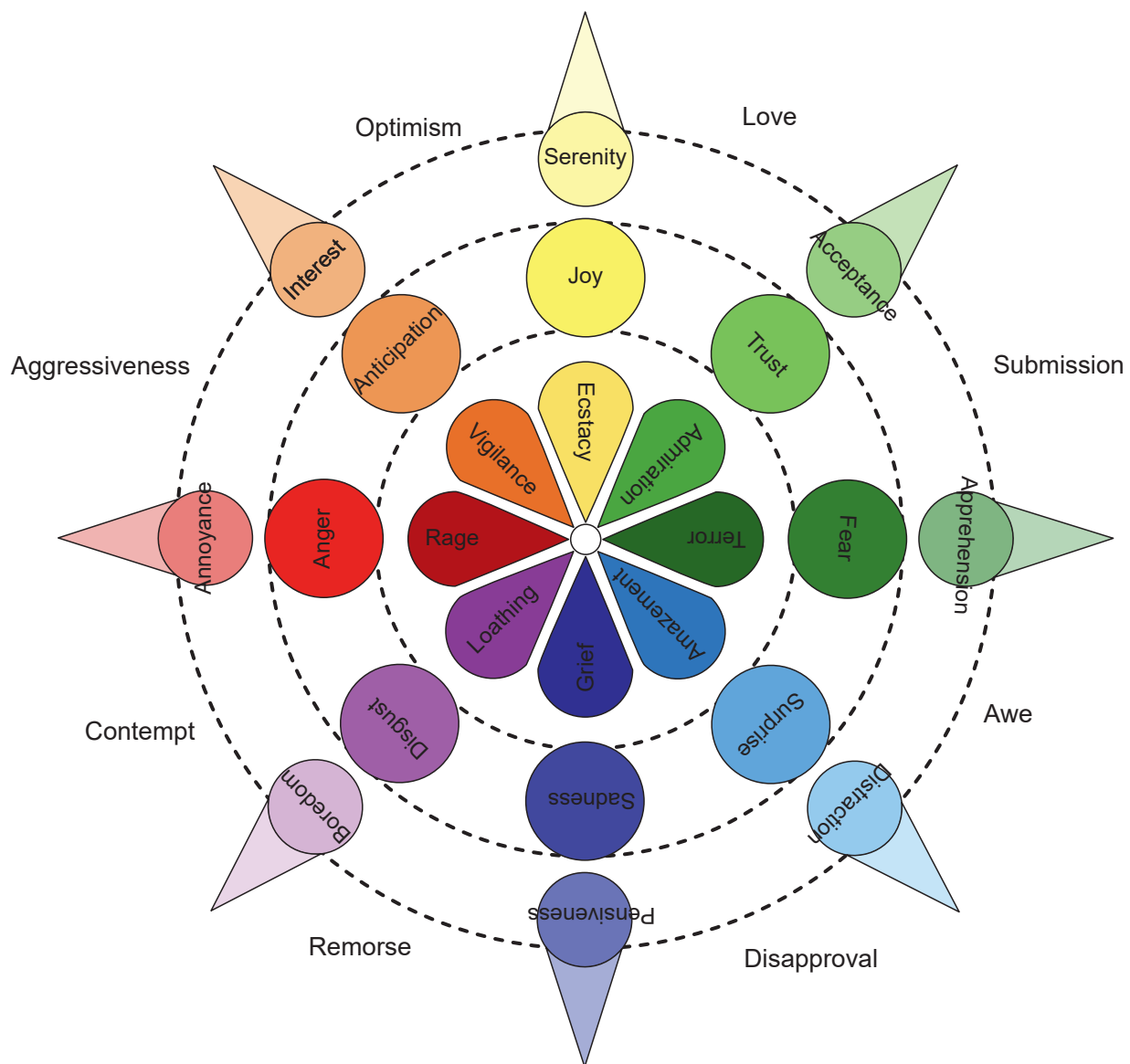
And there are many more.

Types of emotions-

Researchers have attempted to categorize the various emotional types in addition to attempting to define what emotions are. Over time, the explanations and insights have evolved.

The six fundamental emotions that are shared by all human societies, according to psychologist Paul Ekman, are fear, disgust, anger, surprise, happiness, and sadness.

Robert Plutchik developed another system for categorizing emotions in the 1980s known as the "wheel of emotions." This model illustrated how many emotions can be merged or mixed, much like how primary colors are mixed by an artist to produce other colors. Happiness against sadness, rage versus fear, trust versus disgust, and surprise versus anticipation were among Plutchik's eight main emotional aspects. Then, these feelings can be joined to produce other feelings (excitement = anticipation + happiness, for example).



In 1999, Ekman added a few more fundamental emotions to his list, such as enthusiasm, contempt, shame, pride, satisfaction, and amusement.

Components of Emotional Intelligence

Self-Awareness-

The capacity to comprehend your own emotions and how they affect your performance is known as emotional self-awareness. You are aware of your feelings, their underlying causes, and how they may support or hinder your efforts. Your self-image is in line with a bigger reality when you are aware of how others perceive you.

For example-

Aditi, a young artist, immersed herself in the process of creating a masterpiece. In the quiet solitude of her studio, she became aware of her thoughts and emotions, allowing them to flow through her brushstrokes

With each stroke, she discovered a deeper understanding of her own creative expression. Self-awareness guided her, turning her artwork into a reflection of her inner world. And as she unveiled her creation, Aditi knew that her journey of self-discovery had blossomed into a visual testament of her true self.



Self- Regulation-

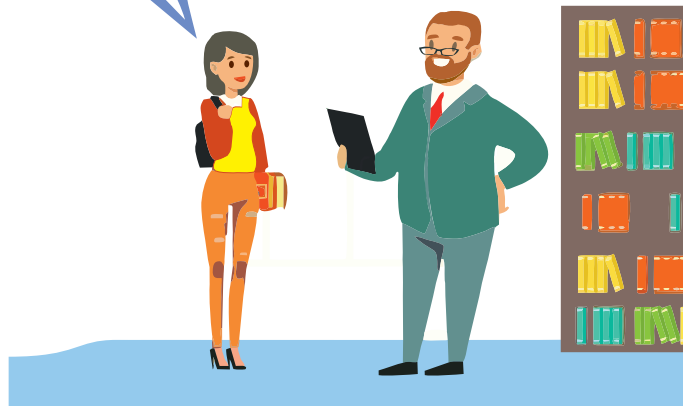
It refers to the ability to manage and control one's emotions, impulses, and behaviors in a healthy and constructive manner. Individuals with strong self-regulation skills can navigate challenging situations, handle stress effectively, and maintain a balanced emotional state. Self-regulation involves being aware of one's emotions, recognizing triggers that may lead to negative reactions, and employing strategies to manage those emotions in a positive way.

For example-

Samantha, a college student, received a disappointing grade on her exam.



Instead of succumbing to frustration, she took a deep breath, acknowledged her disappointment, and reminded herself that a single grade did not define her worth. She reached out to her professor for feedback, developed a study plan, and approached future exams with renewed focus and determination.



Samantha's ability to regulate her emotions allowed her to bounce back from setbacks and maintain a positive mindset throughout her academic journey.

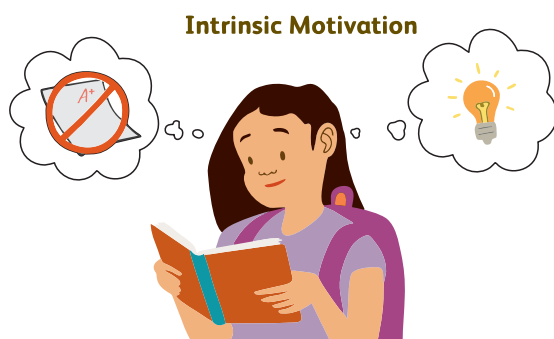


Motivation-

Motivation is individual desire to advance and succeed, dedication to objectives, initiative or willingness to seize opportunities, as well as optimism and resiliency (Goleman, 1998). There are two kinds of motivation;

- Intrinsic motivation refers to being driven- by internal factors and personal satisfaction as they engage in activity for sheer joy, interest or fulfillment that it brings. Intrinsic motivation brings a sense of accomplishment in the task, without relying on external rewards or incentives.
- Extrinsic motivation involves being motivated by external factors such as rewards, recognition, or consequences. The motivation comes from outside sources rather than from personal enjoyment or inherent interest in the task.

For example- let's consider a student studying for an exam. If the student is intrinsically motivated, they might find genuine interest in the subject matter and derive satisfaction from acquiring knowledge. Their motivation to study stems from their own curiosity and desire to learn. However, if the student is extrinsically motivated, they might study solely to earn a high grade or avoid the negative consequences of failure. The external reward of a good grade becomes the driving force behind their studying, rather than an inherent interest in the subject.



Social Skill-

A set of behaviors known as social skills are needed to connect and relate to people in successful and satisfying ways. According to Kinnaman and Bellack (2012) and Libet and Lewinsohn (1973), they serve to demonstrate the ability to act in a way that results in reward and to avoid acting in a way that suggests being penalized or disregarded by others. In other words, they are a collection of behaviors people exhibit in social situations to convey their sentiments, attitudes, wishes, ideas, or rights.

For example- As the team leader, Meena fostered a harmonious work environment by actively listening to her colleagues' opinions and respecting diverse viewpoints.



Empathy-

Empathy is the ability to comprehend another person's point of view and the reasons behind their feelings and actions. It examines how much you consider sentiments when deciding how to react to them. Understanding another person's emotions, sympathizing with them, and showing them support are all aspects of empathy.

For example- In a Mumbai train, Rohan noticed an exhausted street vendor struggling to balance his heavy load. Without hesitation, he offered a helping hand, relieving the man of his burden. The vendor, taken aback by Rohan's kindness, shared his story of hardship and dreams. Touched by his resilience, Rohan not only bought from the vendor but also connected him with a friend who owned a small shop, giving him a chance for a better future. Through empathy, Rohan sparked a ripple of compassion.



Why are emotional intelligence skills important?

Emotional intelligence skills can improve a person's life in a variety of ways. People with these talents always seem to maintain their composure. Even the most uncomfortable social situations can be handled by them with grace. And they consistently seem to put other people at ease.

There are some key benefits of having good emotional skills, these are;

- 1. Communication-** understanding of others' emotions can help in providing better communication.
- 2. Leadership-** having emotional intelligence makes you a better leader.
- 3. Self-knowledge-** By becoming more conscious of one's feelings, one can have a deeper understanding of who they are.
- 4. Self-control-** self-control skills can be improved by becoming more conscious of one's emotions.
- 5. Stress management-** Being able to control emotions enables you to act more decisively in stressful or tense circumstances.

Like math's or reading, emotional life is a subject that may be handled with varying degrees of proficiency and calls for a specific set of skills. Emotional aptitude is a meta-ability that determines how well we can employ whatever other abilities we have, including raw intellect. It is vital to understand why one person excels in life while another, of equal intellect, doesn't.



ABC of emotional intelligence

ABC model of emotional intelligence facilitates emotional regulation and helps in forming better awareness, understanding and action plans.



A

Accumulate positive emotions by doing things that are pleasant



B

Build mastery by doing things we enjoy. Whether it is reading, cooking, cleaning, fixing a car, working a crossword puzzle, or playing a musical instrument. Practice these things to build master and in time we feel competent



C

Cope ahead by rehearsing a plan ahead of time so that we can prepared to cope skillfully.

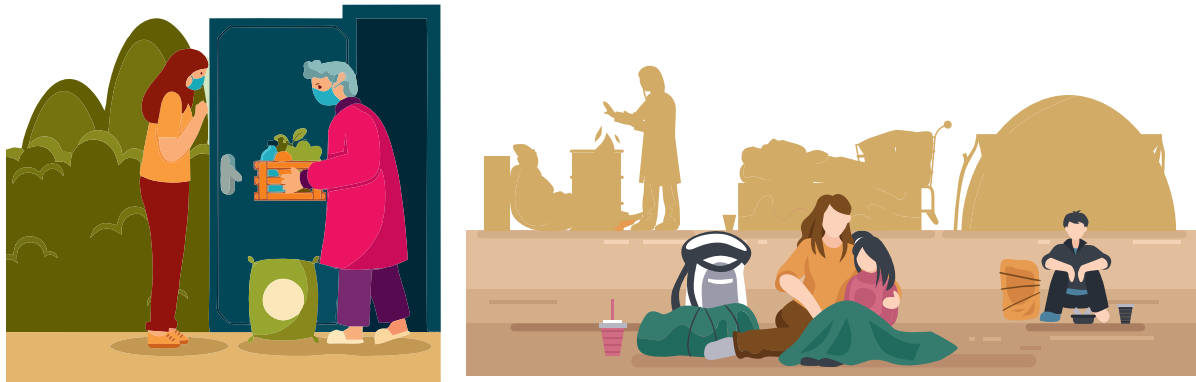


Module 6



Module 6 - Let's Build Resilience

Ananya's crops had been destroyed by a devastating flood, leaving her family destitute. Instead of surrendering to despair, Ananya decided to seek out a solution. She approached her fellow villagers and proposed a collective effort to rebuild their lives. With Ananya's leadership, the villagers pooled their resources, cleared the land and devised an innovative irrigation system. They turned adversity into an opportunity, cultivating crops that were resistant to floods. Their united resilience yielded a bountiful harvest and the village thrived once again.



What is resilience?

Resilience is described as the act of adjusting well in the face of trauma or tragedy, dangers, or other severe causes of stress by the American Psychological Association (APA) (Southwick et al., 2014). The capacity to deal with and bounce back from adversity is resilience. Resilient people maintain their composure in the face of tragedy. A resilient person is someone who is able to marshal their resources, ask for assistance when necessary, and come up with solutions to the problems they are experiencing.



Characteristics of resilience

There are 5 core components of resilience, these are;

Problem Solving Skill

The mental process that people go through to identify, evaluate, and resolve problems is referred to as "problem-solving".

The following steps are involved in the problem-solving process:

- Discovering the issue
- Deciding to address the problem
- Attempting a deeper understanding of the issue
- Researching the available choices or remedies
- Taking action to fix the problem

Less resilient people may develop tunnel vision in risky situations. They overlook critical information or pass up possibilities.

Sense of Control

The degree to which you believe you have control over circumstances that affect your life is known as your locus of control. Another way to put it is that it is "a belief about whether the outcomes of our actions are contingent on what we do (internal control orientation) or on events outside of our personal control (external control orientation)," according to psychologist Philip Zimbardo.



Social Support

Establishing a network of relatives and friends to whom you can turn in times of need constitutes social support. These relationships are essential to your ability to function in everyday life, whether you are experiencing a personal crisis and require immediate support, or you simply want to enjoy time with the people who care about you.



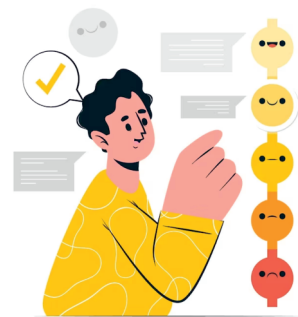
Survivor Mentality

Always think of self as a person who survived when coping with any prospective disaster. People who are resilient avoid acting as victims of circumstances and instead search for solutions. Even if the circumstance might be inevitable, they remain committed to a successful outcome.



Emotional Regulation

Self-regulation is the capacity to exercise control over one's actions, feelings, and thoughts in the service of long-term objectives. Emotional self-



Self-Compassion

Self-compassion entails acknowledging humanity and the capacity for error. Additionally, it implies that one doesn't obsess about errors or punish for making them. They frequently recognize when a break is necessary and can accept their feelings, both of which are crucial for resilience.

Following are some illustrations of resilient actions and techniques to demonstrate resilience:

- Attempting to view things in a positive light.
- Recognizing obstacles as chances for learning.
- Controlling emotions and using proper expression. Instead of worrying on that which you cannot change, concentrate on the aspects that you can.
- Recognizing the falsity of cognitive distortions.
- Changing negative perceptions to more realistic and optimistic ones.



Types of Resilience

Resilience is a general term for adaptation and is used to describe the capacity to deal with life's challenges. There are, however, several types of resilience, and each one might affect a person's capacity to handle various kinds of stress.

Physical Resilience

The ability of the body to adapt to change and bounce back from physical hardships, ailments, and injuries is referred to as physical resilience. This kind of resilience may be crucial to one's health, according to research, it has an impact on how individuals age and also how they handle their recovery from physical strain and health problems.



Mental Resilience

The ability of a person to adapt to adversity and uncertainty is referred to as mental resilience. People with this kind of resilience are adaptable and composed under pressure. They rely on their mental fortitude to overcome obstacles, continue their path, and maintain optimism.



Emotional Resilience

People that are resilient are typically in contact with their inner selves and conscious of their emotional responses. As a result, when dealing with unpleasant circumstances, individuals are also capable of quieting their minds and controlling their emotions. People who possess this kind of resilience are also better able to remain upbeat under difficult circumstances. They know that hardship and challenging feelings will pass because they have emotional resilience.



Social Resilience

Social resilience, also known as community resilience, refers to a group's capacity to bounce back from adversity. It entails interacting with others and cooperating to find solutions to issues that have an impact on individuals both personally and collectively. Coming together after catastrophes, helping one another out socially, getting aware of the hazards the community confronts, and fostering a feeling of community are all components of social resilience.



The Four Key Elements of Resilience

Action

Action is followed by concrete behavior

For example: A person wants to improve their physical fitness.

Concrete behavior/action: The person commits to going for a 30-minute jog every morning before work. They set their alarm clock early, lay out their running shoes and clothes the night before, and ensure they have a route planned out. Each morning, they follow through with their commitment and go for a jog, consistently engaging in this physical activity to improve their fitness level.



Attention

Having the attention with full focused awareness of the present task or circumstances.

For example: In a crowded coffee shop, Clara sat at a corner table, her attention fully focused on the book in her hands. The world around her blurred as she delved into the captivating story, oblivious to the conversations and clatter. Time seemed to stand still as she immersed herself in the words, each page turning with a sense of anticipation. With unwavering awareness, Clara experienced the magic of literature, finding solace and inspiration in the realm of imagination.



Motivation

Motivation initiated with the initial drive where some internal or external reasons arouse I.e., supported by the need benefits.

For example: Seeking motivation to pursue your dreams? Picture the satisfaction of achieving your goals, the sense of fulfillment, and the endless possibilities that await you.



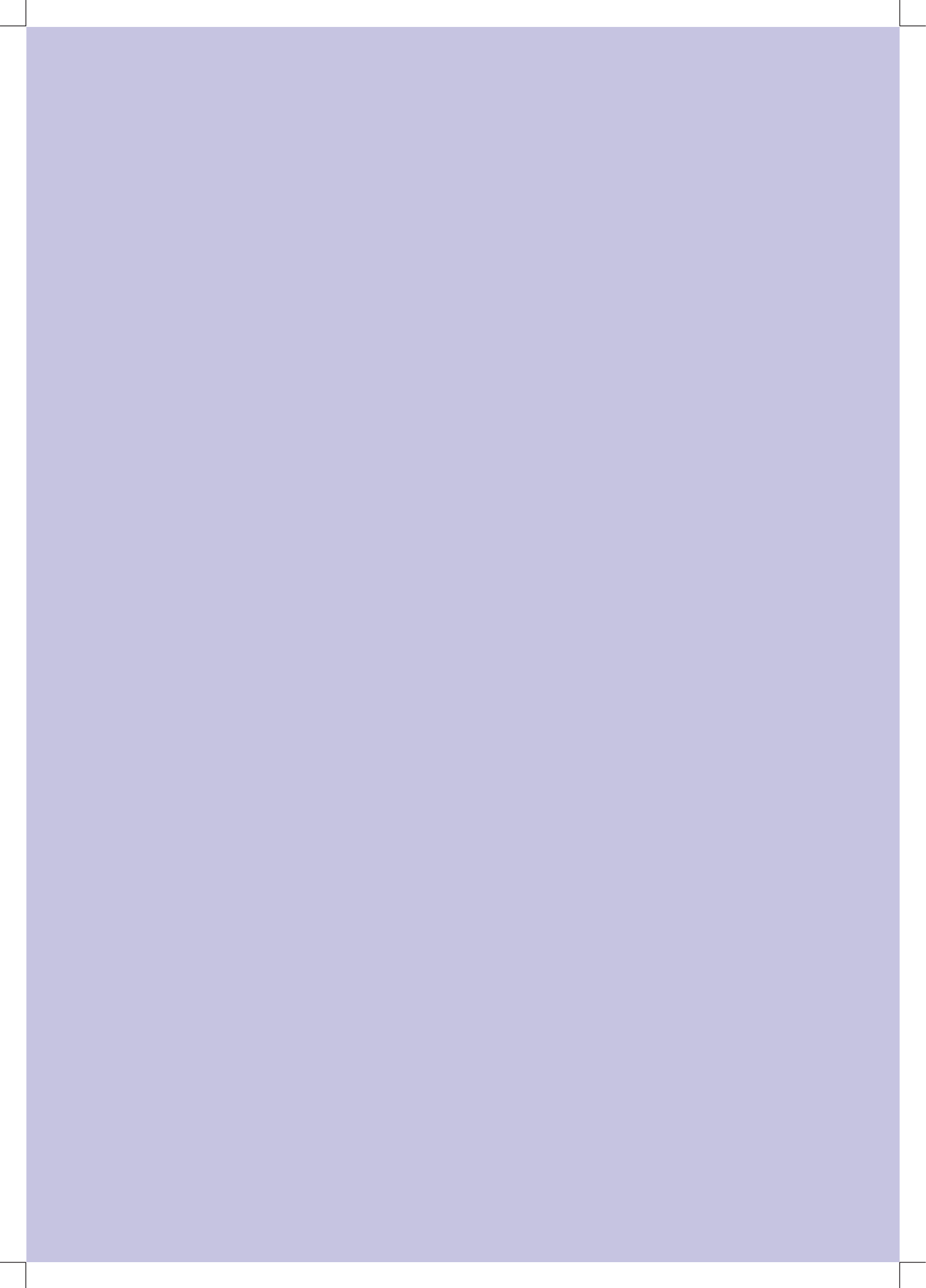
Thoughts

The thoughts where beliefs are followed by evaluation and interpretation providing an internal introspection of the unique thought or idea.

For example: Lost in a museum of abstract art, Sarah stood before a canvas of vibrant colors and chaotic strokes. She pondered its meaning, her mind grappling with interpretations. With each passing moment, the painting spoke to her soul, evoking emotions she couldn't explain. As she delved deeper into its depths, Sarah realized that the true beauty of art lies in its ability to provoke thought, challenge perspectives, and ignite the fire of individual interpretation.

In the face of adversity, resilience shines as a guiding light. It is the unwavering spirit that whispers, "You can overcome this." With every setback, it grows stronger, forging a path through challenges and transforming obstacles into opportunities. Resilience is not the absence of difficulty, but the unwavering belief that one possesses the strength to endure, adapt, and ultimately triumph. So, let resilience be the compass, guiding through the stormy seas of life, reminding that within lies the power to rise, rebuild, and thrive.





Module 7



Module 7 - Inculcating Gratitude

The Test

The professor asked the student to prepare for the surprise test. The students waited anxiously for the test to begin. The professor handed out the question paper with the text facing down, as always, and asked the student to begin. To everyone's surprise there was no question just a black dot somewhere around the bottom of the page. The professor then said "I want you to write about what you see there" the student was confused, and they started on the task. At the end of the class the professor collected the papers from all the students and started reading the answers out loud in front of everyone. All the answers describe the position of the dot in the paper. After this professor explained, I'm not going to grade you in this, instead I'll give you something to think about. In the test no one wrote about the white part of the paper everyone focused on the black dot and the same thing happens in our lives. Our life is a beautiful present, and we have lot of opportunities to celebrate however we focus more on the dark spot of our life. We tend to focus on health issues, financial issues, relationship issues, disappointment, failures, etc. The size of the dot is very small as compared to our life so instead of thinking about the dark spot we can shift and look for the blessings that life offers. With gratitude one can shift the gaze towards goodness, blessings, hope and abundance.



What is Gratitude?

Gratitude is the act of expressing gratefulness for one's possessions. It is an acknowledgment of value that is not based on monetary value. It is an internal, spontaneous declaration of warmth and goodness. Relationships are strengthened by this social emotion, which has profound evolutionary foundations stemming from the survival necessity of assisting others and receiving support in return. Fortunately, gratitude can be developed much like a muscle. Even the worst day might have something to be grateful for with the correct exercises and practice.

Importance of Gratitude

A little appreciation can significantly improve your mood. When you express thankfulness, you divert your attention from unpleasant feelings and experiences. Instead, you start to pay attention to positive aspects that you might have missed. It may come as no surprise that gratitude might enhance your general mental health given that it can elevate your mood. You might experience a reduction in the signs of anxiety and despair as you increase your gratitude. Although it might not be the only solution to mental health problems, gratitude can be a component of a larger therapeutic strategy. Positivity in your outlook on life has benefits beyond just elevating your mood. It might have a cascading effect on your life in various ways, like:

1. **Higher Self-Esteem**- Being grateful for everything around you might alter how you perceive your own value. Imagine being treated to lunch by a friend. As you show your gratitude, you start to understand that your buddy is putting effort and money into getting to know you. The idea that you matter to other people is then something you internalize.



2. **Sleep Improvement**- According to several studies, having more gratitude is associated with better sleep and less sleep disruptions. This might be the case since feeling grateful immediately before bed helps you go to sleep with a better attitude.



3. **Focus Enhances**- one finds it simpler to concentrate if you are grateful. You will use less energy worrying about the task at hand if you start to see it from a more positive perspective, whether it be homework or work obligations. You might even start to see difficulties—like an impending exam—as chances rather than obstacles. Your emotional toughness may increase as a result.



4. **Patience Increases**- According to research findings from 2016, persons who routinely express gratitude tend to have longer attention spans. So, try expressing gratitude if you want to improve self-control and lessen impulsivity.



5. **Social Benefit**- connections could get better if one is grateful. By expressing gratitude to a friend or family member, one is demonstrating concern for them and creating the foundation for future encounters that will be more fruitful. For instance, if you express your gratitude to a friend for lending you their shoulder during difficult times, that person will understand how important they are and will continue to support you.



6. **Benefits on Physical Health**- There are lots of tangible advantages to gratitude as well. For instance, you might experience a drop in blood pressure and inflammation as your gratitude lowers your stress and makes you feel closer to your loved ones. Improved overall cardiovascular health may result from this.

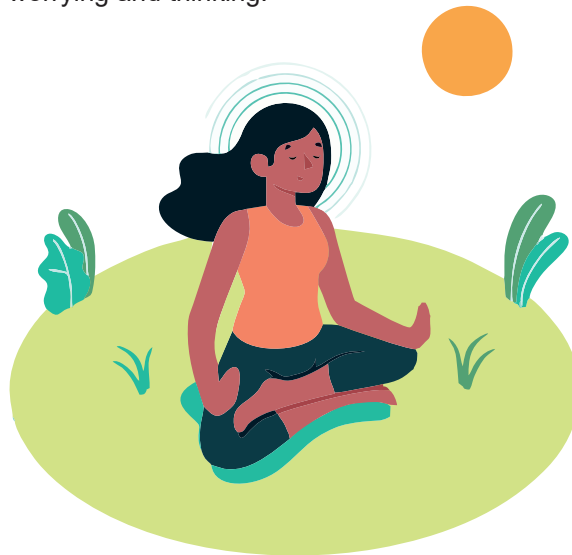


Cultivating Gratitude

Here are some exercises that one can learn and practice on their daily basis:

1. **Mindfulness Practice**- One method to develop thankfulness is to keep in mind to take your time and appreciate the simple things in life. Engage your senses, and allow your thoughts linger on relaxing, commonplace experiences.

For example- feel of sunlight on your skin, or the soft music playing in the background. This can help you stay in the now and steer clear of worrying and thinking.



2. **Gratitude Journal**- A gratitude diary can be made in a variety of ways. A physical diary you can record inside or an online list on your computer or smartphone should be your first choice. Next, think about how frequently you'll update the journal. Weekly entries can be made to the journal; at the end of each week, list three or four things you were grateful for. You can write about incidents, individuals, and general experiences, among other things.

Listed below are a few journaling prompts to get you started:

- What good feelings did you have today, specifically?
- Were there times when you grinned, laughed, or felt happier?
- With whom did you value quality time and why?



3. **Notes of Appreciation-** Write letters of gratitude to the individuals in your life to strengthen your connections. Give specifics on special times from your connection with them, including the seemingly small exchanges and humorous moments they might have forgotten. Write about how they've improved your life in your essay. When you're through, you can mail or personally deliver the letters. You might read a letter to a loved one if you feel comfortable enough.



4. **Revisiting and Reframing the Past-** Most people may think back on past mistakes they made. Anything from neglecting studying for a crucial exam to snapping at a friend who is close could qualify. Or perhaps one regrets making a poor financial choice or passing up a dating opportunity. Even if they might have resulted in disappointment, embarrassment, or even heartache, probably one also gained something from them. How did they aid your development? Did they bolster your confidence, courage, or compassion? You can develop more thankfulness by learning from the difficult life situations. Even integrating this with a journal practice is an option. Make a list of past disasters and what lessons you have taken away from each one.



Although these thankfulness exercises can improve mood and attitude, it may take some time before they have a noticeable effect on one's mental well-being and general wellbeing. Be persistent and keep expressing gratitude. Create tiny rituals out of the exercises. Stress levels might decrease, and connections might get stronger over time.

POST-QUESTIONNAIRE

Post-Questionnaire

Q1) What is mental health?

- a) Mental health is our emotional, psychological, and social well-being.
- b) Mental health is mental illness.
- c) Mental health denotes crazy or misfits of the society.
- d) Mental health disables people to manage life's stressors.

Q2) What are the factors that contribute to mental health problems?

- a) Biological problems such as genetics and brain chemistry.
- b) Family history of mental health problems.
- c) Life experiences such as trauma, abuse, violence and injustice.
- d) All the above

Q3) What are not the early signs and symptoms of mental health?

- a) Withdrawal
- b) Drop in functioning
- c) Connecting with everyone
- d) Illogical thinking

Q4) Choose the facts about mental health from the given options.

- a) Mental illness is a curse or punishment from the gods.
- b) People with mental illness should be locked up or isolated from society.
- c) Mental illness is not a sign of weakness or lack of willpower.
- d) People with mental illness cannot lead successful and fulfilling lives.

Q5) What are the risk factors when it comes to mental health?

- a) Those factors modify or alter a person's response to some environmental hazard.
- b) A person's likelihood of having a disorder may be increased by vulnerability features.
- c) Factors work in a catalytic way.
- d) Lack of understanding of the interaction between mental disease and other mental health problems.

Q6) What is emotional intelligence?

- a) Scientific understanding and effective interventions to build thriving in individuals, families, and communities.
- b) The act of adjusting well in the face of trauma or tragedy, dangers, or other severe causes of stress.
- c) The act of expressing gratefulness for one's possessions.
- d) The capacity to recognize, comprehend, and control one's own as well as those of others.

Q7) Why are emotional intelligence skills important?

- a) Self-knowledge
- b) Changes in mood
- c) Social acceptance and inclusion
- d) Physical fitness

Q8) The four key elements of resilience are?

- a) Problem solving skill, sense of control, social support and self-compassion
- b) Action, attention, motivation and thoughts
- c) Self-regulation, empathy, social skills and self-awareness
- d) Illogical thinking, problem thinking, increased sensitivity and withdrawal

Q9) What is gratitude?

- a) It is an internal, spontaneous declaration of warmth and goodness.
- b) Scientific understanding and effective interventions to build thriving in individuals, families, and communities.
- c) The act of adjusting well in the face of trauma or tragedy, dangers, or other severe causes of stress.
- d) The capacity to recognize, comprehend, and control one's own as well as those of others.

Q10) what do you mean by self-compassion?

- a) The capacity to comprehend your own emotions and how they affect your performance.
- b) Capacity to exercise control over one's actions, feelings and thoughts in the service of long- term objectives.
- c) Acknowledging humanity and the capacity for error.
- d) Ability to comprehend another person's point of view and the reasons behind their feelings and actions.

APPENDIX

1. **Psychiatrists:** Medical doctors who specialize in diagnosing and treating mental health disorders. They can prescribe medication and may use psychotherapy in their treatment approach.
2. **Psychologists:** Professionals with a doctoral degree in psychology who specialize in the assessment, diagnosis, and treatment of mental health disorders. They may provide therapy and counseling.
3. **Licensed Clinical Social Workers (LCSWs):** Professionals with a master's degree in social work who are licensed to diagnose and treat mental health disorders. They may provide therapy and counseling, as well as connect clients to community resources.
4. **Licensed Professional Counselors (LPCs):** Professionals with a master's degree in counseling who are licensed to diagnose and treat mental health disorders. They may provide therapy and counseling.
5. **Psychiatric Nurses:** Registered nurses who specialize in the care of patients with mental health disorders. They may provide medication management and psychotherapy.
6. **Marriage and Family Therapists (MFTs):** Professionals with a master's degree in marriage and family therapy who are licensed to diagnose and treat mental health disorders. They specialize in working with couples and families.
7. **Mental Health Act-**
 - The definition of mental illness according to this Act is "a substantial disorder of thinking, mood, perception, orientation, or memory that gravely impairs judgement, behavior, capacity to recognize reality, or ability to meet the usual demands of life, mental conditions associated with alcohol and drug abuse."
 - Additionally, it guarantees patients' access to facilities like sheltered and supported housing as well as rehabilitation programs in the home, community, and hospital.
 - It controls both the utilization of neurosurgical procedures and PMI (person with mental illness) research.
8. **Rights Under MHA-**
 - Right to Make an Advance Directive (Patient can specify how to be treated for condition during a mental health situation, including whether or not to get treatment).
 - Access to Healthcare Services as a Right.
 - Right to receive healthcare treatments at no cost.
 - The right to community living.
 - Right to be shielded from inhumane, cruel, and humiliating treatment.
 - Right to refrain from receiving banned therapy.
 - Right to nondiscrimination and equality.
 - Informational right.
 - Confidentiality rights.
 - Right to complain and receive legal aid.

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