

### Views from the School Leaders



**Sujata Rathaur**

Head Mistress  
 Amanora School, Pune

**"Schools role in promoting mental well-being of learners".**

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**W**e need to help younger people recognize their own capacity to do 'good' and help them discover the rewards of generosity. - Bill Clinton

On this note we need to think about what is an educator's role in supporting the young learners under our care. Here by educators I mean parents and teachers both. Children are the best observers. We don't need to tell them what they should do. They learn a lot by observing us. We as educators need to practice what we teach students to bring in that confidence in them to imbibe from our actions and practice. Secondly, we need to teach our children how to deal with failures. We always teach them to excel in what they are doing and seldom teach them to deal with failures. We need to learn to appreciate the efforts put in by them, share the places they could have done better and assure them this is not the end, there is always a next opportunity in life.

We can very well connect this to the current pandemic that we are going through. None of us were prepared for this. Every age group had their own struggles every day to cope with the situation. We as elder's unknowingly transferred our frustration on the children while we struggled to deal with the situation, unaware of realizing the effect on the little ones. We need to keep them aware of the situation and explain things at their level of understanding so that they confident to deal with the situation. We should share with them if we are worried but at the same time assure them that we all are learning to deal with the situation. Reassure

them by sharing how we dealt with any difficult situation in the past and that we will be able to overcome this as well. Do not blame others for the situation and do not reinforce negative stereotypes in your own actions and conversations. Spend quality time with them by having meals together, exercising together and doing chores together. We must appreciate our children when they follow hygiene practices diligently.

There are some proactive actions that we as teachers can practice, to support our learners' wellbeing, such as:

- Scheduling a 30-minute class (for activities other than curriculum) where students can interact and share their experiences or tasks they are doing.
- Set up performance time where they can show case their special talents to peers or elders in the society to entertain them.
- Discuss and keep them aware about cyber risks (including bullying) since they are online more often than before.

I would like to conclude by a quote of Dalai Lama -

Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them.



## Views from the School Leaders



**Bindu Muralidharan**  
Johnson Grammar  
School, Habsiguda,  
Hyderabad

### "Schools role in promoting mental wellbeing among learners".

A few years ago, the Principal of a school did an experiment. She asked for two beakers of water to be kept in two corners of the assembly hall. She then asked all the staff and students to say good things to Beaker 1 and all harsh and rude things to Beaker 2. After a week of doing so the Principal took the beakers and displayed it in the assembly. To everyone's shock Beaker 1 still had clear water while the water in Beaker 2 had turned dark in colour. She then stated that the experiment was to show everyone how much damage harsh words can cause. If the water was so damaged, imagine the condition of the heart.

While we say good things about each other in secret we say the bad things openly. This affects the mental well-being of any individual. There is no one particular way to keep one's mental health in check. In the times that we are living, we ought to be kind to each other in order to survive the pandemic together.

How do we keep a check on our loved ones' mental well-being? Let's start by simply asking them how they feel. Ask your parents how they feel after a tiring day. They might not tell you the truth, but the fact that you asked them, will definitely bring a smile on their face. We often ignore the mental well-being of kids. If you are a parent, talk to your kids and find out how they feel, make sure to spend a minimum of half an hour with your child. Sometimes all they need is your attention and a hug. Mental well-being is about our thoughts and feelings and how we cope up with the ups and downs of everyday life. To be mentally sane, being connected to people, being physically active, learning new skills, small acts of kindness and being mindful of the things around are very important.

As a parent one should encourage children to develop competencies, ensure a sense of belongingness, reinforce positive behaviour, and encourage being physically active. In the prevailing situations, as all the academic activities are happen-

ing online and children are unable to meet their peers, it is important that schools play a vital role in promoting the students' mental well-being. Conducting life-skills sessions to boost self-esteem, motivating students to participate in Hobby Clubs, organising e-picnics, creating peer discussion rooms, conducting co-curricular competitions to keep their creativity intact, sending health alerts, voluntary involvement of parents, sessions with the counsellor to promote mental well-being, interactive sessions to overcome the stress and stigma caused by Covid-19 etc. These are just a few methods to check the mental health.

"Mental health is not about a destination. It's about how you drive, not where you are going".



## Views from the School Leaders



**Aparna Soni**  
School counsellor  
Johnson Grammar  
School, Mallapur  
Hyderabad

### "Role of parents in fostering mental resilience in children".

Think of a failure or trauma that left you deflated, did you blame the world, the luck and your stars? Did you lose motivation, grumble, stay miserable and nurse a grudge against the universe? Or you dusted yourself off and bounced back, regrouped, considered what went on, learnt from your mistakes, improved what you could improve, worked harder and stayed positive. If you are the later kind, you are a beacon of **resilience**.

**Resilience** is an individual's ability to positively adapt to stress or adversity, by navigating through life and deal with physical, psychological,

social and cultural impediments in a positive manner through clear thoughts, actions and behaviours that help recover from failure and achieve success. **It can be learned and developed like any other skill set.**

Helping children to build resilience is one of the greatest gifts a parent could bestow them. Here are some possible nuggets to help building resilience in children -

- **Explain children what to expect and what is expected of them.** This structure provides a sense of security and comfort, reduces the sense of chaos or disorganization that can be created by stress.
- **Foster confidence rather than fear.** Use positive strategies to build confidence in the child. Don't shower empty praise or overabundant criticism, strike a balance.
- **Show children how to focus** on the pathway and the long-term destination. Try to make them feel content with incremental progress and seek positive feelings from small successes.
- **Foster a close and warm relationship** with the child. Consistent and caring relationship can be powerful and curative and helps children feel secure, especially when faced with ongoing daily stress.

- **Talk to your children about their emotions**, both positive and negative and guide them to appropriately express or release those feelings in a healthy way.

- **Explain self-control**, not being influenced too much by peer and media pressure is a key trait towards resilience. We need to elucidate that learning self-control will help them to be content and balanced in life. **Model the behaviour you want to see in your child.**

- **Share how you resolve problems**, large and small. Instead of offering suggestions immediately, start with questions, such as, "What do you think might work?" **Help him think through his ideas before offering suggestions**, and discuss them too.

Children have natural confidence, creativity, curiosity and can bounce back from extraordinary adversity. Helping them retain some elements of childlike fearlessness and confidence will be a great parenting strategy.

**"We cannot always build the future for our youth, but we can build our youth for the future"- Franklin D Roosevelt**



## Views from the School Leaders



**Ms. Pratibha K S**  
Teacher  
Tattva School Bangalore

**"Monitoring daily behavioral changes in the classroom for proactive support to Learners under stress".**

**C**hange is the only constant thing in life. It is the window to the soul of our children.

The Pandemic has been instrumental in evolving our classroom scenario. These are challenging times. With lack or absence of physical activities, peer group and school staff, our learners are in deep duress. They need the helping hand of our teachers and counselors. In school, a lot is taught beyond books and curriculum. It is time we look at mental health as an important part of our structured curriculum. The school and the education fraternity need to treat this with

utmost urgency or our children will lose their spontaneity, shackled to a screen as a mere passive recipient of a system that failed to sustain a growth mindset.

Proactive assistance as a support **strategy** in which the facilitator anticipates behavioral issues in the classroom, and formulates supportive remedies to offset the detrimental effects of behavioral changes caused by stress.

With the audio video switched off, one observes the first sign of behavioral problems in the learner. In the physical classroom, increase in stress levels cause disruption, and interferes with the learning process. In the virtual classroom it is more severe, the facilitator can neither visualise nor handle the adverse effect. The damage done can be permanent. Hence it is critical to determine the root cause of a child's conduct. If all efforts at mitigating the source of a child's misconduct fail due to extraneous factors, it becomes extremely important to provide proactive support to such learners under stress.

Merely focusing efforts on disruptive individuals in the classroom, does not solve the overall classroom behavior problems. Instead it may be worthwhile to create conditions that make them less likely to occur. This is why providing proactive support to students

can help them cope with stress.

We must set down certain guidelines wherein we can draw the learner out and encourage participation thereby make it easy to detect and deal with issues before the onset of serious behavioral issues

### **1. Create Learning Environments That Encourage Creativity**

In order to create a learning space that promotes creativity, one must first optimize classroom seating. For instance, pupils who choose their own seats are three times more likely to be disruptive than those who have seats assigned to them. But that doesn't mean that choice is a bad thing. Allowing students to choose and have a sense of ownership can also be extremely rewarding. Just ensure that the freedom to choose is followed by clear expectations for acceptable behaviour.

### **2. Integrate Physical Activity into the School Day**

Regular physical education classes not only assist in the growth and development of pupils, but physical movement may also considerably reduce overall classroom stress levels. Even something as simple as taking the class outside for a short walk can drastically reduce anxiety in youngsters.



## Views from the School Leaders

### 3. Avoid using the word DON'T

Students are more likely to adhere to the directions that provide clear explanations and reasons for the same, according to research. Instead of saying, don't do so and so, try to explain why they shouldn't do so and you'll see the change in reception and behaviour almost instantaneously.

### 4. Acknowledge and Praise Student Effort

Praise the conduct you wish to reinforce. It may be more beneficial to proactively acknowledge positive behaviour and overlook minor disruptions rather than penalizing or disciplining students for every disturbance. You can recognize a student's effort by giving them a star/sticker for their efforts or using simple words of affirmation such as **"I'm proud of the way you worked today."**

When it comes to learning, stress can be the ultimate disruption. This is exactly why instructors must proactively provide the support and assistance required to cope with stress and its pernicious and inimical consequences. Demonstrate faith in your students, foster trust and respect in the classroom and you too can remove the impediments to the learning curve.

## Views from School Parents



**Aarti Dandavate**  
Parent of  
Shreenija Dandavate  
Amanora School, Pune

### "Roles of Parents in promoting mental wellbeing of their children"

As a parent, I have always felt that a child is like potter's clay mud. The clay has faith in potter that it will be well shaped so that it gets good appraisal. Similarly, early life of child will have lot of impact of parents, family, ambience, school etc.

Now how exactly we can help children when they are growing up:

1. Listen to them very meticulously. Give them confidence that you are there for them to listen.
2. Always we should not glorify our stories in front of them. It should be told in such a way that story should become a path of their life.
3. Parents should also tell them that at some stage of their life they too made mistakes and how they overcome or rectified them.
4. Constantly give support and confidence by stating that we are always there for you. Do not get panicky in front of children at any point of time.
5. Foster and support their hobbies. Tell them how hobbies will help in their life.
6. Sit and play with them.
7. Help them inculcate spirituality.
8. Teach them how to take social responsibility (as per capacity).
9. Teach to be resilient.

As a parent I feel we should keep doing what we say, then they learn the same. When we rise in the morning, greetings with smile that triggers a day in positive way will be a great way to start. Share that you are not a superwoman, even you get anxious and angry. These emotions should be clearly shared with children that, but one must quickly bring yourself to normalcy and move on.

Bottom line is that parent is not a 'chance' role, it has been chosen with complete cognizance. So play the role in such a way it that it becomes a legacy worth remembering. This is science of happiness and happy parenting.



## Views from School Students



**Niyati Tayal**

Student of  
T.M. Patel International  
School, Surat

### “Role of peer group in helping mental wellbeing”

Mental wellbeing is about your thoughts and thinking process or how you mentally deal with ups and downs of the everyday life. Now why is mental wellbeing important? It is very important because it has an impact or is essential for physical health too. How? When we are mentally well, then only we can be productive and contribute activity.

Now what effects mental health? Failure, low self-esteem, and bullying. What would you do if one of your friend is going through something like this? Let me tell you, this is the time your friend needs you the most and you need to help your friend. Help in what way? Spend more time with your friend, help your friend gain the confidence, self-love, hope and mental strength. Help him/her to get over failure and prepare for the upcoming exam of any kind. Inspire your friend and encourage him/her to do what they want.

Helping your friend is your responsibility and do it as if you are doing it for yourself because a true friend only shows up in the times of need. You don't know what this mental state can lead your friend to. This may lead to depression, anxiety, self-hate and much more. So, understand the

**ROLE OF PEER GROUP IN HELPING MENTAL WELL BEING.**



**G. Rithvika Sphoorthi**

Student of  
Johnson Grammar  
School, Mallapur  
Hyderabad

### “Role of Peer Group in Mental wellbeing.”

Despite what many believe, mental illness is common in teenagers. Many teenagers face this illness which can be caused due to many reasons, like stress and anxiety. School going children, especially teenagers worry about getting perfect grades, being the best student and so many such other issues. There are a lot of hormonal changes in their bodies during this time, which cause mood-swings and anger- control issues. The environment in which we live in has a huge impact on the mental- wellbeing. They try and pretend they are perfect as they are scared of being judged. This makes them over think a lot about their flaws and defects. Teenagers are still naive which makes them think they are not good enough and are unacceptable. That tiny thought has a big impact on their mind. People find it easy to share their problems with friends and peers, as they feel more comfortable and feel they may understand their mental condition. There are chances of making the situation worse if problems are shared with the wrong person. So let people whom you trust the most know about it, because many suffer more by keeping problems to themselves and this might even lead to breakdowns. So you need to open - up about your health to your most trusted peers. They might help you cope up and overcome this phase. It makes us feel better when we express our true self. It is very beneficial to share our issues with our peers, as it makes our

heart feel light. Don't be ashamed about your mental health!

We need to create a healthy and positive relationship with our peers, as they will understand us better. They too may be in a similar condition and may need help.

Therefore, peer groups play an important role in mental well-being. A healthy mind leads to a healthy lifestyle.

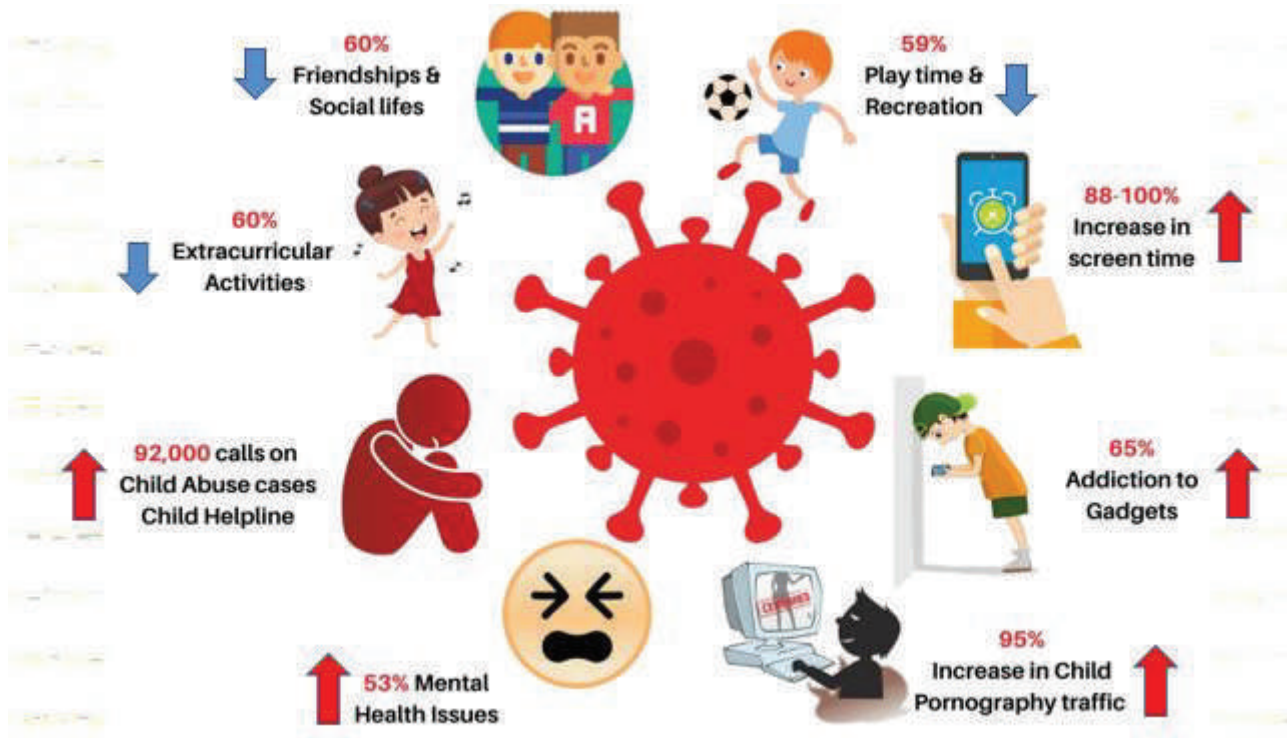


## YOUTH AND MENTAL HEALTH

### Form the HSCP Editorial Desk



Pandemic phase carries special significance for mental health, since most mental and substance use disorders have onset in youth and many tend to run a chronic or relapsing course. Globally 20 % of youth experience mental health issues. Trauma faced at this developmental stage may have long-term consequences across their lifespan. Adding to this tumultuous phase is the pandemic with all its uncertainty and mental health challenges. Thus, this is also a crucial period for developing and maintaining social and psychological habits important for mental well-being.



Impact of COVID on Children's Behavioural Well-being in India

### Key mental health techniques young children should know

**1. Refocus or Change the Way You Think About This Time** Instead of perceiving the lockdown as forced jail time at home, both youth and parents can look at staying at home as a way to keep them all safe and stop the spread of this virus. Look at this time as a way to build resilience.

### 2. Pay Attention to Emotions

Recognize that anxiety, low mood or negative emotions during this time are completely normal. If school and office closures and alarming headlines are making you feel anxious, you are not the only one. In fact, that's how you're supposed to feel. Anxiety is a normal and healthy function that alerts us to threats and helps us take measures ourselves.



# NEWSLETTER

Volume 17, July 2021

## 3. Collaborate

Both youth and their family members need to decide whether this forced time together can be one of joy and peace or conflict and criticism. There has to be open communication between the family members about how to make this time peaceful for the most part. Speak about what is bothering either of you and also find a way to compromise where the youth feel like they are heard and their opinions matter and adults feel respected and wanted. Having family rituals –e.g., deciding that meal times should be spent together, playing card or board games etc. help a lot in bonding. Harmonious relationships foster self-esteem and confidence in youth.

## 4. Curate Activities Together

Youth want privacy and prefer the company of peers over family members. Parents want their children to value them and want to be included in their lives. When this does not happen, parents feel rejected or unwanted. Youth require privacy and the family members need to acknowledge this. It is important to remember that their children are not rejecting them but it is their brain which is telling them to explore the world and leave the nest, so it's best to not take this personally or as rejection. Developing relationships outside home is an evolutionary way to prepare them for their future life. Having a common ground helps greatly in this case.

## 5. Regulate Gadget times

Overuse of gadgets and screen time, constant consumption of media, especially negative media can have adverse effect on anyone's mental health. Never underestimate the ability of sensational news to play on our mind and amplify negative emotions. By all means use gadgets, they provide ways to be connected to the world, to our friends, to learn and study, to be entertained...but if you are anyway feeling anxious and overwhelmed –stay away from the news or people that are adding to it.

## 6. Communication

This is a very tough time for everyone and parents do not have to show that they are in control or have no challenges or doubts. They don't have to pretend that they are all 'perfectly fine'. Disclosure by parents to their children – about the worry they feel about safety and well-being of their family, their financial insecurities, their struggles with mental health etc. helps a lot. This fosters a bond and gives the message to children that it is okay to struggle. If the channels of communication are kept open with the youth, they will feel more comfortable in sharing their struggles with their family.

## 7. Conflict Management

Because of the forced physical isolation, tempers are frayed and irritability is at its peak. Any small issue has the potential to become a conflict. At this time both the parents and youth should give each other the space to vent and not take fights too personally. Instead of blaming, think about what needs to change, what you can do, or what help you need. Asking questions can help you understand the problem better. E.g. Why is this a problem? Why did this happen? Why is this so important to you? What is making you feel upset? The youth can be given a choice about what they would like to do to make the situation happier.





# NEWSLETTER

Volume 17, July 2021

## 8. Go back to the basics – Active way of life

When basic needs like sleeping and eating well aren't met, we can easily feel anxious and out of sorts. Looking after physical health is vitally important during this time - focusing on getting good sleep, eating well, and doing some kind of physical activity – can make a huge difference. Take deep breaths when you are feeling particularly restless. Even though everyone is different, having some sort of routine helps during these times. These provide structure to our lives which is filled with so much uncertainty right now. Exercise releases happy hormones which help us to feel better when we are feeling low and demotivated.

## 9. Incorporate calming activities in your daily routine

Try to spend at least one hour doing an activity that makes you feel better, like reading a favorite book, drawing, or journaling. You could consider incorporating a daily breathing exercise into your routine. Try and limit the things that might be making you feel anxious, like constantly refreshing the news or your social media feed. Planning the day ahead for the forthcoming activities will help keep anxiety in check.

## 10. Create distractions

What psychologists know is that when we are under chronically difficult conditions, it's very helpful to divide the problem into two categories: things I can do something about, and then things I can do nothing about. There is a lot that falls under that second category right now, and that's okay, but one thing that helps us to deal with that is creating distractions for ourselves. Indulging in a hobby, watching a favourite movie or getting in bed with a novel are ways to seek relief and find balance in the day-to-day.

## 11. Focus on yourself

Focusing on yourself and finding ways to use your new-found time is a productive way to look after your mental health. For Eg. Making a list of all of the books you want to read and the things that you have been meaning to do. Even if you do not get down to actually doing them, making a list can also be exciting.

## 12. Be kind to yourself and others

These are unprecedented and overwhelming times for almost everyone. It is not a productivity contest, stop focusing on productivity alone but also on emotional health. It is okay to be unproductive and relax once in a while. Also, now more than ever we need to be thoughtful about what we share or say that may hurt others. Your words can make a difference. Checking in with others to see how they are doing also helps.



## HSCP activities / Initiatives around our Schools

### 1. HSCP orientation programs for learners.

As a part of the new academic year beginning all our schools have conducted HSCP orientation session for learners which has covered online safety aspects, digital eye strain, ergonomics, mindfulness activities.



### 2. Staff Vaccination drive in schools

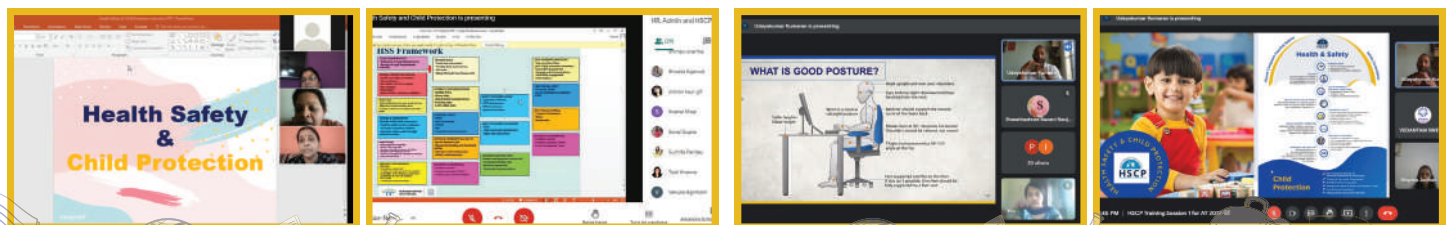
All our schools have driven vaccination program for our staff and support staff. In few school we have managed to organize a vaccination campaign also in which our parents have participated. Overall **88%** of our school staff are currently vaccinated. 12% of pending cases are delayed due to reasons like recently recovered from covid-19, other medical illness and non-availability of vaccination slots.



School name	Percentage of vaccinated staff
Johnson Grammar School, Habsiguda	85%
Johnson Grammar School, Mallapur	87%
Tattva School	88%
Amanora School	83%
T.M. Patel International School	83%
Ryan Edunation School, Jaipur	89%
Ryan International Academy, Bavdhan	93%

### 3. HSCP and Corporal Punishment Induction program for staff

Staff induction programs on Health Safety & Child protection, Corporal Punishment was conducted during this period in our school schools. The training program was organized in an interactive manner and has included with, test, activities and case studies.



## 4. World Environment Day Program

World Environment Day 2021 awareness program on promoting theme Ecosystem restoration has conducted in all the schools by conducting various activities like planting trees, poster making, skits and awareness training sessions.



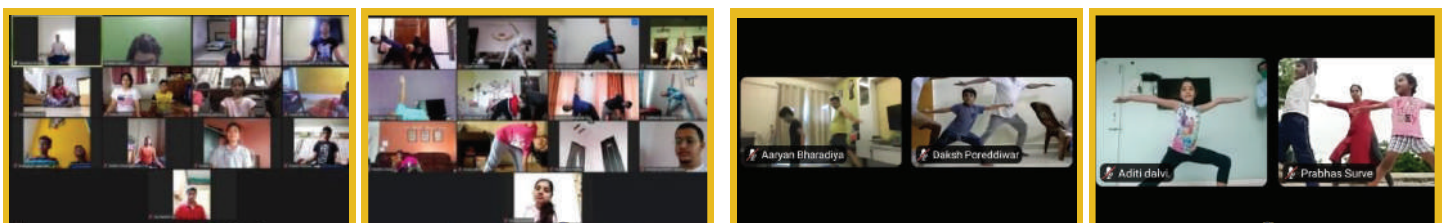
## 5. Summer internship program for students on psychology

Our learners of Grade 6 to 12 to registered and participated in a series of online workshop on psychology courses which was delivered by psychologists of Fortis School Mental Health Program under the aegis of Dr. Samir Parikh. The participants have received an E-certificate post completing this course. Module of this training series included aggression management, gender sensitization, risk behavior management, media Literacy, study and exam skills, bully to buddy program and caring for the environment



## 6. International yoga Day

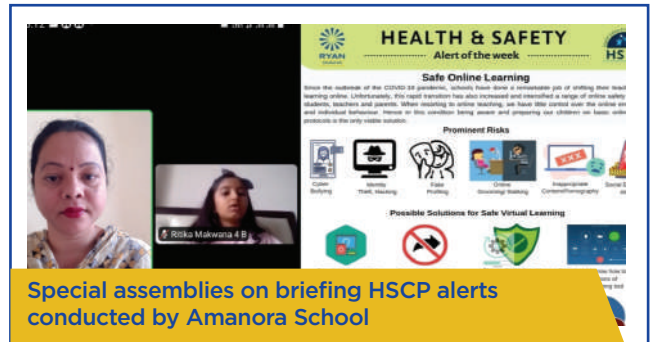
International Yoga day was celebrated in our schools with students and staff participated in yoga performances activities. Few our school also hosted Yoga activities for the parents.



## Other HSCP Events' updates from the school



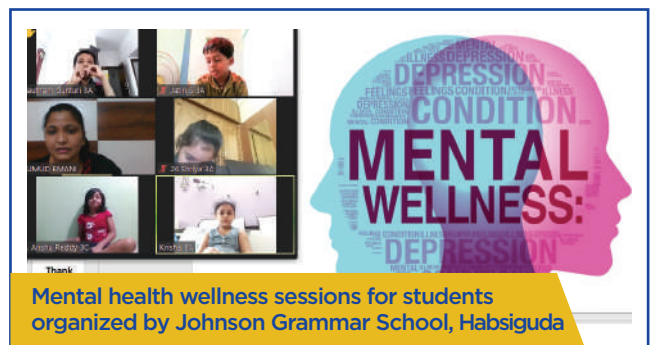
Amanora School organised awareness drive on World Bicycle Day



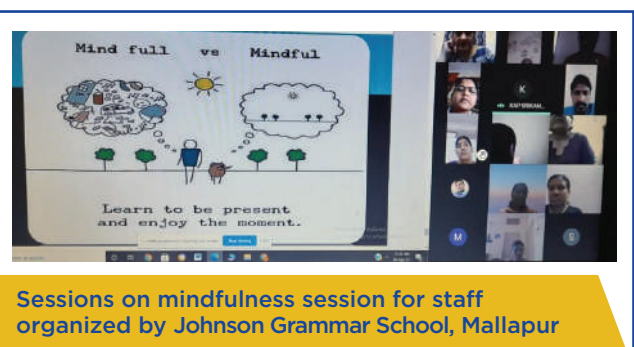
Special assemblies on briefing HSCP alerts conducted by Amanora School



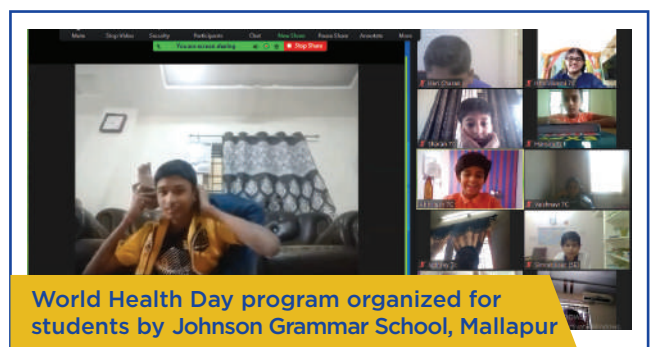
Parent orientation session on HSCP by Johnson Grammar School, Habsiguda



Mental health wellness sessions for students organized by Johnson Grammar School, Habsiguda



Sessions on mindfulness session for staff organized by Johnson Grammar School, Mallapur



World Health Day program organized for students by Johnson Grammar School, Mallapur



Covid-19 Safety precaution measured adopted during PTM by Ryan Education School, Jaipur



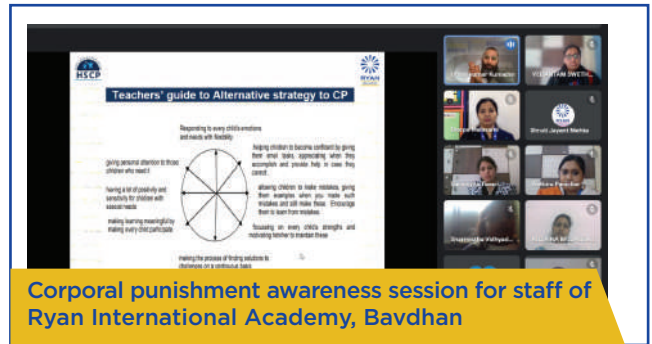
Vaccination camp organized by Ryan Education School, Jaipur for staff and parents.



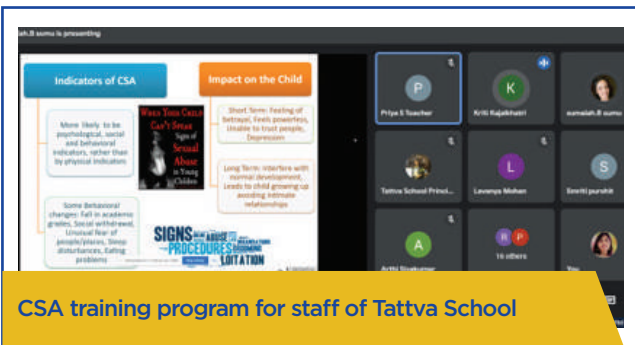
## Other HSCP Events' updates from the school



Staff wellness & stress relief activity conducted by Ryan International Academy, Bavdhan



Corporal punishment awareness session for staff of Ryan International Academy, Bavdhan



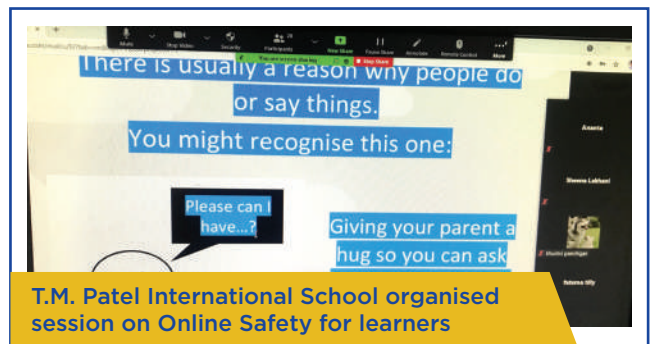
CSA training program for staff of Tattva School



Tattva School conducted special assembly on World Doctors day



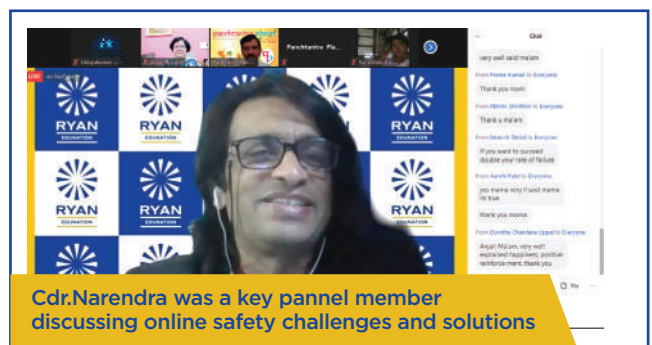
T.M. Patel International School organised session for learners on Safe and Unsafe touches



T.M. Patel International School organised session on Online Safety for learners



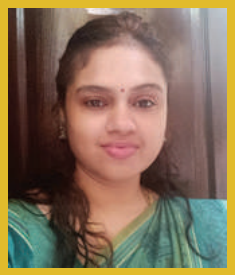
Launch of Virtual Self-assessment safety protocol, a new audit tool for school



Cdr.Narendra was a key panel member discussing online safety challenges and solutions



## Feedback Corner



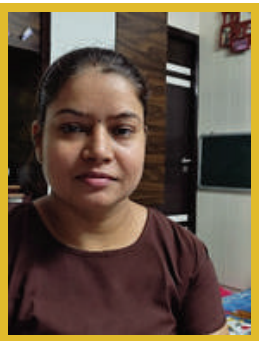
**Mrs. SHOBA SRINIVAS PURANAM**  
**Parent of Madhumita - Grade 1E, JGS Habsiguda**

We are fortunate that JGS school shares this responsibility and leaves no stone unturned in ensuring that their students' emotional needs are taken care of. Be it sensitizing them about online safety, the precautionary measures to be taken to stay safe during the pandemic, important inputs on personal hygiene, regular counselling to keep them emotionally balanced go a long way in shouldering our responsibilities to a great extent.



**Adhikrao Pawar**  
**Parent of: Nandini Pawar & Mukta Pawar RIA Bavdhan**

Happy to be part of HSCP committee. Committee members are actively participated in the activities and different issues or concerns related students. And it's good to have representatives of parents, teachers and management staff.



**Anjana Tayal**  
**Parent of Neetika Tayal TMPIS Surat**

The meeting held for my child's HSCP training was really thoughtful, it gave my daughter an idea of safety and protection. She was made aware about safe and unsafe touch and much more things. This idea of informing and giving training on health safety and child protection was great and I appreciate it.



## Leveraging Technology: Self-Care Toolkit for improving Mental Wellbeing

Positive thinking sounds a bit like it might be ‘easier said than done’, especially when we’re going through a tricky situation. However, it can actually just mean treating yourself with the same level of compassion and kindness that you extend to other people.

We are often told that it’s important to empathize with other people, but it actually takes a lot of skill and practice to empathize with ourselves as well. Sometimes, if we don’t like what we see in the mirror or we feel that we should have been more productive or behaved differently in a certain situation, we think things about ourselves that we wouldn’t dream of saying to a friend or loved one, such as ‘you’re not good enough’. Even if you make a mistake that you wouldn’t usually make, which may feel disappointing, it can really help to rephrase the way you think about that, such as changing thoughts like ‘I’m a failure’ to ‘I know I can do better than this.’

### Health benefits of positive thinking

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

Below table has some examples of negative self-talk and how you can apply this as positive thinking twist to them:

Negative self-talk	Positive thinking
I’ve never done it before.	It’s an opportunity to learn something new.
It’s too complicated.	I’ll tackle it from a different angle.
I don’t have the resources.	Necessity is the mother of invention.
I’m too lazy to get this done.	I wasn’t able to fit it into my schedule, but I can re-examine some priorities.
There’s no way it will work.	I can try to make it work.
It’s too radical a change.	Let’s take a chance.
No one bothers to communicate with me.	I’ll see if I can open the channels of communication.
I’m not going to get any better at this.	I’ll give it another try.

Practicing daily gratitude notes involves recognition of the positive things in your daily life and how they affect you. This can range from acknowledging a beautiful flower you pass on the sidewalk to the feeling of thanks that comes from recovering from a serious illness.



Cont Ref: mayoclinic.org/fortis

Self-care toolkit for daily practice

Helpline Numbers in Pan India that offers emotional support for people going through distress, despair, suicidal thoughts and feelings.

Organisation Name	Helpline Numbers	Websites
Samaritans	8429984527	<a href="http://www.samaritansmumbai.org">www.samaritansmumbai.org</a>
Parivarthan	7676602602	<a href="http://www.parivarthan.org">www.parivarthan.org</a>
Citta India	9981857665/7208107955	<a href="http://www.citta.org.in">www.citta.org.in</a>
Fortis	8376804102	<a href="http://www.fortishealthcare.com">www.fortishealthcare.com</a>
Vandrevala Foundation	9999 666 555	<a href="http://www.vandrevalafoundation.com">www.vandrevalafoundation.com</a>
Mann Talks	8686139139	<a href="http://www.manntalks.org">www.manntalks.org</a>
Arpita Suicide Prevention Helpline	080-23655557	<a href="http://www.arpitafoundation.org">www.arpitafoundation.org</a>





## Nurturing Engagement Cartton Section: Coping with Anxiety



## Quiz Section: Mindfulness

1. Listening to music is a strategy for practicing mindfulness

- A True
- B False

2. Mindfulness can be practiced anywhere

- A True
- B False

3. Which is NOT a positive effect of mindfulness

- A Helps in control emotion
- B Increases stress
- C Increases focus and attention
- D Increases positive emotions

4. What is the reason why someone might want to practice mindfulness

- A Increase sadness
- B Reduce anger problems
- C Increase stress

5. Practicing mindfulness can have us live in the moment more

- A True
- B False

Answers 1. a, 2.a, 3.b, 4.b, 5. a

**Wish you Safe and Happy Online Learning  
Stay Home, Stay Safe.**

For any editorial queries, feedback and suggestions reach us:  
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