



# Making Mental Wellness a Priority

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DEPARTMENT OF MENTAL HEALTH AND BEHAVIOURAL SCIENCES  
FORTIS HEALTHCARE

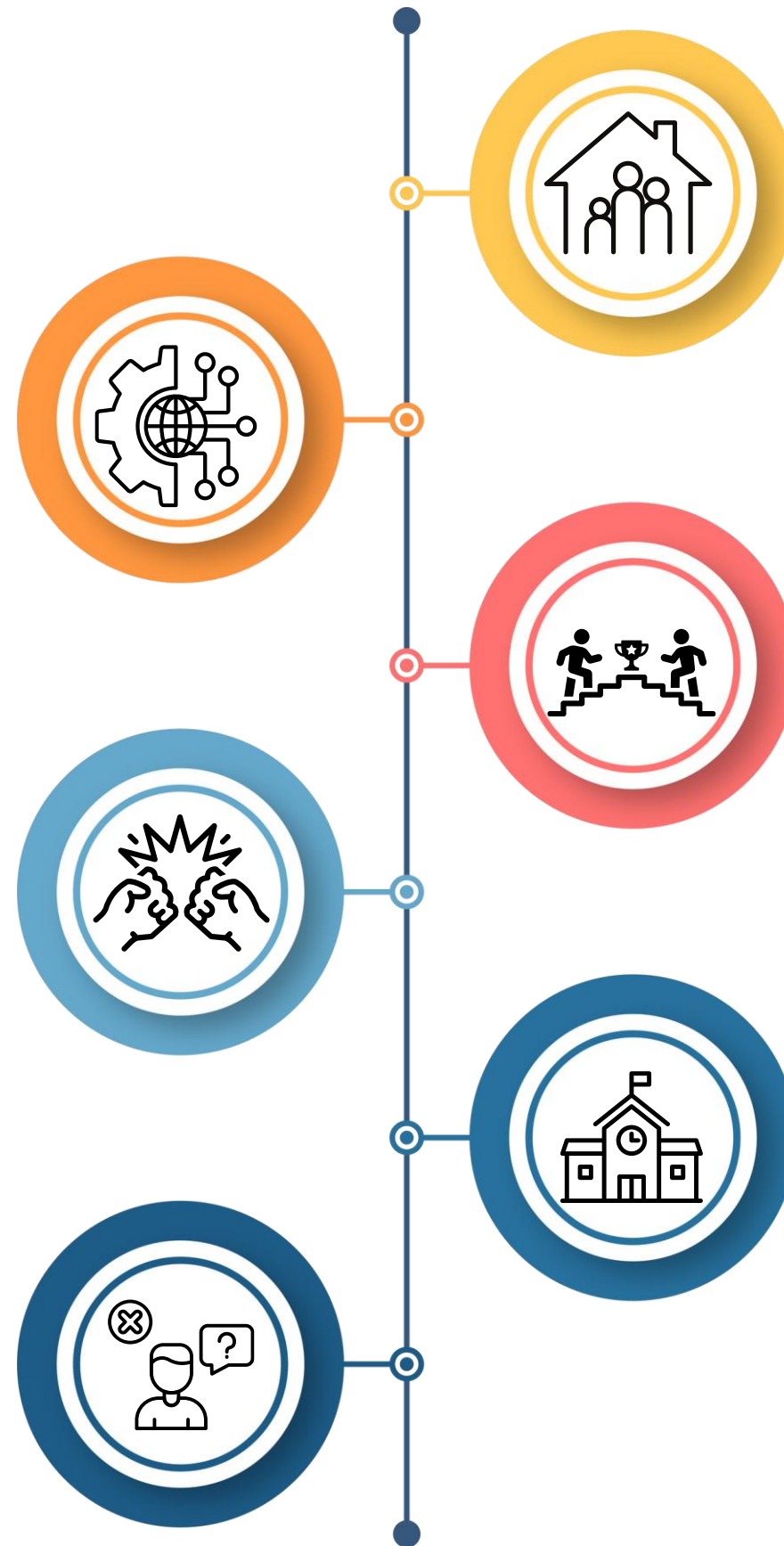


# MODERN DAY CHALLENGES

Role of information  
technology

Increase in manifested  
aggression – bullying,  
harassment, rage

Lack of a problem-  
solving approach



Changing family structures  
and socio-cultural climate

High work load and  
competition

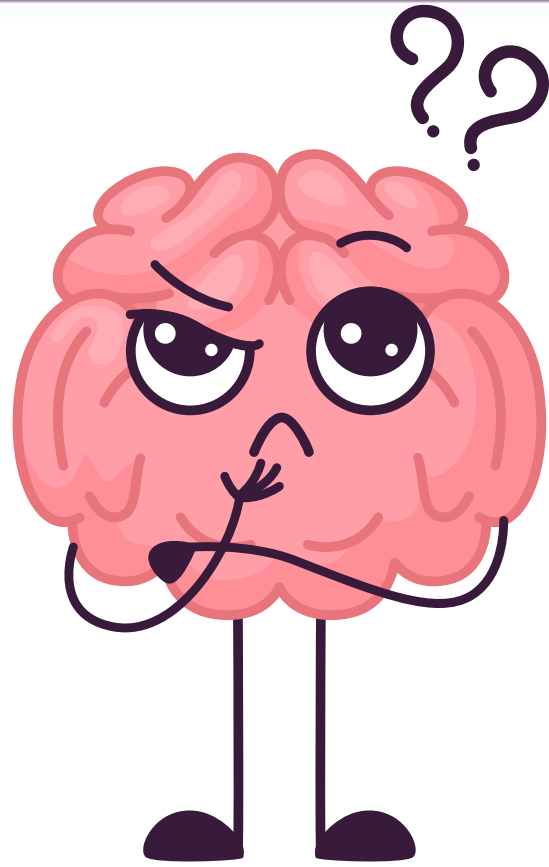
Home-college  
interface

# FACTS ABOUT MENTAL HEALTH

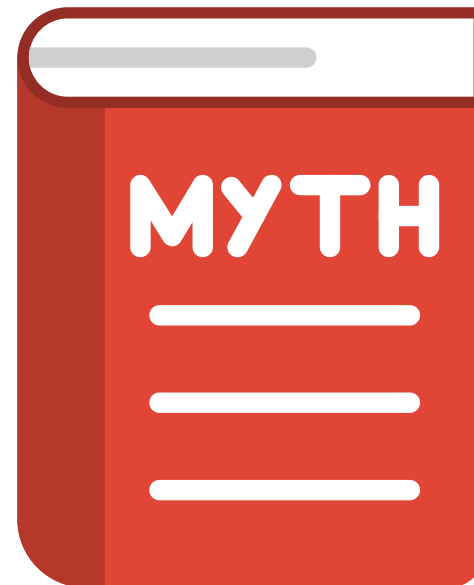


Mental illnesses are a sign of weakness



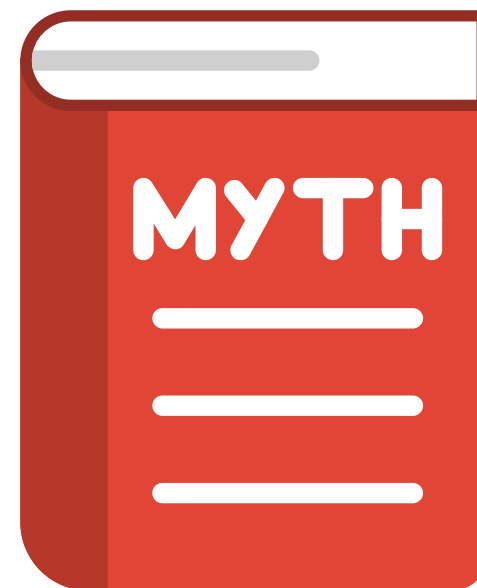


Mental health disorders can't be treated

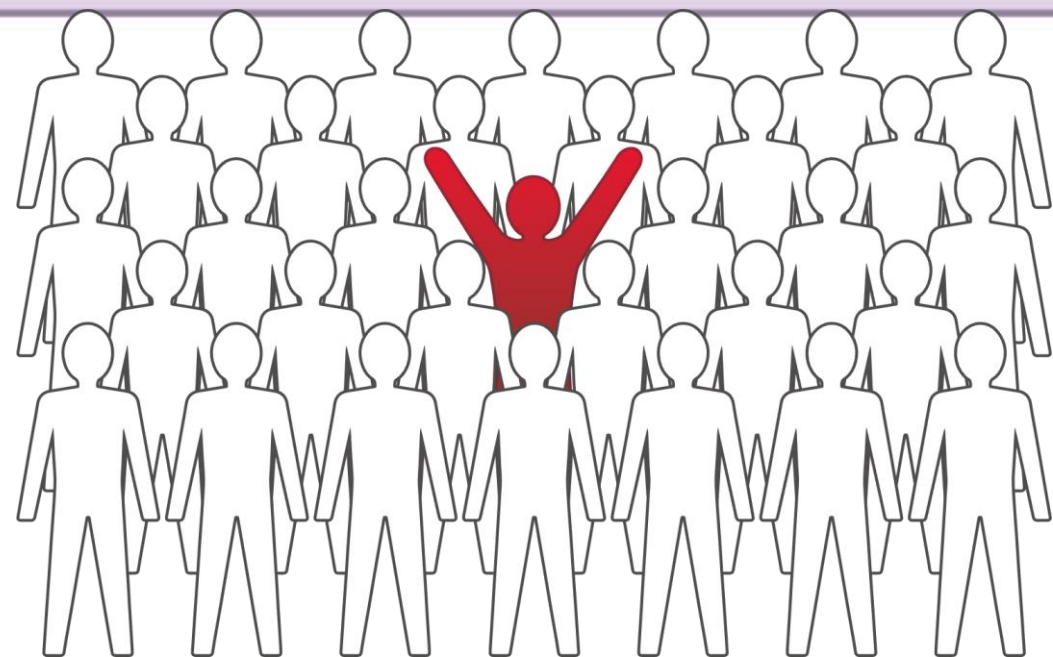




Counselling is the same as talking to a friend







Mental health problems are rare



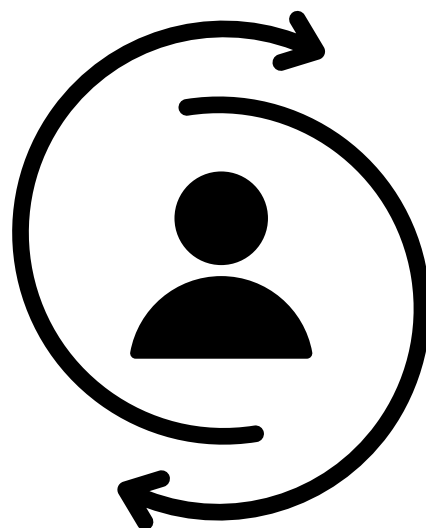


# IDENTIFYING SIGNS AND SYMPTOMS OF DISTRESS

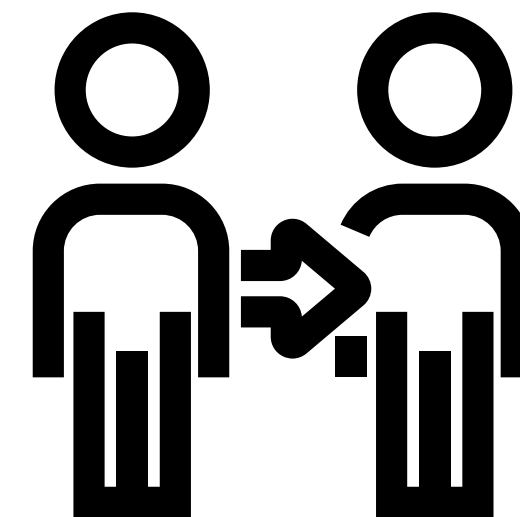
# Social and Behavioural Changes

Recent social withdrawal

Increased conflicts with peers



Loss of interest or desire to participate in activities



Change in appearance or decline in personal care

Increased use of substances  
(caffeine, pain killers, tobacco,  
alcohol)

# Emotional Changes



**Sadness  
and  
frequent  
crying  
spells**



**Heightened  
sensitivity to  
criticism**




**Irritability  
and Mood  
swings**



**Temper  
outbursts**



**Nervousness  
and anxiety**



**Reduced  
confidence**



**Lack of  
personal  
achievement**



**Cynicism**

# Physiological Changes

Changes in  
appetite



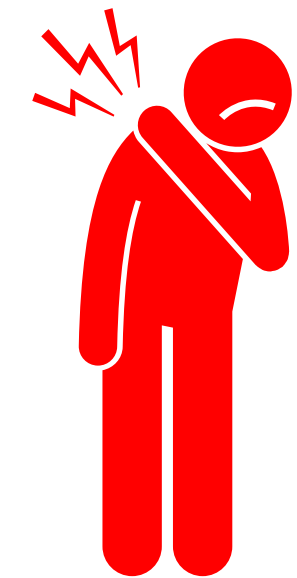
Fatigue and  
lethargy



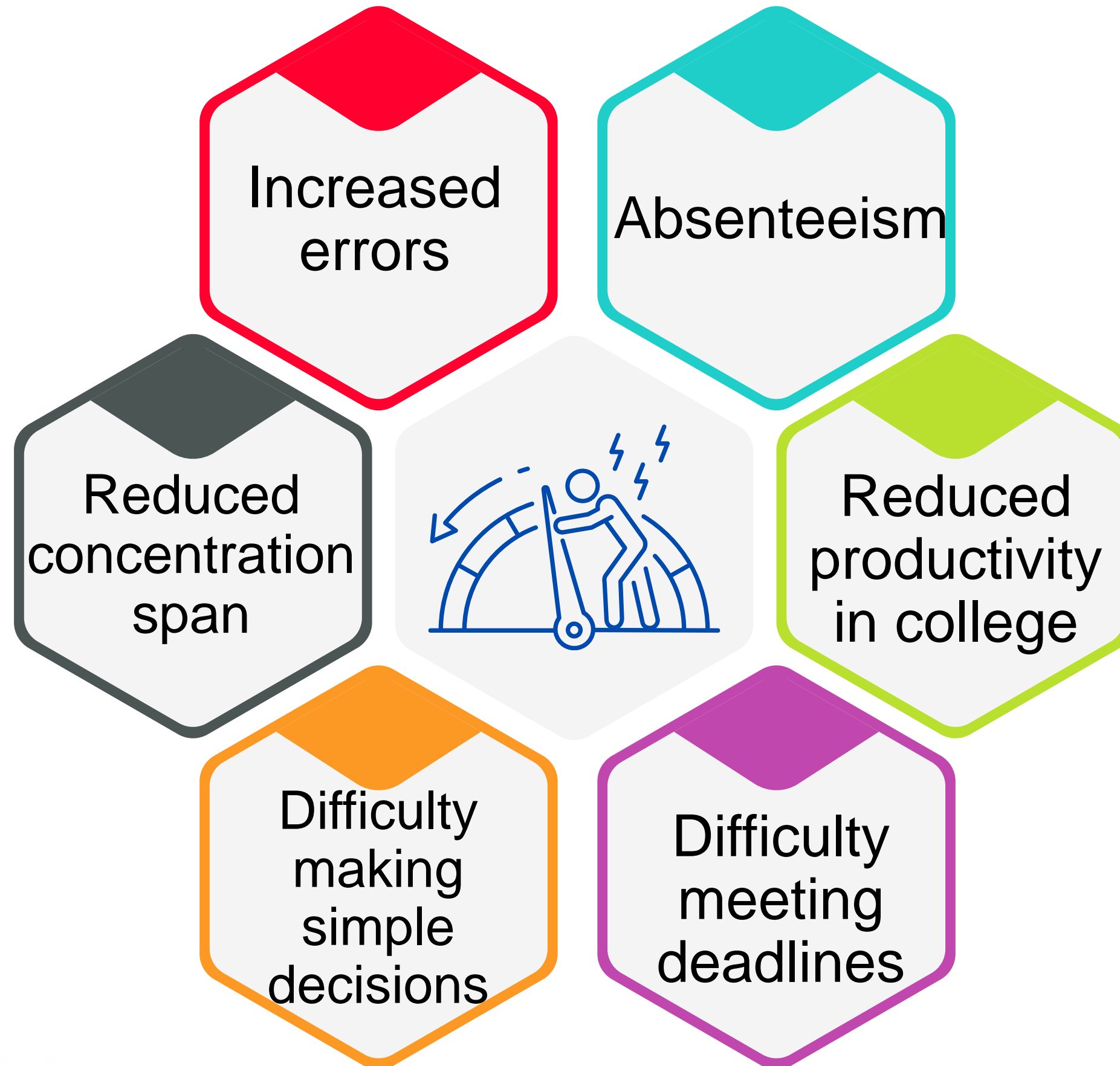
Frequent aches,  
pains and physical  
illnesses



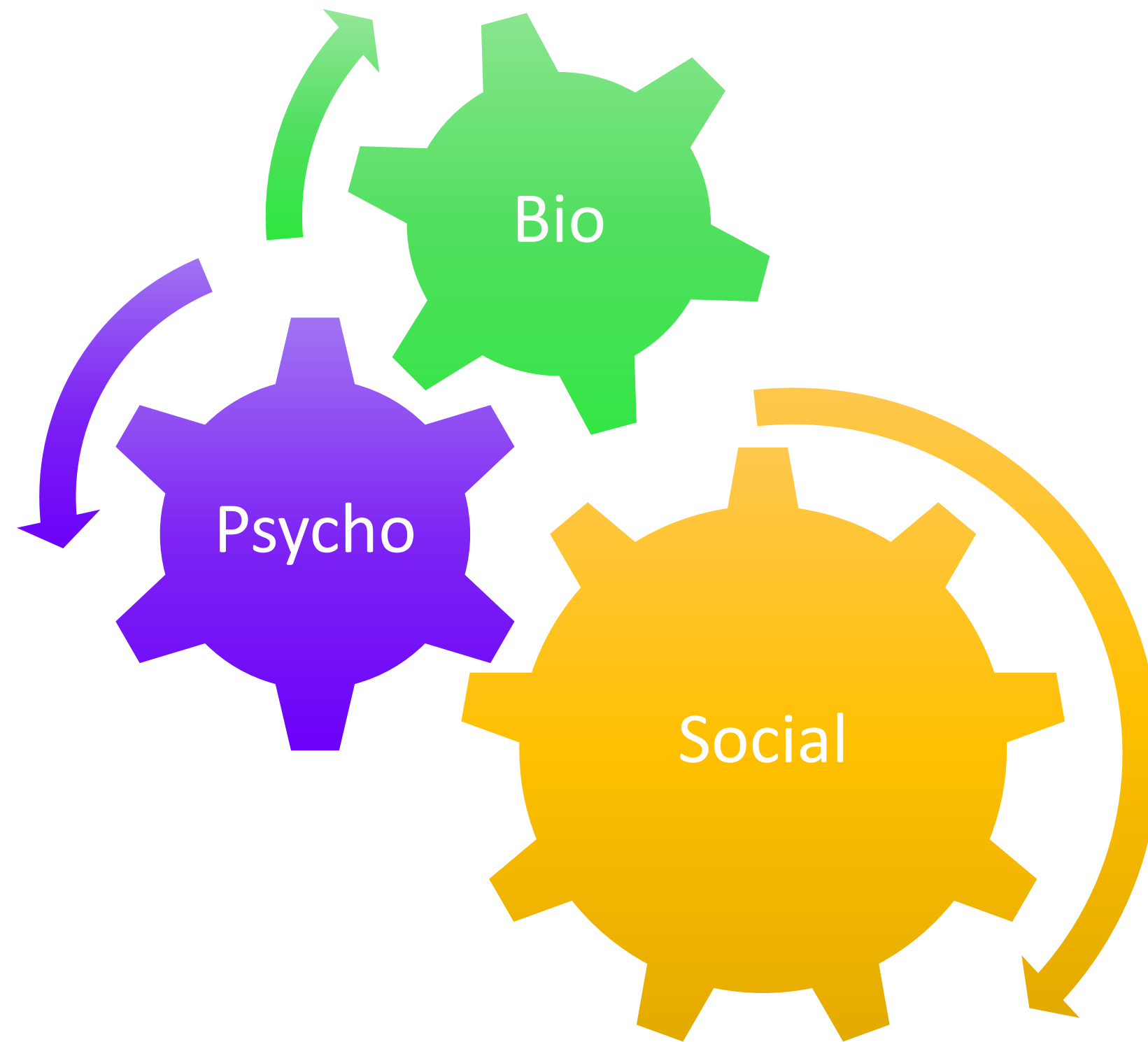
Changes in  
sleep patterns



# Performance Related Changes



# Understanding Mental Illness





# Treatment Approaches - Role of Experts



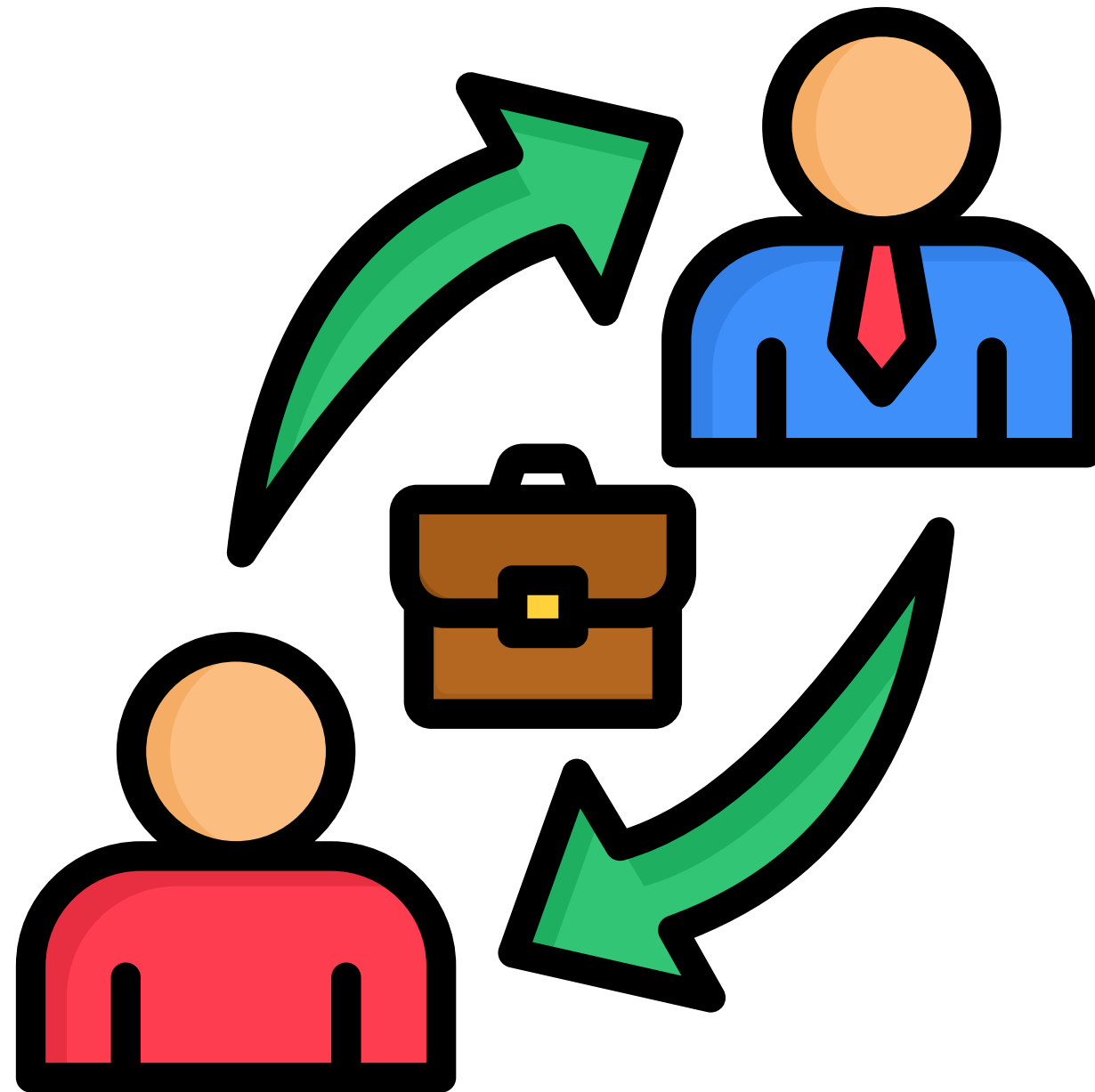
# **MENTAL WELLNESS: STEPPING STONES FOR SUCCESS**

# Adopting the Right Attitude

Responding to challenges with a solution-focused mindset and viewing setbacks as opportunities to learn.



# Prepare for Life Transitions



Cultivating emotional resilience, staying open to change, and setting realistic expectations.

# Focus on What You Can Control

In times of uncertainty, focusing on what you can control brings clarity and calm.



# Become Media Literate



Being media literate empowers you to think critically, make informed decisions, and avoid misinformation.



# Be Open to New Experiences

It fosters personal growth, builds resilience, and opens doors to opportunities

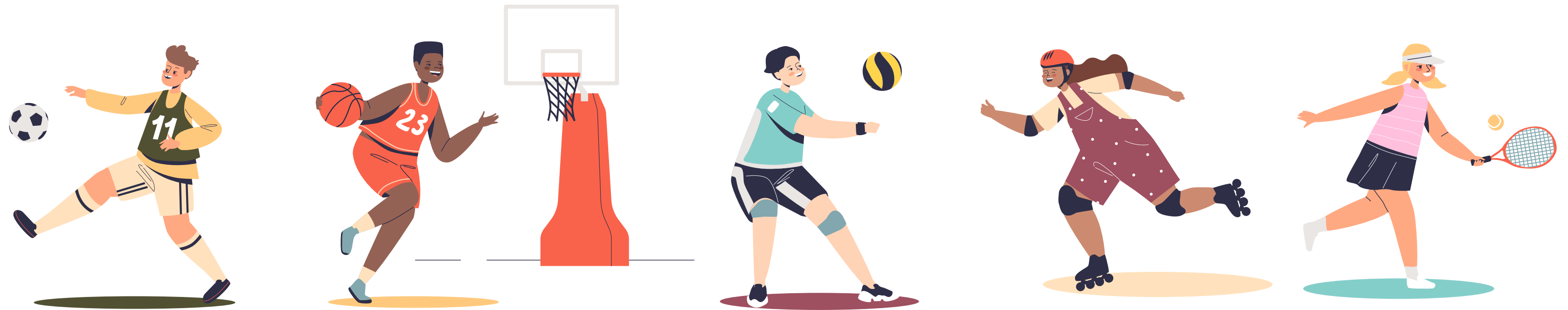


# Do a Digital Detox



It helps reduce stress, improve focus, and boost real-world relationships.

# Invest in Recreational Activities



Engaging in hobbies, sports, or creative pursuits helps relieve stress, boost mood, and improve focus.

# Create a Social Support Network

Surround yourself with people who uplift, listen, and understand you—family, friends, peers, or support groups.



# Prioritize a Healthy Lifestyle

Prioritise balanced nutrition, regular physical activity, quality sleep, and mental wellness.





# Avoid Substances

Protecting your well-being starts with making mindful choices that support your growth, not hinder it.



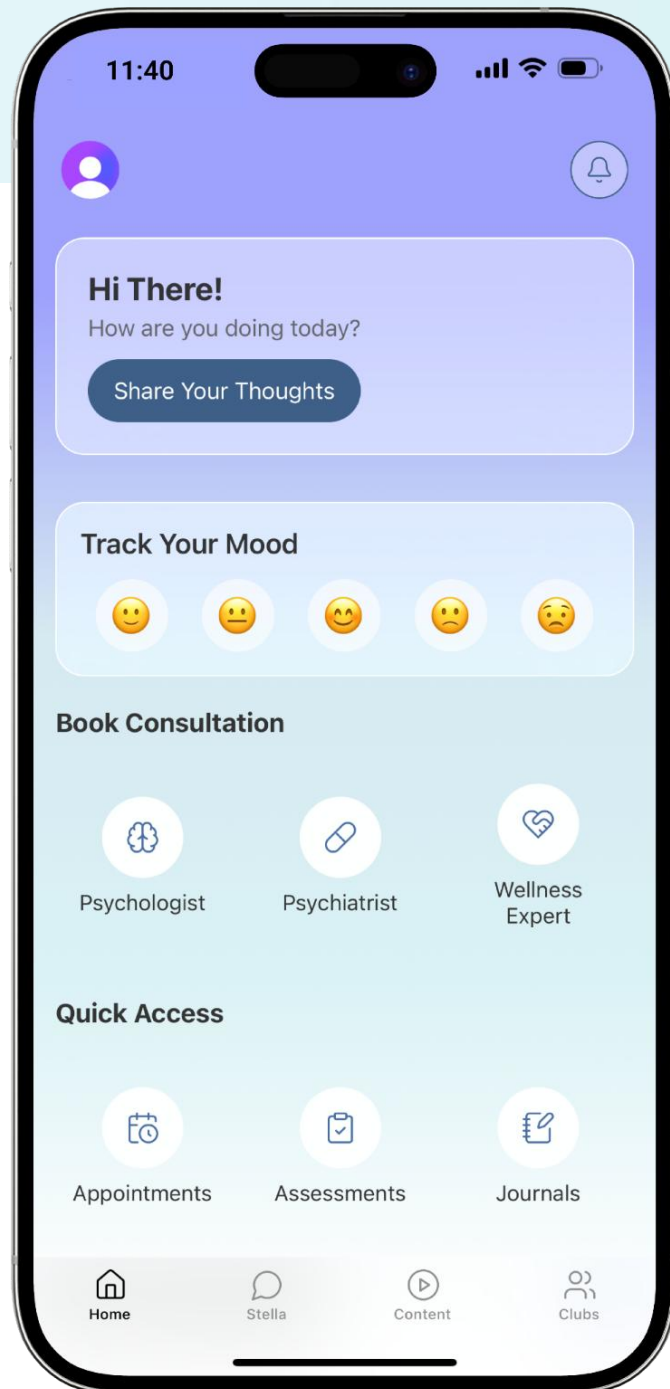


# | THANK YOU



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# #UnmuteYourself