

Journeying Towards Mental Wellness

P2 BOY PTM

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CHIJ (Katong)

Agenda

- What is mental wellness?
- Importance of mental wellness
- How can we build mental wellness?



What is mental wellness?

- Positive state of mental health
- More than the absence of mental illness
- Mind is in order and functioning in your best interest. You are able to think, feel and act in ways that create a positive impact on your physical and social well-being.

Mental Health Spectrum

- Self-coping strategies
- Social support

Healthy

Coping

Difficulties

Illness

- Professional help

MENTAL WELLNESS





Causes of mental illness

- Genetic
- Environmental
- Individual factors etc

It is similar to any other physical illness with a variety of causes.

We would not tell someone with a physical condition that it is all in their head. It is the same for mental illnesses – it is real and they need the appropriate interventions



COVID-19: A NEW PRESSURE POINT

Statistics provided by Mr Chan, in a written parliamentary response separate from his ministerial statement, showed that the [incidence of suicide among young people aged 10 to 19 rose last year](#), compared with 2019, as part of an overall increase in people here taking their own lives during the pandemic.

Mr Chan said that Covid-19 had aggravated existing stressors for students, such as academic-related difficulties, by disrupting students' normal routines and creating a heightened sense of uncertainty.

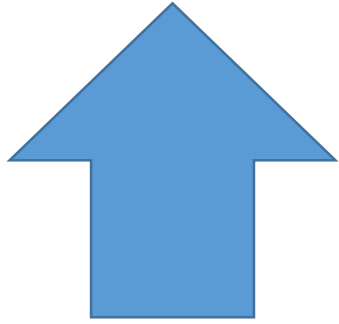
Analysing the chats with primary school children through its Tinkle Friend helpline from April to July last year, Singapore Children's Society found that children had experienced several challenges as a result of safe distancing measures and school closures.

These included a change in their relationship with parents who had to juggle work demands from home, and being unable to seek support from friends, teachers or school counsellors due to home-based learning (HBL).

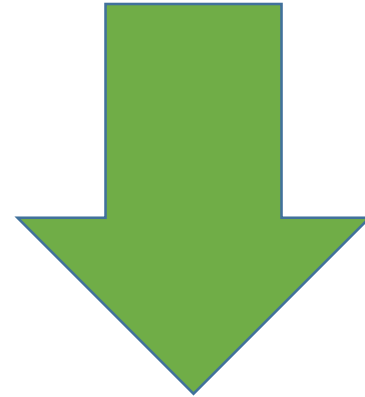
Counsellors, such as Ms Sophia Goh of Sofia Wellness Clinic, said they had seen a spike in the number of students turning to them for help during the pandemic, amid an already increasing trend over the past few years.

SINGAPORE — The incidence of suicide among young people aged 10 to 19 rose in 2020 from 2019 as part of an overall increase in people here taking their own lives during the Covid-19 pandemic, Education Minister Chan Chun Sing said on Tuesday (July 27).

How to build mental wellness?





- Emotional awareness
- Emotional regulation
- Coping strategies
- Social support
- Help-seeking behaviour



- Stigma of seeking help



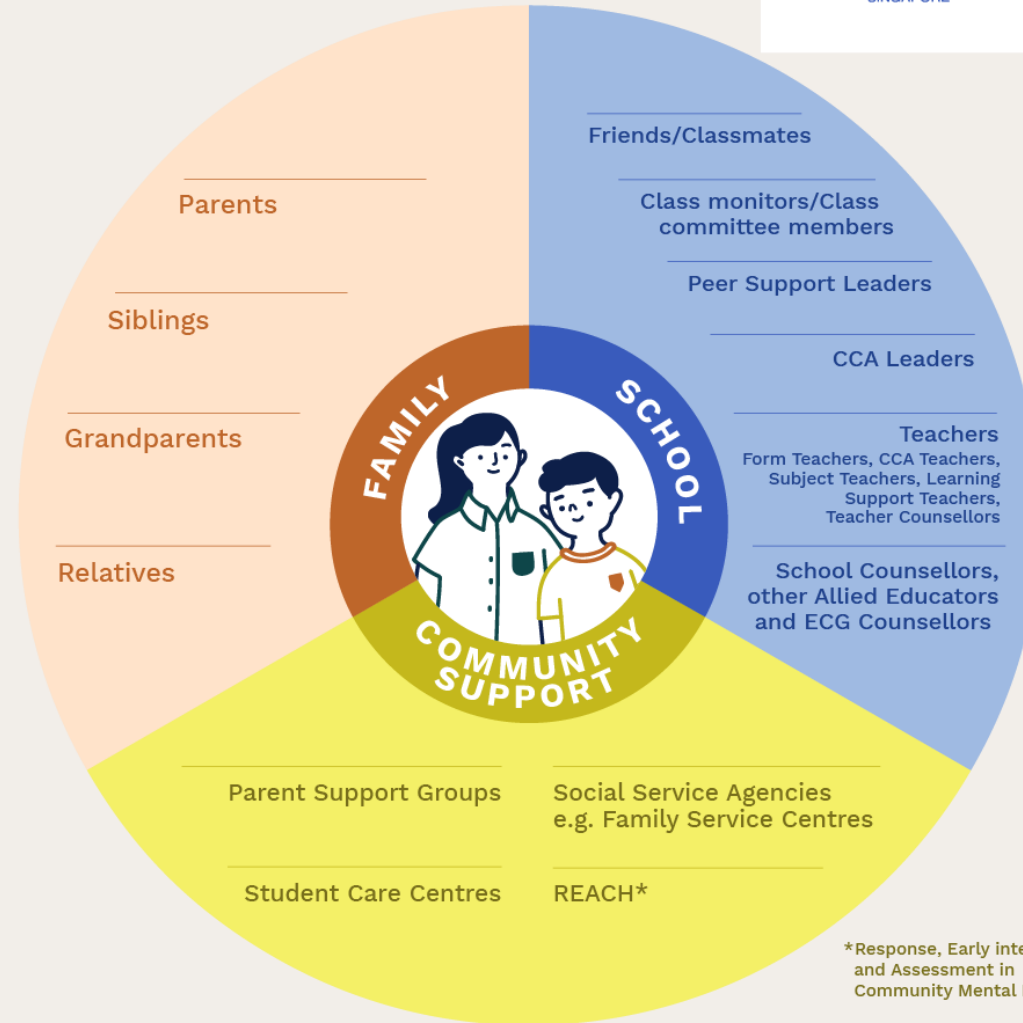
Managing screen time

- Limit your child's screen time
 - Do other activities instead
 - Exercises
 - Physical activities
 - Develop hobbies
 - Reading, drawing etc
 - Build and strengthen their social support network
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A Caring and Enabling Society: Circles of Support for our Students



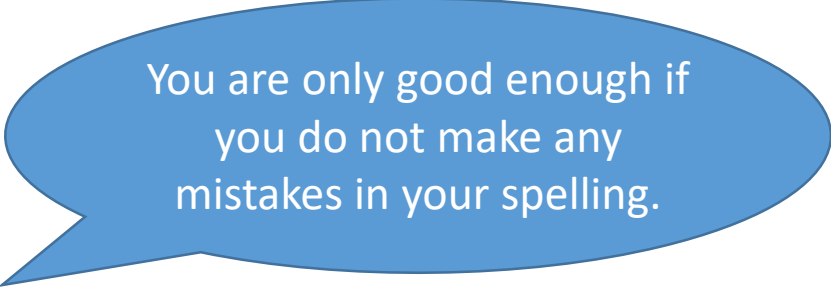

Ministry of Education
SINGAPORE



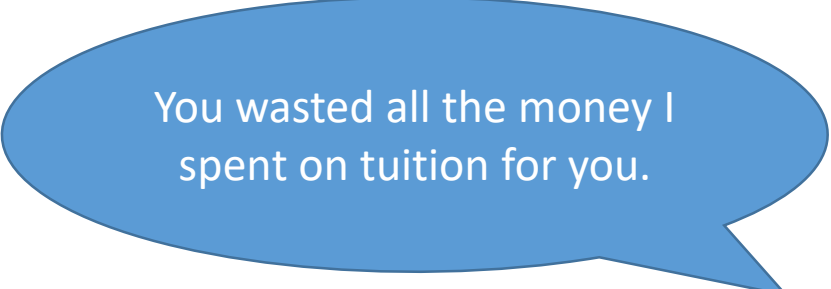
*Response, Early intervention,
and Assessment in
Community Mental Health




The way we
talk to our
children
becomes their
inner voice.



You are only good enough if
you do not make any
mistakes in your spelling.



You wasted all the money I
spent on tuition for you.



I am useless unless
I get all my spelling
words right.

My parents only
love me if I get
good grades.



I am a waste of
money.

My worth is based
on my results.





What may happen if we focus on outcomes? (Results)

- Cheating attempts
 - Mental health issues
 - Depression
 - Anxiety
 - Low self-esteem
 - Adopt the attitude of “If I do not try, I will not fail.”
 - Fear of parents/Home is not a safe place anymore
- 
- 

Promote help-seeking behaviours

All feelings are acceptable.

It's okay to not be okay.

You are loved by us no matter what.

It is good to speak to a counsellor.

We all need support at some point or another.

It is possible to recover from mental illness

IS YOUR CHILD TOO STRESSED?

CHILDREN WHO ARE NOT COPING WELL WITH STRESS TEND TO BEHAVE OUT OF CHARACTER. LOOK OUT FOR SOME OF THESE SIGNS.

01.



STOMACH ACHES

Feeling anxious can result in physical discomfort.

02.



SUDDEN OUTBURSTS

Your child may be irritable, frustrated and even throw temper tantrums.

03.



OVERTHINKING

overanalysing problems can lead to a spiral of negative emotions.

04.



PROBLEMS SLEEPING

A mind full of thoughts and worries can lead to difficulties sleeping.

05.



SOCIAL WITHDRAWAL

Your child may isolate and close up from family and friends.

06.



HOPELESSNESS

Your child may feel helpless and that life is out of his/her control.



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Thank You!

