

WORLD MENTAL HEALTH DAY

NM Counselling Cell

What is MENTAL HEALTH?

EMOTIONAL WELLBEING:
Mental health refers to emotional balance and the ability to manage stress and life challenges.

COGNITIVE FUNCTIONING:
It involves the capacity to think, reason, and process information effectively.

HEALTHY RELATIONSHIPS:
Mental health encompasses establishing positive connections and maintaining satisfying interpersonal relationships.

SELF-AWARENESS AND SELF-CARE:
It relates to knowing oneself, recognizing one's needs, and practicing self-care to maintain a positive mental state.

Please contact our Counsellor Ms. Karuna Jaggi in Counsellor Cabin, 4th Floor

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IT'S OK to not be okay all the time.

you are trying, and that matters.

to have bad days.

to feel overwhelmed.

to ask for help.

to take breaks.

to be tired

to feel something deeply

to make mistakes

to put yourself first

your feelings are valid.

you are enough, just as you are.

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IT'S OKAY IF YOUR PROGRESS LOOKS LIKE THIS...

I grew a little...

I learned...

Things got better..

But I picked myself back up...

And I'll keep going

Things went downhill...

Then I grew a little more...

And they got a bit worse...

Then I struggled.

TIME

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Be kind to your mind

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