



# Mental Health and Sikhi

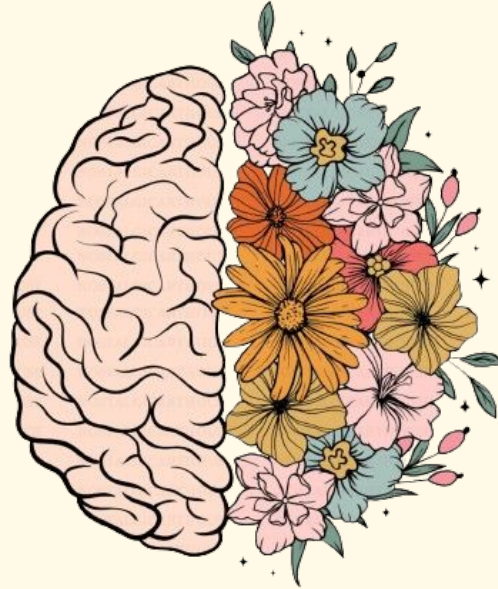
Muskaan Kaur


# What is mental health?

Mental health is your emotional and psychological well-being.


This includes:

- Your friendships and relationships
- Your feelings, emotions, and thoughts
- How you manage stress
- Your confidence
- And lots more!






**Mental Health is  
just as important  
as physical health.**



**What do you  
guys do to  
stay physically  
healthy?**

# Taking care of your mental health:

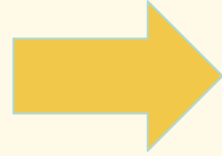
- Exercising
- Eating healthy
- Sleeping
- Taking some time off to relax
- Meditating
- Keeping healthy relationships
- Knowing how to manage your time



This can be  
achieved by  
following Sikhi...

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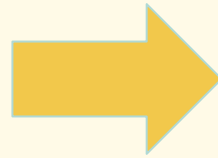
Exercising  
and being  
active



Gatka  
Miri & Piri

ਨਾਨਕ ਸੇ ਪ੍ਰਭੁ ਸਿਮਰੀਐ ਤਿਸੁ ਦੇਹੀ ਕਉ  
ਪਾਲਿ ॥੨॥

Meditation &  
Calmness



Naam Japna  
Naam Simran  
Paath


ਦੁਖਿ ਸੁਖਿ ਪਿਆਰੇ ਤੁਧੁ ਪਿਆਈ॥



Be friends with kind and  
encouraging people!

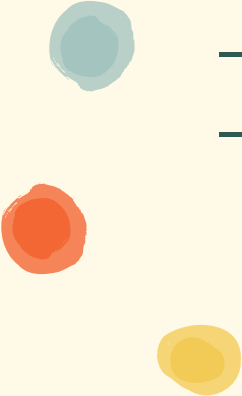


ਨਾਲਿ ਇਆਣੇ ਦੋਸਤੀ ਵਡਾਰੂ ਸਿਉ ਨੇਹੁ ॥  
ਪਾਣੀ ਅੰਦਰਿ ਲੀਕ ਜਿਉ ਤਿਸਦਾ ਥਾਉ ਨ ਥੇਹੁ ॥੪॥

A collection of five hand-drawn style circles in light blue, orange, and yellow colors, scattered in the top right corner of the slide.

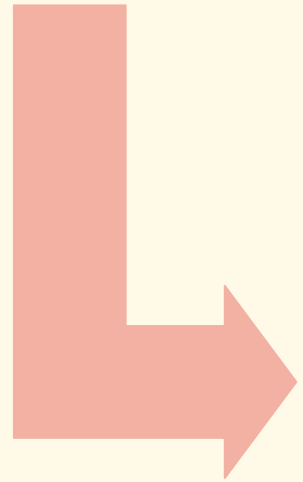
# When you are upset or feeling down, you can turn to the gurus' teachings!

You can also:

- 
- A collection of four hand-drawn style circles in light blue, orange, and yellow colors, scattered along the left side of the slide.
- Take a break from your routine to relax
  - Talk to your friends, parents, teachers, or other adults as to why you are feeling upset

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Check-In Regularly!



Sarbat Da Bhalla

# Common Mental Disorders

Mental Disorders are illnesses that affect your mental health.

## Anxiety

- Excessive worrying and fear disrupts daily activity
- Like heightened stress

## Depression

- Overwhelming sadness and low energy for an extended period of time
- Disrupts daily activity
- Like heightened sadness

# Grief

- The experience after a significant loss of a loved one
- Emotions of sadness, longing, confusion, and uncertainty about the future
- Feelings of sadness can worsen, leading to depression
- Can lead to fatigue
- Worsen previous mental conditions
- Stress and uncertainty can lead to anxiety/panic attacks

# How can mental disorders affect daily life?

- Psychosomatic effects
- Difficulty concentrating
- Alcohol/drug abuse
- Excessive anger and hostility
- Mood changes
- Avoidance withdrawal, and detachment

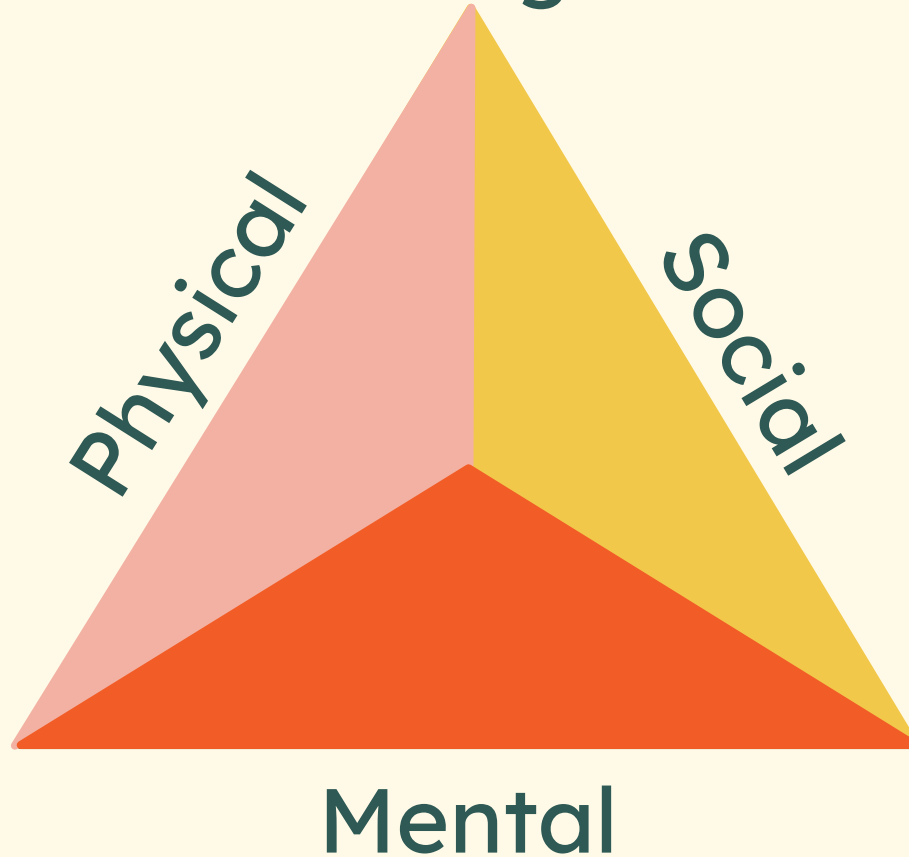
# Treating Mental Disorders:

Mental disorders should be regarded like physical illnesses.

Treatment requires a combination of:

- Medicine
- Psychotherapy

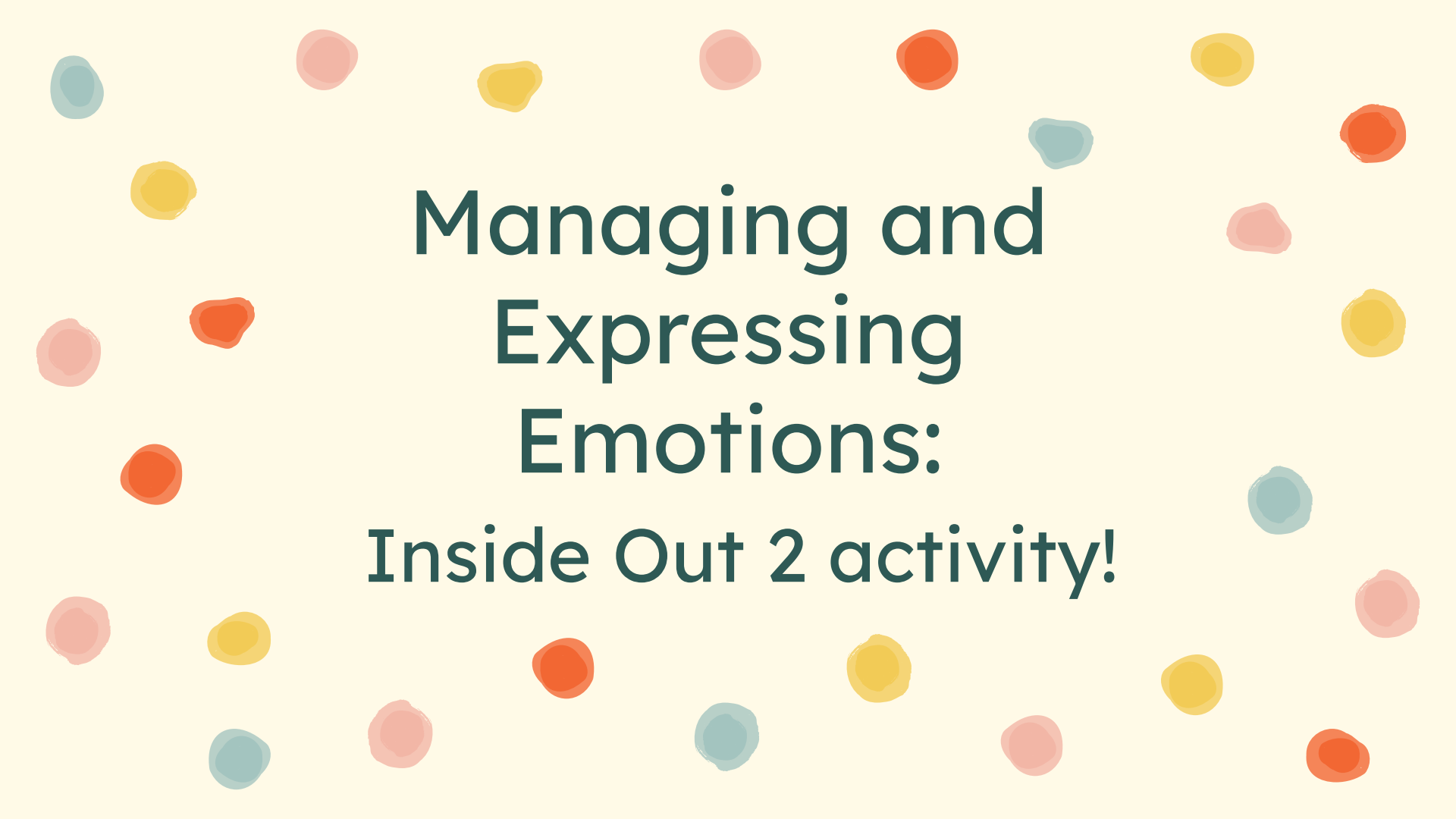
# The Health Triangle





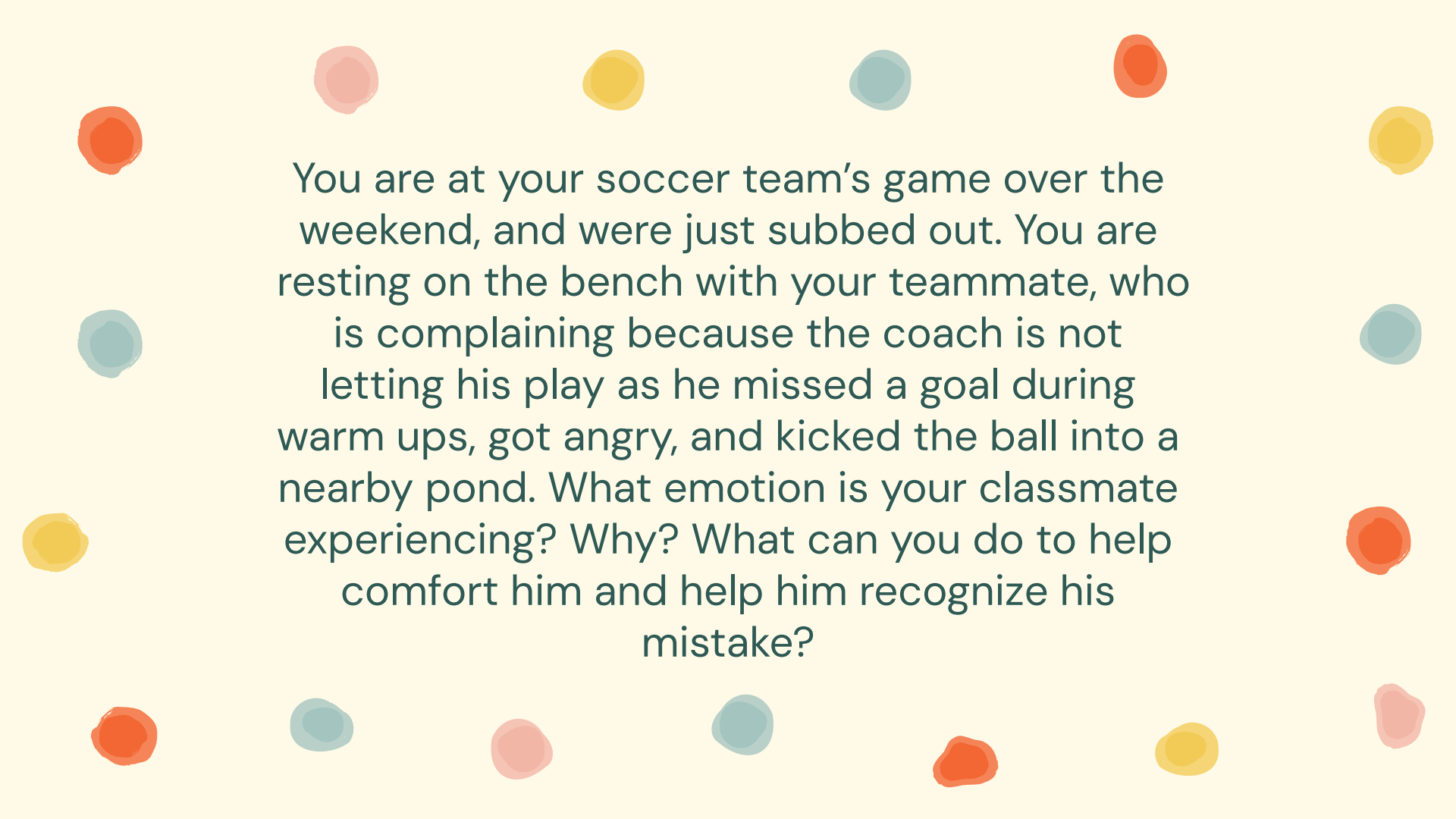


Thank You!

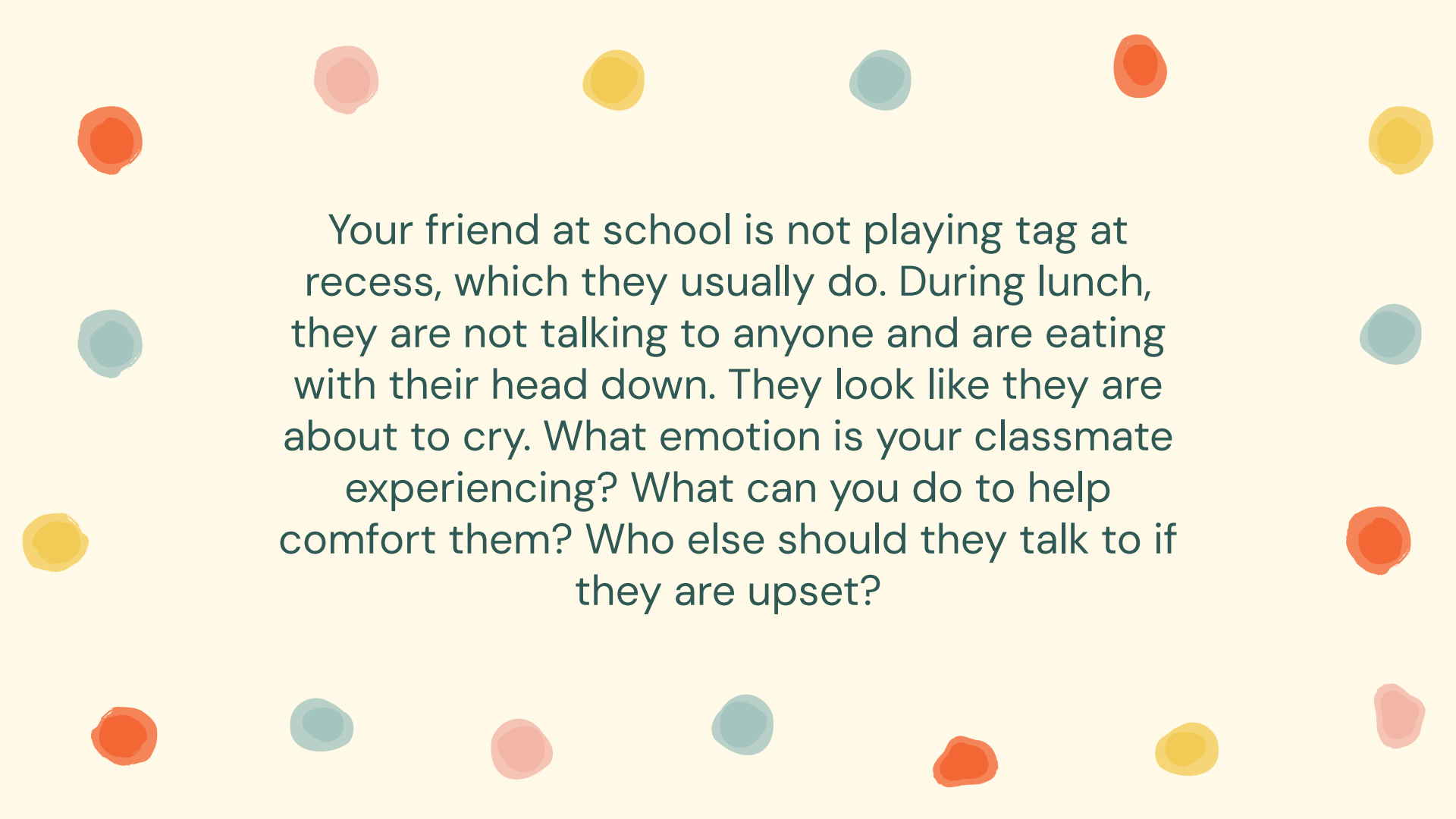


# Managing and Expressing Emotions: Inside Out 2 activity!

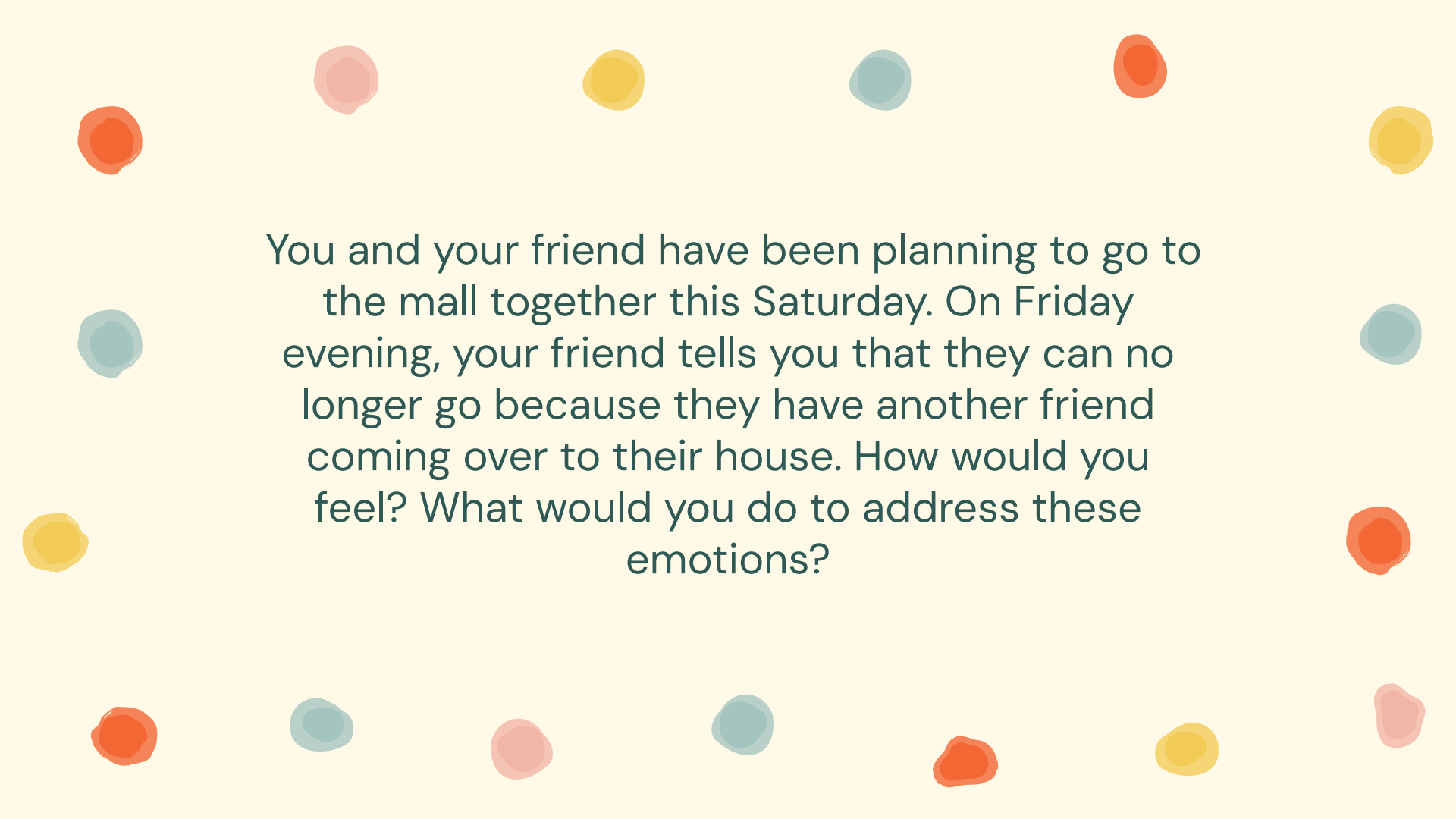




You are at your soccer team's game over the weekend, and were just subbed out. You are resting on the bench with your teammate, who is complaining because the coach is not letting him play as he missed a goal during warm ups, got angry, and kicked the ball into a nearby pond. What emotion is your classmate experiencing? Why? What can you do to help comfort him and help him recognize his mistake?



Your friend at school is not playing tag at recess, which they usually do. During lunch, they are not talking to anyone and are eating with their head down. They look like they are about to cry. What emotion is your classmate experiencing? What can you do to help comfort them? Who else should they talk to if they are upset?

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You and your friend have been planning to go to the mall together this Saturday. On Friday evening, your friend tells you that they can no longer go because they have another friend coming over to their house. How would you feel? What would you do to address these emotions?

Next activity: Affirmation sun!

