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**OCTOBER 2023**



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## CELEBRATING WORLD MENTAL HEALTH MONTH

Maintaining strong mental and physical health is crucial to encouraging a balanced life. **World Mental Health Day** serves as a unifying platform to address mental health concerns, increase awareness about the stigma associated with mental illnesses, and foster a supportive atmosphere.

This year the theme "**Mental Health is a Universal Human Right**," emphasizing the importance of raising awareness, increasing knowledge, and taking actions to protect and promote mental health as a fundamental human right worldwide.

Although we live in a hyper connected world, our stressful lives can make it difficult to deal with mental health triggers and often feel alone when suffering from any issues. This is where our social connections can help wade through.



**WORLD MENTAL HEALTH DAY**  
10th October 2023

## THE SIGNIFICANCE OF SOCIAL CONNECTIONS ON MENTAL HEALTH



### Building Social Bonds

Bonds with close circles and extended groups can reduce anxiety, depression, and improve overall well-being.



### Coping up with Loneliness

Social connections can significantly ease the process of dealing with loneliness by providing comfort and assistance during periods of solitude.



### Dimensions of Social Wellness

A multifaceted approach to social connections contributes to overall well-being.



### Importance of Social Bonds During Crisis

Social ties serve as a vital safety net during challenging times, providing comfort and resilience.

The social connections we build play a crucial role in helping build an environment that is stress resilient and a strong mindset to deal with challenging situations. Let us understand how we can work towards it.



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## BUILDING A STRESS RESILIENT MIND-SET

A resilient mind-set is the ability to adapt and bounce back from life's challenges and stressors. It involves developing a set of attitudes, beliefs, and coping strategies that help individuals navigate difficult situations with grace and effectiveness.

### Key aspects of developing a stress-resilient mind-set include:



#### Understanding Resilience

Resilience is not a fixed trait but a skill that can be developed. It's the capacity to face adversity, setbacks, and stress with a positive outlook.



#### Barriers to Resilience

Identifying and addressing barriers like negative self-talk, perfectionism, avoiding problems, & a lack of social support is crucial in building resilience.



#### Sources of Resilience

Factors like social connections, a strong support network, self-awareness, problem-solving skills, and a sense of purpose.



#### Identifying Triggers of Stress:

Identifying personal stress triggers like work pressure, relationship conflicts, financial issues, and health concerns is crucial for effective stress management.



#### Steps to Develop a Resilient Mind-Set:

Self-awareness, cognitive agility skills, emotional regulations, social connects, being optimistic.

Although we have come a long way in accepting the challenges and Stigma that is faced while addressing mental health, there is a one part which is not discussed enough and needs more discussion that is **Men's Mental Health**. The understanding that mental well-being is not gender driven and can affect anyone is important for us to discuss overall mental well-being.



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# BREAKING THE STIGMA – MEN'S MENTAL HEALTH

In recent years, there has been a growing awareness surrounding the importance of men's mental health. Traditionally, discussions about mental health have been surrounded by stigma, but breaking down this stigma is crucial to improving the well-being of men.

Let's look into the roots of this stigma, the types of stigmas faced by men, their impacts, and ways to dismantle them.



## Understanding the Roots to Stigma

Stigma around men's mental health is rooted in societal expectations of stoic masculinity, which can deter open discussions about emotional and psychological struggles.

## Types of Stigmas- Self and Public

Men's mental health stigmas are primarily self-stigma and public stigma, characterized by internalized negative stereotypes and societal discrimination, leading to feelings of shame.

## Impact of Mental Health Stigma

The stigma surrounding men's mental health can lead to delayed treatment, worsened symptoms, decreased quality of life, and even suicide, as fear of judgment and discrimination prevents sharing.

## WAYS TO BREAK THE STIGMA

Breaking the stigma surrounding mental health is essential. Some effective ways to address this issues are:



Education and Awareness



Open Conversation



Learn from Role Models



Building a Support Network

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## DID YOU KNOW?

People with a mental health issue are generally nonviolent. In fact, only 3-5% of violent acts can be attributed to people with a serious mental illness.

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