From now on, I will make my mental health my priority

A CASE STUDY

1

Surbhi a 16 year old girl, who loves to draw and play sports, has been preparing for her board exams.
Has been studying day and night.

2

Recommended to take therapy by her family because has been feeling angry and isolates herself often to study and has stopped practicing her hobbies and meeting friends.

3

Surbhi during her session shared that she had not only been worrying about her exams but also about getting into a good college and making new friends. She looked it up on the internet and realized that she would have to spend long hours studying and nothing else. She also shared that on days she would forget to eat her meals and would not go down to meet her friends or practice her hobbies because she would feel guilty about doing so.

So many times she would have the book open in front of her for hours but would not be able to take in any information and would feel lost.

4

The therapist helped Surbhi in understanding the importance of mental health and self care. How it can impact our physical and social health.

5

With each session Surbhi started to feel much better because of sharing her thoughts and practicing self-care from the booklet that was shared by her therapist.

MY MENTAL HEALTH, MY PRIORITY

My Self-care Strategy Planner

My signs of burnout

My stress relievers

People I can reach out to

Helpful reminders

MY MENTAL HEALTH, MY PRIORITY

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Basic Strategies to Prioritize Mental Health

Reaching out to friends and family for support

Buillding on healthy habits

Practicing self-care regularly

Seeking profressional help when in need

Socialising
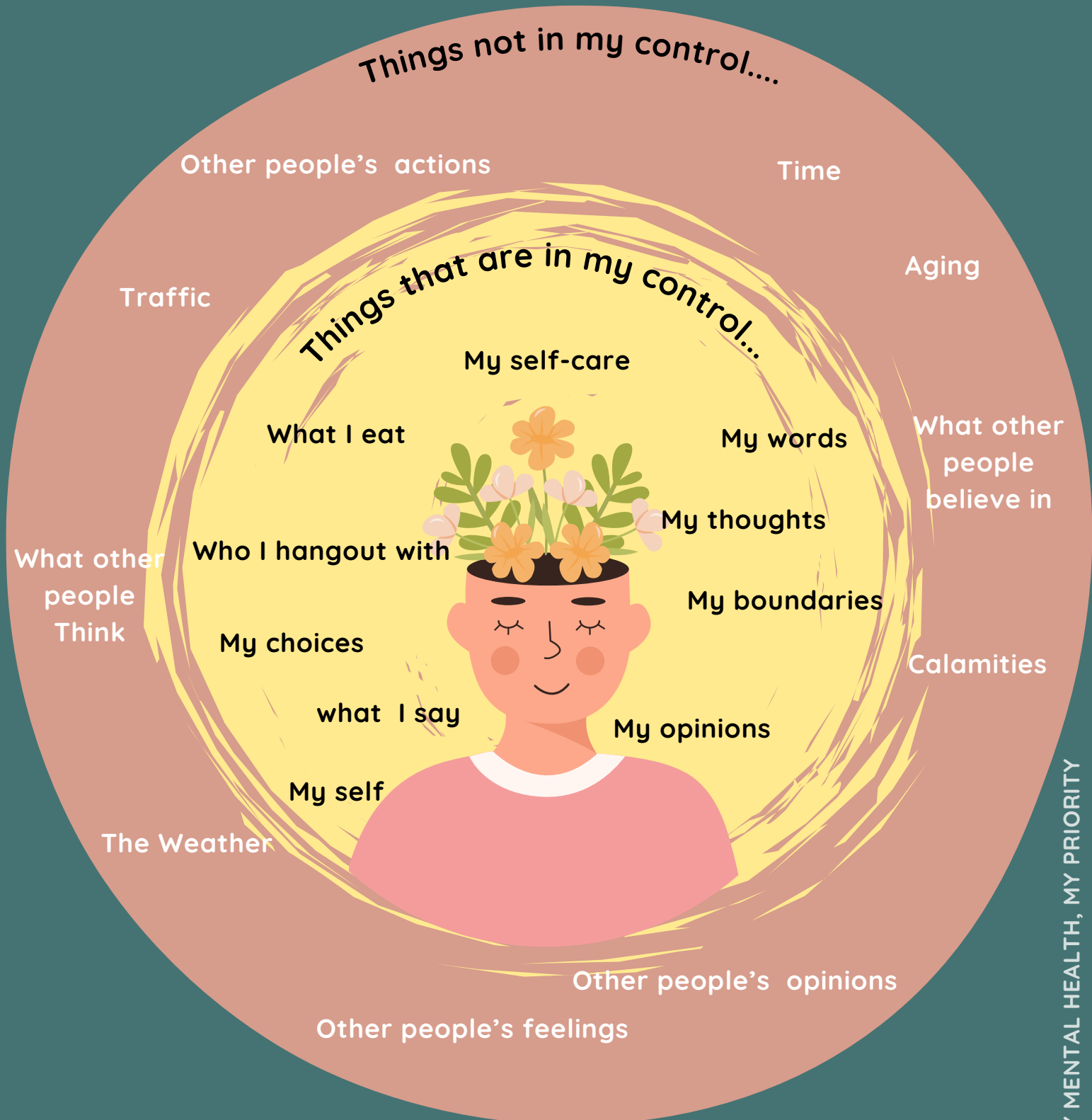
MY MENTAL HEALTH, MY PRIORITY

CIRCLE OF CONTROL

We often tend to stress about a lot of things, which in turn can affect our mental and physical health. In times like these, we need to remind ourselves that are these things under our control or not

Things not in my control....

Other people's actions

Time

Traffic

Aging

What other people Think

What other people believe in

Calamities

The Weather

Other people's opinions

Other people's feelings

Things that are in my control...

My self-care

What I eat

My words

My thoughts

Who I hangout with

My boundaries

My choices

what I say

My opinions

My self

MY MENTAL HEALTH, MY PRIORITY

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YOUR SELF CARE BINGO

Strike off things that you might have done in the past

Power nap	Called a friend	Said NO	Called a friend to rant
Listen to music	Laughed loudly	Recalled past moments	Loudly sung a song
Played with pet animal	Doodled	Did nothing	Spent times with loved ones
Cooked	Set Boundaries	Exercised	Played board games

MY MENTAL HEALTH, MY PRIORITY

Self-care is often stigmatized as selfish, lazy, something that would take a lot of time or a luxury reserved only for the privileged. However, it is crucial for maintaining good mental, emotional, and physical health. Neglecting self-care can have negative consequences for us and the people around us.

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#MumbaiKeLiyeKuchhBhiKarega #KindnesscapitalofIndia #MentallyHealthyMumbai

Experts dialogue

Dr. Avinash De Sousa
Consultant Psychiatrist and Founder Trustee - Desousa Foundation

MY MENTAL HEALTH, MY PRIORITY

I have always believed that self-care and mental health are crucial aspects of overall well-being. Taking care of your mental health can positively impact various aspects of your life, including your emotional, psychological, and social well-being. I always advise patients that they must prioritize self-care in their lives.

One must recognize the importance of self-care in maintaining a healthy mind and body. One must understand that self-care is not selfish; it is necessary for your overall well-being. Always ensure you get enough sleep. Lack of sleep can have a significant impact on your mood and cognitive function. One must maintain a balanced and nutritious diet. What you eat can influence your energy levels and mood. Exercise has been linked to improved mental health. One must practice mindfulness and meditation to help manage stress and increase self-awareness. One must also set clear boundaries to avoid burnout. Balance work, social life, and personal time to avoid feeling overwhelmed.

Cultivate positive relationships with friends and family. Spend time with supportive and uplifting people. Seek social support when needed and share your feelings with trusted individuals. Engage in activities that bring you joy and relaxation. Don't hesitate to seek professional help if you're struggling with your mental health. Therapists, counsellors and mental health professionals can provide valuable support and guidance. Practice positive self-talk and challenge negative thoughts. Focus on gratitude and acknowledge positive aspects of your life. Develop effective stress management techniques, such as time management and problem-solving skills. Identify and address sources of stress in your life. Remember that everyone's self-care needs are unique, so it's essential to find what works best for you. Regularly assessing your mental health and adjusting your self-care routine accordingly is key to maintaining overall well-being. If you find it challenging to cope with stress or emotional difficulties, don't hesitate to seek professional help.

MOTIVATORS TO START YOUR MENTAL HEALTH JOURNEY

Physical activities or simply moving around can help to cope better with stress

Eating healthy food affect our body's ability to prevent, fight and recover from infections, and it can impact our mood and can also help in alleviating anxiety

Sleeping well can help in better mood regulation

Setting boundaries can help you feel safe and comfortable

MY MENTAL HEALTH, MY PRIORITY

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Help is a call away

PROJECT MUMBAI IS HERE FOR YOU!

If you or any adolescent you know is experiencing any mental or emotional distress, kindly call on Project Mumbai toll-free mental health helpline number:

SAMVAAD
1800-102-4040

This helpline is active from 8 am to 8 pm, seven days a week and is handled by counsellors with varied expertise.

In case of any mental health related concerns, please feel free to reach us on mentalhealth@projectmumbai.org

- **ICALL HELPLINE (GENERAL COUNSELLING)- 02225521111 (MON-SAT, 8AM-10 PM)**
- **HUMSAFAR TRUST (LGBTQIA+)- 0226673800 (MON-FRI, 10 AM-8PM)**
- **ARPAN (CSA)- +91-9819086444 (MON-FRI, 9AM-6PM)**
- **AASRA (SUICIDE PREVENTION)- +91-9820466726 (7 DAYS A WEEK, 24 HOURS)**

Do you want to contribute to making Mumbai the Kindness capital?
Reach out to us on info@projectmumbai.org
or
visit us at www.projectmumbai.org

MY MENTAL HEALTH, MY PRIORITY

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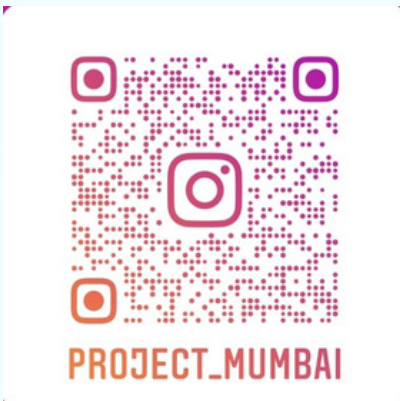
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