

AWARENESS PROGRAM ON PSYCHOLOGICAL WELL BEING

Date: 13-09-2019

Awareness program on **PSYCHOLOGICAL WELL BEING** organized by Department of ECE under **women's forum** on **13th SEPTEMBER, 2019**. A Speech on **psychological well-being** by **Dr. S.A.THASLEEM SULTHANA,M.Sc(psychiatrist)** . On this occasion she has addressed the girls students in our department about women's nature also .

Mental **health** includes our emotional, **psychological**, and social **well-being**. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental **health** is important at every stage of life, from childhood and adolescence through adulthood.





Research on psychological well-being has identified six important components.

- Autonomy. Autonomy is the ability to make your own decisions about how to think and behave, rather than over-relying on others' opinions or approval. ...
- Competence. ...
- Healthy relationships. ...
- Self-acceptance. ...
- Personal growth. ...
- Purpose in life.

If you have good mental wellbeing you are able to:

1. Feel relatively confident in yourself and have positive self-esteem.
2. Feel and express a range of emotions.
3. Build and maintain good relationships with others.
4. Feel engaged with the world around you.
5. Live and work productively.
6. Cope with the stresses of daily life.

It can boost your mood, build resilience, and add to your overall enjoyment of life

1. Tell yourself something positive. ...
2. Write down something you are grateful for. ...
3. Focus on one thing (in the moment). ...
4. Exercise. ...
5. Eat a good meal. ...
6. Open up to someone. ...
7. Do something for someone else. ...
8. Take a break.