Mental Health Day/ Week/ Month….

Every year on October 10, the world brings awareness to mental health and wellbeing by celebrating World Mental Health Day.

World Mental Health Day coincides with Mental Health Week and also Mental Health Month in Australia. The aim of this week is to encourage all of us, whether we have experienced mental illness or not, to learn about and understand the importance of looking after our mental health and wellbeing.

The National Mental Health Commission (2016) views the key benefits of Mental Health Week as the promotion of "social and emotional wellbeing to the community, encouraging people to maximise their health potential, enhancing the coping capacity of communities, families, individuals and increasing mental health recovery." Providing a cooperative platform to encourage healthy coping behaviours helps to reduce the stigma associated with mental health and fosters positive relationships.

In Term Three at O'Connor, in assemblies and pastoral meetings we discussed the positive outcomes of engaging in Random Acts of Kindness. Below is a short clip that spells out the scientific benefits. It is a good way of improving our Mental Health. Students were emailed the clip and asked to discuss this in pastoral lessons during Mental Health Week.

The Science of Kindness (Life Vest Inside)

https://www.youtube.com/watch?v=FA1qgXovaxU

DARE TO CARE

Give • Be Active • Feel • Connect • Engage • Keep Learning

(Information sourced from an article from Jessica Taylor from the Institute of Positive Psychology, Geelong Grammar School https://www.ggs.vic.edu.au)