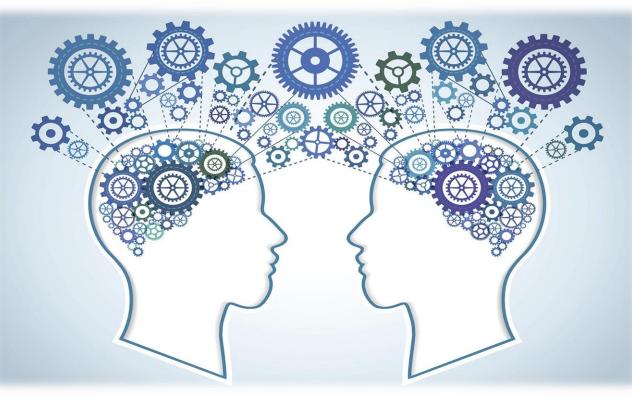
ROLE OF HOME AND SCHOOL FOR MENTAL HEALTH



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Mental health is a broad concept that encompasses emotional, psychological, and social well-being. If influences how individuals Think, feel and eact. Metal health plays a vital role in handling stress, relating to others and making choices. Here's a detailed look at the definition and characteristics of mental health, importance tion and characteristics of mental health, importance and the sole of home and school for mental health

Definition of Mental Health; Mental health can be defined as a state of Hell-being in which an individual realizes Their abilities, can cope with the normal stresses of life, can work producticope with the normal stresses of life, can work productively and fruitfully, and can contribute to Their commuvely and fruitfully, and can contribute to Their community. It is not merely the absence of mental illness but nity of the presence of positive characteristics.

Characteristics of Montal Health;

1. Emotional Well-being. • Resilience: The ability to bounce back from adver-Sity, trauma, or stress.

• Emotional Regulation: The ability to manage and res. pond to emotional experiences in a healthy way. • Self-esteem: A positive view of oneself and confidence in one's abilities.

2. Psychological Well-being. Self-anoreness: Understanding one's thought, emotions and behaviours.

• Autonomy: The ability to mak independent decisions and have a sense of control over one's life. · Personal Browth: A sence of ongoing development and realization of one's potential. 3. Social Well-being: • Healthy Relationships: The ability to form and maintain fulfilling and supportive velationships. • Empathy: the capacity to understand and share the feelings of others. · Community Engagement: Participation insocial, cultural or community activities. • Stress Management: The ability to manage stress effectively Through relaxation techniques, problem-sel-4. Coping Skells: ving and seeking Support. · Adaptability; Flexibility in adjusting to new Situations or changes en oney environment. · Work-life balance: The ability to balance work 5. Productivity or school responsibilities with personal life and leisure · Moteration and Purpose: Having goals and a sense activities of purpose or meaning in life

6. Physical Health • Healthy Lifestyle: Engaging en activities That promote physical health, such as excercise, nutrition and adequate steep, which are intercon nected with mental health. Importance of Mental Health • Quality of life : brood mental health contributes to a higher quality of life and overall well-being. • Functionality: It enables enderiduals to finction effectively in daily ble, at work or school, and en relationships. • Prevention of Mental Illness: Promoting mental health Can help prevent the onsel of mental health disorders or melegate their empact. Factors Influencing Mental Health; · Genetic and Biological factors: Farmily history, brain chemistry and hormonal changes can enfree ce mental health. · Environmental Factors: Living conditions, exposure to violonce or trauma and socio-economic status can empact mental well-being · Social- Support: Having a Supportere methork of family, friends, and community can protect again not mental health issues.

• Life Experience: Past and powert life events, such as childhood experiences, trumer, and major life changes, can shape mental health.

The role of home in Supporting mental health: 1. Supportive Environment: A nurrhving home environment provides emelional support and stability. Koents and guardians can create a sense of security and belon ging by showing love, understanding and acceptance. ging by showing love, understanding and acceptance. 2. Open Communication: Encouraging open dialogue about feelings and mental health helps children express themselves and seek help when needed. It issues.

3. Modeling Behavion; Poents and caregivers who model hellty coping strategies problem-solving. and emotional regulation can teach children how to handle stores and emotions effectively.

4. Promoting Solf-Care; Teaching children Solf-Care practices, such as proper nutrition, exercise and steep hygiene, can contribute to better montal health.

5. Recognizing Sign to Distorers: Being attentive to change behavior, mood or academic performance can help identify early sign of mental health issues powents can than seek professional help if needed.

The role of school in Supporting montal health 1. Safe and enclusive Environment: School can promote mental hellt by creating an atmosphere where students feel safe, valued and encluded. Antibullying policies and programs that celebrate die sity are essential. 2. Montal Health Education: Incorporating montal health education into the curriculum helps Students understand and manage Their emotions recognize signs of montal health issues and Know how to seek help. 3. Access to Resources; school can provide access to montal health resources, such as counselling Survices, Support groups and montal health professionals to support students in need. 4. Early Intervention: Teachers and staff trained to recognize signs of montal health issues can refer students to appropriate resources for early intervention and support.

5. Stress Management Brograms; Implementero programs that teach stress management technopies such as mendfulness, reloxation exercises and time management can help students cope with academic and social pressures, 6. Family Involvement: Schools can forter collaboration with families by Keeping them Informe and involved in Their child's education and Well-being. creating a support network for the student.

Conclusion: The role of home and school in Supporting mental health is crucial as both environments signeficantly impact a childs emotional and psychological well-being. Both home and school play complomentary roles in fostering a supportive play complomentary roles in fostering a supportive play complomentary roles in fostering a for together can create a strong foundation for together and adolescents to thrive emolionally children and adolescents to thrive emolionally and psychologically.