



THE REGENT DIGEST

Monday 5th, December, 2022



PARENTS FORUM

Special Edition



RESPECT

RESPONSIBILITY

RESOURCEFULNESS

Parents Forum

Mental Health Awareness /Self Care

ORGANISED BY FRIENDS OF REGENT SECONDARY SCHOOL (FoRSS)

- *What is mental health*
- *Self-care tips*
- *How to protect your Mental Health*
- *Compassionate Listening*



MRS. THERESA ANTHONY
SPEAKER



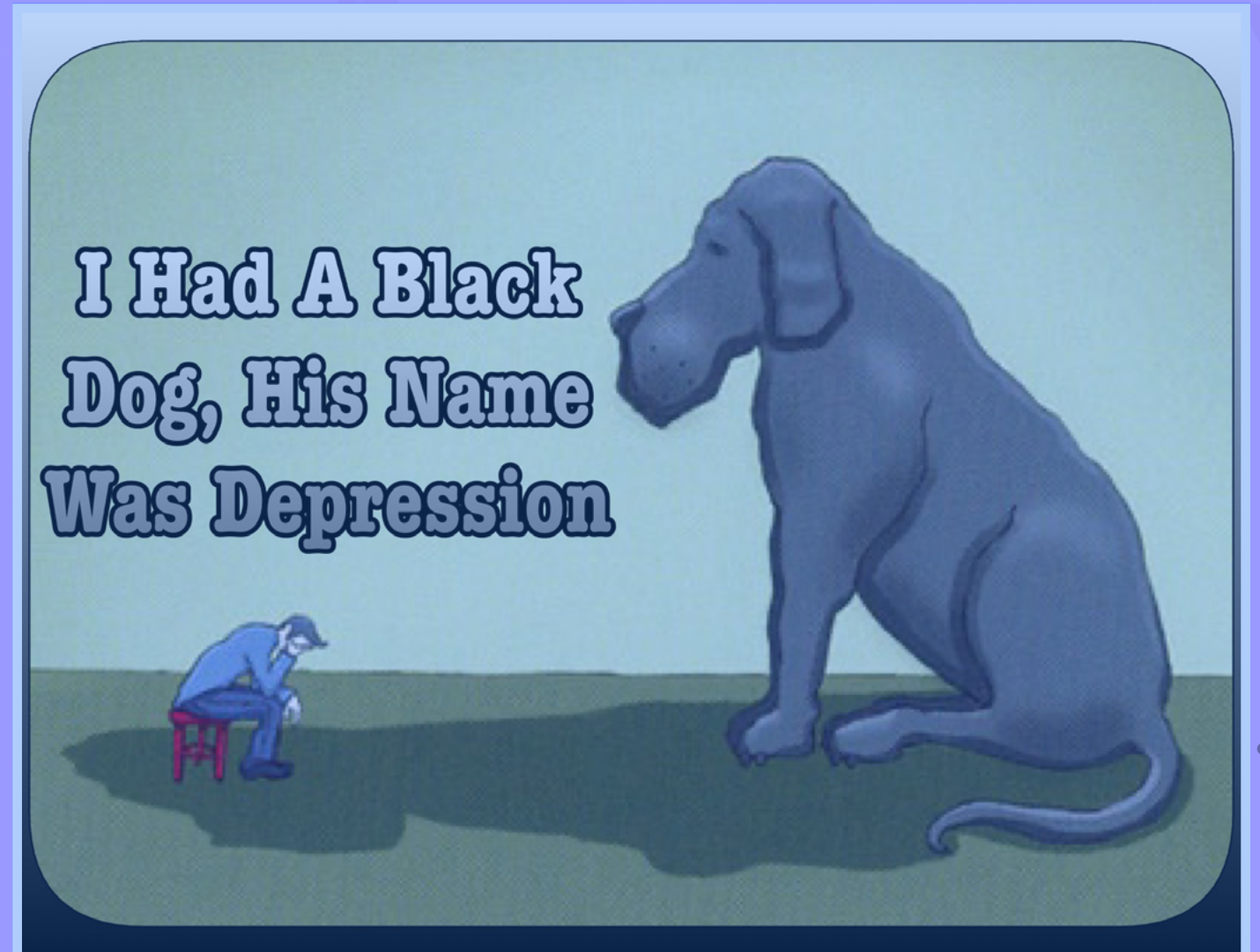
DR. ZARA MAIYAKI
CO-SPEAKER



What is mental health?

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 healthy choices.

Mental illnesses are conditions that affect a person's thinking, feeling, mood or behaviour,. Such as depression, anxiety, and bipolar disorder. Such conditions may be occasional or long-lasting (chronic) and affect someone's ability to relate to others and function each day.



Click the image above to watch

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Self-Care tips

- Keep a gratitude journal. Take a few minutes at the end of each day to think about what you are grateful for and write them down. This can be anywhere from one thing to 10 and will help you develop a habit of recognizing the good in others day.
- Create your Brand of Care: Be honest about what your needs are and what works for you. Do what works for your mind, body and soul. If after working all day and meeting with friends is too much – skip it. Create your ‘me time’ in a way that makes you happy, not guilty.
- Give Yourself Permission: Whether it means you need to turn off the tv, shut off social media, cry, sleep, eat, rest, or cope – permit yourself to call timeout. Allow yourself to cry in the shower, hug someone, to eat an entire cake, or to simply say I can’t do this today.



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Mental Health
Awareness
/Self Care



How to protect your Mental Health

Your version of self-care might look drastically different from what others do, and that's okay. Taking care of yourself is essential and it is worth your time and space. Also, please remember that self-care is not a substitute for professional mental health services or addressing the deeper structural realities and injustices that contribute to generational trauma and emotional distress.



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Awareness
/Self Care



Compassionate Listening

Compassionate Listening refers to the ability to listen to another's grief or pain in a way that will reduce his or her feelings of sorrow. By listening and understanding a person's suffering in an accepting and nonjudgmental way, we can ultimately help this person begin to heal through self-reflection.

How to be a Compassionate Listener

- Be attentive: Concentrate on the other person. Look at him or her directly and maintain good eye contact.
- Focus on listening: While the person is speaking, withhold any responses and questions you might have until he or she pauses.
- Avoid judgment: Compassionate listening requires you to listen with respect and understanding.
- Be authentic: As you engage in the listening process, be sincere about your intentions.
- Monitor your emotions: During the listening session, keep your own feelings in check.

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FORSS KEY HOLDER SALE FOR CHARITY

The Friends of Regent Secondary School (FoRSS) customized Regent Secondary school Key Holders for sale to raise money for charity.

Pick up yours from the front office during office hours.

Amount: 5000 each or More

Account Name: Friends of Regent Secondary School (PTA)

Account Number: 1018980728

Bank: UBA