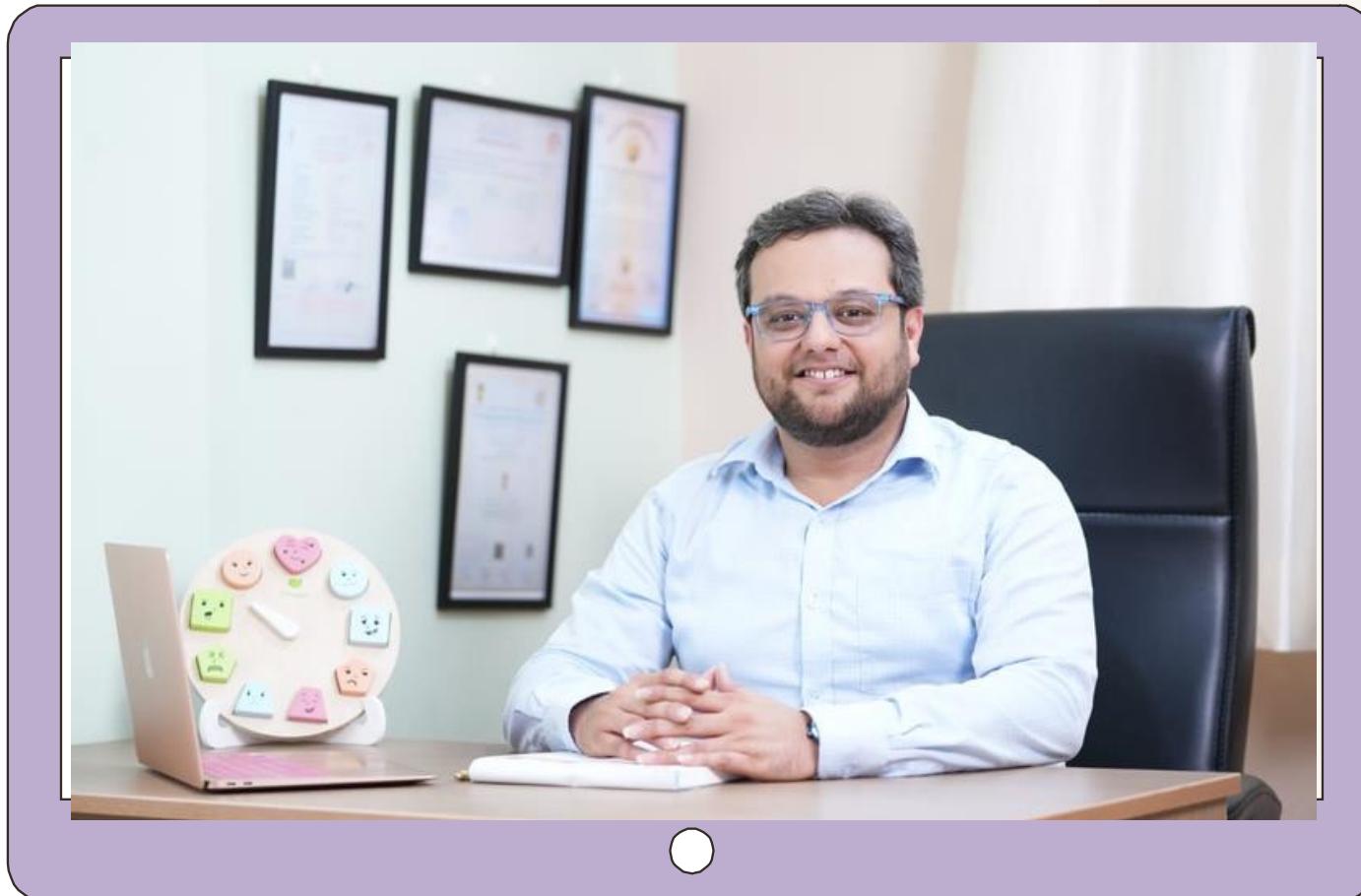


Today's Presenter



Dr Hiral Kotadia
Child and Adolescent Psychiatrist
MD Psychiatry (IHBAS, Delhi)
Fellowship in child and adolescent
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Mind Matters

Importance of Mental Wellbeing in Young Achievers



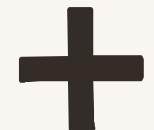
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What is Mental Wellbeing



Mental wellbeing means:

- Feeling balanced emotionally
- Thinking clearly
- Coping with stress in healthy ways
- It is **NOT** about being happy all the time
- It is about:
- Understanding yourself
- Managing emotions
- Asking for help when needed

Importance of Mental Wellbeing

- This phase involves:
 - Major decisions (career, relationships, identity)
 - Academic pressure and competition
 - Emotional independence from parents
- Brain (especially emotional control area) is still developing
- Good mental wellbeing helps with:
 - Better focus & performance
 - Healthy relationships
 - Confidence & self-trust
 - Long-term success

What is Normal?

It is NORMAL to experience:



- Mood swings
- Self-doubt
- Confusion about future
- Strong emotions
- Feeling “lost” sometimes



Problem is not emotions

Problem is not understanding or suppressing them

Emotions are signals, not weaknesses



Everyday Challenges

- Exam anxiety & performance pressure
- Difficulty focusing / procrastination
- Relationship stress (friends, partners)
- Constant comparison (marks, body, social media)
- Differences with parents & expectations
- Confusion about:
 - “Who am I?”
 - “What am I good at?”
 - “Am I enough?”

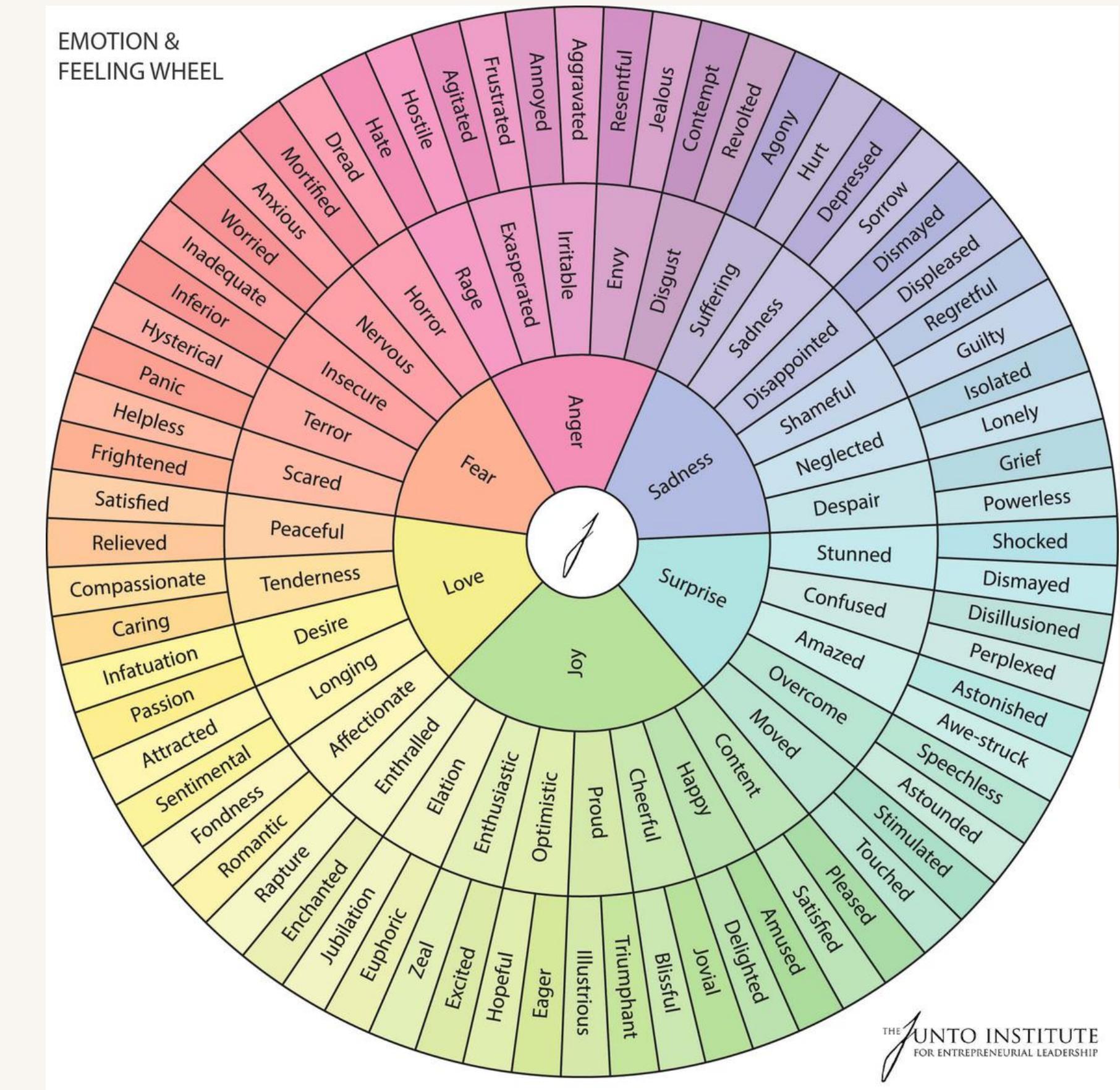


Let's Try to Manage

Step 1

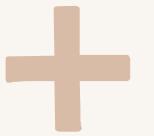
Ask yourself:

- What am I feeling right now?
- Naming emotions reduces intensity



Let's Try to Manage

Step
2



Accept, Don't Judge



- Say to yourself:
 - “It's okay to feel this way”
 - “This emotion makes sense”
- Avoid:
 - “I shouldn't feel this”
 - “Others are stronger than me”

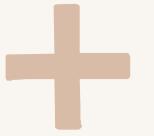
◆ Acceptance = emotional regulation



Let's Try to Manage

Focus on What You
WANT

Step
3



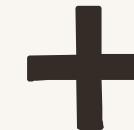
Instead of asking:
“Why is this happening to me?”

Ask:
“What do I want to be different?”



Examples:

- Exam anxiety → “I want to feel calmer during exams”
- Relationship issue → “I want clarity and peace”
- Comparison → “I want self-confidence”



Let's Try to Manage

Step
4

Ask yourself:

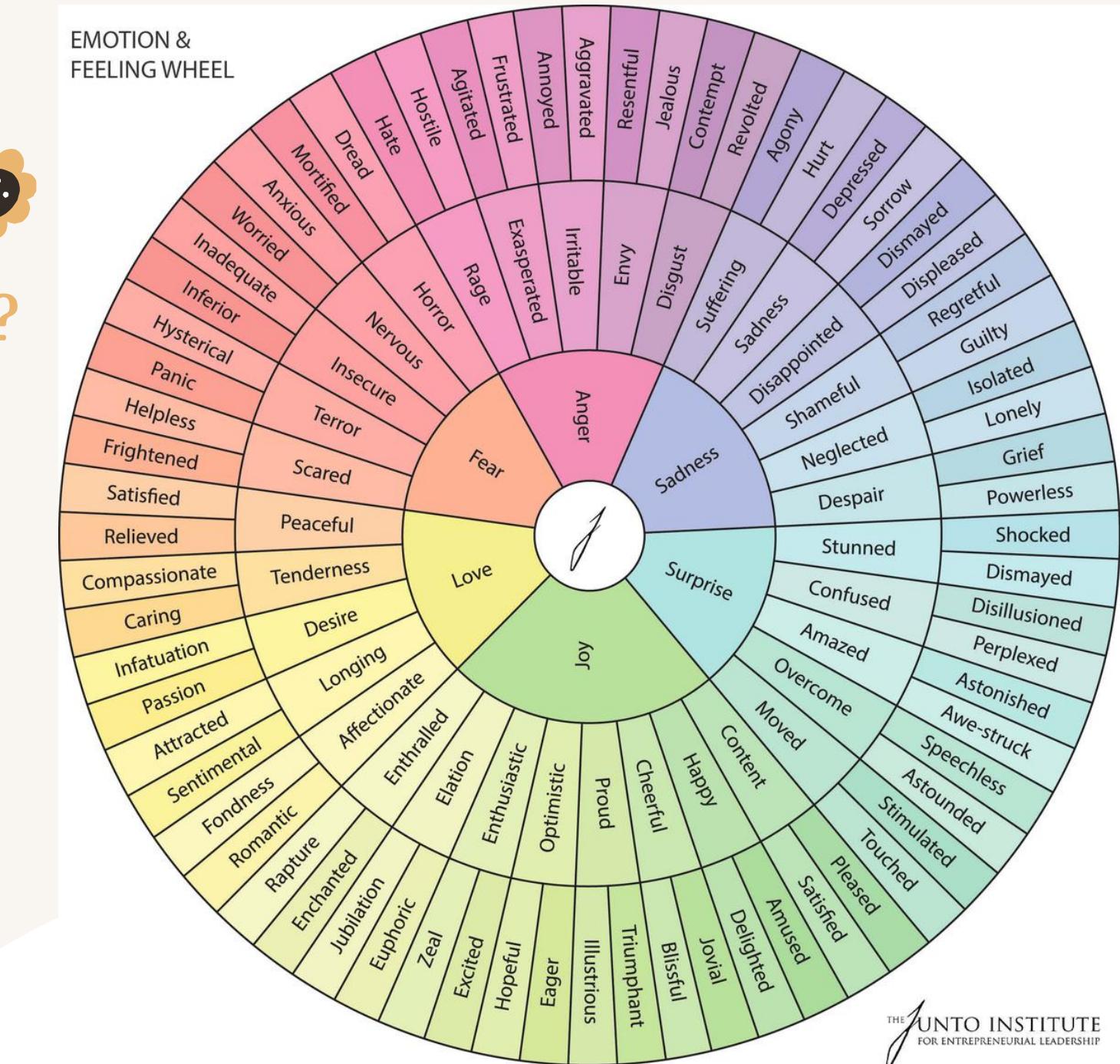
- What would I like to feel?
- What is one small thing I can do today?
- When has this problem been less intense?
- What helped even a little?

Examples:

- Study focus → 25-minute study + 5-minute break
- Anxiety → 5 deep breaths before starting
- Conflict → Pause before reacting

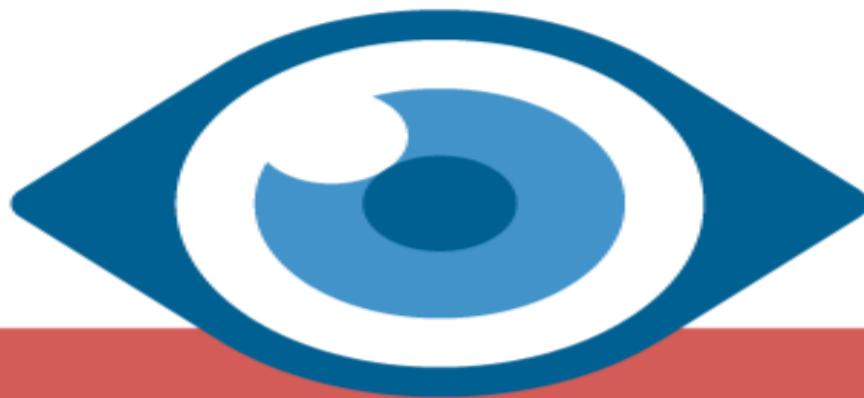
Small changes create big shifts

Small Solution Questions



The 5-4-3-2-1 Grounding Technique

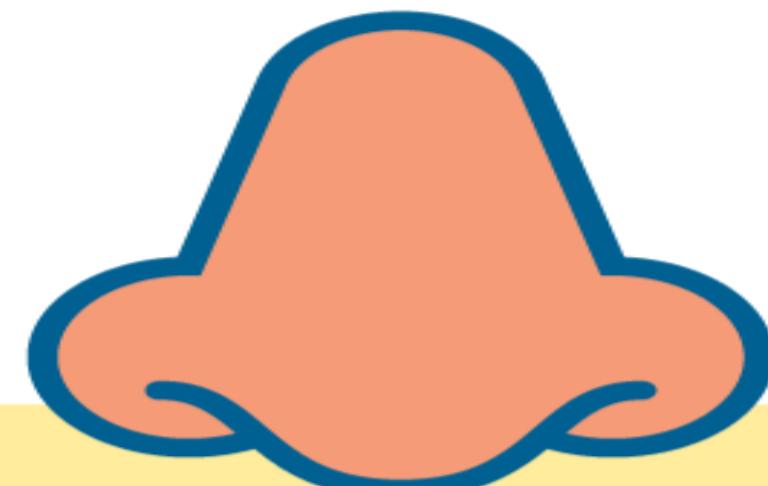
Ease your state of mind in stressful moments.



Acknowledge 5 things
that you can see
around you.

Acknowledge 4 things
that you can touch
around you.

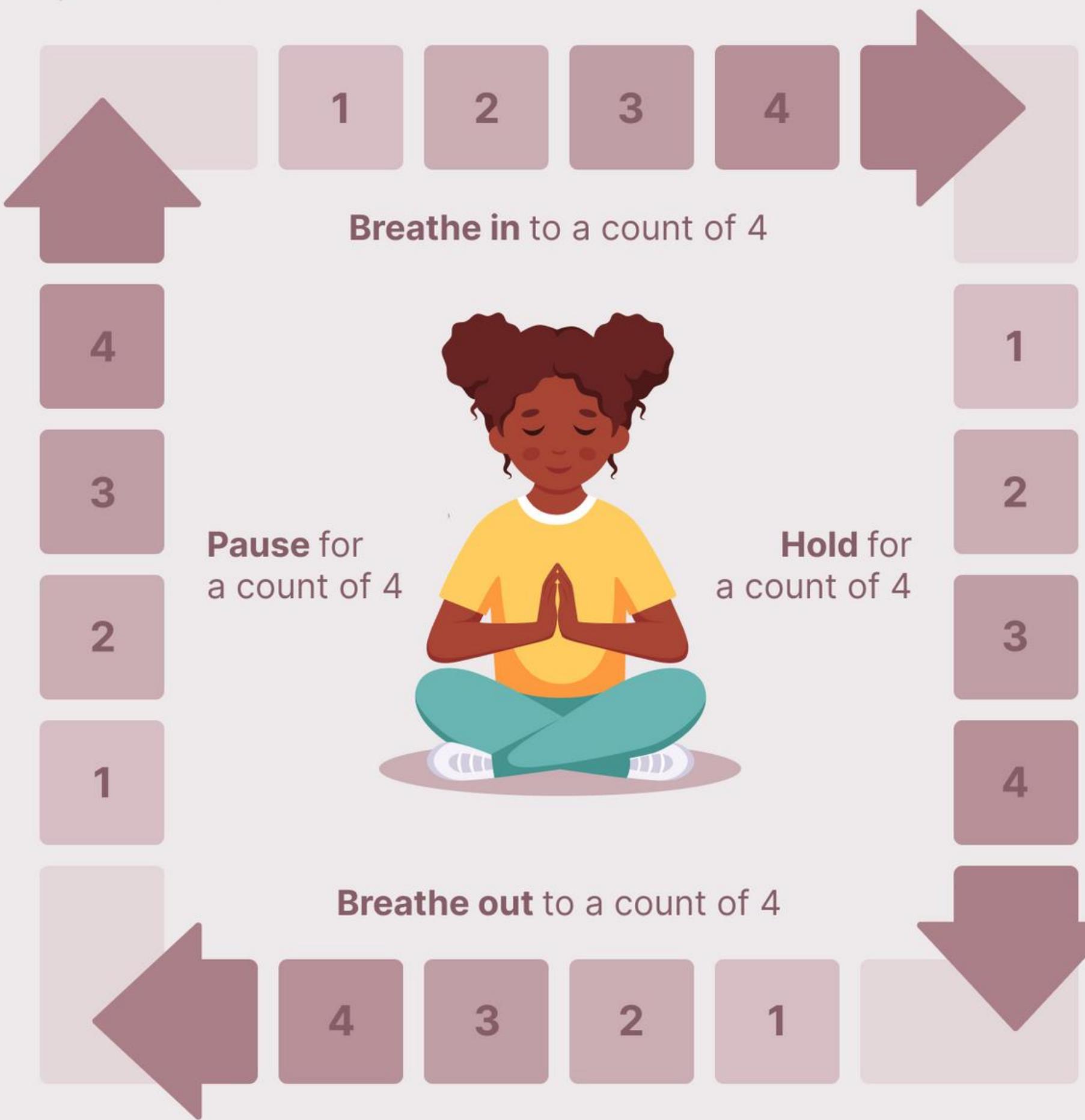
Acknowledge 3 things
that you can hear
around you.



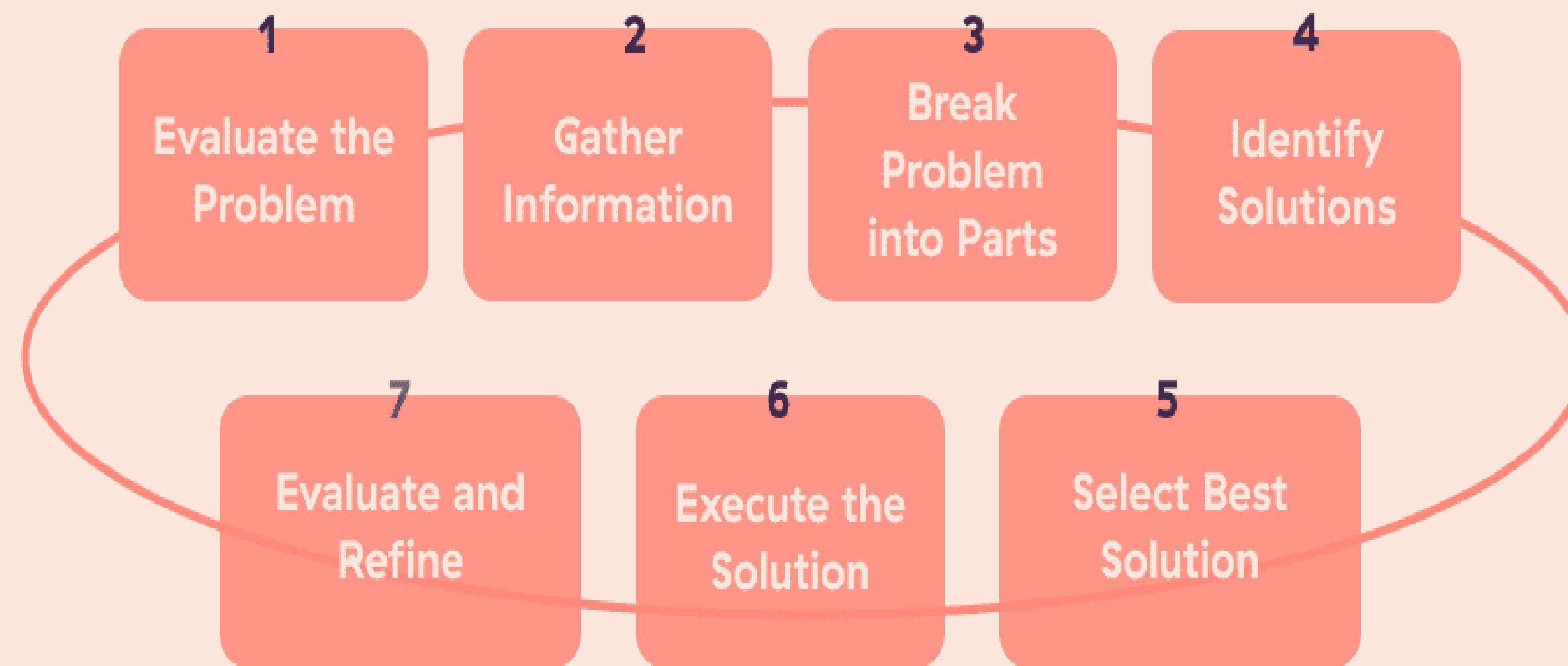
Acknowledge 2 things
that you can smell
around you.



Acknowledge 1 thing
that you can taste
around you.



The 7-Step Problem-Solving Process



COGNITIVE DISTORTIONS WORKSHEET

INSTANT DOWNLOAD - LETTER

challenging cognitive distortions

IS THIS THOUGHT **ACCURATE**?

DO I HAVE ANY **EVIDENCE** TO SUPPORT THIS BELIEF?

CAN I TEST MY BELIEFS TO SEE IF THEY ARE **ACCURATE**?

WHEN ANXIETY VISITS, I **BREATHE** IT ALL AWAY

IS THIS THOUGHT **HELPFUL**?

AM I BLAMING MYSELF **UNNECESSARILY**?

WHAT OR WHO ELSE **CONTRIBUTED** TO THIS SITUATION?

AM I **OVERGENERALIZING**?

AM I HOLDING MYSELF TO AN **UNREASONABLE** STANDARD?

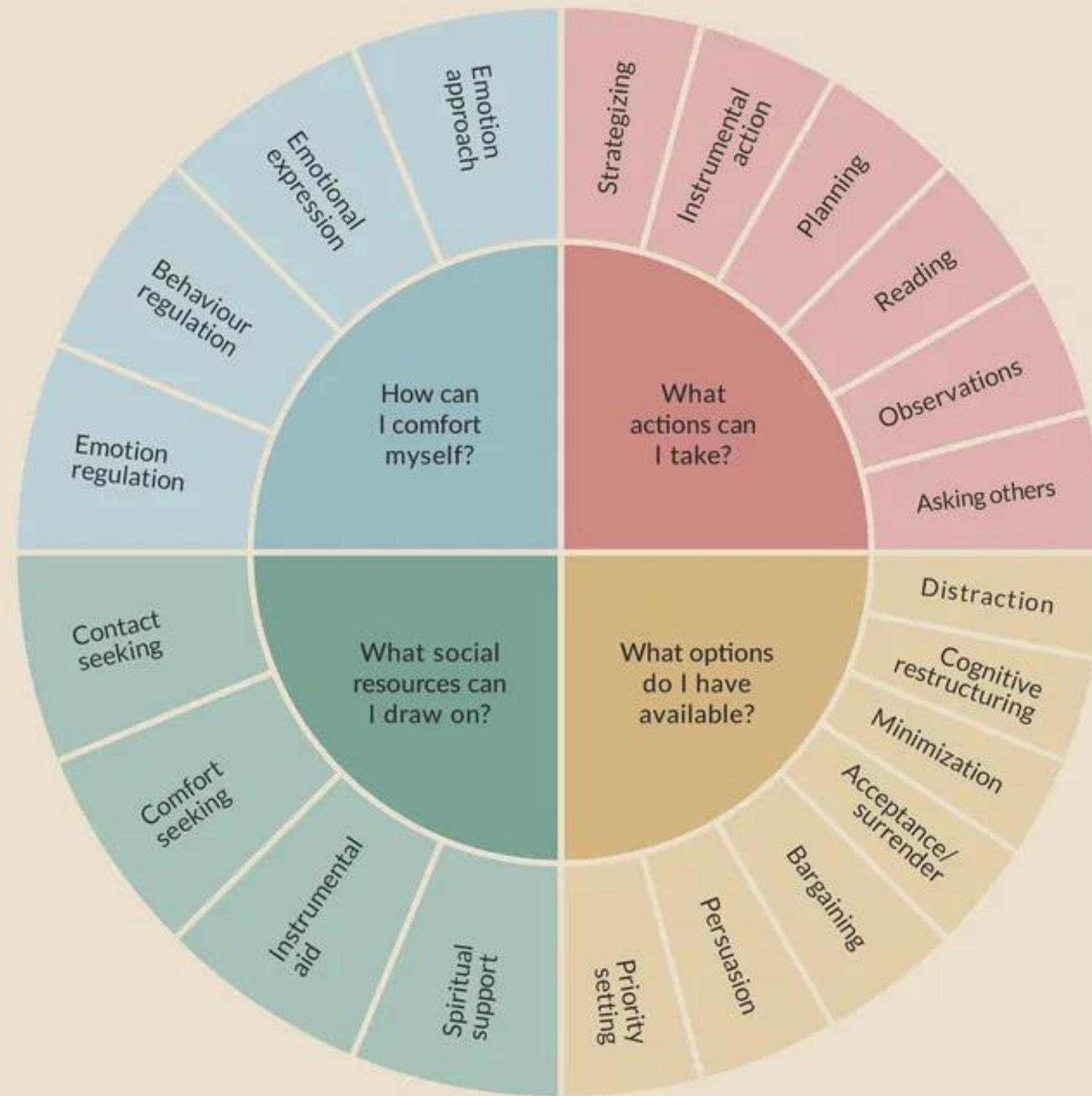
FEELINGS ARE JUST VISITORS, AND I **LET THEM GO**

AM I ASSUMING **THE WORST**?

AM I MAKING THIS **PERSONAL** WHEN IT ISN'T?



ADAPTIVE COPING STRATEGIES WHEEL FOR DIFFICULT TIMES





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Thank - You