



# Mental Health Awareness & Wellness Planning

## Module 1: Introduction to Mental Health and Emotional Literacy

This module lays the foundation by defining mental health and its importance in daily life. Learners will understand the difference between mental health and mental illness and explore the spectrum of emotional well-being. Through reflective activities, students develop emotional vocabulary, identify feelings accurately, and begin to cultivate empathy. The goal is to build awareness, reduce stigma, and empower individuals to talk about mental health with clarity and compassion.

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## Module 2: Common Mental Health Conditions and Warning Signs

In this module, learners explore frequently encountered mental health conditions such as depression, anxiety, panic attacks, and mood disorders. They will understand early warning signs, behavioral patterns, and how mental health challenges can affect academic, social, and work life. Case scenarios and role-plays help learners recognize these symptoms in themselves or others. This awareness promotes timely intervention and helps break the silence around seeking help.

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## Module 3: Stress, Anxiety, and Burnout – Causes and Coping Strategies

This module dives into stress triggers, chronic anxiety, and workplace/school burnout. Learners will identify sources of mental pressure and how it affects physical and emotional health. Through simple, actionable techniques like breathing exercises, journaling, scheduling, and digital detoxes, they'll learn how to manage stress proactively. The focus is on sustainable coping strategies rather than short-term fixes, promoting emotional resilience over time.

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## Module 4: Building Resilience and Positive Mental Habits

Here, learners explore what it means to be resilient — to bounce back from setbacks, adapt to change, and stay hopeful under pressure. This module introduces the science of habits, optimism, and the growth mindset. Students will practice gratitude, visualization, and self-reflection to strengthen their mental muscles. The goal is to develop personal strategies for motivation, consistency, and mental discipline that support long-term wellness.

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## **Module 5: Wellness Planning – Sleep, Nutrition, Movement, and Boundaries**

Mental wellness is deeply connected to physical routines. This module helps learners create a personalized self-care plan by addressing core areas like quality sleep, balanced diet, physical activity, and boundary setting. By understanding how lifestyle impacts mental clarity and energy, learners can build a realistic, manageable wellness routine. Daily rituals, time-blocking, and tech boundaries are introduced to support healthier living.

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## **Module 6: Mindfulness and Emotional Regulation Practices**

Mindfulness is a powerful tool for mental health. In this module, learners are guided through techniques like meditation, body scans, gratitude journaling, and sensory awareness. The module also includes emotional regulation frameworks to help manage anger, sadness, fear, and overwhelm. Through practice, students learn how to stay grounded, become self-aware, and respond to emotions in healthy, thoughtful ways.

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## **Module 7: Mental Health First Aid and Crisis Response**

Just like physical first aid, mental health first aid equips learners to support someone experiencing emotional distress or a crisis. This module covers what to say, what not to say, and when to involve professionals. Learners are introduced to the ALGEE action plan (Approach, Listen, Give support, Encourage help, Encourage self-care). Whether helping a friend or colleague, learners will feel more confident offering initial support and knowing what steps to take.

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## **Module 8: Seeking Help – Therapy, Counselling, and Peer Support**

This module demystifies therapy and makes seeking help more approachable. Students will explore different types of mental health professionals (psychologists, psychiatrists, counselors), when to approach them, and what to expect. They will also learn about helplines, peer support groups, and online therapy options. By addressing misconceptions and fears, the module encourages a culture of openness and help-seeking behavior.

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## **Module 9: Creating Safe Spaces in Schools, Workplaces, and Communities**

The final module emphasizes the role of inclusive, mentally healthy environments. Learners explore what makes a space safe — emotionally, culturally, and socially. They will brainstorm ways to promote empathy, reduce judgment, and build community support at home, school, or work. Activities include designing peer-led awareness sessions or wellness circles. The focus is on creating impact beyond the self by becoming mental health advocates.

### **Career Opportunities**

After completing this course, learners can pursue supportive roles in education, social work, HR, wellness coaching, community outreach, or mental health advocacy. It is ideal for teachers, counselors, corporate wellness officers, and anyone passionate about emotional well-being. It also serves as a foundation for further studies in psychology, counseling, or behavioral health.

### **Salary Package**

- **Entry-Level Roles (Support, Facilitation):** ₹3 to ₹5 LPA
- **Mid-Level Roles (Wellness Coaches, Educators):** ₹6 to ₹10 LPA
- **Senior Positions (HR Wellness Heads, Counselors with certification):** ₹12 to ₹18+ LPA

Freelancers or workshop trainers can charge ₹500 to ₹5000 per session based on expertise and audience.