

Unit 3: Mental Health and Education

Principles of sound mental health, factors affecting mental health, hazards, and the role of home, school, and society in supporting students and teachers.



Introduction

Mental health is central to educational well-being. In schools, it is shaped by biological, psychological, social, and environmental factors. Hazards such as stress, peer pressure, bullying, workload, and teacher burnout make proactive and preventive support essential.

Principles of Sound Mental Health

Self-acceptance

Recognise strengths and weaknesses with a realistic self-image.

Resilience

Bounce back from adversity, stress, and difficult situations.

Balanced emotional expression

Express positive and negative emotions in a healthy way.



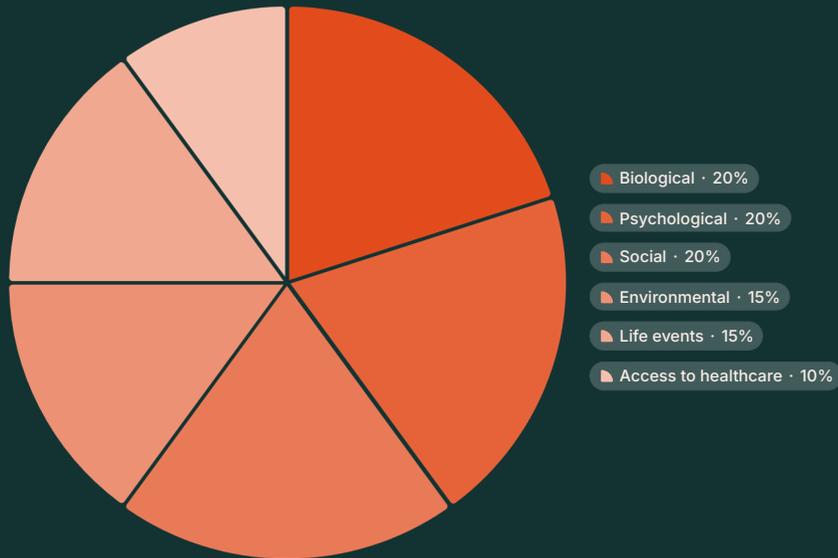
Other principles include autonomy and independence, positive relationships, purpose and meaning, realistic thinking, adaptability and flexibility, self-care, and stress management. Together, they build a balanced and fulfilling life.



The left side of the slide features a decorative background with overlapping circles in shades of teal, orange, and light green. There are also stylized leaf motifs in green and orange. The right side of the slide is a solid dark teal color.

Factors Affecting Mental Health

Mental health is shaped by a complex interplay of factors. Biological, physical, psychological, social, environmental, life experiences, culture, healthcare access, and educational or occupational conditions can strengthen or weaken well-being.



Key influences

- Heredity, genetics, and brain chemistry
- Physical health, sleep, hunger, and disability
- Personality, coping, trauma, and abuse
- Family, peers, work, and living conditions
- Culture, religion, healthcare, and education



Social, Environmental, and Life Factors

Family dynamics, peer influence, work environment, living conditions, economic stability, cultural and religious factors, major life changes, chronic stress, and substance use all affect mental health. Supportive surroundings help, while conflict, stigma, and pressure increase risk.

Maintaining Students' Mental Health

01

Home

Love, understanding, harmony, and freedom create emotional security.

02

School

Respect, suitable curriculum, and co-curricular activity support development.

03

Society

Healthy community services and belonging strengthen well-being.



Mental Health of Teachers

Teacher maladjustment may arise from stress, burnout, and unfavourable conditions. Remedies focus on support, balance, and a healthy environment that helps teachers remain effective and well-adjusted.

Takeaway

Sound mental health in education depends on interconnected biological, psychological, social, and environmental factors. A holistic approach from home, school, and society is essential for students and teachers alike.

