

# COUNSELLING NEWSLETTER

*In the name of Allah, the Compassionate, the Merciful.*

## MENTAL HEALTH

Mental Health corresponds to our psychological, social and emotional well-being. It affects how we feel, think and act. It also helps us determining how we deal with stress. Mental health is equally important in every stage of life, from childhood and adolescence to adulthood. Over the course of our life if we experience mental health problems, our mood, thinking and behavior can be affected.



### Factors Contributing to Mental Health Problems;

- Biological/Genetics
- Environmental Factors
- Family History

### Criteria:

Anxiety triggers or aggravates mental health problems. When we experience anxiety constantly and it crosses the limit of six months, we start having symptoms of many problems related to mental health. Either these can be managed throughout life or cured completely. If you are experiencing the symptoms, you should discuss the problems with the health professional. You can visit General Physician for the identification of problem area; he may refer you to mental health professional if needed. Severe mental illnesses can be treated with medication but other disorders can be managed with psychotherapies.

### Early Warning Signs of Mental Health Problems:

- Eating or sleeping too little.

- Disturbed sleep.
- Lack of interest in usual activities.
- Having low or no energy.
- Feeling hopeless or helpless.
- Avoiding social interaction.
- Using drugs more than usual.
- Having unexplained pains.
- Feeling numb or carefree.
- Feeling angry, upset or worried.
- Feeling unusually confused and forgetful.
- Shouting at or fighting with others.
- Experiencing severe mood swings.
- Having persistent and uncontrollable thoughts.
- Suicidal thoughts.
- Visual and auditory hallucinations.
- Failing to perform daily tasks.

#### Management:

We can manage our mental health problems by;

- Developing coping skills.
- Having a positive attitude.
- Living in present.
- Having appropriate sleep.
- Taking healthy diet.
- Getting physically active.
- Social interaction.
- Helping others.
- Working productively.
- Applying Stress Reduction Techniques.
- Lifestyle changes.



### **Stigmatization**

Despite the advancement in Psychiatry, people still stigmatize the clients with mental illnesses, who seek for mental health service. Due to fear of criticism and rejection by people, the clients and their families hide their problems and do not want to avail the services by the mental health professionals, thinking that they will be labeled for the whole life.

People do not understand that brain is also a part of body and as many physical diseases can occur to us, similarly one can also suffer from mental illness. Many clients commit suicide because of this discriminatory behavior by society and labeling. We should stop stigmatization and spread awareness about mental health.

# **BREAST CANCER**

Breast cancer is the most common cancer in women that forms in the cells of the breast. It can occur in both men and women but it is far more common in women.

## **Causes:**

Breast cancer occurs when some breast cells start growing abnormally. These cells tend to multiply more rapidly than healthy cells do and continue to amass forming a lump. Cells can spread (metastasize) through your breast to other parts of body. Main causes include;

- Genetics
- Environment.

## **Symptoms:**

- Breast lump or thickening.
- Changes in size and shape of breast.
- Changes to skin over the breast.
- Peeling the pigmented area.

## **Risk Factors:**

- Being a woman.
- Increasing age.
- Inherited genes.
- Obesity.
- Exposure to radiation.
- Beginning your periods at early age.
- Beginning menopausal at an older age.
- Having first child after the age of 30.

## **Prevention:**

- Maintain a healthy weight.
- Choose a healthy diet.
- Do Exercise.
- Limit the use of postmenopausal hormone

The month of October is regarded as the month of Breast Cancer Awareness. Khwarizmi International College arranged a workshop for Grade 11 and 12 Girls and staff of Islamiya English School on 28<sup>th</sup> of October at 10am with cooperation of Ahalia Hospital. The workshop proved to be very productive and all the students and teachers learned the preventive measures.

The School also arranged Breast Cancer Screening Test for teachers with cooperation of Al-Shifa Hospital on 30<sup>th</sup> of October with the intent of spreading awareness about it.

## **CAREER FAJR 2018-1019**

Islamiya English School had a Career Fair on 15<sup>th</sup> of October 2018. Eighteen Universities and Students' Consultancies participated in it namely: Global Vision (Consultancy which came with 9 universities), Synergy University, Abu Dhabi University, University of Bolton (Ras Al Khaima Campus), Al Tumooch Acceptance of Universities and Institute Services, Qadri International Consultancy, Al-Khwarzami International College, Inter-Assistance Dubai and Intelligent Partners.

Students of Grade 10 to 12 (Boys & Girls) attended the Fair. Parents of the students were also invited. Variety of courses and programs were introduced in the Fair. All the Universities' representatives presented their programs in detail. They gave their flyers, brochures, and leaflets. Some Universities gave gifts to the students. Students listened to all the representatives carefully and took all the information enthusiastically. Parents' participated with full zeal and zest and their curiosity to know about the Programs.

The feedback of representatives about the Fair was very positive. They told that the Fair was very well organized. They also admired the discipline of the Students. The Students also seemed very happy to have the valuable information from them.

