

## **WE NEED TO RAISE AWARENESS- The World Mental Health Day 10 October 2024**

Ученици Ужичке гимназије обележили су различитим ваннаставним активностима недељу менталног здравља од 8 до 14 октобра. На почетку недеље 10 октобра је обележен „Дан менталног здравља“ (The World Mental Health Day). Ученици одељења IIIР су тог дана направили пано на енглеском језику који исказује важне сегменте потребне за очување менталног здравља, али и лепе мотивационе цитате који објашњавају позитивне начине суочавања са изазовима. Након тога ученици одељења III4,III6,IIIР,IIIS, који уче грађанско васпитање, су као домаћи задатак направили разнобојне мотивационе картице на енглеском језику које пружају савете који би помогли у превазилажењу многобројних изазова адолесценције. Ученици одељења II3,II4,II5 који слушају предмет Језик медији и култура су као посебан задатак проматрали однос медија и менталног здравља, негативне и озбиљне последице медија на ментално здравље у виду паноа које су правили и писали на енглеском језику. У одељењу I/2 одржана су два ЧОЗ-а и ЧОС-а тачније радионице које су обрадиле следеће теме: стратегије изградње мира унутар групе, ненасилна комуникација, конфликт, емпатија и асертивна комуникација. Подизање свести о важности очувања менталног здравља се наставља кроз радионице које ће водити сертификовани вршњачки едукатори Милица Веизовић, Тара Томашевић, Ђурђа Нешић, Александра Павловић и Миа Антић. Све активности је координисала професорка енглеског Данка Ковачевић у сарадњи са психологом школе Драганом Радовић.

# WORLD MENTAL HEALTH DAY

'I believe in one thing only, the power of human will'  
- Joseph Stalin

Mental health is not a sign of weakness, but rather the courage to face our own emotions'  
- An unknown author-



'Your struggles, do not define you'  
- Jon Jones -



'Always do your best, don't let the pressure make you panic'  
- Tupac Shakur -

'The only journey is the journey within'  
- Rainer Maria Rilke

Care	EMPATHY	a psychiatrist	Schizophrenia	RECOVERY	Peace
SOCIALIZE	An eating disorder	traumatic	self-harm	Helpless	MORE exercise
					Healthy food

'There is hope, even when your brain tells you there isn't,  
- John Green -

'Just staying healthy, that is true wealth and true happiness.'  
- Jon Jones

'You don't have to control your thoughts. You just have to stop letting them control you.'  
- Dan Milton -

'Your struggles do not define you'  
- Jon Jones -

'Even in the darkest moments light exist. IF you have faith in it'  
- Dean Kaantz -

'Worrying is like walking around with an umbrella waiting for it to rain.'  
- Wis Khalifa -

'He who is not courageous enough to take risks will accomplish nothing in life'  
- Muhammad Ali -

10<sup>th</sup> October 2024

'There isn't no shame in looking for better world'  
- Arthur Morgan -

'Even the darkest night will end and the sun will rise again'  
- Victor Hugo -

III r

### Mental health

- walking the dog
- drawing
- self-care
- sleep
- reading
- talking with friends
- yoga

Dubravka

Mental health includes emotional, psychological, and social well-being. It is more than the absence of a mental illness. It is a state of mind that allows you to realize your full potential and live a healthy and happy life.

World Mental Health Day 2024

• walking sports

• listening to music

• social activity

• self-care

• taking steps

• meditation

• eating/eating healthy food

• maintaining your physical health

• focusing on positive thoughts

• setting goals and priorities

Sara Tesic, Iva Radovanovic, Ana Misailovic, Elena Sekulic

WORLD MENTAL HEALTH DAY 2024

World Mental Health Day

- To be active
- To eat well
- To keep in touch with friends
- To have a hobby
- To do something you are good at
- To help others
- To give your opinion

Biserka Grcic, Iva Radovanovic, Ana Misailovic, Elena Sekulic

WORLD MENTAL HEALTH DAY 2024

Sara Tesic, Iva Radovanovic, Ana Misailovic, Elena Sekulic

\* Enthusiasm

\* Food 🍕

\* Sleep 😴

\* Self-care

\* Spending time in nature 🌻 ☀️

## World Mental Health Day 2024

Movana Jankovic

Sara Tesic

Ana Misailovic

Iva Radovanovic

Elena Sekulic III-6

\* Good grades 5+

\* Healthy relationships 🤝

\* Being a good person

\* Friends

Resilience

Purpose

**World  
Mental  
Health  
day**

Rest

Dimitrije Jokovic  
Luka Drakul III  
Pavle Maksic  
Andrija Marinkovic

Acceptance





# WORLD MENTAL HEALTH DAY, 10 OCTOBER 2024



negative sides

WORLD MENTAL HEALTH DAY & THE MASS MEDIA-SOME SERIOUS CONSEQUENCES.

## THE CONSEQUENCES OF THE NEGATIVE INFLUENCE OF SOCIAL NETWORKS:

### A FEAR OF MISSING OUT

"FOMO is a common phenomenon among social media users. Seeing friends and peers engaging in activities can make teenagers feel left out and isolated, even if they are not actually excluded."



### CYBER BULLYING

"Research shows that nearly 60% of teenagers have been cyber bullied on social media or harassed online."



### ADDICTION

There is ample evidence that excessive use of social networking sites may lead to symptoms of drug addiction, such as the importance of the behavior to the individual, mood changes, tolerance, withdrawal symptoms, relapse, and problems due to addictive behavior."



"Social media often promotes unrealistic body standards. Teenagers, especially girls, may feel pressured to conform to these ideals, leading to body dissatisfaction and eating disorders."

### BODY IMAGE ISSUES



"Many teenagers use their phones late into the night, which can interfere with sleep patterns. Lack of sleep is closely linked to mental health issues, including mood swings, anxiety and depression."



### SLEEP DISTURBANCES

"Research has shown a correlation between heavy social media use and increased rates of anxiety and depression. Constant exposure to idealized images and the pressure to present a perfect life can create a significant amount of stress."

### ANXIETY AND DEPRESSION



"The use of social media significantly impacts mental health. It can enhance connection, increase self-esteem, and improve a sense of belonging. But it can also lead to tremendous stress, pressure to compare oneself to others, and increased sadness and isolation. Mindful use is essential to social media consumption."

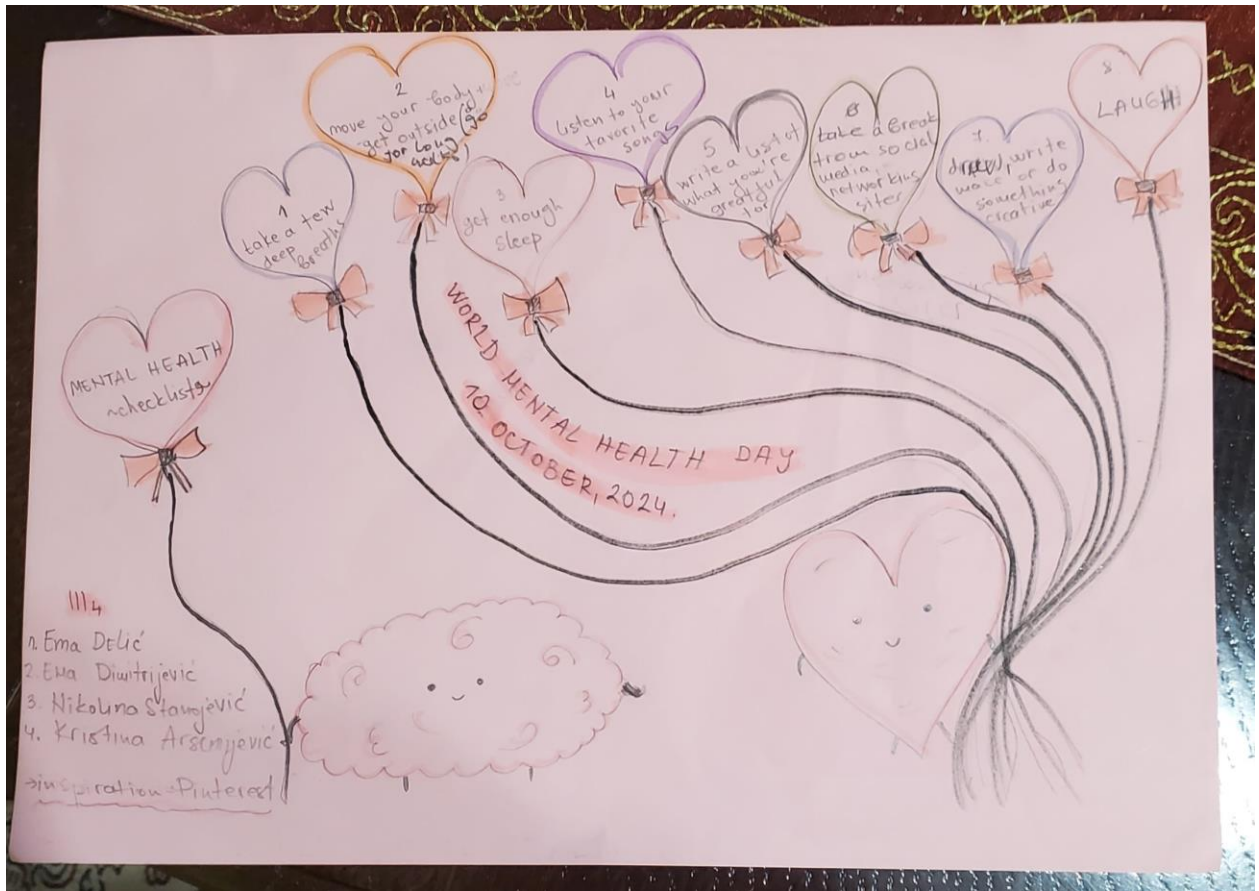


BMC Psychology  
Talkspace  
SpringerOpen



HI, I'M BRAINY, THE MENTAL GUIDE.  
I HAVE ONE TASK FOR YOU.  
TAKE CARE OF YOUR MENTAL HEALTH AND PROTECT IT FROM ALL  
THE THINGS I MENTIONED ABOVE,  
BECAUSE IF YOU FAIL TO DO THAT I WILL GET SICK  
DON'T DISAPPOINT ME! UNTIL NEXT OCTOBER... BE HEALTHY!!!







# World Mental Health day 2024

\*Basketball

\*Motorcycle riding

\*Video games

\*Happiness

\*Music

\*Nice weather

\*Playing Football

\*Friends

\*Pets

Janko Ristović  
Marko Milović  
Marko Cienović  
1116

# World Mental Health Day



✿ family  
✿ happiness  
✿ friends

✿ health  
✿ kindness  
✿ sport

## 5 steps to mental wellbeing



1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give presents to the others
5. Pay attention to the present moment (mindfulness)

[www.nhs.uk](http://www.nhs.uk)

OUR  
MENTAL  
HEALTH  
matters!!!

authors: Lena Jakovljević, Emilija Gredeljević, Milica Vukašinović, Vojin Gajić



World Mental  2024.  
 health

day 

support

love

journalism

companionship

meditating

eating

Sleeping

Dunja Urnjević, Milica Veizović, Nikolina Stamenović III6

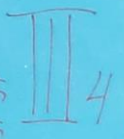
♥ Mental health includes emotional, psychological, and social well-being. It is more than the absence of a mental illness - It's essential to your overall health and quality of life. ♥ [www.cdc.gov](http://www.cdc.gov) ♥

Self-care can play a role in maintaining your mental health and help support your treatment and recovery if you have a mental illness. [www.cdc.gov](http://www.cdc.gov)

- ♥ walking ♥
- ♥ sports ♥
- ♥ listening to music ♥
- ♥ social activity ♥
- ♥ self care ♥
- ♥ taking naps ♥
- ♥ meditation ♥
- ♥ eating/cooking healthy food ♥
- ♥ drawing your ♥
- ♥ maintaining physical health ♥
- ♥ focusing on positive thoughts ♥
- ♥ setting goals and priorities ♥

World mental health day  
2024.

Саха Тугокут  
Бурба Кочукут  
Александр Петрут  
Марина Старчевит








## World Mental Health Day

To be active

To eat well

- To keep in touch with  Friends

- Take a break

To do something you are good at

To Accept who you are

- To Care for others

Rastko Grusicki IIII

Nemanja Petrovic IIII

Soraj Mili III

Andrija Tatic III

# Mental health

day

- walking the dog
- drawing
- self-care
- sleep
- training
- talking with <sup>your</sup> friends
- a pedagogue



III-s

Marta Mirković, Jovana Mitrović, Veljko Alexić

Dusan Latic

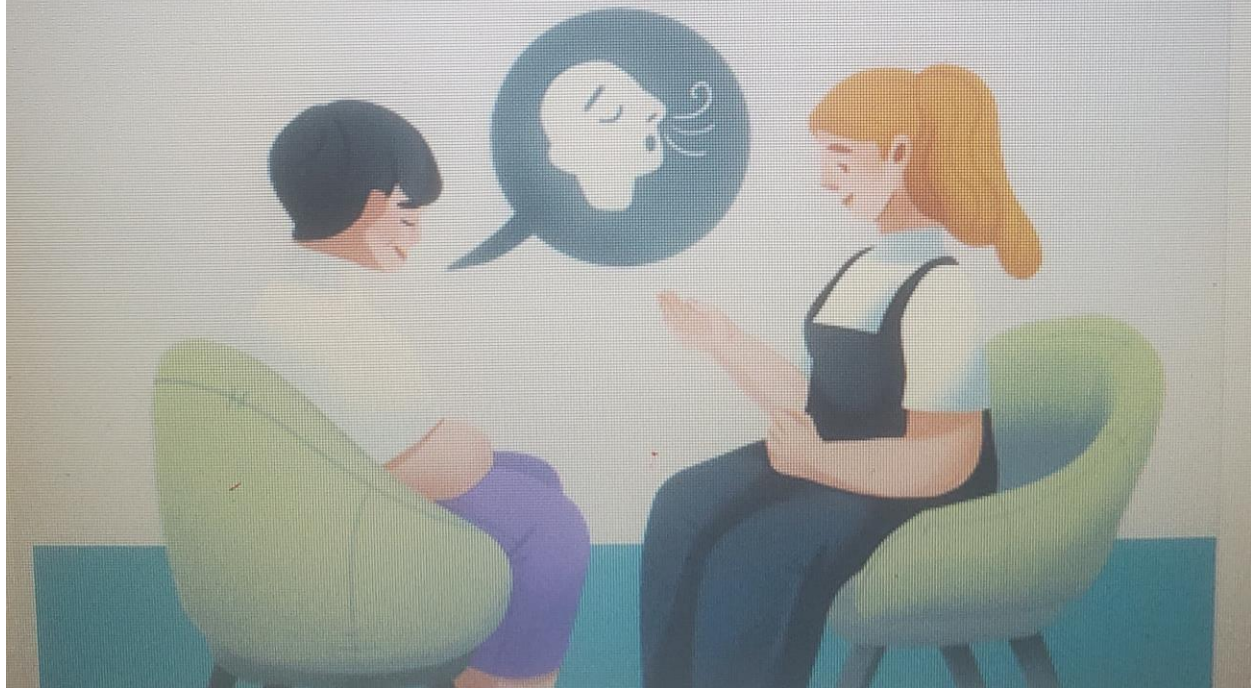


**The World Mental Health Day & The mass  
media-some serious consequences**

# **THE WORLD MENTAL HEALTH DAY**

**-OCTOBER 10, 2024-**

- Depression
- Sleep disorder
- Cyberbullying
- Addiction
- Social isolation
- Anxiety
- Body image issues
- Self-absorption





## **World Mental Health Day 10 October 2024**

### **The World Mental Health Day & The mass media**

#### **- Social media & mental health – some serious consequences-**

We use social media daily and though it can be very helpful, it can also do the opposite. Here are some negative effects social media can have on mental health:

- ‘Seeing somebody else succeed in something you are not good at can bring insecurity and make you feel bad or make you question your worth.’
- ‘Posts showing people having a good time can cause FOMO (fear of missing out).’
- ‘Not everything we see on social media is real, more often than not it is heavily edited and being surrounded with this kind of content sets unhealthy expectations and beauty standards; most of these posts, articles, etc. target younger audiences and often cause insecurity, eating disorders, body dysmorphia and self-harm.’
- ‘Children and adolescents who spend more than 3 hours a day on social media face considerable risk of mental health problems including the symptoms of depression and anxiety. This is concerning as a recent survey has showed that teenagers spend an average of 3.5 hours a day on social media, and when asked about the impact of social media on their body image, 46% of adolescents aged 13-17 said social media makes them feel worse.’
- ‘Teenagers who use social media are more prone to cyberbullying, as well as other forms of abuse.’



Емилија Томић П5

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<sup>1</sup> [Social media and youth mental health](#)

## World Mental Health Day 10 October 2024

### The World Mental Health Day & The mass media-some serious consequences

- Addiction
- Overstimulation
- Harassment
- Pressure
- Validation-seeking
- Sleep disorder
- Perfectionism
- Distraction
- Burnout



- Depression
- FOMO
- Loneliness
- Isolation
- Cyberbullying
- Stress

- Low self-esteem
- Anxiety

Iskra Anđić II3

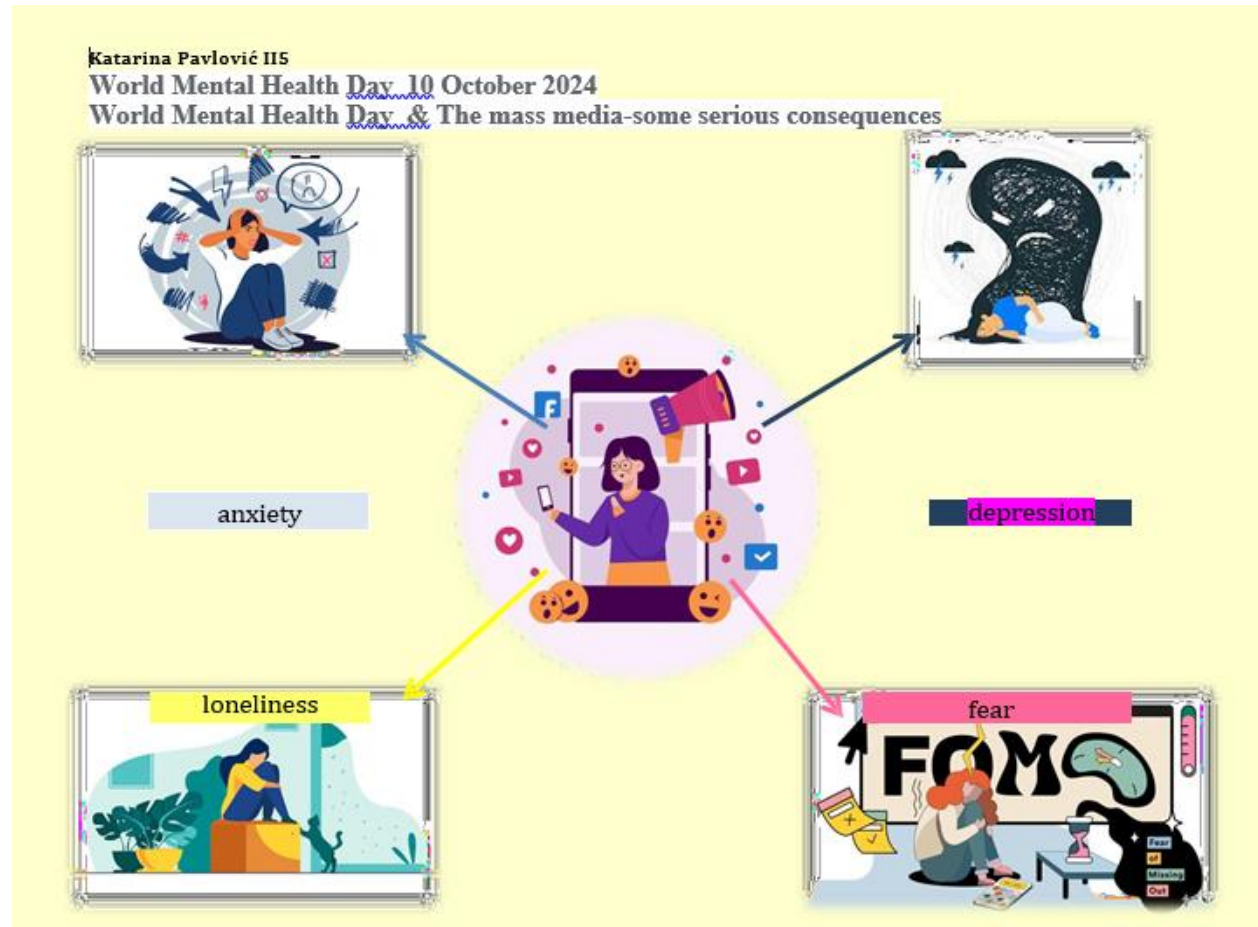
## World Mental Health Day 10 October 2024

### The World Mental Health Day & The mass media-some serious consequences

- dependence
- depression
- stress
- anxiety
- dissatisfaction with oneself
- a lack of self-confidence
- loneliness
- sleep disorder
- fatigue
- fear

- agitation
- suffering
- pain
- self-harm
- poor memory
- a lack of communication

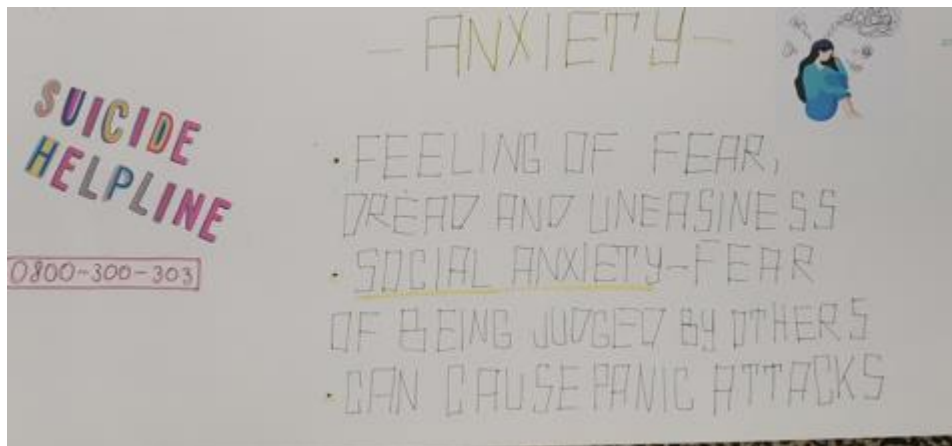
Дуња Гавовић II4





## World Mental Health Day 10 October 2024

### World Mental Health Day & The mass media-some serious consequences



Урош Секулић I15

## World Mental Health Day 10 October 2024

### The World Mental Health Day & The mass media-some serious consequences

- Anxiety
- Depression
- Self-harm
- Loneliness
- Insecurity

- **Sadness**
- **Dissatisfaction**
- **Frustration**
- **Tiredness**
- **Jealousy**

**Ива Ивановић II5**