



**Value Education Centre
Department of Psychology
Daulat Ram College**



Under IQAC

VIth VALUE ENGAGEMENT PROGRAMME

(VEP)

**Living By your Values:
Steps Towards Mental Health**

10th December 2020 - 20th January 2021

VIth VALUE ENGAGEMENT PROGRAMME

Living By your Values: Steps Towards Mental Health

DAULAT RAM COLLEGE

DEPARTMENT OF PSYCHOLOGY

10th December 2020-20th January 2021

Convener: Dr Meetu Khosla



From the Conveners Desk.....

The pandemic has changed our perspective to life. There is a cloud of fear that hovers over our minds and we feel constantly threatened by it due to lack of knowledge of how to deal with it. This has led to several restrictions in our daily life which has drastically affected our physical and mental health. This program was envisioned to make the students aware of the values that can help them understand their

plight and improve their mental wellbeing. Many experience feelings of distress, anxiety and depression, which is closely linked to other memories which further increase the feelings of unpleasantness. Sometimes while fighting with our inner most insecurities and worries we have little energy left for pursuing other tasks at hand or even doing our daily chores.

Through this program we intend to make the students aware of their personal values, and identify their prime concerns in life, as to what they stand for in life. The aim is to make them relate to the values as a reference point to progress further in life. Values will probably help them by guiding them through these difficult times, making them more capable to take care of themselves in these trying times. The theme of these modules focuses on mental health and wellbeing. To provide a clear sense of their emotions and cognitions and to proceed on with their lives in a meaningful way. Having a proper sense of direction and purpose in life, values will guide them in their actions and enable them to move on in their lives as they desire. This will not only reduce the ambiguity and fear that is overwhelming them but they will be better equipped to face the present challenges that pandemic brings forth for them.

Values are the building blocks of our personality, our essence of being, and hence they would propel the cognitions and actions in a meaningful direction, making sense of every small action they engage in. This program will enable them to understand the importance and relevance of values in their life and they will make efforts to reach out to them. They will become more committed to take of themselves as well as be able to live life more happily being in congruence with their values. They will feel calm, relaxed, comfortable with their thoughts and develop an understanding of how to live their life well.

Learning about how values will take them to the road of mental health recovery and empowerment, they will be able to share their experiences and deliberate upon their distortions or apprehensions in a more holistic way. Valuing their negative feelings, the importance of experiencing pain, the relevance of self in relation to the society or family and working towards healing the mind. Learning the art of resilience, benefit finding, compassion, forgiveness and gratitude will enhance their mental health.

There program offered four modules as:

- 1.Values Changing Minds: buffer against psychological illnesses
- 2.Building compassion and self-care through values
- 3.Pathway to Happiness via values
- 4.Values Improving Lives

The four modules planned elucidated how values can empower them to not only take care of themselves, but also help others feeling low or helpless. The first module will focused on explaining the myths and reality about mental illnesses and how values can help to prevent their occurrence or to deal with their symptoms. The second module inculcated the feeling of compassion through values and find meaning in life. It will demonstrated various techniques to enhance resilience and wellbeing through values. The third module will elucidated the values that could help them deal with negative emotions as anger, sadness, fear, crises and look for options to be happy. The last module focused on having a dialogue with one's life-style choices, nutrition and sleep to improve our life through values. Hence this program intended to help the students to identify their values that could help them in enhancing their mental health.

Dr Meetu Khosla

Associate Professor
Psychology Department
Daulat Ram College
University of Delhi

Acknowledgement

I would like to thank our Principal maam, Dr Savita Roy for her support and encouragement to carry out the program and to all the members of my department for their support. I would also like to thank my co-convenor Dr Sandhyarani Hawbam for coordinating the program, and all my resource persons for giving their valuable time to make the sessions meaningful for the students. Last but not the least I would like to thank all my participants for giving their valuable time for the program and also bringing immense joy and happiness to the resource persons as well. I would like to thank all the members of my department for supporting this program. I would like to thank Nitya and Muskaan for compiling the minutes for the sessions and the photos



From the Co-Convener's desk

It is a proud moment for our department to be able to successfully conduct the sixth Value Engagement program even during this difficult time. The sixth Value Engagement Program was organised online by the department of Psychology, Daulat Ram College from 10th December, 2020. The program was conducted on the topic "Living by your Values: Steps towards Mental Health". The entire program was divided into four modules: values changing minds- buffer against psychological illness, building compassion and self-care through values, pathway to happiness via values, and Values improving lives. These four modules consist of wide variety of themes. Students were trained not only by our college faculty members but also a few external experts in the related areas were invited to deliver the sessions. All the sessions were imparted in a very interactive way, students were encouraged to participate, share their experiences, and were also engaged in different exercises and activities. Quality of the session was also enhanced by collecting feedback from the students after every session. This program would help students to inculcate important values in life which will serve as a guiding principle to choose the most appropriate values for maintaining and enhancing their mental health and wellbeing.

Dr. Sandhyarani Hawbam

Co-convenor

Assistant Professor

Department of Psychology

University of Delhi

Value Engagement Program 2020-2021

Name of event : Value Engagement Programme

Organizing department : Department of Psychology, Value Education Centre

Objectives : To make students aware of how Values can help in changing minds and act as a buffer against psychological illnesses, enhancing health

Convenor: Dr. Meetu Khosla

Co-convenor: Dr Sandhyarani Hawbam

Duration with dates : 10.12.2020 to 20.01.2021

Number of participants (from DRC) : 25 students from DRC

Duration of the course: 25 hours

Method/approach:

1. In-class discussions and debates were used as opportunities to facilitate the development of sufficient independence to cultivate personal values.
 2. Workshops and interactive sessions, role plays, presentations and mix media were used to involve the students to develop skills to enhance their wellbeing.
 3. Students were involved in activities and small experiential exercises.
 4. They were taught observation skills related to developing values that would enhance mental health.
 5. A feedback was taken after each session to know about the effectiveness of each session and if any improvements were required. After each session the students were required to reflect about what they had learned.
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Evaluation of Course effectiveness:

A pre and posttest method to assess the effectiveness of the workshops and the VEP on various psycho-social variables as mood, wellbeing, resilience and health.

Learning Outcomes:

The students:

1. Learnt the set of core values that would be effective in developing healthy emotions, regulating the negative emotions and constructively using them for their mental wellbeing and health.
 2. Developed appropriate personal value systems that enabled them in instilling a positive attitude towards the crises situation and stress in their lives.
 3. Improved their understanding of how certain social values could enhance self care.
 4. Enabled students to develop values that made their lives happier.
 5. Resolved the value conflicts, finding meaning in life and work towards their goals
 6. Enhanced their ability to use their personal values for changing their life style for healthier life.
 7. Developed skills for imparting awareness about mental health issues.
 8. Trained in spreading information about symptoms and de-stigmatization of mental health related problems.
 9. Learned the techniques of helping others identify their need to seek help.
 10. Acquired knowledge for improving mental health by building resilience, compassion, happiness and self esteem.
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SCHEDULE OF THE PROGRAM

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|--------------|--|------------------------|
| SESSION I | Values Changing Minds: Buffer Against Psychological Illnesses | Dr. Meetu Khosla |
| SESSION II | Values and Mental Health | Dr. Rajni Sahni |
| SESSION III | Mental Health Related Values Application | Dr. Rajni Sahni |
| SESSION IV | Values Through Art: Enhancing Mental Health | Dr. Meetu Khosla |
| SESSION V | Building Compassion and Self-Care Through Values: implications for Mental Health | Dr. Meetu Khosla |
| SESSION VI | Pathway to Happiness Via Values | Dr. Anisha Juneja |
| SESSION VII | Spreading Smiles Via Values | Ms. Selene Khosla |
| SESSION VIII | Happiness Through Values | Dr. Sandhyarani Hawbam |
| SESSION IX | Building Emotional Resilience | Dr. Meetu Khosla |
| SESSION X | Values and Mental Health: Living by Your Values | Dr. Meetu Khosla |

SESSION I:

**Values Changing Minds:
Buffer Against Psychological Illnesses**

Dr Meetu Khosla

Key Points covered in the session:

- Learning about values, nature both positive and negative values.
- Different kinds of values as personal, social, health, emotional, environmental, cultural and spiritual values.
- The various functions of Values were deliberated upon, such as: personal development and growth, academic success, environmental sustainability, wellbeing and health.
- The importance of values in life were discussed, confronting beliefs and self defining values, the role of ideals and morality in self perception and interests.
- How values help to make choices, find symptoms and finding meaning in life. Instrumental values that are beliefs about conduct and terminal values that are concerned with ultimate goals were elaborated upon.
- Various experiential exercises were used to make the students understand the conflicts that occur, their causes, the importance of ego and super ego and the unconscious forces, and how the conflicts can be resolved.
- The session further explored the actualization of self, living in congruence with the real self and how the real self is healthier than the false self. Value free approach was discussed focusing on the ultimate goal, good motivating drive and self direction towards meaningful existence.

The entire session was made interactive by engaging the students and asking them questions pertaining to their knowledge of values, such as: What they think values are? Do values help in defining who we are and what is our role in society? How can one make a choice of what they want in life and how to achieve it? To what extent values have helped you to gain what you want from your life? Students responded

to these questions with great zeal and enthusiasm. Students were told about the different kinds of values like personal values, social values, health values, emotional values and more. They were made aware of the fact that these value systems play an important role in their lives. Apart from a person's personal development, growth and academic success, his mental health and well-being is also dependent on what values s/he has.

Value education strategies were used to help students learn to prioritize their mental health and make them understand the gravity of concepts like self-care. One must not only take care of themselves but also of people around them. A healthy person always spreads positivity and happiness around. It is important to imbibe positive values as they help us to grow and achieve in life and be persistent in whatever we do and shun the negative values as they tend to deteriorate one's mental health and the surroundings around them. The aim was to motivate them to apply values to understand the need of being not only physically but also mentally healthy. Students were guided to develop critical thinking skills and use values to spread awareness and sensitivity on mental health and related issues.

Students were taught how one can be healthy not only physically but also mentally, spiritually and socially if one possesses a certain set of positive values. A person can just engage themselves in small activities that can help their mind stay clear of negative thoughts like painting, acting, singing, and dancing. Being positive and preaching positivity is the mantra. When people feel overburdened, venting is necessary. It helps an individual feel light-hearted and less pressurized. The students were then made to understand the conflict between id, ego and superego. Students were given beautiful examples to explain the concept better. We must reinforce those behaviors that have desirable consequences and try to inhibit those which lead to undesirable behaviors. It is important to get rid of irrational thoughts by changing our thinking pattern. Apart from this they were taught about concepts like approach and avoidance conflict and how these can be guided by our values.

Learning Outcomes:

- ◆ Understanding what values are and which values are beneficial for an individual.
 - ◆ To be able to understand the reasons behind different values each culture holds.
 - ◆ Understanding not to label a person.
 - ◆ Recognizing the early symptoms and knowledge about when and how to help others.
 - ◆ To be able to understand the stigma related to mental health
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Session II:

Values and Mental Health

Dr Rajni Sahni

Key Points covered in the session:

- Values related to sickness
- Physical ailment or psychological disorder
- Acceptance of symptoms
- Difference in responding to situations
- Values accepting differences in others
- Labelling persons
- Values guiding us in dealing with disorders

Students were made to ponder on questions like which values are more beneficial and influential. Certain goals that promote mental health are love, freedom, responsibility, truth, and symptom management. Symptom is a sign or indication of a disease or anything unpleasant. It is the difference brought by some disruption in the routine. It becomes very important for us to identify these symptoms, recognize the causes and deal with them before they start taking a toll on our mental health. Freedom and self-maintenance help enhance our mental health as it gives us a sense of power and control over our lives. Spirituality and religiosity can also help to improve a person's mental health as it provides them with a sense of hope and faith in supreme power. Furthermore, students were taught values related to sickness. They were asked questions like do we accept sickness? Do we consider someone sick only if s/he is physically ill? How should a person treat someone who feels different from others? Should a person be labelled as 'mad' or 'pagal'? Does labelling help us in any possible way in dealing with persons with sickness, either physical or psychological? They were taught to be empathetic instead of being sympathetic. Students were made to understand that they should adopt a non- judgmental approach towards those who need help. As the budding generation, they hold the

responsibility to remove the stigma attached to mental illnesses. A person can become better only if s/he has the support of people around. It is their responsibility to not label them but to provide them with proper guidance and help in each way possible. Emphasizing more on this, students were given a task to carefully read and summarize a case study on Prof. Nash. They were asked to note down the important symptoms the professor was facing which confirmed that he was suffering from paranoid schizophrenia. In the next session, while discussing the case study, students were educated about showing unconditional positive regard towards the people. They were given the knowledge about different types of psychological disorders that are listed under DSM-5. They were also enlightened about the professional help people with such illnesses can get. If a person is facing some psychological illness, s/he should be taken to a counsellor, a therapist or to a psychiatrist. They can be sent to rehabilitation centers or can be on certain medications. According to WHO, rehabilitation/is defined as “a set of interventions designed to optimize functioning and reduce disability in individuals with health conditions in interaction with their environment”. Students were taught about the goals of rehabilitation as well as about its principles. The sessions ended on a positive note.

Learning Outcomes:

- Learnt the importance of Unconditional acceptance
 - Understood Non-Judgmental approach
 - Acquired the skills for Empathy
 - Developed attitude for Discouraging Labeling
 - Professional Help
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Session III:

Mental health related Values: applications

Dr Rajni Sahni

Key Points covered in the session:

- Values related to sickness were discussed
- Importance of accepting illness
- Understanding the psychological and physical symptoms.
- How each individual is different from the other
- The various options to respond to situations

Understanding what values are and which values are beneficial for an individual. To be able to understand the reasons behind different values each culture holds. Understanding not to label a person. Recognizing the early symptoms and knowledge about when and how to help others. To be able to understand the stigma related to mental health

Learning Outcomes:

- Relation between culture and behavior
 - Importance of seeking professional help
 - Need for rehabilitation
 - Knowledge about psychological disorders
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Session IV:**Values through art****Dr Meetu Khosla****Key Points covered in the session:**

- Learning Values through art
- Painitng/sketching their feelings and thoughts
- Personal values related to art
- The art of valuing oneself, and unlocking the barriers to self
- Art as a medium of expression
- Importance of valuing our desires
- Hope, freedom and harmony
- The importance of social support, peer relations, family bonding
- ways of goal achievement, success and materialistic pursuits
- The meaning of wellbeing, happiness was examined from a spiritualistic perspective.
- Art of forgiving and Valuing your self
- Conflict resolution, self-efficacy, personal resources

Expressing yourself doesn't necessarily mean verbally venting your feelings out. It can also mean to express them non-verbally by dancing, singing, or even painting. The students were asked to draw something related to life. It could be an abstract or just a simple stroke. In the session, those drawings were discussed without disclosing the identity of the person. Children were taught to observe even the minute details about what was visible to them and interpret what it could really mean. During the session, they were also asked about what were their feelings when they got the task to draw, how they felt while making it and how they felt after making the drawings. Also, if they were able to convey through art. Use of strokes and

colors can disclose a lot about ourselves. It is a medium of expression of emotions- positive or negative, cognitions- thoughts, plans or worries, behaviors- actions, walking, running. Students were taught how the therapist tries to give the client the experience of validation and acceptance of their/feeling. Art/can provide safe containment for/emotions/that are expressed. A person learns to develop skills to enhance themselves to cope up with stressful and disturbing circumstances. A sense of self efficacy and conflict resolution starts generating in an individual and thus he tries to accept his mental conflicts. The goal of expressing through art is to look for opportunities within yourself and broaden our perspective of life, building your inner strength.

Learning Outcome:

- Learnt the value of artistic expression of emotions
 - Cultivated the skills for expressing emotions
 - Achieved the technique for painting self
 - Acquired the art of forgiveness and gratitude
 - Developed skills for conflict resolution
 - Fostered the art of developing personal resources
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Session V:**Building Compassion and Self Care Through Values****Dr Meetu Khosla****Key Points covered in the session:**

- Understanding compassion
- Components of Meaningful existence
- Psychological benefits of Values
- Coping through compassion
- Kindness, selflessness and benevolence.
- Practicing compassion
- Sharing emotional experiences
- The psychological and emotional benefits of compassion
- experiential exercises to enhance self esteem and happiness
- Self kindness versus self judgement
- compassion as a protective mechanism
- research in compassion and it s effects on wellbeing, mental health, psycho-physiological responsivity,enhanced job satisfaction, positive cognitive restructuring
- importance of compassion in enhancing mental health.

Compassion really means to recognize the sufferings of others and then take action to help. For students it was a desire to help and for some it was similar to empathy. The students were informed that compassion is not only being benevolent to others but also to self. They were asked to what extend they are being kind to themselves. Self-compassion is a practice of goodwill, not good feelings (Neff,2019). Whatever

pain a person is feeling at the moment s/he mindfully accepts it by being aware of it. Imperfection is part of human experience. Being good to oneself also means being good to others. According to Dalai lama, 'If you want others to be happy, practice compassion. If you want to be happy, practice compassion.'

During the session, students were told about the three requirements of compassion. Then they were asked to pen down any experience that they felt was unjust to them in the past six months. They were made to write whom they think was the reason behind the situation, what they felt during that period, what steps they might have taken to avoid the situation, who helped them to cope up with that and how they were able to bring back positivity in their lives. By doing this activity, students were able to realize that they must be aware of what is happening around them and their concern should be on how they can let this happen? But what is important is to realize and improve. No one is perfect and everyone is bound to commit mistakes. So, this way they can make a negative situation a positive one by following three basic steps – Awareness, Concern and Empathy.

It is perfectly fine to cry and be happy at any moment. It is important to express. When individuals view their own behaviors and shortcomings without compassion, they may ruminate about their faults and inadequacies in such a way that erodes self-esteem and happiness. Self-compassion helps to reduce anxiety and depression and helps the individual to connect with others. By taking care of oneself, a person can make an effort to be mentally fit. When we look beyond our flaws and treat ourselves with forgiveness and understanding, we increase our psychological health and well-being.

Learning outcomes:

- Understanding the importance of expressing an individual's thought.
 - Understanding the importance of self-care.
 - To accept ourselves, or identity and who we are and what we stand for.
 - Acting with conviction and determination to resolve and recreate.
 - Move towards goal achievement and mental well-being.
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Session VI:**Pathway to Happiness via Values****Dr Anisha Juneja****Key Points covered in the session:**

- Psychological crisis due to over exposure to social media
- Effects of various stressors
- The importance of happiness in gaining emotional stability
- Happiness and decision making
- Decoding happiness
- Happiness in relation to health& wellbeing
- The ways to deal with struggles, challenges and environmental problems
- Options to achieve happiness
- Finding deeper meaning in relationships, awareness of achieving sustainable happiness through values
- Moral values in relation to self respect, self discipline, and commitment
- Values as trust, honesty, courage, fairness, respect, and caring
- PERMA model of happiness
- Value of positive emotions, authentic happiness
- purposeful existence, feeling good and a sense of accomplishment
- The importance of managing self, toxic positivity, self acceptance
- Dealing with challenging cognitive errors

The basic goal of the session was to help students understand the importance of happiness in life, and how having a good set of values can lead one into that direction. Happiness holds great importance in life. The United Nations has even featured happiness as a fundamental human goal (2011).

The students were then made to participate in the Oxford Happiness scale, where students had to agree or disagree with a set of statements to reveal how happy or unhappy they were. After the scoring of the test, an active discussion was conducted on what happiness meant to each student present in the session, making them realise that happiness lies in the little things in life, like having pizza for lunch, or petting a dog in the park. Students decoded happiness and understood it in simple terms. The Happiness Triad (Nagraj, 1999), which differentiates between momentary, deeper, and sustainable happiness, was also discussed, further deepening the student's understanding on the topic of happiness and its true meaning.

Students were asked the question: what values mean to you? What values do you adhere to? The topic of moral values was also discussed, which meant commitment to something greater than the self; caring for others, developing a sense of self responsibility, and working with integrity. Another test called the Portrait Values Questionnaire was administered on the students to help them see the values they follow, in accordance with the Schwartz Value Framework.

The students also discussed the effect of the pandemic on their mental health, and how staying happy has become even more important in these testing times. Students talked about the new values they learned and developed during this time. The PERMA Model of Happiness was also discussed, which lists the five core elements of happiness and well being.

The last topic of discussion was the management of values to help students live a happier life. It tackled topics such as toxic positivity, clash of values, and importance of acceptance, among a few others.

Learning Outcomes

- Understanding the meaning and importance of happiness
 - Developing values that help promote happiness
 - Learning the importance of the simple act of smiling
 - Understanding the importance of achieving 'sustainable' happiness in life
 - Learning effective value management skills
 - Learning to accept both positive and negative emotions
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Session VII:**Spreading Smiles via Values****Ms Selene Khosla****Key Points covered in the session:**

- Meaning of true happiness
- Searching for happiness in self
- Valuing happiness through altruism
- Relevance of mental and physical exercise
- Value of meditation
- Pursuing your goals
- Benefits of smile
- Smile and mental health

This session expanded on the importance of happiness in life. Having a sense of purpose in life, not letting your happiness be dependent on others around you, tackling the notion of toxic positivity, and using values to generate happiness in life were among some of the main topics of discussion.

The first question asked to students was: what is happiness? The answers to this included no negativity, no homework in class, shopping for clothes, and so on. But one thing pointed out was that all these definitions of happiness are not what happiness actually is, that is these notions only scratch the surface of the concept of happiness. Along with the small things in life that give momentary pleasures, there is a deeper meaning to being happy. True happiness isn't in these momentary pleasures. It is a state of physical, emotional, and cognitive wellbeing. True happiness lasts long and gives one a sense of purpose in life.

A distinction was made between happiness and pleasure. Pleasure is a sense of happiness that doesn't last long; it is momentary, and it may be addictive. The simple act of smiling gives you a momentary sense of happiness, but true happiness 'sustainable'. It lasts longer.

Achieving sustainable happiness, however, is a time taking process and is difficult to achieve as compared to moments of pleasure. It is a journey of understanding emotions. You need to be sensitive to the emotions of others as well as your own emotions, as you cannot make others happy unless you are happy yourself. Looking after yourself is equally important as looking after others and doesn't make you selfish. We need to learn to deal with both positive as well as negative emotions. Being altruistic and compassionate towards others is key.

Next, students were taught to embrace happiness. Always looking on the bright side of things helps you to stay happier. Having unrealistically high expectations from oneself can also cause reduced happiness. Our relationships need to be ones where we respect the other person and the respect is reciprocated, we need to listen to others and be listened to. Cultivating hobbies can also help promote happiness. Thinking of small things that make you happy, and being grateful for them is also extremely important. Forgiving others, forgiving situations, as well as forgiving yourself, sometimes without apologies is key. Doing things without any ulterior motives, just because they make you happy, can help you hold the power to control your happiness.

Learning Outcomes:

- Learning the art of smiling
 - Acquired skills for enhancing smiling
 - Gained knowledge about benefits of smile
 - Cultivated the techniques for meditation
 - Developed the strategies for achieving personal happiness
 - Realized the importance of spreading smiles
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Session VIII:

Seeking Happiness through Values

Dr Sandhyarani Hawbam

Key Points covered in the session:

- Happiness is a positive emotional state
- Characteristics of Happiness
- Understand the true meaning of happiness
- How different values can enhance happiness
- Moments of happiness
- Busting few myths related to happiness
- Reflecting upon emotions
- Identifying positive emotions and their benefits
- Reaching out for happiness In this session, students discussed what Happiness actually means.

As previously defined in the past sessions, it is a state of positive emotional state subjectively defined by each person. It helps in boosting up creativity, longevity, productivity and well being of a person. It helps an individual to grow personally. The Happiness Triad (Nagraj, 1999), which differentiates between momentary, deeper, and sustainable happiness, was explored which further deepened the student's understanding on the topic of happiness and its true meaning./Next, students were shown a short video which discussed some common myths about happiness. These myths were: happiness is the natural state of human being, happiness is feeling good, and if you are not happy, there is something wrong with you. All of these myths were refuted, and it was explained that constantly being happy is next to impossible for any individual. Then they moved towards understanding what emotions are. Students were explained that emotions are conscious reactions subjectively experienced as strong feelings, usually directed towards a specific object and typically accompanied by physiological and behavioral

changes in the body. Emotions can be positive (love, happiness, joy, pride, empathy), as well as negative (fear, anger, shame, hate, regret, jealousy). An important point of discussion was that not feeling happy all the time is completely normal. Accepting all emotions, be it positive emotions like happiness and pride as well as negative emotions like anxiety and sadness, is important. The most important part of the session was how to deal with negative emotions in a positive way. Management of values to help students live a happier life, and techniques to achieve the same were also taught. Spending time with loved ones, venting out, accepting and taking responsibility for your emotions, and practicing self-compassion are some of the ways to manage your values effectively. Noticing physiological changes in your body, practicing mindfulness, giving your mind and body time to cool down, and accepting and taking responsibility for events happening around you, are some other ways to deal with negative emotions positively. Students were made to do an exercise where students were asked to draw a tree and write all the negative emotions that they recently went through (in the roots of the tree) and the physiological changes that took place in their body during that period (in the trunk of the tree) and how they coped with them (in the fruits or flowers of the tree). The activity helped the students understand their negative emotions, the lessons they learnt out of them, and the ways they were able to overcome it. Another exercise based on values was conducted where they had to mention any five values based on their experience that made them happy. The session ended with students going back with an increased knowledge of true happiness and skills to enhance their general wellbeing in life.

Learning Outcomes:

- Identifying values promoting happiness
 - Expressing values
 - Modifying negative values
 - Utilizing positive values to enhance happiness
 - Learning to seize opportunities that bring happiness
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Session IX:

Building Emotional Resilience

Dr Meetu Khosla

Key Points covered in the session:

- Importance of being emotionally resilient in life
- Meaning of Emotional resilience
- Emotional awareness
- Acceptance and effective communication of emotions
- Values enhancing emotional resilience
- Empathy, good judgement, persistence
- Finding meaning in life
- Understanding emotions of others
- Values building emotional resilience
- Strategies to develop resilience
- Developing a resilient attitude
- Cultivating optimism
- Developing an internal locus of control
- Rebuilding your cognitive schemas
- Adopting behavioral changes

The module on 'Developing Emotional Resilience' focused on answering the question of the importance of being emotionally resilient in life. Emotional resilience is explained as a person's ability to bounce back from adversity, adapt and transform to successfully deal with challenges. Emotional awareness about one's own emotions, understanding, accepting, and effectively communicating these emotions

to other people around is important. The first question put forth in front of the students was: why do you think emotional resilience is important? Avoiding your pain and refusing to address your emotions can make you slip into an endless spiral of pain and anxiety, which can seriously affect and deteriorate the mental health of individuals. The first step in being emotionally resilient is to be aware about your emotional state. Only then can you address this state and communicate how you feel with others. Thus, being emotionally resilient is an extremely important life skill. \Students discussed the set of values that emotionally resilient individuals possess, such as empathy, good judgement, persistence, finding meaning in life, and optimism, among many others. These set of values also help emotionally resilient people to positively impact the people around them and understand the emotions of others. It was explained that emotional resilience is not a trait that people either possess or don't possess, but rather it is a set of skills and values that any individual can develop. Values provide people a reason to keep going and help them actively deal with challenging life events. Taking situations, turning adversity into challenges, and bouncing back from these challenges to emerge victorious is something every individual can learn to do with practice and by putting time into developing oneself./ Strategies to develop resilience were discussed, such as learning from past experiences and challenges. Thinking of what helped one get through similar adversities in the past can be extremely helpful in developing emotional resilience. Developing a resilient attitude is another useful strategy. Cultivating optimism and staying positive in the darkest of times is extremely crucial to avoid yourself from going down an emotional spiral. Developing an internal locus of control, rebuilding your cognitive schemas, adopting behavioural changes, and spiritual enhancement were among some of the other strategies discussed. / Since this was the last module, at the end, the students were given a task of creating a chart or some form of art depicting the values that they believe in, using different colours being as creative as possible. After the activity ended, the value charts each participant created were shared with everyone and a discussion was held about the importance of each of those value sets.

Learning outcomes:

- Understanding the meaning and importance of emotional resilience % Learnt skill of self acceptance and effective coping
- Skills to become emotionally resilient themselves.
- Learnt strategies to develop emotional resilience
- Enhanced awareness of personal emotions
- Effective expression and communication of emotions

Session IX:**Values and Mental Health: Living by your values****Dr Meetu Khosla****Key points covered in the session:**

- Values in relation to mental health
- Symptom identification and acceptance
- Changing maladaptive behaviors
- Reinforcing desirable behaviors
- Strategies to reduce vulnerability to value persuasion
- Religious values as a protective aid to promote health
- Values with potential mental health benefits were elaborated.
- Valuing Harmony, wellbeing and peace
- Promote happiness through altruism, charity and interpersonal responsibility.
- Conflict resolution and coping mechanisms
- Collective morality to personal competence
- Trajectories of enhancing mental health
- Competent perception and expression of feelings
- Freedom of choice, self-maintenance for health

This session provided students an insight into how maladaptive behaviours can be managed in order to live a healthier life, and how values can be effectively used to achieve this. We often come across situations in our life when our values come into conflict with the values of our family, and we can't find a way out of our problems due to these clashes. This session dealt with the effective resolution of these problems.

The first discussion was about symptom management. Maladaptive behaviours can be changed using basic theories of learning, such as reinforcing behaviour with desirable consequences, and providing some sort of punishment for behaviours that are not desirable. Changing thinking and behaviour patterns this way is highly effective, and can help to significantly decrease stress and conflict.

Now come in values. Reducing vulnerability to value persuasion is one of the ways to use values in inhibiting undesirable behaviours. One should not act upon anything without thinking it through as it may lead to a lot of undesirable consequences. Religious values can also serve as protective aid. Religious scriptures have always taught us to help people in need and to forgive others for their mistakes. It has been proven that showing compassion and empathy to others gives us happiness and helps reduce our pain and distress as well. Inculcating good values such as harmony, altruism, and charity can go a long way in helping us form healthy relationships. These relationships prove to be highly useful in helping individuals cope in life.

Adopting coping mechanisms which suit your individual needs tend to be very useful in resolving conflicts. You need to move from collective morality to personal competence. Competent perception and expression of feelings, freedom, self maintenance, etc. can help us in enhancing our mental health, as they give us a sense of power and control over our life. Spirituality and religiosity can also help improve a person's mental health as it provides them with a sense of hope and faith in a supreme power.

Learning Outcomes:

- Learnt values enhancing mental health
 - Developing skills for personal strength
 - Acquired knowledge to modify maladaptive behaviors
 - Cultivated skills for coping
 - Enhanced competence
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