

The most common mental health issues for students are anxiety and depression. Practicing mindfulness, or taking a moment to notice the present, can help students feel calmer. Difficulty coping with problems or daily activities is another sign. Withdrawing from daily activities or losing interest in them can signal mental health struggles. It's okay to talk about feelings, and sharing with someone trustworthy can help students feel less alone. Eating healthy foods and staying active are good for both the body and the mind. Anxiety means feeling worried, tense, or afraid, sometimes about things that might not even happen. When anxiety gets too strong, it can make daily life very hard. Depression is when someone feels sad for a long time or loses interest in things they used to enjoy, making life feel tough and boring. Some students may have suicidal thoughts, such as wondering if things would be better if they were not around. Warning signs of mental health problems include changes in personality, eating, or sleeping patterns. Classmates are often the first to notice when something is wrong, so it's important for everyone to know about mental health. Getting enough sleep really helps with mood and mental health. Staying connected with friends gives support and makes hard times easier. A student's mental health can strongly affect their learning and happiness at school.