

Course Title: Life Skills and Mental Well-being

Course Co-ordinator: Dr. James Ranjith P.

Unit 1

(6 hrs)

1.1 Introduction

Need & Importance of life skills, mental health and wellbeing, common mental health disorders and skills for positive mental health.

1.2 Self-Awareness

Definition of self-awareness, SWOT analysis, self-esteem and overcoming low self-esteem.

1.3 Empathy

Definition of empathy, difference between empathy and sympathy and benefits of empathy.

Unit 2

(6 hrs)

2.1 Effective Communication

Basic concepts of communication, verbal and non-verbal communication, barriers in communication and assertive communication.

2.2 Interpersonal Relationships

Type of relationships, relationship web, healthy and unhealthy relationship, Knapp's Relationship Escalation Model and advantages of interpersonal relationship skill.

Unit 3

(6 hrs)

3.1 Critical Thinking

Concepts of critical thinking, stages of critical thinking and skills involved in critical thinking.

3.2 Creative Thinking

Concepts of creative thinking, steps involved in creative thinking and problem approach.

Unit 4

(6 hrs)

4.1 Decision making

Types of decision-making, skills of decision-making, process of decision-making, barriers to good decision making and decision-making strategies.

4.2 Problem-Solving

Steps in problem-solving, techniques of problem-solving, POWER Model in Problem Solving and mind mapping.

Unit 5

(6 hrs)

5.1 Coping with stress

Definition of stress and coping, kinds of stress, source of stress, symptoms of stress, impact of stress and strategies to overcome stress.

5.2 Coping with Emotions

Definition of emotions, identification of positive and negative emotions and coping with negative emotions.

5.3 Coping with Cyberbullying

Definition, types, causes, mental health impact of cyberbullying, laws related to cyberbullying and measures to cope with cyberbullying.

Reference

CBSE. (2015). *Guidelines for Prevention of Bullying and Ragging in Schools*.

Nasheeda, A., Abdullah, H. B., Krauss, S. E., & Ahmed, N. B. (2019). A narrative systematic review of life skills education: effectiveness, research gaps and priorities. In *International Journal of Adolescence and Youth* (Vol. 24, Issue 3, pp. 362–379).

Rajiv Gandhi National Institute of Youth Development. (2017). *Hand Book and Resource Materials on Life Skills and Team Building*. February, 1–42. www.rgniyd.gov.in

Vranda MN. (2018). Promotion of mental health and well-being of adolescents in schools using life skills approach. National Institute of Mental Health and Neuroscience.

WHO. (1997). Life Skills Education for Children And Adolescents in Schools. *World Health Organization. Division of Mental Health*, 1.

WHO. (2020). Life skills education school handbook: Prevention of noncommunicable diseases. In *Life Skills - World Health Life skills education school handbook: prevention of noncommunicable diseases - Introduction*.