

S.H.I.E.L.D.

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Mental Health Awareness plays an important role in learning and academic achievement of learners. This helps decrease disruptive behaviors and affective symptoms such as depression and anxiety, together with an increase in social skills, as well as an improvement in personal well-being.

Supporting Holistic Interventions to Empower Learners' Development (SHIELD) is an alternative way to address mental health issues and concerns of the learners that greatly impact their well being as well as their academic learning.

By offering S-support networks, creating a good learning environment, and teaching healthy coping strategies, schools – as caring environments – play a critical role in protecting mental health. Ensuring the mental health of students gives them the emotional fortitude and resilience they need to face life's obstacles.

A holistic approach to mental health acknowledges that a variety of interrelated elements impact mental health. Environmental, social, cognitive, physical, and emotional factors all influence kids' mental health. By taking an H-holistic approach, educational institutions can establish a nurturing, inclusive atmosphere where students flourish intellectually and acquire the social skills, emotional fortitude, and life skills necessary to face life's obstacles with self-assurance and well-being.

I - Interventions for mental health in schools are crucial for fostering students' wellbeing and avoiding mental health problems from impeding their education and personal growth. Schools can offer a system of care by addressing mental health through

early detection, prevention education, therapeutic support, and crisis intervention. The best strategy to guarantee that every learner gets the assistance they require to flourish academically and mentally is to implement a comprehensive, whole-school strategy that engages teachers, students, families, and the larger community.

E-Empowering learners to handle mental health issues involves giving them the resources, information, and encouragement they require to take charge of their own health. Schools may establish a setting where they feel empowered to take control of their mental health by promoting resilience, teaching coping mechanisms, promoting open communication, and giving them access to resources. Learners who receive the proper guidance and assistance are better able to deal with mental health issues and succeed academically and personally.

L - Learners' D - Development is the main focus of this comprehensive approach in shielding their overall emotional and mental health.

References:

https://en.wikipedia.org/wiki/Mental_health