

Mental health & Well-being



Understanding mental health

Where to start

- It can be hard to know when or where to get help if you are struggling with mental health.
- Find JICA counselling services that can give you the support you need.



Self Care



How to get help

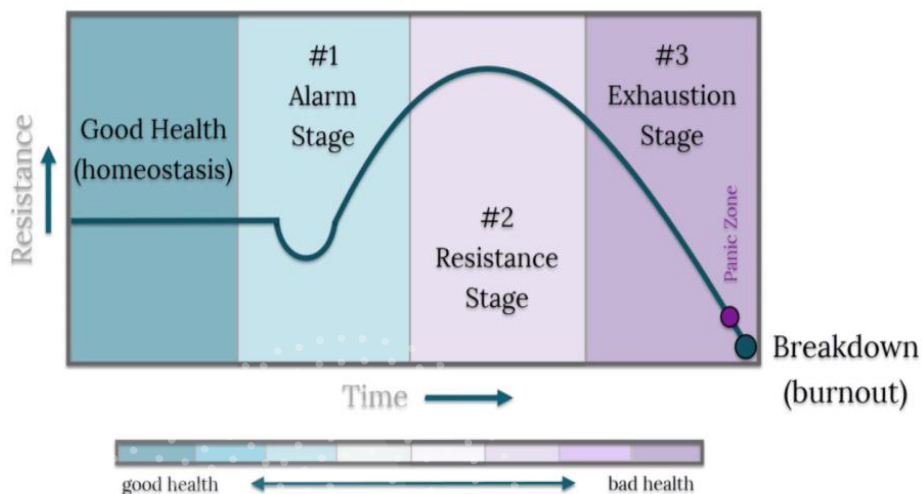
Understanding mental health

What you need to know

Having good mental health is just as important as having good physical health. Our mental health influences how we think, feel and act. It can impact our work, relationships and our physical health.



Hans Selye's General Adaptation Syndrome



If you notice symptoms like stress, depression, or anxiety, consult a specialist for timely intervention.

Also, Self-care is a key we protect our mental health and improve our wellbeing.

Selye's General Adaptation Syndrome (GAS) model describes the body's three-stage response to stress: alarm, resistance, and exhaustion, highlighting the physiological changes that occur during prolonged stress.

5 keys to self-care



PHYSICAL	EMOTIONAL	SOCIAL	SPIRITUAL	PSYCHOLOGICAL
<ul style="list-style-type: none">◆ Get enough sleep◆ Exercise◆ Eat regular and healthy foods	<ul style="list-style-type: none">◆ Take time to pause◆ Positive affirmations◆ Gratitude◆ Find joy in small things-laugh and smile	<ul style="list-style-type: none">◆ Join a community◆ Practice healthy social media habits◆ Develop a strong support group	<ul style="list-style-type: none">◆ Spend time in nature◆ Meditate◆ Forgive yourself	<ul style="list-style-type: none">◆ Be creative◆ Write in journal◆ Tuck your mood◆ De-clutter

How to get help

If you're in distress, concerned about your mental health, or want to talk to someone, help is available.

JICA counseling service

tataa_counseling@jica.go.jp

You can also contact the following key person at JICA center.

- ◆ JICA Staff
- ◆ JICA Medical Coordinator

