



UTM
UNIVERSITI TEKNOLOGI MALAYSIA

SEMESTER II
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UKQE3001

**EXTRACURRICULAR EXPERIENTIAL
LEARNING**

**INDIVIDUAL REPORT-1: SELF AWARENESS TALK ON MENTAL
HEALTH BY MIASA**

Prepared by

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Activities information

Date: 09/03/2023 to 09/03/2023

Venue: Online

Organizer: MIASA

Graduate Attributes

- Intellectual
- Leadership
- Creativity

Position/Role in the activities

- Leadership

Mini Report

A vital part of sustaining healthy mental health is self-awareness. Being conscious of our own thoughts, feelings, and behaviours can help us spot potential problems early on and take appropriate action. Listed below are some essential ideas for a self-awareness discussion on mental health.

Self-reflection

Knowing how to spot the symptoms of mental anguish in ourselves and others is crucial. Changes in mood, hunger, sleep patterns, and social behaviour are a few examples. Knowing these warning signs can help us recognise when we need to ask for help or provide a hand to someone else who might be in need. The stigma that still surrounds mental health problems can make it challenging for people to get care. Self-care is an essential part of preserving excellent mental health. This can include practices like obtaining enough rest, maintaining a nutritious diet, working out frequently, and partaking in interests or pursuits that make us happy and fulfil us.

Our general well-being depends heavily on our mental health. It has an impact on our thoughts, feelings, and actions and can significantly lower our quality of life. It's crucial to be conscious of and take care of our own mental health. Recognizing the symptoms of mental anguish is one of the most crucial components of sustaining good mental health. Changes in mood, behaviour, and physical symptoms are all included in this. We can address these issues before they worsen by being aware of these warning indicators.

Certificate/Photo

