



UTM
UNIVERSITI TEKNOLOGI MALAYSIA

ExCEL Report

**Excel Activity: MENTAL HEALTH SHARING WITH AIMAN
PSIKOLOGI**

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1.0 Activity Information

Date: 19 Januari 2021

Venue: Zoom online platform

Organizer: Jawatankuasa Kolej Mahasiswa Kolej Tun Dr. Ismail

2.0 Graduate Attributes

- Thinking Skill
- Communication Skill

3.0 Position/Role

- I was participated as a participant only.

4.0 Mini Report

The purpose of joining this activity is to get better insight on mental health problem so that I can learned how to cope stress in my daily life. This is because I know that stress can be very harmful and will cause many problems such as memory problems, moodiness, aches and pains and eating more or less. Therefore, I wished to improve myself in coping stress.

In this activity, communication skill and thinking skill are the graduate attributes that focused on during the sharing session.

In the sharing session, the first activity was to listen to introduction of Mr. Aiman regarding mental health problem. Mr. Aiman have a briefly explanation on mental health problem to let me know more about that. Next. Mr. Aiman also gave some tips on how to cope with stress in our daily life. Moreover, there was also a question and answer session. Every participate have the change to ask the questions and get the answer from Mr. Aiman.

5.0 Self-Reflection

From this activity, I have a better understanding on problem related to mental health especially among the students during COVID-19 pandemic era. Besides, I have also learned some ideas on how to cope with mental health problem in the right way. Before this, I have no any experience about how to overcome stress, therefore stress affect me quite often. After attending this activity, I get some ideas on how to release stress. As a student, I can have regular exercise every day. This is because exercise routine can help us to improve self-reported depression and sedentary behavior which may lead to poor mood. Next, follow a healthy diet by eating more whole foods such as fruits, vegetables, beans and nut can also improve my resilience to stress. Lastly, from the sharing session, I know that spending time with friends and family are also one of the ways to release my stress. My friends and family can give me social support. Moreover, I can also talk to them while having

some problems that make me feel stressful. After listening to the sharing session, I have tried some ways and found out that they are very useful to me. Therefore, I am glad that I have this opportunity to join this activity.

6.0 Certificate and photo of proof



Figure 1 Certificate of Mental Health Sharing with Aiman Psikologi