



INDIAN SCHOOL BOUSHER



# YOUR SUPPORT

CAN MAKE A DIFFERENCE  
2025- 2026

THRIVE FROM  
WITHIN



# MENTAL HEALTH

**"Caring for Your Mind and Well Being"**

## WHAT IS EMOTIONAL WELLNESS?

Emotional wellness is the ability to understand, manage, and express emotions in a healthy way. It helps you handle stress, build good relationships, and stay balanced in life.



## WHY IS EMOTIONAL WELLNESS IMPORTANT?

Emotional wellness helps children understand and manage their feelings. It supports their mental health, improves relationships, boosts confidence, and helps them handle challenges calmly. When emotionally well, children are happier and more ready to learn and grow

## DEALING WITH PEER PRESSURE

Peer pressure is when friends or others try to get you to do something. It's important to stay true to yourself, say "No" if you're uncomfortable, and choose friends who respect your choices.

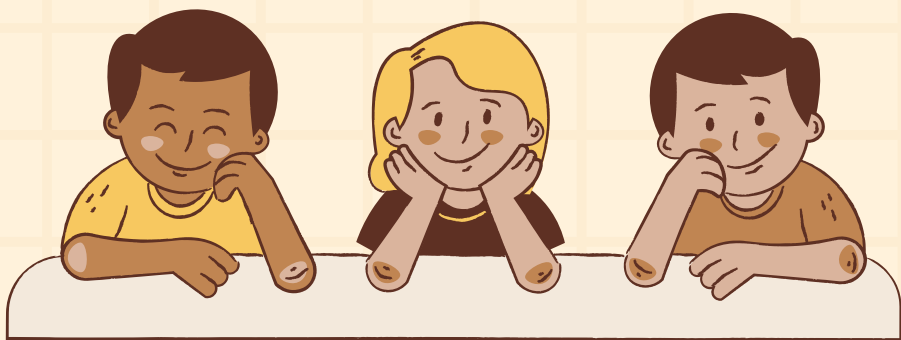
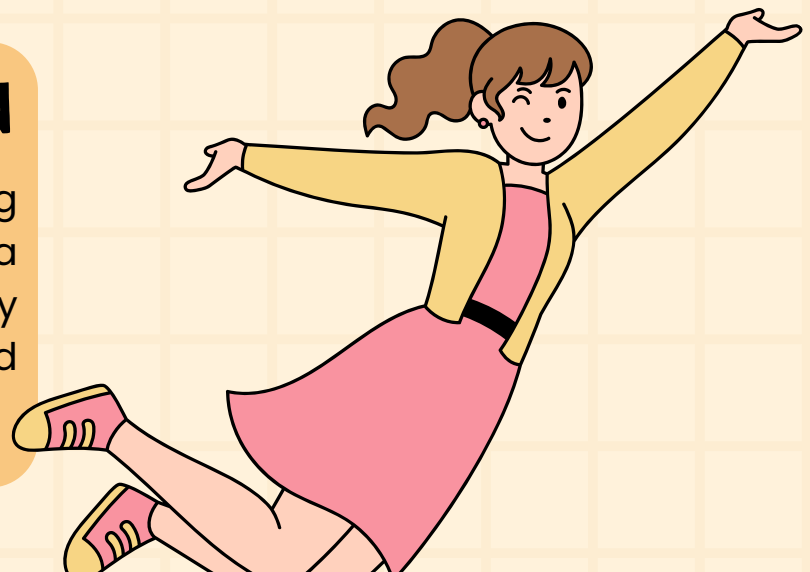


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## COPING WITH FAILURE AND REJECTION

Failure and rejection are part of life, offering opportunities for growth. Embrace setbacks with a positive mindset, practice self-compassion, and stay persistent. Remember, success takes time, and seeking support can help you navigate challenges.

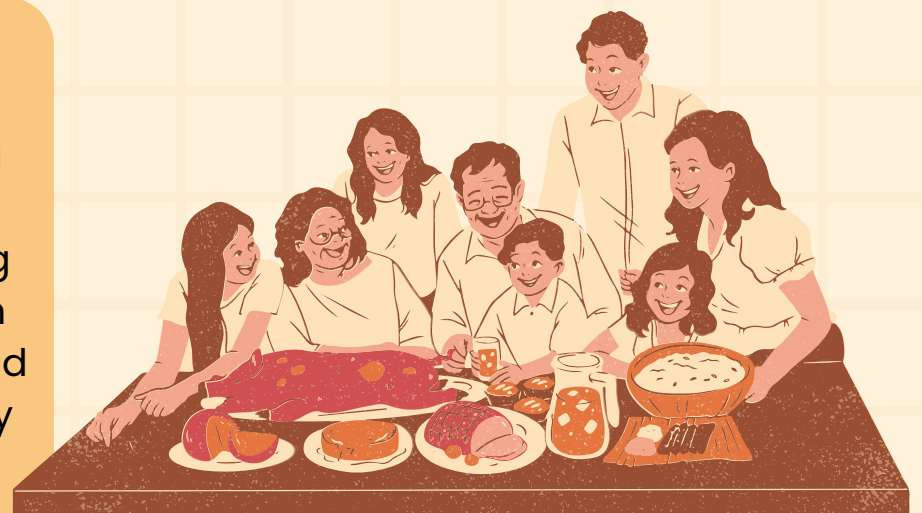


## STAY CONNECTED

Maintain relationships with family and friends. Talking to people you trust about your feelings and experiences can provide emotional support and reduce feelings of loneliness.

## HELPING YOUR CHILD MANAGE STRESS

Children, like adults, experience stress. As a parent, you can help by creating a routine that makes them feel secure, encouraging regular breaks to relax, and talking openly about any worries they might have. Teach them simple techniques like deep breathing to calm down, and set an example by managing your own stress in healthy ways. Your support helps them cope better with life's challenges.





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## MESSAGE FROM TEAM ISB

At Indian School Bousher, we recognize the importance of emotional wellness in your child's overall development. As they navigate their academic and personal lives, it's crucial to ensure they have the support they need for their mental health. Please take time to check in with your child, listen to their concerns, and encourage open communication. If you notice signs of stress or emotional challenges, we encourage you to reach out to us for guidance and support. Together, we can help foster a healthy emotional environment for their growth and well-being.

## CARENEST DEPARTMENT - COUNSELLING AND SPECIAL EDUCATION TEAM

Ms. Manu Sharma +968 9208 8911

Ms. Uma Maheshwari +968 7953 1809

Ms. Aalisha Gulzar +968 7727 3020

Ms. Nupur Bhatia +968 9363 5871

Ms. Tahseen Nikhil +968 92592342