MISSION POSSIBLE: SINGAPORE
Project Profiles 2017-18

POSITIVE MENTAL WELL-BEING – TANGLIN TRUST SCHOOL

This team wished to impact the positive mental well being of students in Tanglin Trust School. This issue was very important to them as they felt that mental health is not widely discussed and students often struggle to cope with the varying stress factors over their school years. They organized interesting and interactive lessons within their school community to tackle different stress factors students face by working closely with several stakeholders.

Project Objectives:
- Reduce stress and anxiety that comes with the increased academic challenges and workload for students of years 7, 8 and 9.
- Provide students with the awareness and knowledge to cope with stress and anxiety through fun and engaging lessons.

Activities:
- Worked with a supportive team of school counselors and teachers to create interesting and relatable mental health topics.
- Conducted interesting and interactive lessons on positive mental health for the students in years 7, 8 and 9 in their respective classrooms.

Results:
- Students had a positive attitude towards the lessons. They were engaged and interested in the topics discussed.
- Students picked up some skills and ways to reduce stress and anxiety.

Next Steps:
This group plans to engage the year 10 students and reach out to other groups in their school community that may need help with coping with stress, anxiety and other issues.