

Project name: Walking Mind; The Journey Never Ends.
Big idea: Mental health and well being.

Essential Question:

How can good mental health be enhanced and maintained among the people around us to ensure wellbeing of every individual?

Team Members:

Angella. I, Crown-Him. A, Queen. E. N, Elsa.N, Emily.N, Daniella.A, Ether.A, Vanessa.A,
Misha. M, Divine.M.O

School Name:

Gayaza High School

Location (City, State/Province, and Country):

Kampala, Uganda

Engage phase

Our project addresses the problem of poor and physical mental health .

Our team selected this topic because in today's world , many teenagers especially those at school suffer from poor mental health with mainly stress and anxiety with up to 85% of them knowing what they are going through. Therapy and talking to someone trust worthy is a very effective way of dealing with stress but many people find it difficult to talk to the therapist. Our team decided to do a project on good mental health and wellbeing mainly targeting the Youths so as to raise awareness and to show them how to improve their physical and mental health

Why did your team select this topic or challenge?

Our team selected this topic because poor mental is very common among teenagers today in the 21st century . In most cases they do not share their problems and devote to bad coping mechanisms like self harm but our website is here to change this by providing people with an environment of positivity and a place to let out stress connected to a counselor.

Investigation phase

1. Do you feel comfortable talking to a counselor directly ?

Yes: 8 hence 26%

No : 18 hence 60%

Unsure: 4 hence 13%

Positive reasons

I think of them as parents
It depends on the situation
They listen and understand

Negative reasons

I am scared
I wont be taken seriously
Never tried
I fear my secrets to be leaked out

Investigation phase

2. In your own words; How do you define mental health?

- Positive: 74%
- Negative: 36%

-Something related to madness

-A healthy mind

-Mental and emotional wellbeing

-Ability to think straight

Investigation phase

3. What are your coping mechanisms?

Positive: 36%

- Pray
- Mindfulness
- Working towards being better
- Sports
- Meditate
- Talking to a close friend.

Negative: 54%

- Cry
- Build it in
- Ignoring problems.

Rather not say: 10%

Investigation phase

4. How often do you eat junk?



- Daily: 33%
- Once a week: 25%
- Few times a week: 33%
- Never: 9%

Investigation phase

5. Do you open up easily?



- No:50%
 - Yes:33%
 - Depends:17%
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- **Reason:** Some people say I am weird.
 - **Reason:** I like to share my thoughts.

Investigation phase

6. Do you find it helpful to get help anonymously?

- Yes: 50%
- No: 20%
- Unsure:30%

We had a conversation with some of the adults in the schools and they believed that mental health is a serious issue and must be taken seriously.

- Reasons: I would love to talk to someone secretly.
- Reasons: Only if its almost secrecy.



Action phase

- Website
- Talks and interviews
- Mental health posters
- Affirmative words

Weblog: [Walking Mind \(google.com\)](https://www.google.com)

Our team published a website named [Walking Mind](https://www.google.com) to spread awareness to people about mental health, what it is, how it can affect someone and what to do to keep healthy mentally. It is an interactive website where people can contact us and share their thoughts and issues with our professional counselors.

We hope to improve our website in the future by adding an interaction chat to better our services.



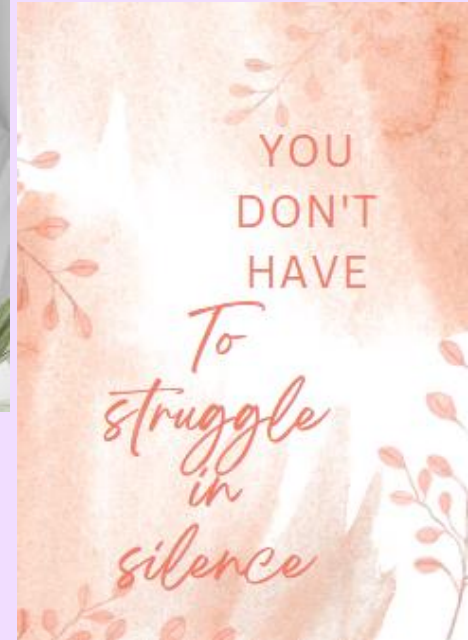
Talks and interviews

We talked to the school counselors, students and teachers on what they face on the issue of mental health. This was done to bridge the gap between the students and counselors. It is also our action to put an end to the ruse that counselors are not confidential with the students matters. We hope to continue with more sessions such as these in our school and community too in the effort to cope with different challenges under mental health.



Mental health posters

Our team made posters to spread mental health awareness and give positive quotes to our fellow students and members of staff at school which we hope to spread in our communities too.



Conclusion

In conclusion, we realized that most people feel uncomfortable talking to counsellors because they feel like secrecy is not a guarantee. We also discovered that teenagers in our schools have unhealthy consumption of junk food which leads to body insecurities and other physical related issues. Our blog is intended to help these teenagers open up more and to give the positive and healthy coping mechanisms for daily stresses.