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## Mental Health: Social Issues and Support Strategies

# Mental Health: Social Issues and Support Strategies



Dr. Divya R. Panjwani

Dr. E. Ahmad

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# **Mental Health: Social Issues and Support Strategies**

**Dr. Divya R. Panjwani**

**Dr. E. Ahmad**

**Prof. (Dr.) Adnan Khan Lodi**

*Faculty of Education*

*Integral University*

*Lucknow, India*



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## CHAPTER 6

# Mental Health and Well-Being Through Brain Breaks

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### **Abstract:**

In today's fast-paced and performance-driven academic environments, students across both school and higher education systems are increasingly affected by stress, anxiety, and emotional fatigue. The constant pressure to excel academically, combined with limited time for rest and emotional recovery, has resulted in growing concerns about student **mental health and overall well-being**. Educational institutions are now being called upon not only to deliver knowledge but also to provide meaningful support for students' emotional and psychological needs.

This paper explores the concept of **Brain Breaks** as a practical, low-cost, and impactful strategy to enhance **mental health and well-being** among students in both school and higher education settings. Brain breaks are short, intentional pauses in the academic schedule, typically lasting from 1 to 5 minutes, that allow students to relax, refocus, and re-energize. These breaks can include activities such as mindful breathing, light stretching, guided meditation, quick games, or creative visualization. Though simple, these techniques have been shown to significantly reduce stress levels and support emotional balance.

By incorporating regular brain breaks into the academic schedule, educators can help students improve their **emotional regulation**, increase focus, and develop coping skills that are essential for managing stress—both within and beyond the classroom. Brain breaks offer students a moment to pause, process emotions, and reset

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