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A KEYNOTE ADDRESS

MENTAL HEALTH AND WELL BEING: Navigating the balance between academic and personal life

Presented at

**One-Day Seminar on Mental Health and Well-Being, Organized by
Students' Care Services held at
Thomas Adewumi University Auditorium, Oko, Kwara State.**

By

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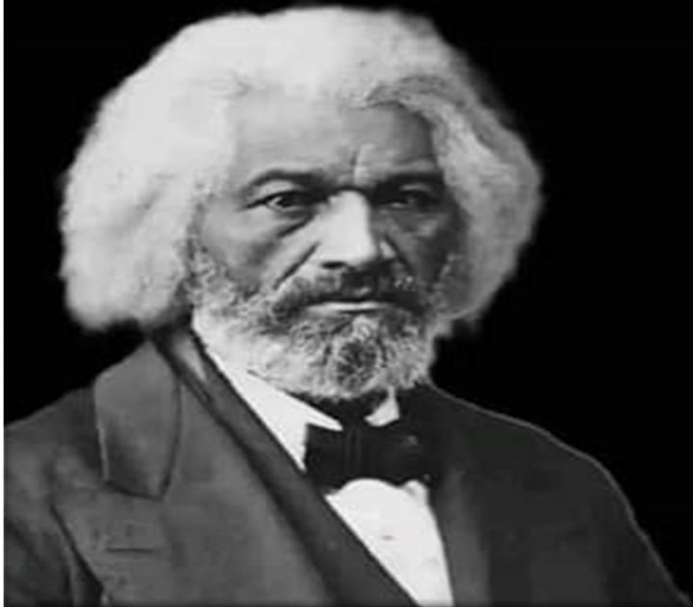
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OUTLINE

- ❖ **Definition of term**
- ❖ **Mental Health and well-being**
- ❖ **Importance of balancing academic and personal life**
- ❖ **Challenges faced in Balancing Academic and Personal life**
- ❖ **Common Mental health issues among students**
- ❖ **Conclusion**

“Knowledge makes a man
unfit to be a slave.”

— Frederick Douglass
www.facebook.com/01poets



MENTAL HEALTH & WELL-BEING

- ❖ Mental health refers to a person's emotional, psychological, and social well-being. (Ioprinzi *et al.*, 2012).
- ❖ It encompasses your thought, feelings, and behaviours
- ❖ A person with good mental health can cope with the normal stresses of life and work productively
- ❖ Well-being is about feeling good and functioning well in different areas of life.

IMPORTANCE OF BALANCING ACADEMIC AND PERSONAL LIFE

- ❖ Balancing academic and personal life is crucial for maintaining mental health and overall well-being.
- ❖ Academic life often comes with significant pressures such as meeting deadlines, examinations and high expectation.

IMPORTANCE CONT'D

- ❖ Neglecting personal life and well-being in pursuit of academic success can lead to burnout, stress, and ultimately, decreased academic performance.

IMPORTANCE CONT'D

- ❖ Achieving a balance between academic and personal life is essential for several reasons:
- **Personal Growth:** Pursuing interests and hobbies outside of academics allows for personal growth, self-discovery, and fulfilment, contributing to overall life satisfaction and happiness.
- **Relationships:** Investing time in personal relationships with friends, family, and partners fosters social support and provides a sense of connection and belonging, which is crucial for mental and emotional well-being.

IMPORTANCE CONT'D

- ❖ It is recommended that students age developmental population should exercise at a moderate to intensive level daily for 60 minutes or long (World Health Organization, 2010).
- ❖ Physical Health: Balancing academic and personal life allows for time to engage in physical activity, proper nutrition, and adequate rest, all of which are essential for maintaining good physical health (Biddle and Asare, 2011)

CHALLENGES FACED IN BALANCING ACADEMIC AND PERSONAL LIFE

- ❖ **Time Constraints:** Academic demands such as classes, assignments, and exams, can consume a significant portion of a student's time, leaving little room for personal activities and self-care.
- ❖ **Pressure to Succeed:** High expectations from oneself, peers, and family members can create pressure to excel academically, leading students to prioritize studying over personal well-being.

CHALLENGES FACED IN BALANCING ACADEMIC AND PERSONAL LIFE

- ❖ **Guilt and Fear of Failure:** Students may experience guilt or fear of failure when taking time away from academics to focus on personal activities, leading to increased stress and anxiety.
- ❖ **Lack of Support:** Limited access to support systems, such as counselling services or understanding lecturers, can make it challenging for students to seek help and find a balance between academic and personal life.

SOLUTION TO CHALLENGES

- ❖ Self-care
- ❖ Stress Relief
- ❖ Identity and Purpose
- ❖ Time Management
- ❖ Counselling Services
- ❖ Mentorship
- ❖ Family and Peer support

COMMON MENTAL HEALTH ISSUES AMONG STUDENTS

- ❖ Stress
- ❖ Nutrition
- ❖ Anxiety Disorders
- ❖ Depression
- ❖ Substance Abuse

STRESS

- ❖ Stress has a negative impact on academic performance (Delgado *et al.*, 2017)
- ❖ Acute stress will lead to reduced blood flow in the pre-frontal cortex which triggers a reduction in oxygen and nutrients in the brain
- ❖ It lowers memory potential, concentration difficulties and poor decision making (Morgan *et al.*, 2006)
- ❖ It leads to poor performance (Concerto *et al.*, 2017)

YOUR BODY ON STRESS

HEART

- Heart rate and blood pressure rise
- Blood flow can increase by an estimated 300-400%
- May increase cardiovascular disease risk

BRAIN

- Loss of brain volume
- Cognitive impairment
- Increased risk for mental problems such as anxiety and mood disorder

REPRODUCTIVE SYSTEM

- Can block the effects of testosterone
- Can cause irregular or missed periods
- Linked to erectile dysfunction and low sex drive

DIGESTIVE SYSTEM

- Can cause acid reflux
- Can worsen symptoms of irritable bowel syndrome and inflammatory bowel disease



NUTRITION

- ❖ Good nutritional food brings satisfaction to the body and the mind
- ❖ Food is the fuel to the body (When there is no fuel provided to the body, the mind becomes sluggish and good thinking becomes difficult)
- ❖ It activates the brain for better concentration and self actualization
- ❖ Youth face a number of food related concerns, such as poor nutrition, obesity, and hunger (CDC, 2013).

Balance Diet & Healthy Living



Onlymyhealth

Figure 2. balance diet and healthy living

INFLUENCE OF NUTRITION ON ACADEMIC PERFORMANCE

- ❖ Recent studies have demonstrated that nutrition affects students' thinking skills, behavior which has a direct impact on academic performance.
- ❖ Nutritional deficiencies in life can affect your cognitive development and access to nutrition improves students' cognition, concentration, and energy levels (Li & O'Connell, 2012).

ANXIETY

- ❖ Anxiety weakens the mind which has a negative impact on academic performance (Owens *et al.*, 2008)
- ❖ Anxiety is you dying within before seeing death
- ❖ Anxiety always come from the fear of the unknown and stories from students concerning a course or your discipline
- ❖ Student with high level of anxiety have a worse academic performance (Owens *et al.*, 2008)
- ❖ You cannot do well academically when you don't believe in yourself

POOR PLANNING AND ROUTINE

- ❖ Your plan will determine how your body will be used
- ❖ Planning is your strength bank
- ❖ He who fails to plan; plan to fail
- ❖ A good routine is your route to good success academically
- ❖ Routine is knowing what you are here for and making it a priority above all things
- ❖ What are the things you do daily?

THE PATH TO BALANCING ACADEMIC AND PERSONAL LIFE



STRATEGIES FOR MAINTAINING MENTAL HEALTH AND WELL-BEING

- ❖ Define Priorities
- ❖ Set Limits
- ❖ Learn to Say No
- ❖ Prioritize Self-care
- ❖ Stress Management
- ❖ Develop Healthy Habits

KEY MEASURES OF MENTAL HEALTH

❖ Know your

- Strengths
- Weaknesses
- Opportunities
- Threats



SUGGESTION FOR STUDENTS

- Take responsibility for your health
- Address stress issues...minimize/avoid when necessary
- Periodic health/medical screening
- Healthy eating habit

SUGGESTION FOR STUDENTS

- Be more friendly with colleagues / avoid unnecessary crisis and rivalry
- Hygiene
- Discipline
- Peer groups

CONCLUSION

- Taking responsibility for your mental health is not an option but a necessity
- Academic performance is a function of proper utilization of your time of study
- Relax your mind and eat well.



- **QUESTIONS**



**THANK YOU
VERY MUCH
FOR YOUR
ATTENTION**

IF YOU ARE NOT COMPETENT, YOU CANT BE CONFIDENT