

For the Young, Young at Heart, and Anyone Facing Challenges during this Time



You are more than your grades or your paycheck.

- Your **self-worth** is not tied to your academic grades or paycheck.
- Academic performance and IQ are important, but **personal qualities** (determination, grit, self-discipline) also predict success¹.



Don't compare other's digital life with your real life.

- **Constant social comparisons** affect our self-worth and satisfaction with our lives.
- “**Compare and despair**²” is a common consequence of excessive social media use.



Balance ambition with kindness to yourself.

- It's OK to make mistakes, it's OK to feel stressed and challenged. **None of us have lived through a pandemic before**³.
- Mistakes do not define us – they reveal where our **strengths and limits lie**.



Extend your support network.

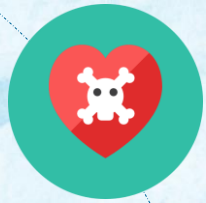
- **Broaden your support network** – friends, of course, but extended relatives, even teachers and mentors, can also help during this time.
- Social support can **enhance mental health** and even improve sleep quality⁴.



Diversify your approaches in managing challenges.

- Cultivate **psychological flexibility** – the ability to adapt coping approaches to fit the situation. Doing so enhances mental health and well-being⁵.
- Your **experiences will shape you differently** from that of preceding generations.

For Teachers, Leaders, and Those Wanting to Positively Impact Malaysian Youth



Recognize the dangers of toxic positivity.

- You cannot empathise with others by telling them how grateful they should be.
- Meet others halfway – **acknowledge**, rather than dismiss others' emotions⁶.



Soft skills are hard to teach.

- There is nothing 'soft' about soft skills. **Teacher and leader role-modelling** is crucial in cultivating abilities such as empathy and ethical decision-making⁷.
- **Only the courageous share their vulnerabilities and mistakes.**



Create psychologically safe and inclusive environments.

- Craft environments that provide opportunities for **community building** and fostering of social support during the difficult times.
- Create a **climate of connection, camaraderie, and compassion** while learning⁸.



Extend care beyond the classroom and workplace.

- It helps to approach **mental health** and **welfare/financial** support as complementary sides of the well-being coin⁹.
- **No two individuals share identical circumstances or challenges.**



Mental health is a shared, collective responsibility.

- An effective mental health support system **aligns policies and interventions** across **individuals, institutions, and states**¹⁰.
- **No one does it alone.** You do not need to be a mental health practitioner to advocate for the importance of mental health.