

# Self Cognition and Emotional Management in Mental Health Education

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**Keywords:** Psychological health education; Self cognition; Emotional management

**Abstract:** In today's era, mental health education for students is particularly important, with self-awareness and emotional management being the key. Self cognition helps students gain a deeper understanding of themselves, clarify their strengths and weaknesses, and provide a foundation for emotional management; Emotional management teaches students to effectively respond to challenges and maintain a positive attitude. The two complement each other and jointly promote the mental health development of students. Guiding students to improve their self-awareness and emotional management abilities through scientific teaching methods and means is of great significance for cultivating healthy psychology and enhancing learning enthusiasm. This also lays a solid foundation for the comprehensive development of students, helping them better adapt to the challenges of future society. Educators should attach great importance to self-awareness and emotional management in mental health education. Through scientific teaching methods and means, students should be guided to deeply understand themselves, master emotional management skills, enhance their learning enthusiasm, cultivate their healthy psychology, and lay a solid foundation for their comprehensive development.

## 1. Introduction

The times are constantly advancing, technology is advancing rapidly, and students' learning demands and content have also undergone profound changes[1]. In this context, how to strengthen students' psychological counseling and enhance their learning enthusiasm has become an important issue that educators must pay attention to. Psychological health education, as an important way to cultivate students' healthy psychology and shape a sound personality, is becoming increasingly important[2].

Psychological health education is not only about imparting psychological knowledge, but also guiding students to have a preliminary understanding of themselves, so as to better regulate themselves[3]. Self cognition is the cornerstone of mental health education, which helps students recognize their strengths and weaknesses, clarify their goals and directions. Through self-awareness, students can have a clearer understanding of their inner world, better manage their emotions, and enhance psychological stability[4].

Emotional management is another important aspect of mental health education. During the learning process, students inevitably encounter various setbacks and difficulties[5]. How to effectively respond to these challenges and maintain a positive attitude is the key to emotional management[6]. Through emotional management, students can learn to recognize their own emotions, master methods of regulating emotions, and thus remain calm and rational in the face of difficulties, better responding to challenges.

In mental health education, self-awareness and emotional management complement each other, jointly promoting the development of students' mental health. Through self-awareness, students can gain a deeper understanding of their inner world and provide strong support for emotional management; The improvement of emotional management also helps students better understand themselves and enhance their self-control ability.

We should attach great importance to self-awareness and emotional management in mental health education. Through scientific teaching methods and means, we should guide students to

deeply understand themselves, master emotional management skills, enhance their learning enthusiasm, cultivate their healthy psychology, and lay a solid foundation for their comprehensive development[7].

## **2. The position of self-awareness and emotional management in mental health education**

In today's era full of challenges and opportunities, mental health education plays a crucial role in the growth process of students[8]. Self cognition and emotional management, as the two core elements of mental health education, cannot be ignored.

Self cognition is the cornerstone of mental health education. A student who has a clear understanding of themselves can more accurately grasp their strengths and weaknesses, and thus develop more reasonable learning and life plans. Through self-awareness, students can gain a deeper understanding of their inner world, clarify their values and life goals, and become more determined and confident in their growth process. Self cognition also helps students better handle interpersonal relationships and avoid psychological problems caused by misunderstandings and conflicts[9].

Emotional management is the key to mental health education. Emotions are an important factor affecting the mental health of students, and emotional management is a key means of maintaining mental health. A student who is good at managing emotions can remain calm and rational in the face of setbacks and difficulties, thus better responding to challenges. Through emotional management, students can learn to recognize their own emotions, master methods of regulating emotions, and avoid psychological problems caused by emotional loss. In addition, emotional management also helps students better adapt to the environment and improve the quality of learning and life [10].

In mental health education, self-awareness and emotional management complement each other and together constitute the two pillars of student mental health. On the one hand, self-awareness provides a foundation for emotional management. Only students who have a deep understanding of themselves can more accurately grasp their emotional changes and carry out targeted emotional regulation. On the other hand, emotional management further promotes the deepening of self-awareness. By effectively managing emotions, students can have a clearer understanding of their inner world, further enhancing the accuracy and comprehensiveness of their self-awareness.

The importance of self-awareness and emotional management in mental health education is crucial. They are not only an important way to cultivate students' healthy psychology, but also a key factor in promoting their comprehensive development. We should attach great importance to the role of self-awareness and emotional management in mental health education, and use scientific methods and means to help students better understand themselves and manage emotions, so as to meet future challenges and opportunities.

## **3. The relationship between self-awareness and emotional management**

### **3.1. The impact of self-awareness on emotional management**

Self cognition and emotional management do not exist in isolation in mental health education, but are closely connected and mutually influential. Self cognition is the premise and foundation of emotional management, and emotional management is the way to deepen and improve self-awareness. The relationship between these two has a profound impact on an individual's mental health and growth and development.

Self cognition has a profound impact on emotional management. A person with a clear understanding of themselves can more accurately identify their emotional state, understand the reasons behind their emotions, and thus carry out targeted emotional regulation. For example, when faced with challenges and difficulties, people with clear self-awareness can recognize their anxiety and fear, and then adopt positive coping methods, such as deep breathing, relaxation training, etc., to calm their emotions. On the contrary, people who lack self-awareness may be trapped in

emotional quagmire and unable to extricate themselves.

Self cognition helps individuals choose appropriate emotional management strategies. Different people have different emotional characteristics and coping styles, and self-awareness can help individuals recognize their uniqueness and choose the most suitable emotional management strategy. For example, some people may be more suitable for releasing emotions through exercise, while others may prefer to calm their emotions through meditation or writing a diary. Only by deeply understanding one's inner world can one find the most suitable emotional management method for oneself.

The improvement of self-awareness also helps individuals better control their emotions. When individuals have a deeper understanding of their emotions, they can view emotional changes more rationally and avoid being dominated by emotions. This emotional stability not only contributes to an individual's mental health, but also enhances their social adaptability and interpersonal skills.

There is a close relationship between self-awareness and emotional management. The impact of self-awareness on emotional management is reflected in multiple aspects, including emotion recognition, selection of emotion regulation strategies, and improvement of emotion control abilities. Therefore, in mental health education, we should focus on cultivating students' self-awareness ability, helping them better manage emotions, and thus promoting their mental health and comprehensive development. Table 1 clearly demonstrates the impact of self-awareness on emotional management.

Table 1: The impact of self-awareness on emotional management

Category	Describe	Illustrate	Importance
The relationship between self-awareness and emotional management	Tightly connected and mutually influential	Self cognition promotes emotional regulation, while emotional management deepens self-awareness	Profound impact on mental health and growth and development
Self cognition on emotion recognition	Accurately identifying emotional states and causes	Identify anxiety and fear, understand their underlying causes	Providing a foundation for emotional management
Self cognition and emotion regulation strategies	Choose appropriate emotion management strategies	Exercise releases emotions, meditation calms emotions	Improve the targeting and effectiveness of emotional management
Self cognition and emotional control	Enhance emotional stability	Rationally view emotional changes and avoid emotional dominance	Improving mental health, social adaptation, and interpersonal skills
Educational significance	Core of Mental Health Education	Cultivate students' self-awareness and emotional management abilities	Promoting mental health and comprehensive development

### 3.2. Emotional management promotes self-awareness

Emotional management is not only a crucial part of mental health education, but also an important way to promote deepening self-awareness. By effectively managing emotions, individuals can have a clearer understanding of their inner world, further enhancing the accuracy and comprehensiveness of their self-awareness.

Emotional management helps individuals gain a deeper understanding of their emotional needs. Emotions are a true reflection of an individual's inner state. By carefully observing and feeling

changes in their emotions, individuals can more accurately grasp their emotional needs. This process of self-awareness helps individuals to have a more comprehensive understanding of themselves, including their preferences, values, and life goals.

Emotional management can enhance an individual's self-control ability. When emotions are high or low, individuals are often prone to losing their rationality and making impulsive decisions. Through emotional management, individuals can learn to remain calm and rational during emotional ups and downs, thereby better controlling their behavior. The improvement of self-control ability not only helps individuals better cope with challenges and difficulties in daily life, but also enhances their confidence and self-esteem, further promoting the development of self-awareness.

Emotional management also helps individuals better handle interpersonal relationships. Emotion is one of the important factors that affect interpersonal communication, and a person who is good at managing emotions is often able to communicate and cooperate better with others. Through emotional management, individuals can learn to listen to others' opinions, understand their feelings, and thus establish more harmonious interpersonal relationships. The improvement of this interpersonal communication ability helps individuals obtain more feedback and suggestions from others, thereby continuously improving their self-awareness.

The promotion of self-awareness through emotional management is reflected in multiple aspects. Through emotional management, individuals can gain a deeper understanding of their emotional needs, improve self-control, and better manage interpersonal relationships. These all contribute to the formation of a more comprehensive and accurate self-awareness for individuals, laying a solid foundation for their growth and development. Figure 1 clearly illustrates the role of emotional management in self-awareness.

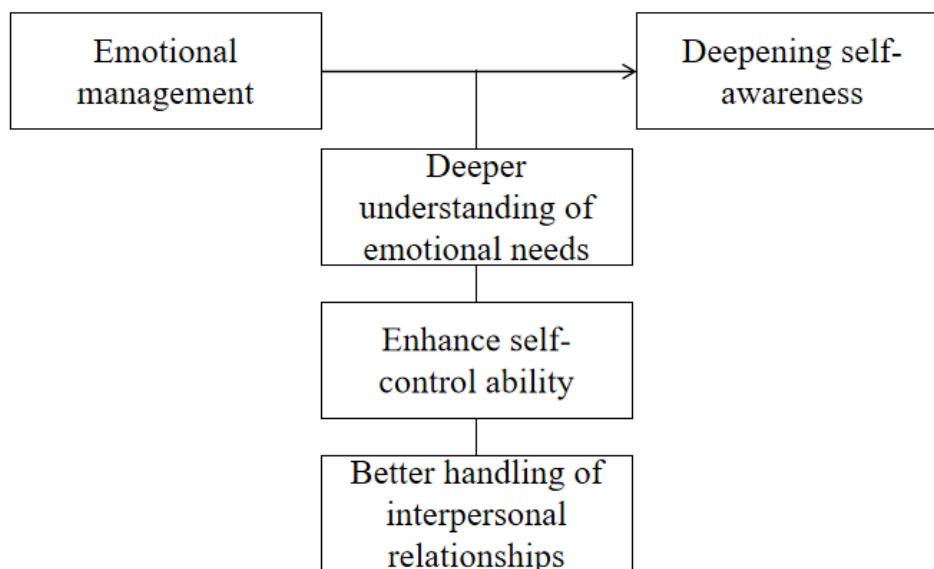


Figure 1 The effect of emotional management on self-awareness

#### 4. Practical application in mental health education

Psychological health education plays a crucial role in modern education. In fact, practical application is not only reflected in school mental health education courses, but also goes deeper into family education and community education. In this process, self-awareness and emotional management are the two core elements, and the integration of their educational strategies is crucial.

In the school's mental health education curriculum, the cultivation of self-awareness and emotional management is an indispensable part. We need to develop differentiated educational strategies for students of different age groups. For lower grade students, we can guide them to understand their emotions and learn simple emotional regulation methods through educational and entertainment methods such as games and painting. For senior students, more in-depth methods

such as case analysis and role-playing can help them gain a more comprehensive understanding of themselves and master more advanced emotional management skills.

The intersection and integration of mental health education strategies is also an important part of practical application. For example, while teaching students self-awareness, we can combine the content of emotional management to help them understand the close relationship between emotions and self-awareness. Similarly, in the education of emotional management, elements of self-awareness can also be integrated, allowing students to regulate their emotions and gain a deeper understanding of themselves.

The practical application of self-awareness and emotional management is equally important in both family education and community education. Parents should become guides for their children's self-awareness and emotional management, guiding them to understand their emotions and learn to regulate them through small things in daily life. The community can provide guidance and assistance for residents in self-awareness and emotional management through organizing mental health lectures, setting up psychological counseling stations, and other means.

In the practice of mental health education, we also need to pay attention to the serialization of mental health education strategies for different age groups, contents, and types. This means that we need to arrange educational content and methods in an orderly manner based on educational goals and student characteristics, ensuring that education on self-awareness and emotional management can gradually and deeply penetrate people's hearts.

The practical application of mental health education needs to focus on the integration of self-awareness and emotional management education strategies. Through the efforts of schools, families, communities, and other aspects, we can help students better understand themselves, manage emotions, and lay a solid foundation for their healthy growth.

## **5. Conclusions**

In the rapidly changing era, students' learning demands and content have undergone profound changes, posing higher requirements for mental health education. Psychological health education, as an important way to cultivate students' healthy psychology and shape a sound personality, is becoming increasingly important. Self cognition and emotional management, as the two core elements of mental health education, play a crucial role in the growth and development of students.

Self cognition is the cornerstone of mental health education, which helps students gain a deeper understanding of their inner world, clarify their strengths and weaknesses, and provide strong support for emotional management. Through self-awareness, students can have a clearer understanding of themselves, enhance confidence, enhance their sense of self-worth, and better cope with challenges and difficulties in life. Meanwhile, self-awareness also helps students better handle interpersonal relationships and establish a harmonious interpersonal environment.

Emotional management is the key to mental health education, teaching students how to effectively cope with setbacks and difficulties, and maintain a positive attitude. Through emotional management, students can learn to recognize their own emotions, master methods of regulating emotions, and thus remain calm and rational when facing challenges, better coping with difficulties. The improvement of emotional management helps students better adapt to the environment, improve the quality of learning and life, and enhance psychological resilience.

Self cognition and emotional management are not isolated in mental health education, but complement and promote each other. Self cognition provides a foundation for emotional management, enabling students to more accurately grasp their emotional changes and make targeted emotional adjustments. The improvement of emotional management further promotes the deepening of self-awareness, enabling students to have a clearer understanding of themselves in the process of managing emotions, and improving the accuracy and comprehensiveness of self-awareness.

We should attach great importance to self-awareness and emotional management in mental health education, and guide students to deeply understand themselves and master emotional management skills through scientific teaching methods and means. This not only helps to enhance students' learning enthusiasm and cultivate their healthy psychology, but also lays a solid

foundation for their comprehensive development. In future educational practices, we should continue to deepen our research on self-awareness and emotional management, continuously explore more effective educational strategies, and provide strong guarantees for the psychological health and growth of students.

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