

## Addressing Wellness and Mental Health in a Language Class

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### **Abstract:**

Over the past few decades, the focus for foreign language teaching has shifted to interactive communicative and task-based language learning. This shift to communicative and task-based approach enables the instructors to engage learners in a wide range of varied concepts such as mental health, gender inequalities, sexuality, religion, and such. Subject matter that recognizes and responds to the need to the society not only gives students an exposure to the literature and cultural background of the language speakers, but also sensitizes them about the prevalence of the social issues. It is believed that task-based activities provide students with opportunities to participate in the community by making significant contributions to the society. This approach to language learning exposes students to the existing issues in the society of the targeted language and push them towards strengthening the development of the society.

The present paper will discuss about mental health in South-Asian community and how learning language through discussion on mental health sensitizes the language learners. The rampant decline of mental health in South Asia is due to its ignorance on the subject and discriminatory practices. It is significant to address the communal issue when teaching any foreign language to sensitize the speakers and instigate changes in the society. It provides students with opportunities to participate in the community by making significant contributions to the society. This approach to language learning exposes students to the existing norms in the society of the targeted language and push them towards strengthening the development of the society.