

Here For You

Strategies to recognize and support
your mental health



Carleton
UNIVERSITY

Outline of Workshop

1

What is Mental Health?

2

Reinforce Self-care

3

Recognize

4

Respond & Reach Out

5

Reflect



What is Mental Health?



"Mental health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

- World Health Organization



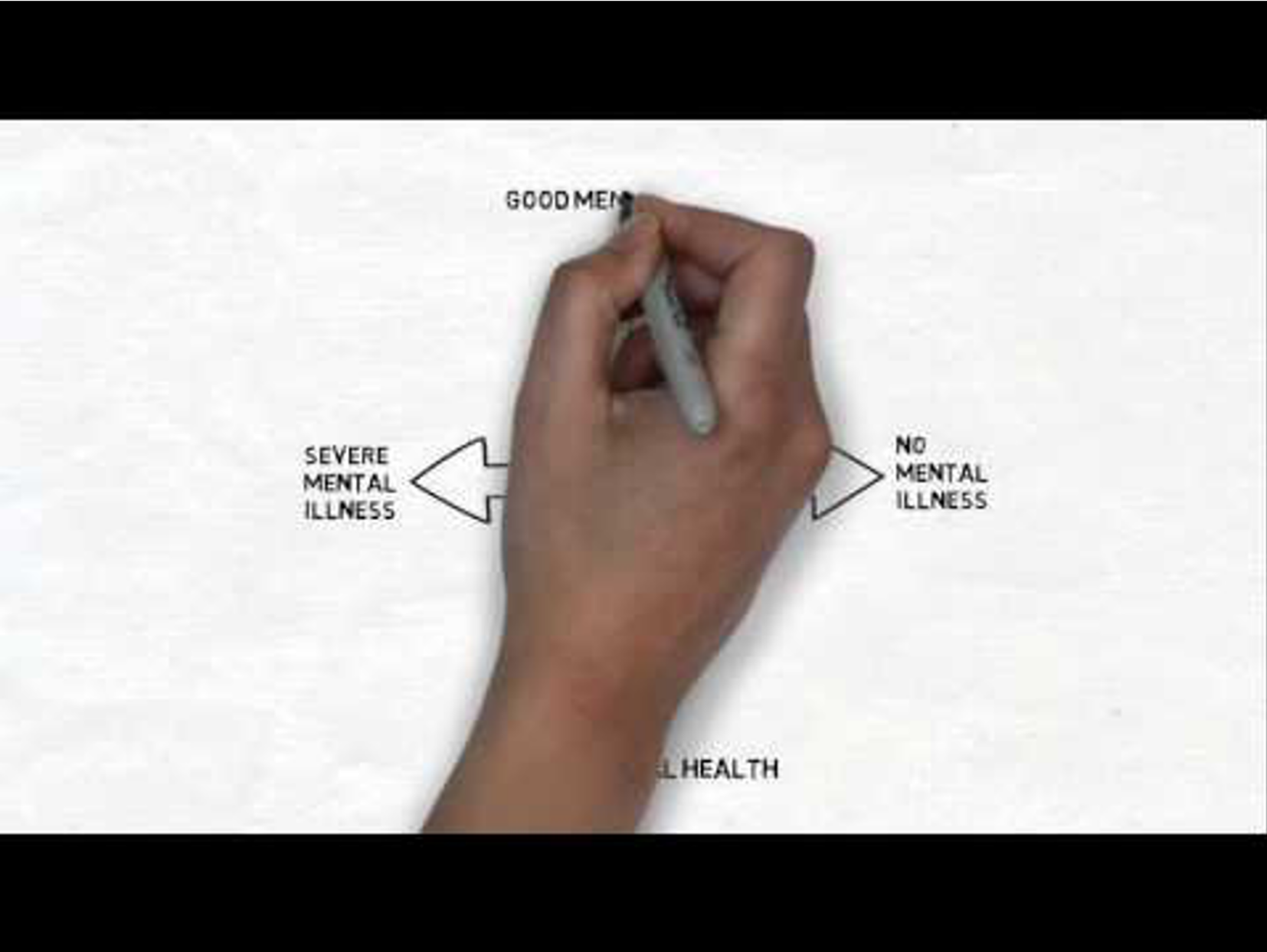
Mental Health vs. Illness

Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community

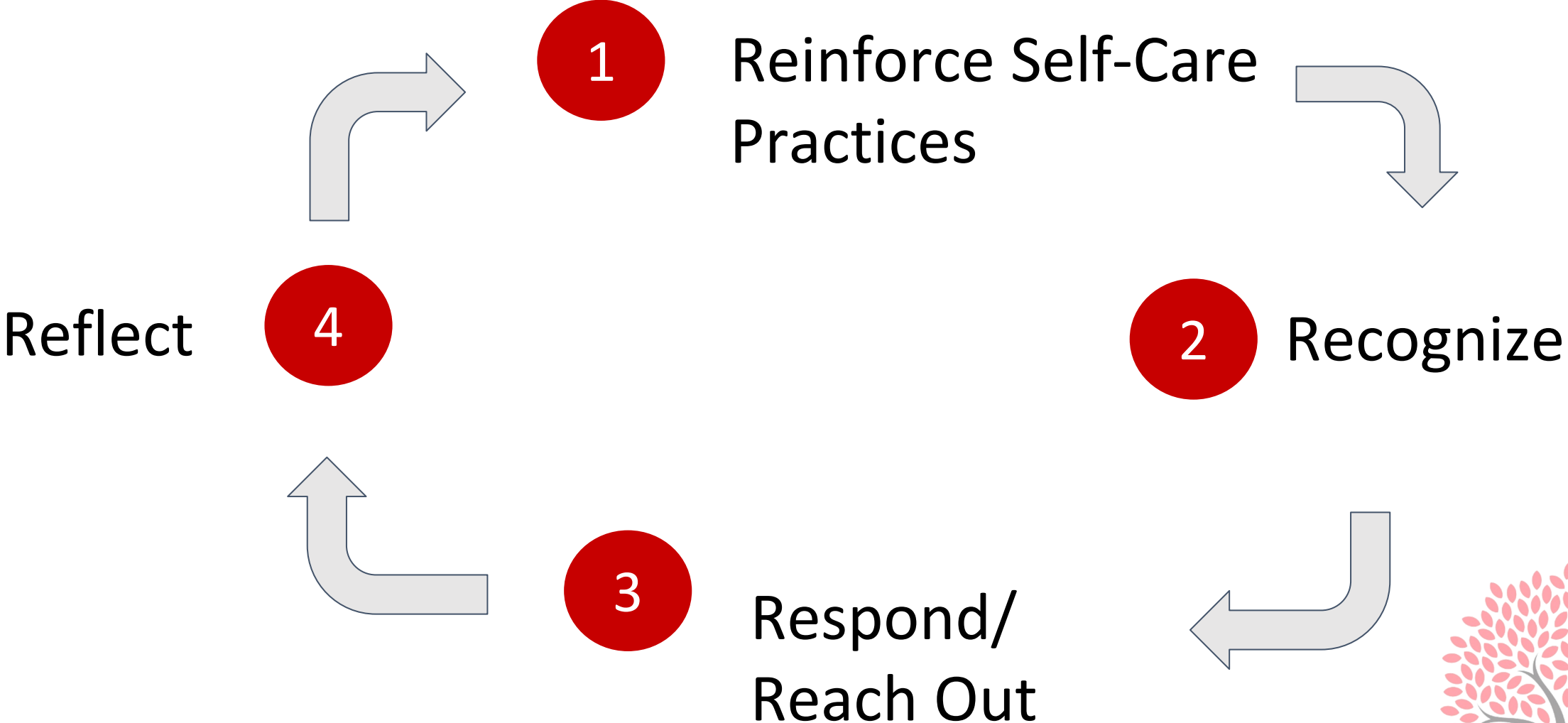
Mental illness is a recognized, medically diagnosable illness that results in the significant impairment of an individual's cognitive, affective or relational abilities. Mental disorders result from biological, developmental and/or psychosocial factors and can be managed using approaches comparable to those applied to physical disease (i.e., prevention, diagnosis, treatment and rehabilitation)



Mental Health vs. Mental Illness



The Four R's



1. Reinforce Self-Care



Dimensions of
Wellness



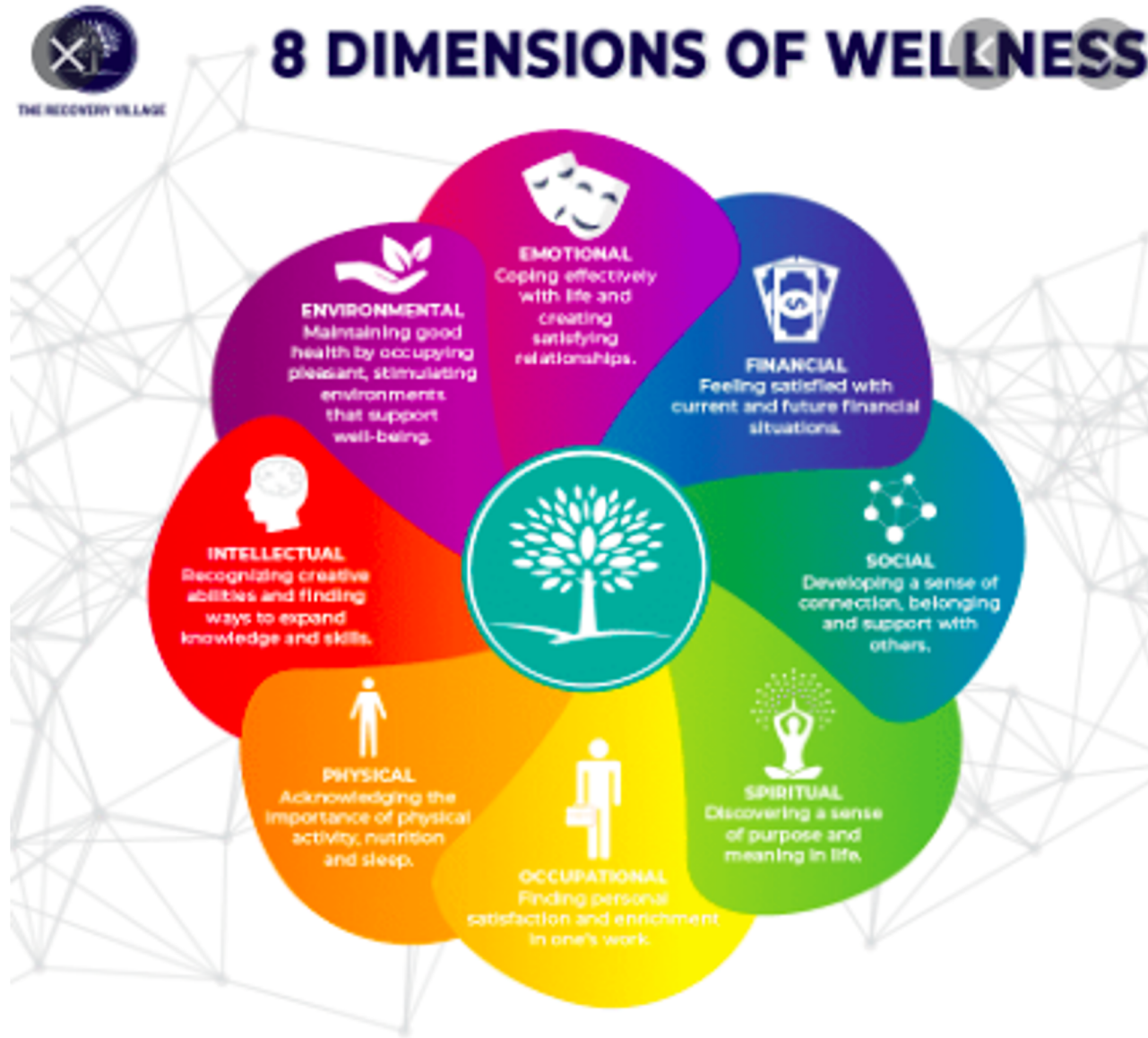
Build your
routine



Reflect &
Update



Dimensions of Wellness



8 Dimensions of Wellness

- Social
- Emotional
- Physical
- Intellectual
- Environmental
- Financial
- Occupational
- Spiritual

Build a Routine

WEEK AT A GLANCE				
M	T	W	T	F
<input type="checkbox"/> Morning Make a cup of tea	<input type="checkbox"/> Morning	<input type="checkbox"/> Morning	<input type="checkbox"/> Morning	<input type="checkbox"/> Morning Write in my gratitude journal
<input type="checkbox"/> Midmorning	<input type="checkbox"/> Midmorning	<input type="checkbox"/> Midmorning	<input type="checkbox"/> Midmorning	<input type="checkbox"/> Midmorning
<input type="checkbox"/> Late afternoon	<input type="checkbox"/> Late afternoon Go for a quick walk around my neighbourhood	<input type="checkbox"/> Late afternoon	<input type="checkbox"/> Late afternoon	<input type="checkbox"/> Late afternoon
<input type="checkbox"/> Evening Prep a healthy lunch for tomorrow	<input type="checkbox"/> Evening	<input type="checkbox"/> Evening Call my friend to catch up	<input type="checkbox"/> Evening Read my new book for 20 minutes	<input type="checkbox"/> Evening

Reflect and Update



2. Recognize



Self-Awareness



Building Resilience



Mental Health
Continuum

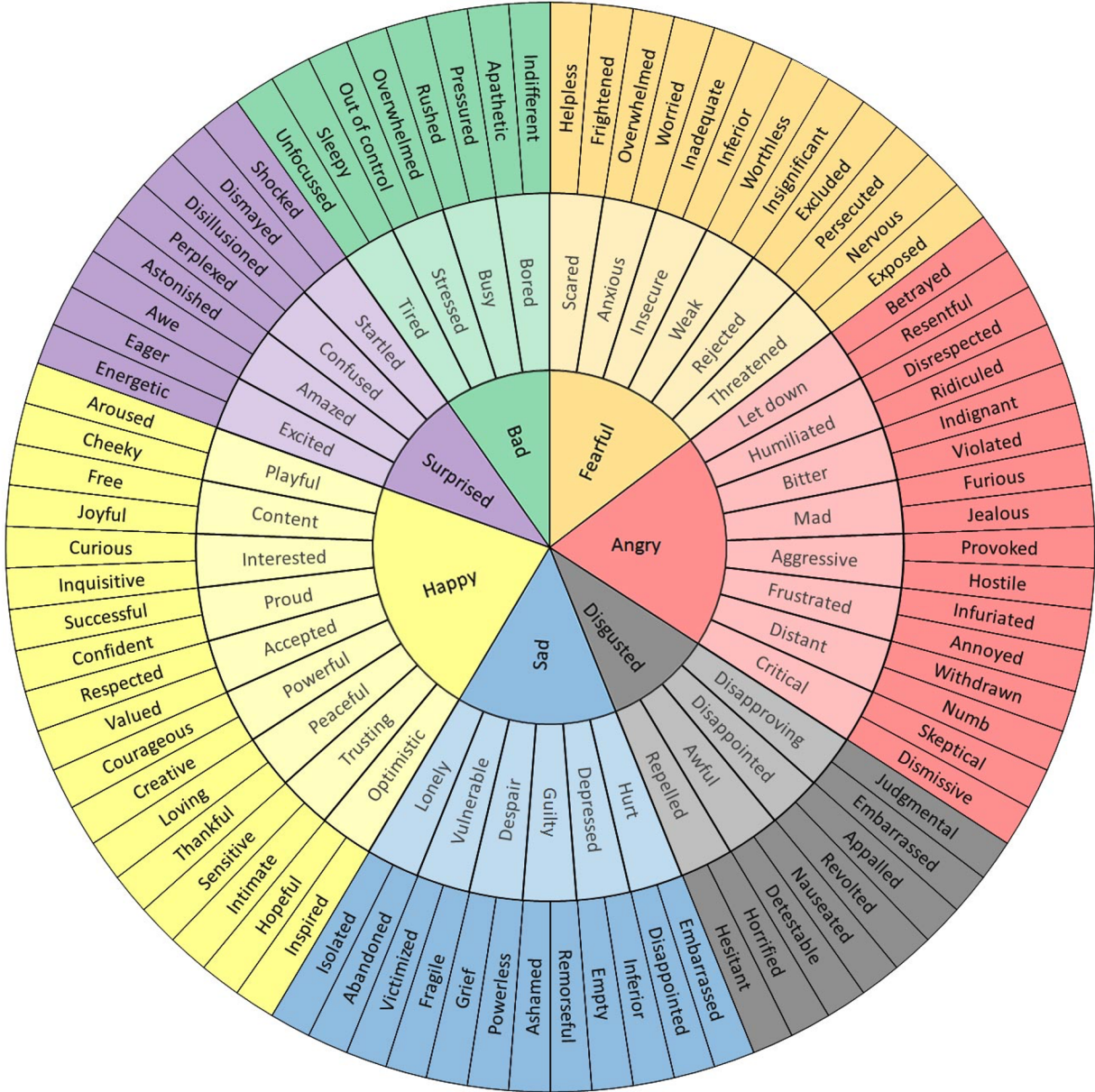


What is Self-Awareness

Self-Awareness

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”

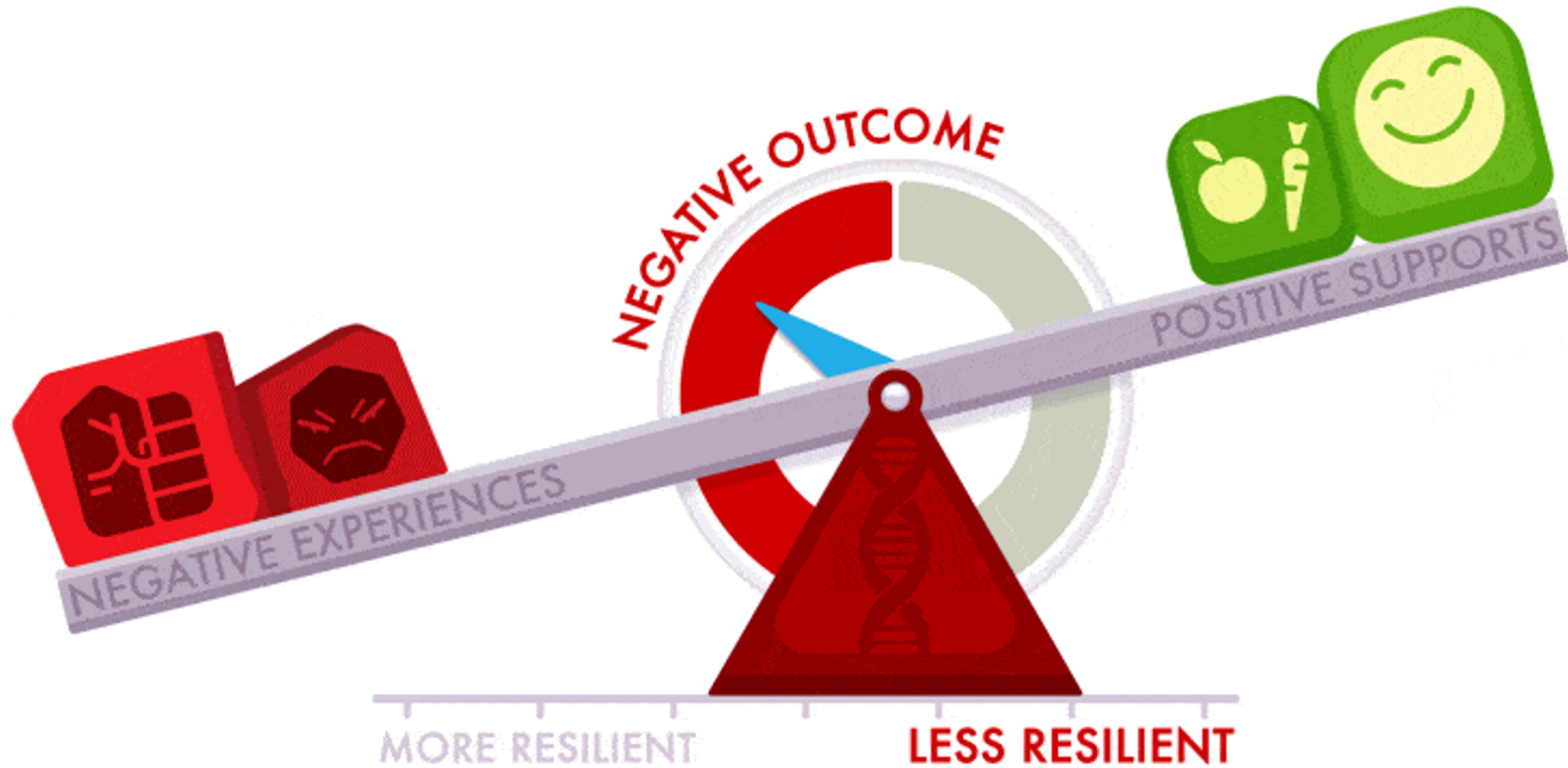
Wheel of Emotions



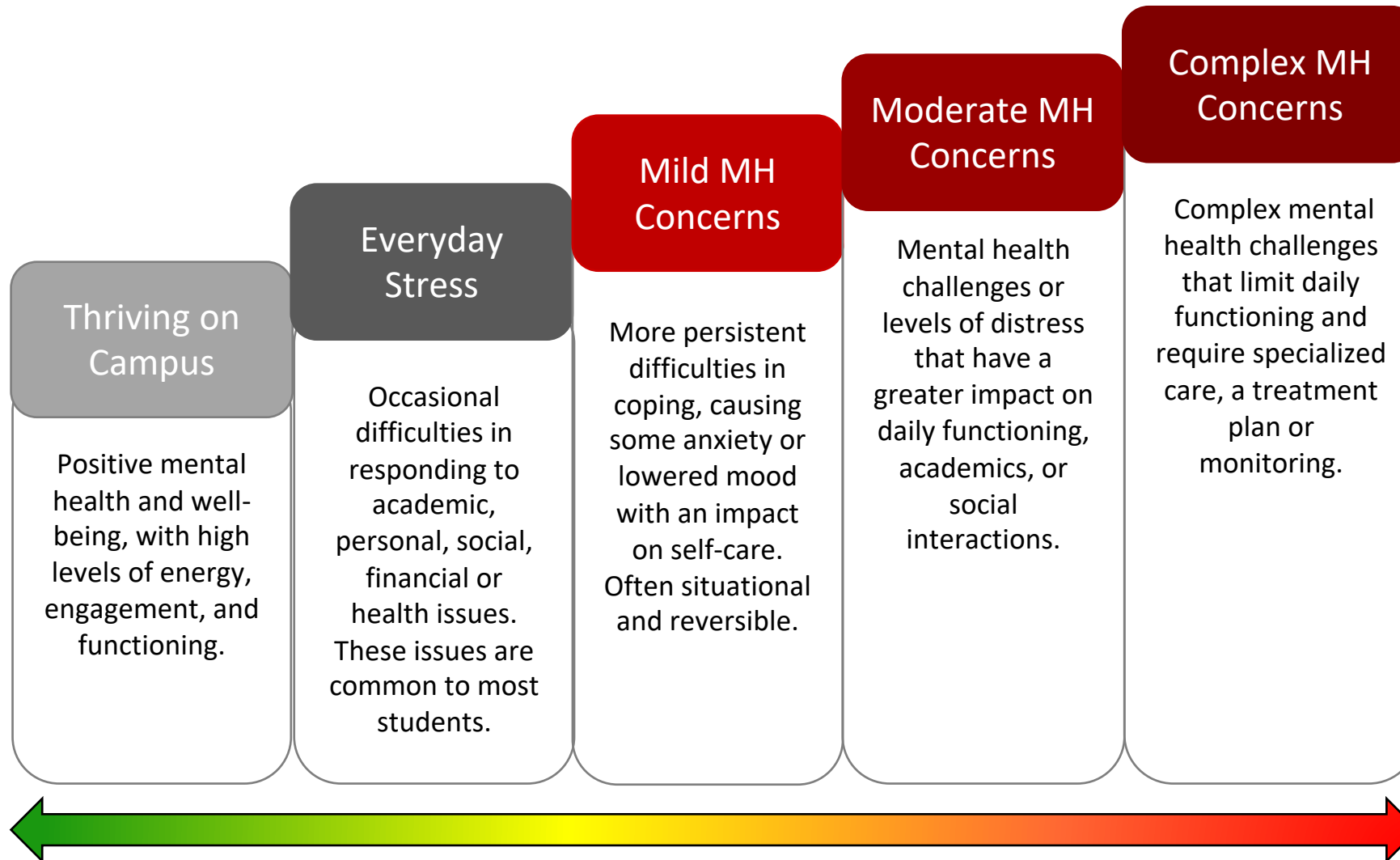
Building our Resiliency



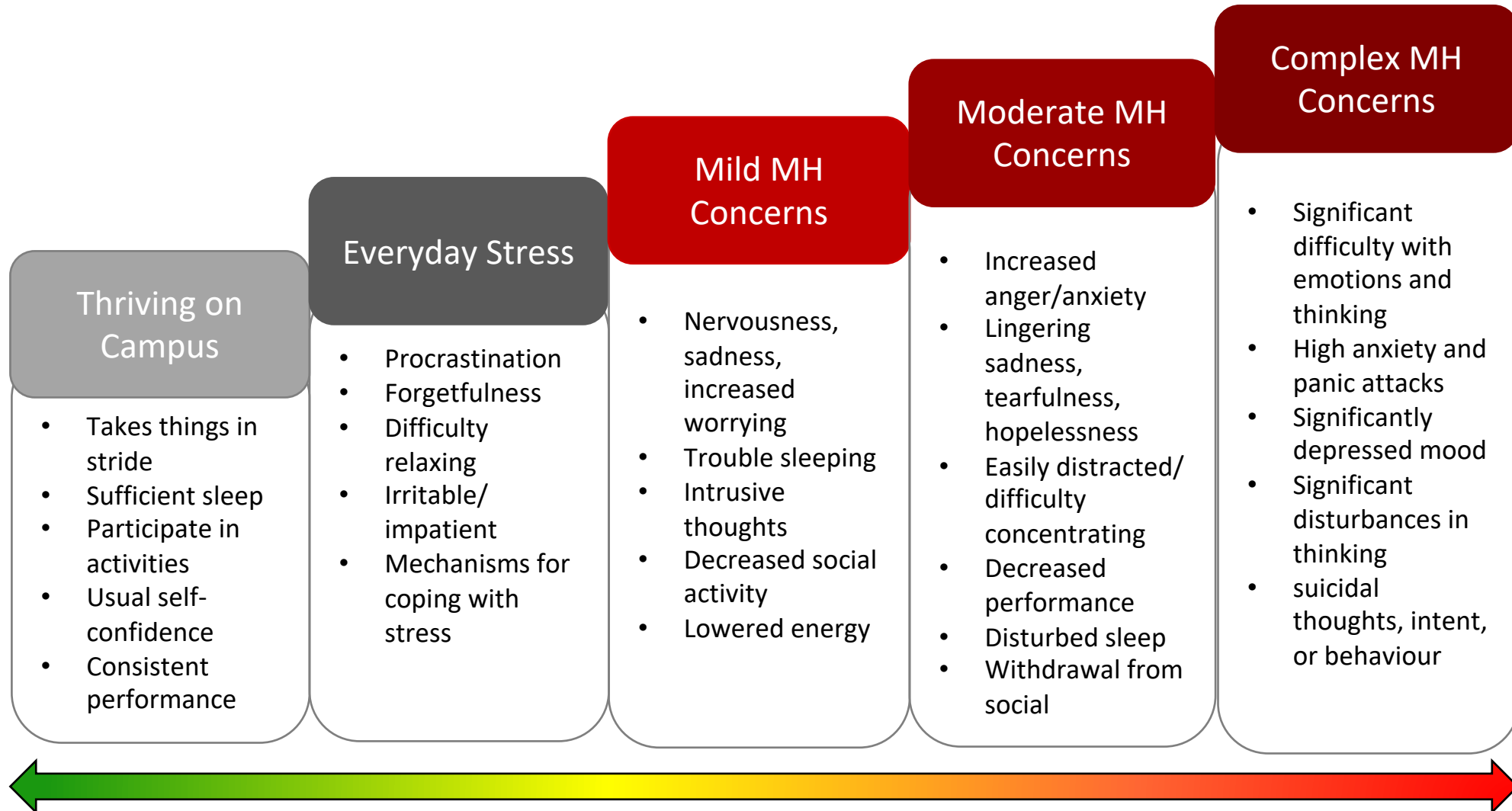
Resiliency



Mental Health Continuum



Mental Health Continuum



3. Respond & Reach Out



Coping Strategies



Learn and Connect
to Services



Diversify Support

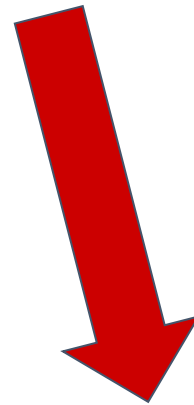


Coping Strategies

Coping strategies refer to the specific efforts, both behavioral and psychological, that people use to master, tolerate, reduce, or minimize stressful events.



Problem solving
strategies



Emotion focused
strategies



Connect to Services

Get Help Now →

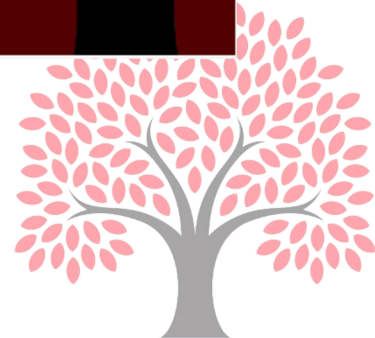
Information
and Resources

Find Support

Help a Friend

Get Involved

carleton.ca/wellness



Diversify Supports

- Personal coping strategies
- Family and Friends
- Teachers and TAs
- Health & Counselling Centre
- On Campus Support
- Off Campus Support/Community Supports



4. Reflect



What's Working?



Limits and Strategies



Make a Plan

Limits & Strategies



- Active vs. Avoidant Coping
- Objective Support
- Proactive Coping

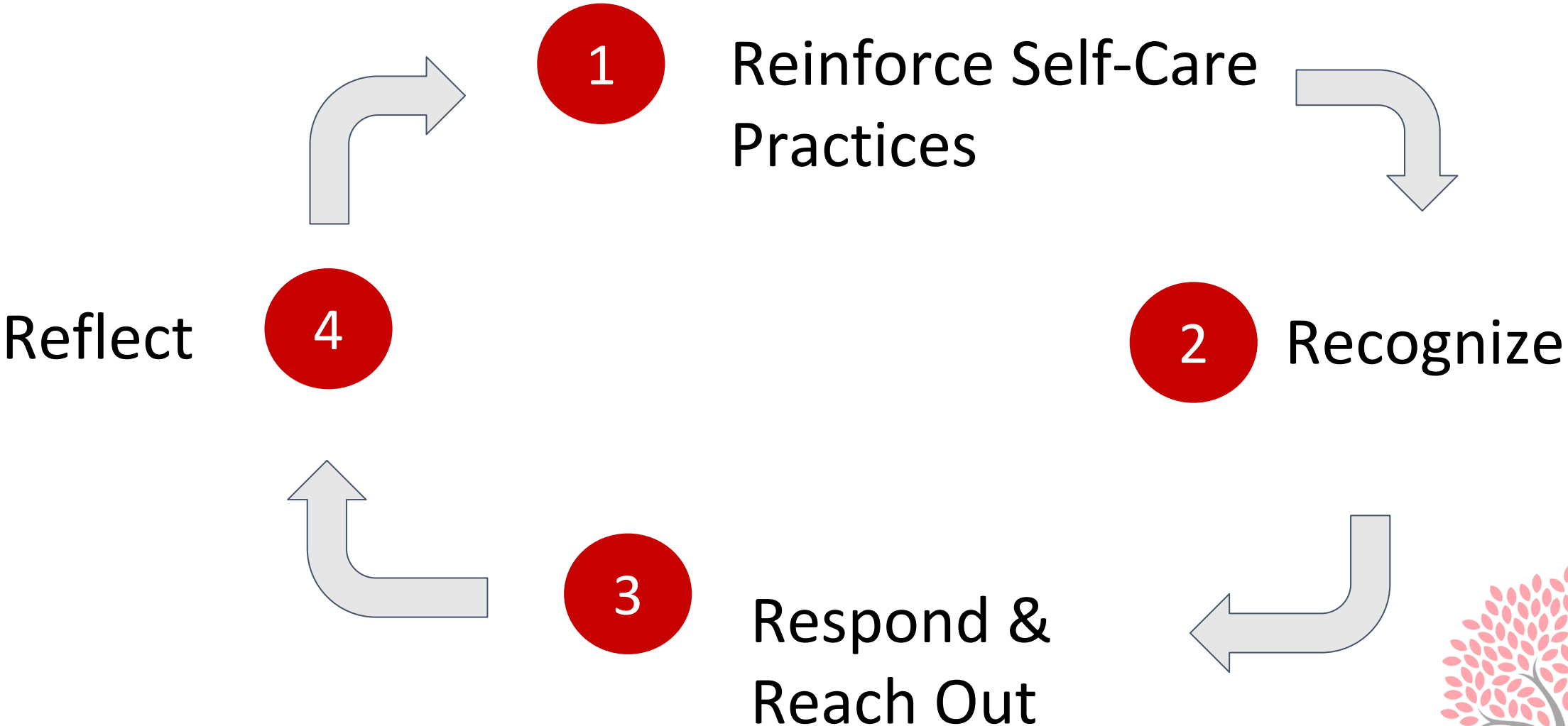


Implementation Intention:

“When *situation X* arises, I will
do *response Y.*”



The Four R's



Questions?

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