Here For You

Strategies to recognize and support your mental health



Outline of Workshop

- What is Mental Health?
- 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

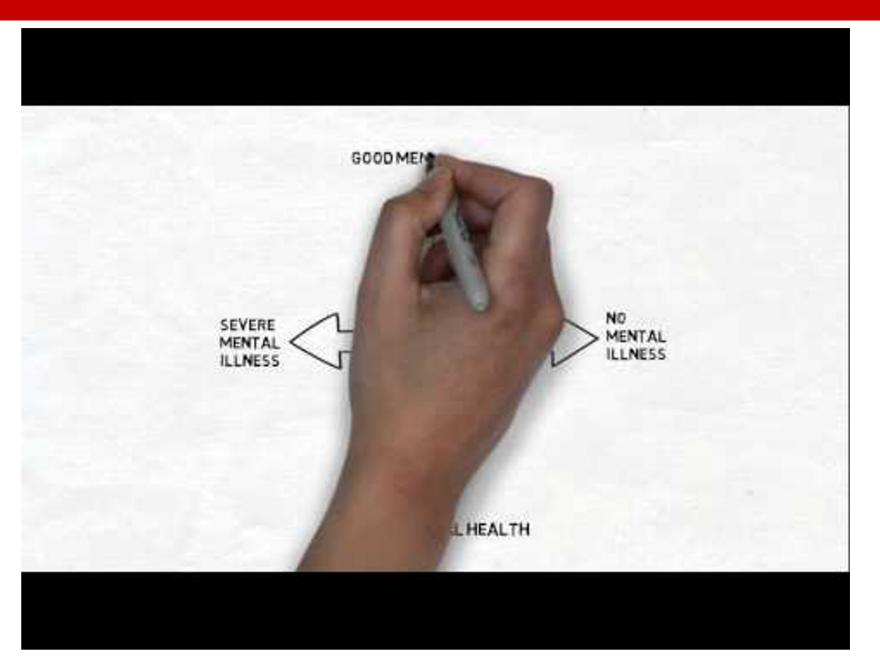


Mental Health vs. Illness

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

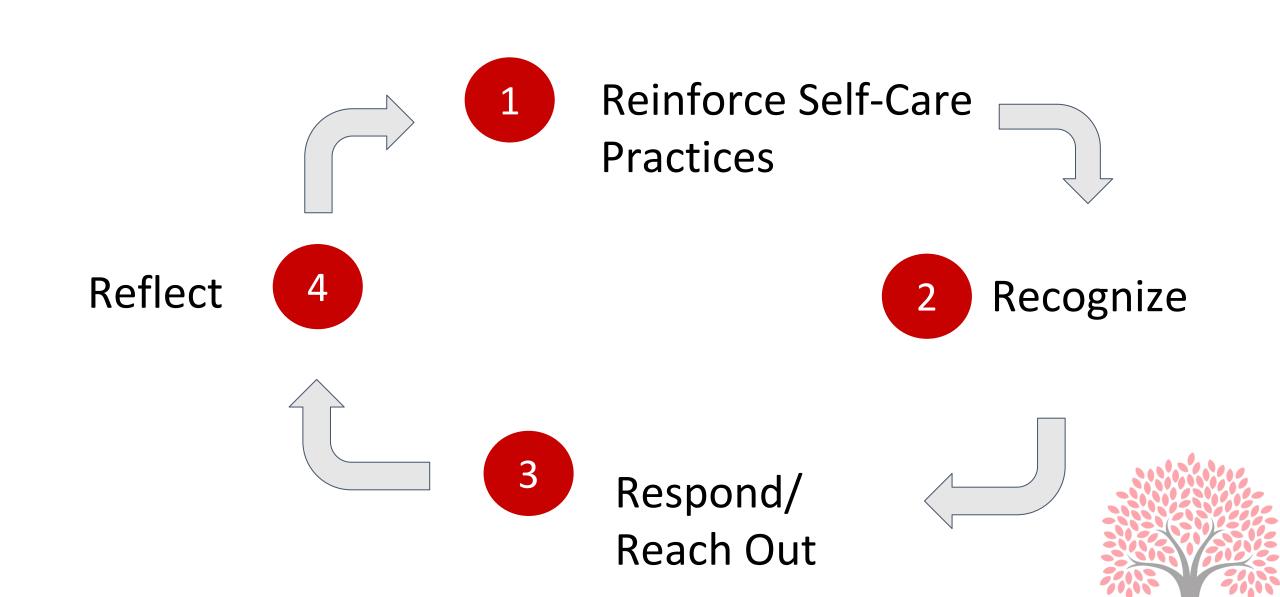
Mental illness is a recognized, medically diagnosable illness that results in the significant impairment of an individual's cognitive, affective or relational abilities. Mental disorders result from biological, developmental and/or psychosocial factors and can be managed using approaches comparable to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

Mental Health vs. Mental Illness





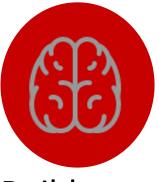
The Four R's







Dimensions of Wellness



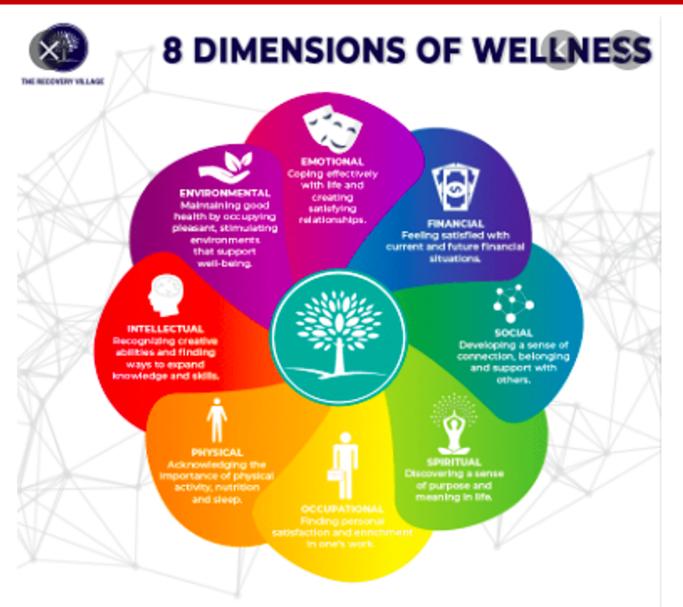
Build your routine



Reflect & Update



Dimensions of Wellness



8 Dimensions of Wellness

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

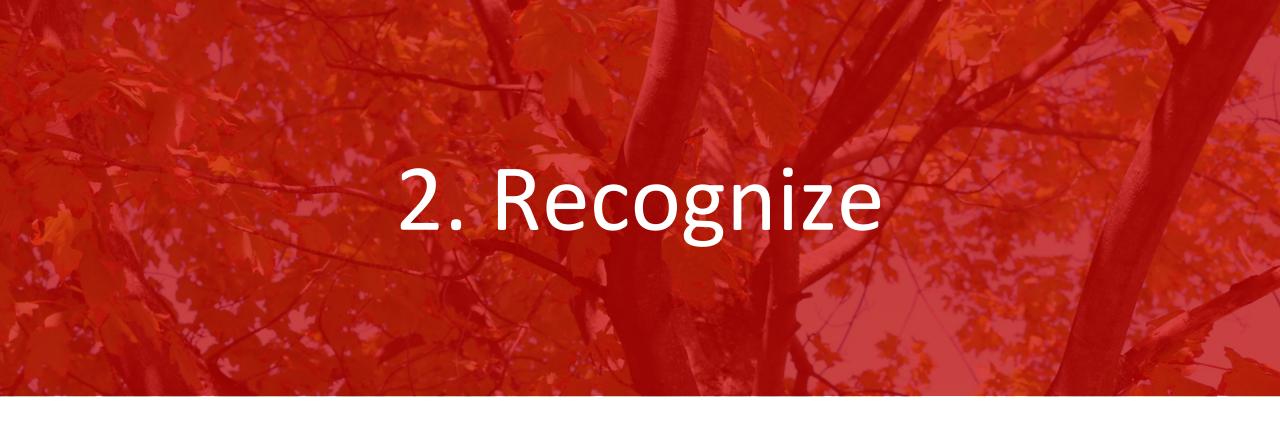
The Recovery Village

Build a Routine

WEEK AT A GLANCE				
M	Т	W	Т	F
Morning Make a cup of tea	<u>Morning</u>	Morning	Morning	Morning Write in my gratitude journal
Midmorning.	<u>Midmorning</u>	<u>Midmorning</u>	<u>Midmorning</u>	Midmorning.
Late afternoon	Late afternoon Go for a quick walk around my neighbourhood	<u>Late afternoon</u>	<u>Late afternoon</u>	Late afternoon
Evening Prep a healthy lunch for tomorrow	<u>Evening</u>	Evening Call my friend to catch up	Evening Read my new book for 20 minutes	<u>Evening</u>
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Reflect and Update







Self-Awareness



Building Resilience

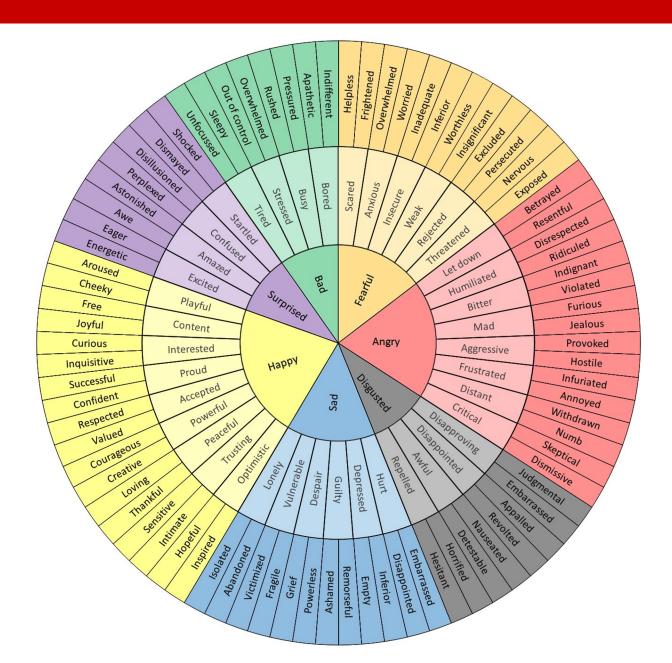


What is Self-Awareness

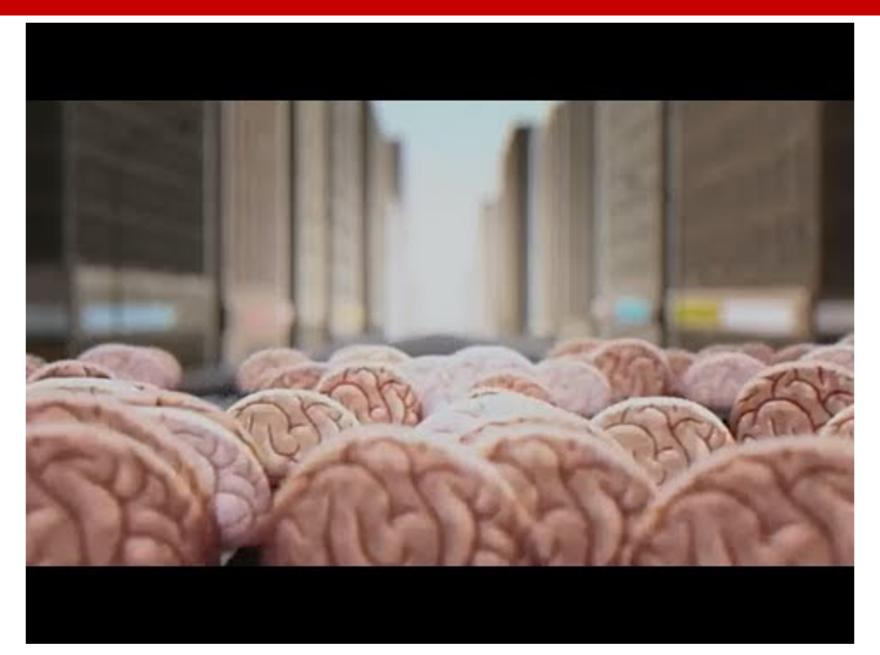
Self-Awareness

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

Everyday Stress

Occasional

difficulties in responding to academic, personal, social, financial or health issues. These issues are common to most

students.

Mild MH Concerns

More persistent difficulties in coping, causing some anxiety or lowered mood with an impact on self-care. Often situational and reversible.

Moderate MH Concerns

Mental health challenges or levels of distress that have a greater impact on daily functioning, academics, or social interactions.

Complex MH Concerns

Complex mental health challenges that limit daily functioning and require specialized care, a treatment plan or monitoring.



Thriving on Campus

Positive mental health and wellbeing, with high levels of energy, engagement, and functioning.



Mental Health Continuum

Thriving on Campus

- Takes things in stride
- Sufficient sleep
- Participate in activities
- Usual selfconfidence
- Consistent performance

Everyday Stress

- Procrastination
- Forgetfulness
- Difficulty relaxing
- Irritable/ impatient
- Mechanisms for coping with stress

Mild MH Concerns

- Nervousness, sadness, increased worrying
- Trouble sleeping
- Intrusive thoughts
- Decreased social activity
- Lowered energy

Moderate MH Concerns

- Increased anger/anxiety
- Lingering sadness, tearfulness, hopelessness
- Easily distracted/ difficulty concentrating
- Decreased performance
- Disturbed sleep
- Withdrawal from social

Complex MH Concerns

- Significant difficulty with emotions and thinking
- High anxiety and panic attacks
- Significantly depressed mood
- Significant disturbances in thinking
- suicidal thoughts, intent, or behaviour



3. Respond & Reach Out



Coping Strategies



Learn and Connect to Services



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



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











What's Working?

Limits and Strategies

Make a Plan

Limits & Strategies



Active vs. Avoidant Coping

Objective Support

Proactive Coping



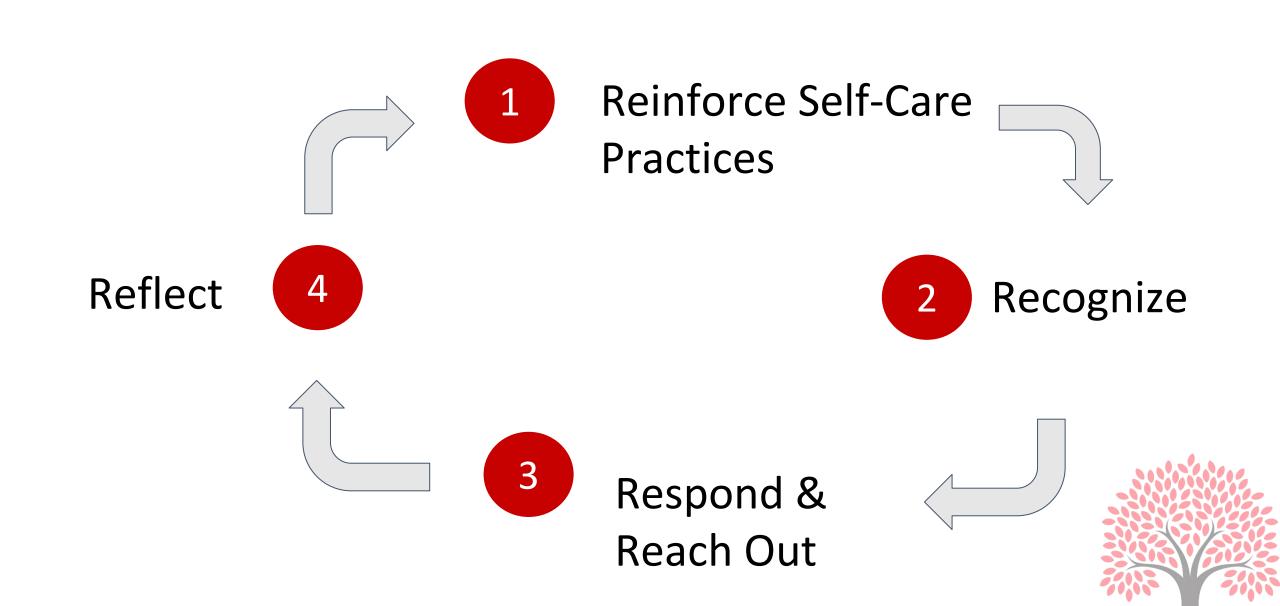
Make a Plan

Implementation Intention:

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



The Four R's



Questions?



