

Understanding Mental Health & the Impact of Stress



About the Presenter

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Content



1

Aware

What is mental health and how is it different from mental illness?

2

Explore

What is the role of mental health promotion?

How does stress impact our mental health?

3

Act


What strategies can you use for improving your overall mental health?

Poll



Poll





**What comes to mind
when you think of
mental health?**

What is Mental Health?

How a person thinks, feels, and acts when faced with life situations.

Affects how people evaluate challenges and problems, explore choices, make decisions, and handle stress.

Includes how people view themselves, the world around them, and how they relate to other people.

What's the Difference?

Mental Health

Your overall state of wellbeing or your general state of mind.

Everyone has mental health and there are steps that we can take to actively support and enhance it.

Mental Illness

A specific, diagnosable condition that potentially impacts a person's quality of life and wellbeing.

Generally requires support from mental health specialists.

**How would you
define mental
wellness?**

Wellness



Distress

What comes to mind when you think about mental illness?



Wellness

Ryan has schizophrenia
but his symptoms are
under control and he has
been doing well

Jana doesn't have a
mental illness and has
been feeling great

Illness

No Illness

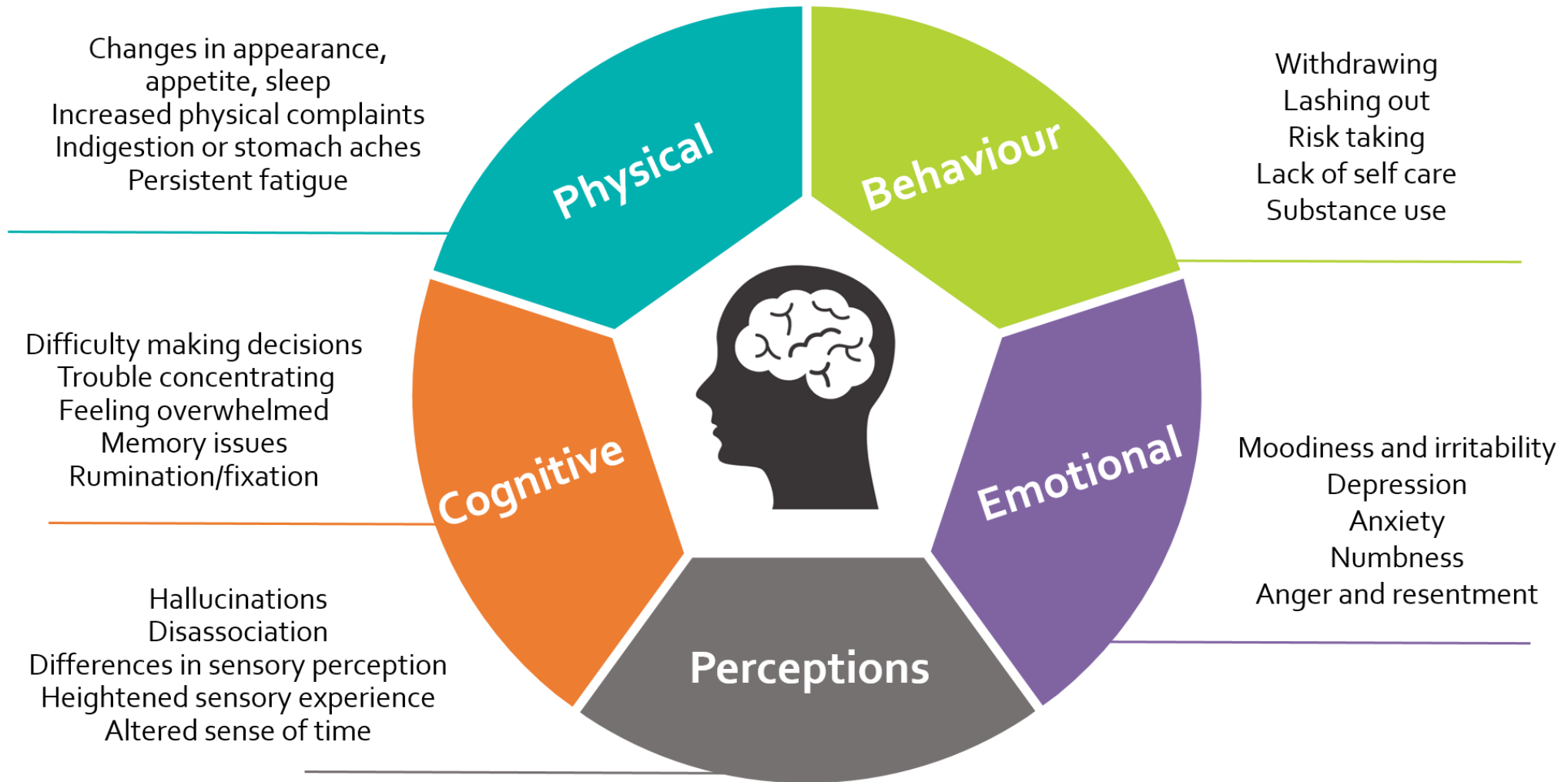
Erin has bipolar disorder
and has been
experiencing depression
for the past few days

Chris doesn't have a mental
illness but has a lot going
on and has really been
struggling lately

Distress



Signs to Look for



Intensity

Duration

Frequency



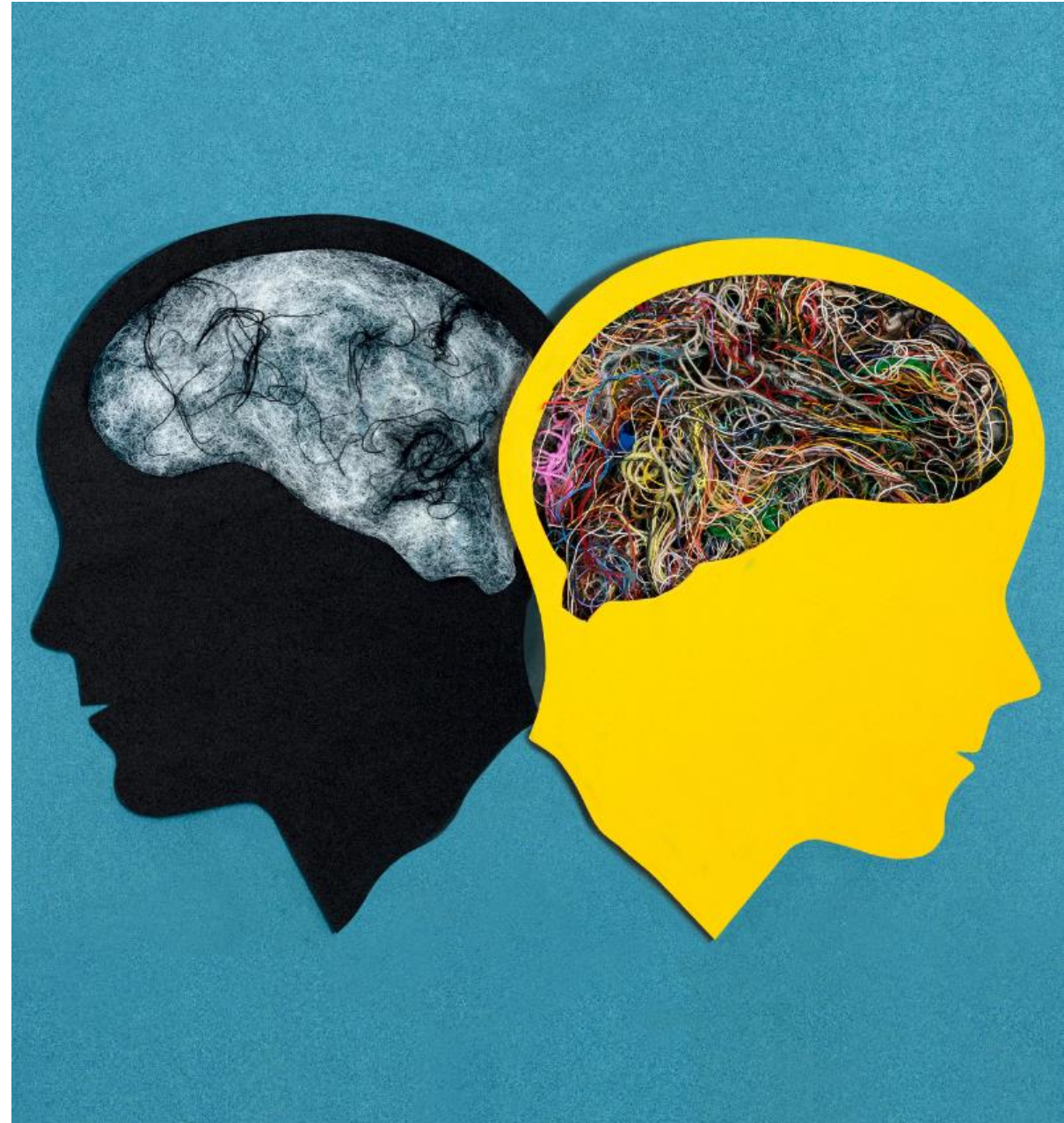
Mood Disorders

Depression

Bipolar Disorder

Postpartum Depression

Seasonal Affective Disorder (SAD)

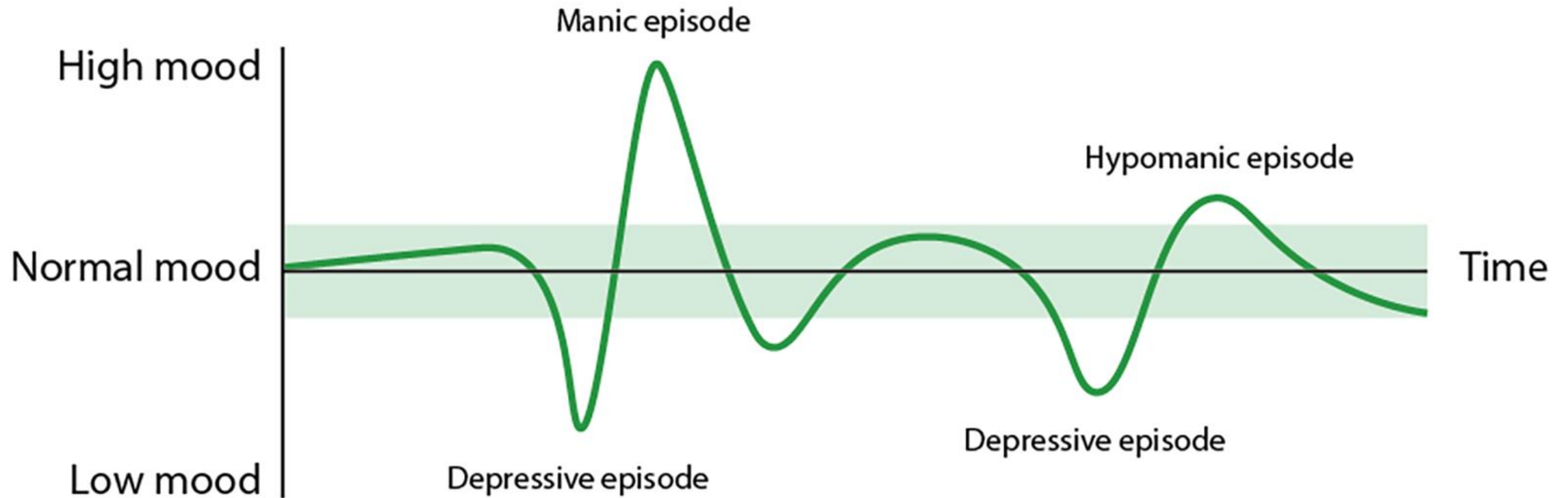


Depression

- Excessive concern about physical health
- Feelings of despair and hopelessness
- Becoming socially withdrawn
- Thoughts or feelings about suicide
- Loss of interest in usual activities
- Continued fatigue/loss of energy
- Lowered self-esteem
- Change in eating/sleeping habits
- Inability to concentrate/make decisions
- Sadness and crying for no apparent reason



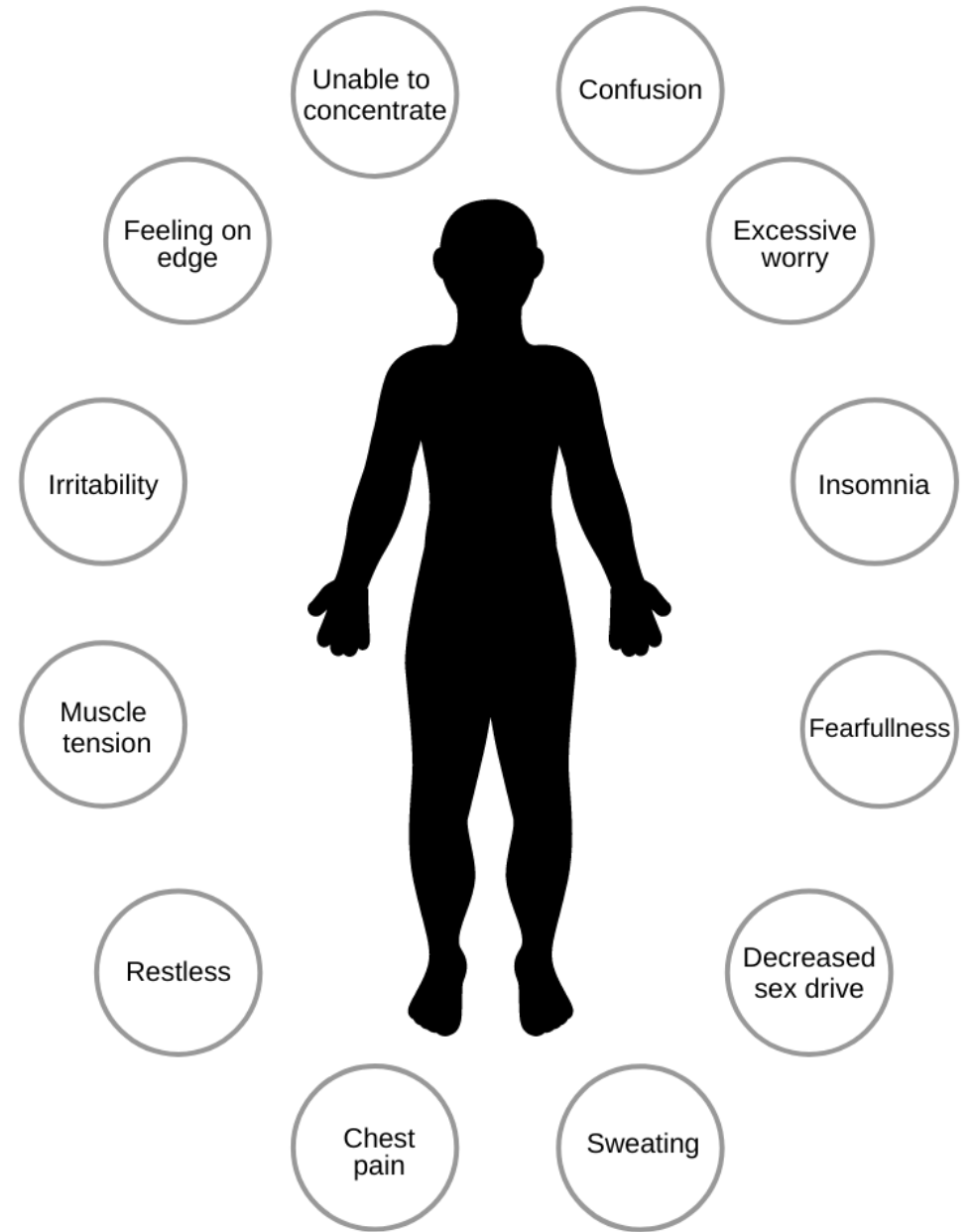
Bipolar Disorder



Anxiety

Anxiety is an uncomfortable but adaptive emotional response

Anxiety disorders are different from 'everyday anxiety' in that the anxiety is disproportionate to the situation that elicited the anxious response.



Types of Anxiety Disorders

Social Anxiety

Anxiety or fear of being judged, negatively evaluated, or rejected

Phobias

An intense fear around a specific thing (object, animal, situation, etc)

Generalized Anxiety

Excessive anxiety and worry about everyday life events with no obvious reasons

Panic Attacks

Sudden episodes of intense fear that trigger severe physical reactions

Panic Disorder

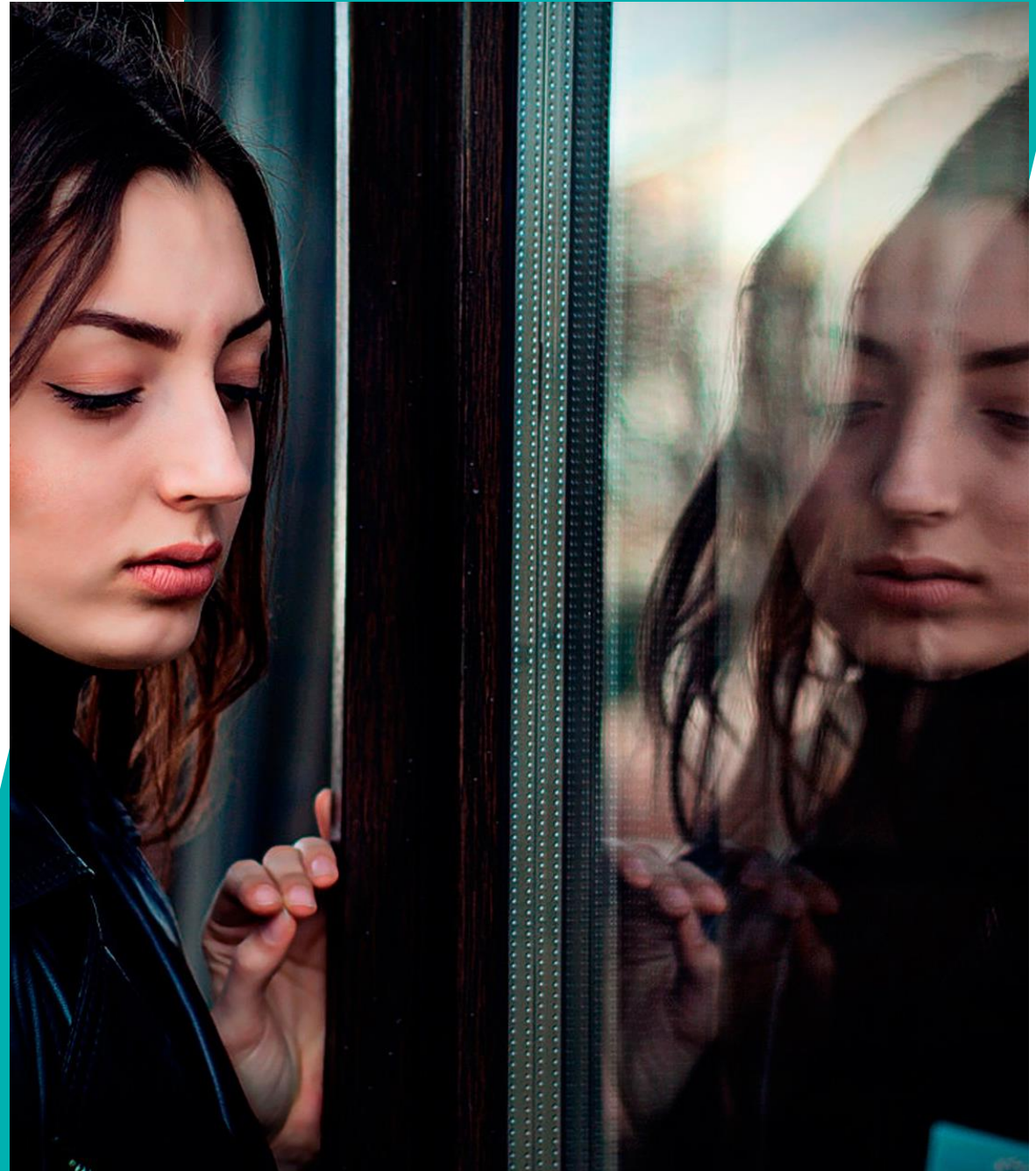
Repeated and unexpected panic attacks

Agoraphobia

Fear of being in a situation where a person can't escape if experiencing feelings of anxiety

Disorders of Perception

Biochemical brain disorders can affect a person's ability to determine what is real, and what is not (psychosis), as well as how they understand the world



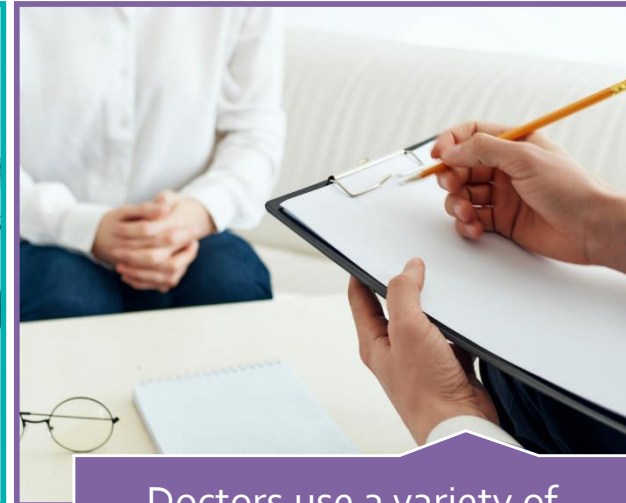
Diagnosing Mental Illness



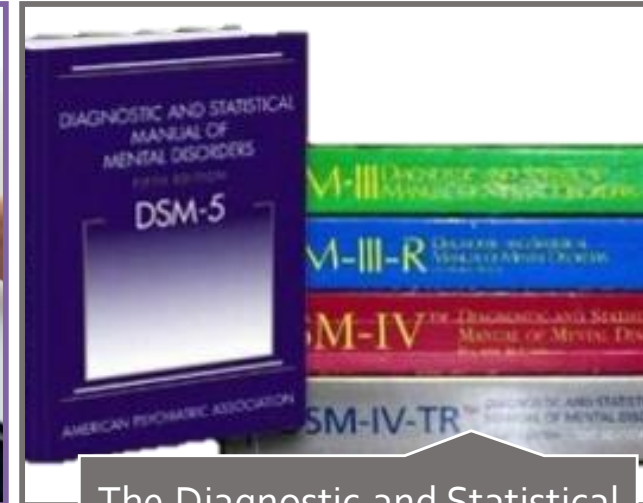
A general practitioner (family doctor), psychologist, or a psychiatrist can make a diagnosis



A patient may undergo a variety of tests to ensure that other medical issues can be ruled out

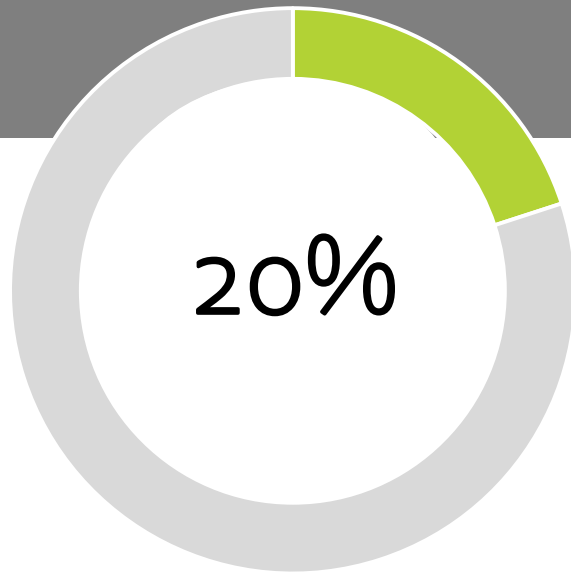


Doctors use a variety of assessment tools that include both external observation and self report

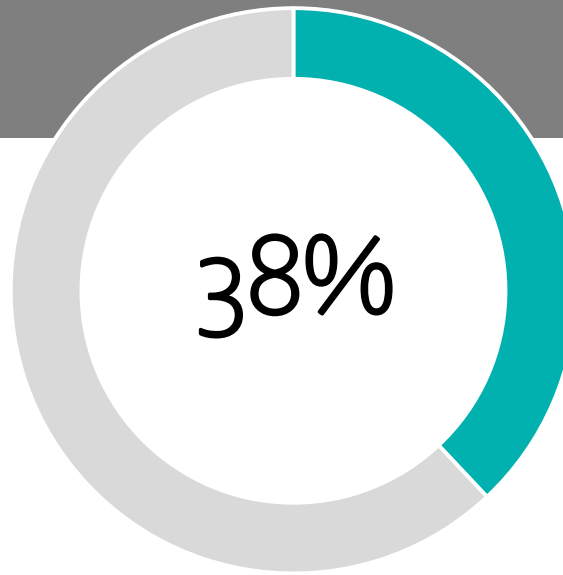


The Diagnostic and Statistical Manual of Mental Disorder (DSM) is used to classify and provide criterion for diagnosis

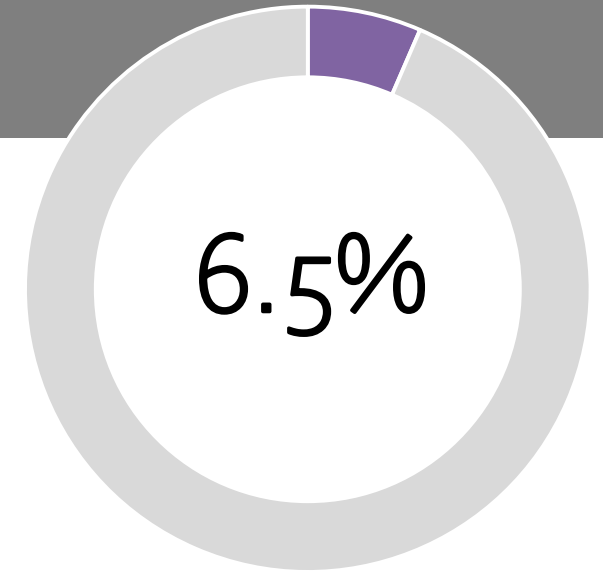
Fast Facts



Each year, 1 in 5 people in Canada will experience a mental health problem or illness.



Among people under 65, mental illness makes up approximately 38% of all illnesses.



As of 2018, just 6.5% of Canada's total health spending goes towards mental health care.

Poll



Mental illness can
affect people of any
age, gender,
ethnicity, culture or
socio-economic
background.





Risk Factors

Aspects of life and/or genetic predisposition that increase the likelihood of developing a mental illness or the likelihood that an existing mental illness may be worsened.

Risk factors are not direct CAUSES.

Some Risk Factors Include

Biological

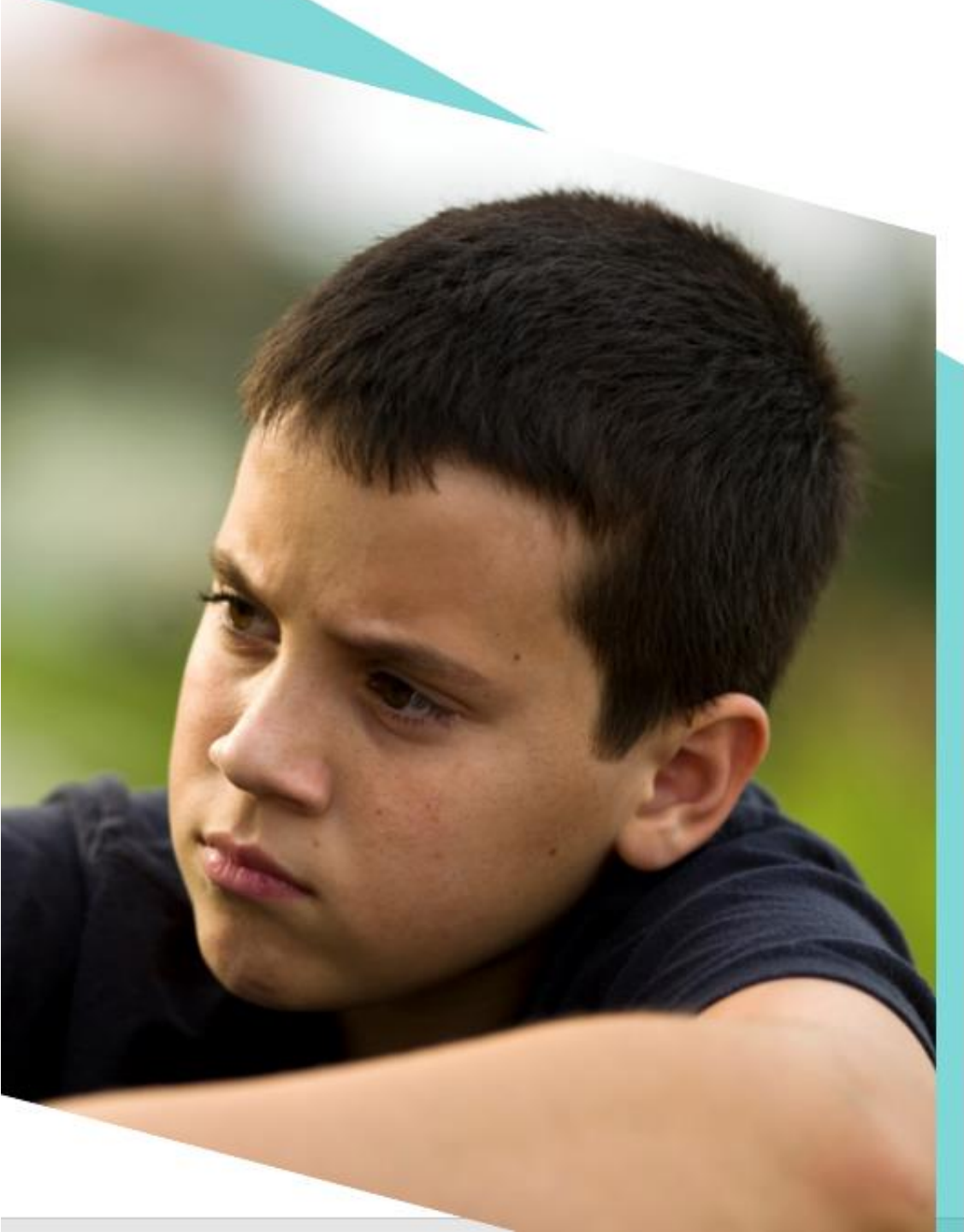
- Family history
- Genetic predisposition
- Brain abnormalities
- Neuro-development
- Neuro-developmental problems

Personal

- Development of poor social skills
- Less helpful coping skills
- Communication problems

Environmental

- Substance abuse
- Work/school problems
- Stressful relationships
- Low social supports
- Major life events
- Trauma



Adverse Childhood Experiences (ACEs)

Looks at negative, stressful, traumatizing events that occur before the age of 18 and confer health risk across the lifespan.

Exposure to toxic stress during childhood can lead to negative health outcomes in adulthood.

BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity



Diabetes



Depression



Suicide attempts



STDs



Heart disease



Cancer



Stroke



COPD



Broken bones

As the number of ACEs increases so does the risk for negative health outcomes

Poll



Where Does Stress Come From?

External Stressors

- Physical Environment
- Social Interaction
- Organizational
- Major Life Events
- Daily Hassles

Internal Stressors

- Lifestyle Choices
- Negative Self-talk
- Mind Traps
- Personality Traits
- Beliefs

Types of Stress

Eustress

- “Good stress”
- Psychological or physiological
- Motivates, focuses energy
- Short-term
- Perceived as being within our coping abilities
- Feels exciting
- Improves performance

Distress

- “Problematic stress”
- Psychological or physiological
- Causes anxiety or concern
- Can be short- or long-term
- Is perceived as being outside our coping abilities
- Feels unpleasant
- Decreases performance

Emotions

Anger
Anxiety
Sadness
Frustration
Indifference
Depression
Hopelessness

Actions

Nervous behaviours
Substance use
Restlessness
Lashing out
Withdrawal
Self-Harm
Isolation

Stress

Fatigue
Nausea
Insomnia
Dizziness
Headaches
Tight muscles
Increased heart rate

Trouble concentrating
Impaired judgement
Excessive worrying
Forgetfulness
False beliefs
Confusion
Indecision

Body

Mind

ABC's of Stress

Activating
Event



Beliefs, Thoughts
and Perceptions



Consequence
(Emotional)



Supporting Mental Health

- Systems
 - Poverty reduction
 - Addiction support
 - Anti-racism advocacy
- Individual
 - Stress management
 - Sleep hygiene
 - Social media use
 - Self-compassion
 - Gratitude
 - Self-care



Many people living with a mental illness say the stigma they face is often worse than the illness itself.

Let's Do Some Fact Checking

1. Mental illnesses aren't real illnesses
2. Mental illness will never affect me
3. Mental illnesses are just an excuse for poor behaviour
4. People with mental illnesses are violent and dangerous
5. People don't recover from mental illnesses
6. People with mental illnesses are weak and just can't handle stress
7. People with mental illnesses can't work
8. People with mental illnesses are less intelligent

The Impact of Stigma

- Increased isolation and loneliness
- Fear and rejection
- Loss of self-esteem
- Difficulty making friends
- Denial of adequate housing, loans, jobs
- Creates an unwillingness to seek help
- Internalized oppression





*I smile to hide
how completely
overwhelmed
I am!*

Stress vs Burnout

Over engagement

Reactive or over reactive emotions

Sense of urgency and hyperactivity

Lost or diminished energy

Leads to anxiety

Physical toll



Disengagement

Blunted or distant emotions

Sense of helplessness

Motivation is lost or diminished

Leads to feeling depressed

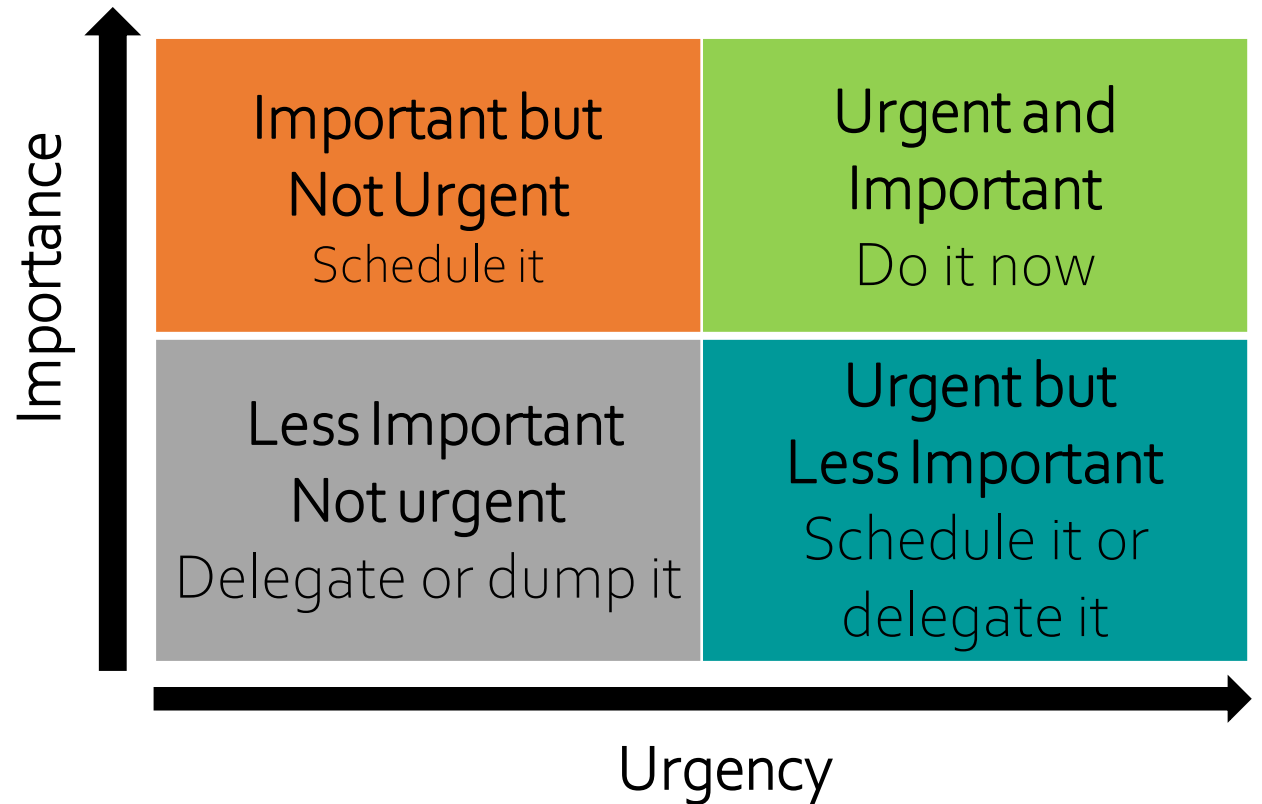
Emotional toll



Set Goals

Work on Time Management

- Take the time to get organized.
- Prioritize your to-do list.
- Learn to delegate.
- Make time for yourself.
- Learn how to say “no” to stress-inducing requests that are not essential.



Set a Schedule

- Break your day into chunks
- Essential things, then high priority items, then free time
- Backwards plan
- Be consistent
- Keep your schedule in a planner or in lists
- Plan for self-care



Plan for Challenges

- Know your stressors
- Know your early warning signs
- Make a list of five things you can do when things feel stressful
- Know who your supports are and how to connect with them
- Let your supports know what you find helpful and unhelpful

Invest in Wellness

- Have conversations and interactions that are about things other than problems
- Reclaim your identity
- Be near positive people
- Engage in activities that you enjoy and discover new ones
- Use positive self talk
- Maintain a sense of humour



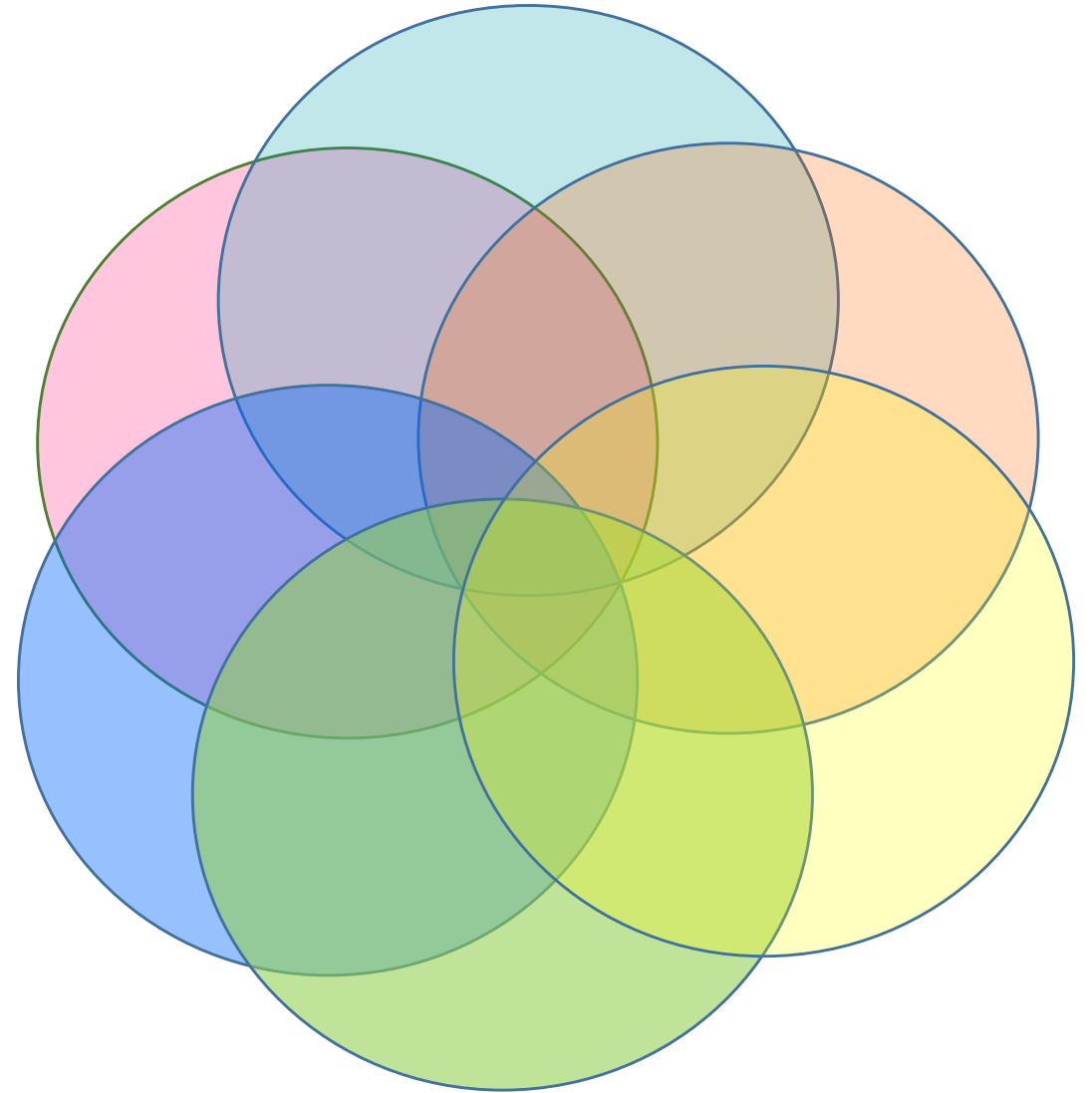
A Venn diagram consisting of two overlapping circles. The left circle is light green and contains the text 'Self Care'. The right circle is light blue and contains the text 'Coping'. The overlapping area in the center is a darker shade of green.

Self
Care

Coping

Dimensions of Self-Care

Physical
Social
Spiritual
Personal
Professional
Emotional





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(HERE247)

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Addictions, Mental Health
& Crisis Services

Waterloo-Wellington

 **BounceBack[®]**
reclaim your health

A free program to help
you tackle depression
and anxiety.

bouncebackontario.ca
1.866.345.0224



Resources

- EFAP
- National Suicide Prevention Hotline
 - 1-833-456-4566
- HERE 24/7 (Waterloo/Wellington)
- Mobile crisis team (Waterloo/Wellington)
- IMPACT Team (Waterloo/Wellington)
- Hospital
- 911 (in an emergency)
- Move from least intrusive, to most intrusive, as the situation demands.



Helpful Apps

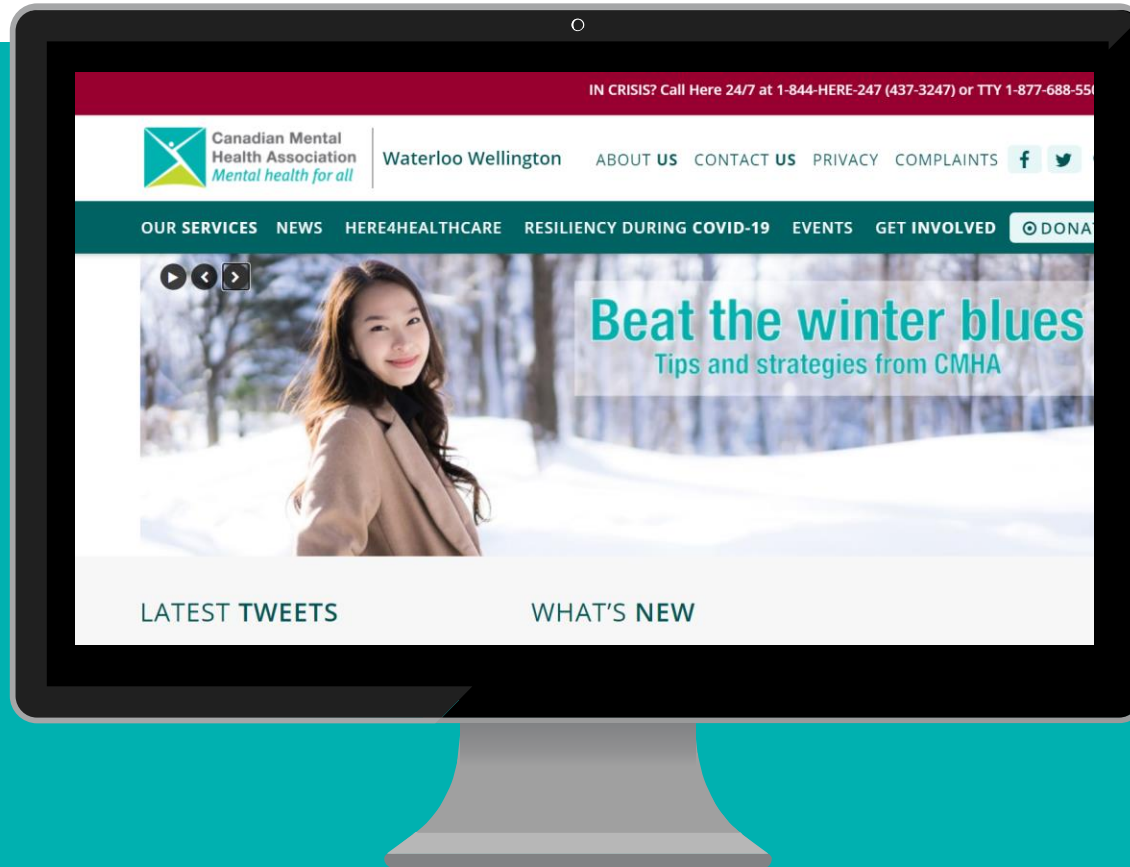


- Calm
- Insight Timer
- Down Dog
- Headspace
- Mindshift
- Stop. Breathe Think.
- Breethe meditation
- Gratitude Journal 365
- 10% Happier

Other Websites



- camh.net
- mentalhealthhelpline.ca
- wrspc.ca
- mentalhealthcommission.ca
- 211Ontario.ca
- ccohs.ca



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webinar listings

Promoting Wellness at Work

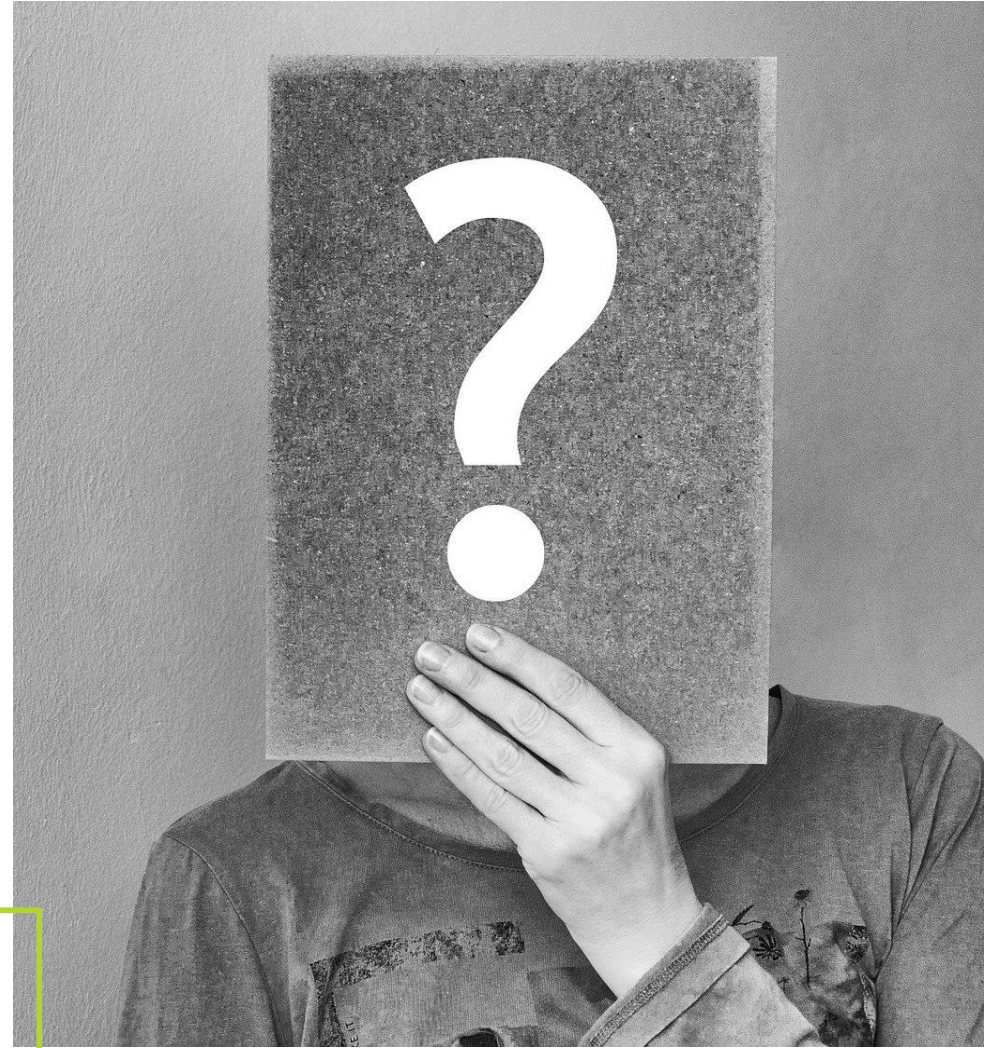
To book a training or webinar on topics related to mental health for your organization or place of work, including Mental Health in the Workplace, or for consultation on implementing Psychological Health and Safety in the Workplace Standards contact:

education@cmhaww.ca

If you have questions for me around the information presented today please contact me directly at:

jschumacher@cmhaww.ca

Questions?



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