

Physical Health for Mental Health



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

Land Acknowledgement



About the Presenter

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Content

1

Aware

What is mental health, physical health, and how they are connected.

2

Explore

How different types of physical health impact our mental health.


3

Act

Strategies to incorporate more physical activities to reduce stress and improve your mental health.

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.

**How would you
define mental
wellness?**

Wellness



Distress



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

What is Physical Health?

Encourages the balance of physical activity, nutrition, sleep, mental well-being, and more to keep your body in top condition.

Promotes principles of good health and knowledge, which affect behavior patterns that lead to a healthy lifestyle.

Physical wellness also promotes proper care of our bodies for optimal health and functioning.

**How would you
define physical
wellness?**

Wellness



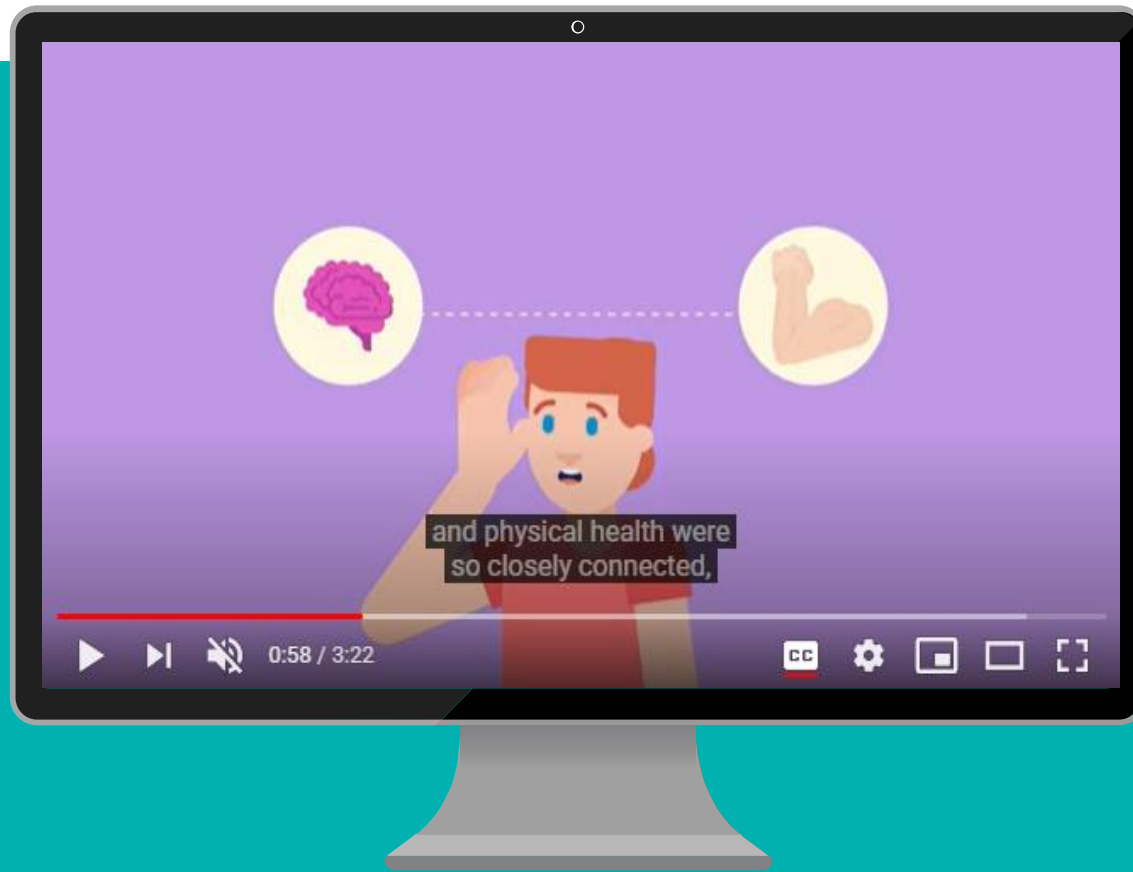
Distress



Connection

Health: a state of complete physical, mental and social well-being.

- Not just the absence of illness or disease
- Physical health plays an important role in building mental wellness and resilience
- Connections between mental health and chronic physical conditions impact people's quality of life
- Knowledge is important



Physical and Mental Health



Stress

Poll



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

Physical Activity

Diet/Nutrition

Sleep/Energy

Body/Illness

4 Types of Lifestyle Factors

Physical Activity



Any type of body movement

- Sitting down less and moving our bodies more
- Releases endorphins
- Psychological benefits: happier, self-esteem, sleep, connection, reduce stress and depression
- Health benefits: lowers blood pressure, strengthens bones, increase energy

Poll



Physical Activity

- 30 minutes/day
- ANYTHING (quality over quantity)
- Do things faster
- Get up and move
- Use what you have
- Check out online resources
- Enjoy what you are doing!



Diet



**Sum or kind of food a
person eats**

- Nutrition wording
- Food we eat influences development, management and prevention of health conditions
- Improves emotional wellness
- Avoid/limit substances that alter mood or bodily processes
- Prevents illness

Nutrition

- MYPLATE – <https://www.myplate.gov/>
- Have breakfast
- Eat bananas
- Make smoothies
- Prep snacks/meals
- Dark chocolate is good for you
- Stay hydrated
- Pay attention to your gut



Poll



Sleep



Rest and Relaxation

- Important to both body and brain
- Sleep allows body to repair and brain to process information
- Lack of sleep can cause weakened immune system, anxiety, lower productivity, and more.
- 7-9 hours/night (adults)

Sleep & Energy

- Rest – take breaks, focus on your breathing, listen to music
- Sleep
 - 7-9 hours
 - Get into a routine
 - Take a hot bath/shower
 - Use guided meditation/mindfulness
 - Headspace App
 - Engage in physical activity



Body



All other things we do for our physical health

- Smoking-can lead to addiction and dependency
- Hygiene
- Regular check-ups
- Risky behaviours
- Illness or injury

Body

- Know your stressors and limitations
- Engage in daily hygiene routines
 - Piggyback activities
- Block time into your schedule for regular check ups
- Have first aid/medical self-care supplies on hand
- Stay alert







Set Goals

- Break major projects/tasks down into achievable goals
- Set milestones for goal achievement
- Be consistent
- Track your progress
- Reward yourself
- Forgive yourself
- Plan for self-care

Physical Activity

Diet/Nutrition

Sleep/Energy

Body/Illness

**CALL TO
ACTION**





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



1 844 437 3247
(HERE247)

Call anytime to access
Addictions, Mental Health
& Crisis Services

Waterloo-Wellington



COVID-19: HERE4HELP

- **Here4Help.ca**

- Resources, information, and guidance to support mental health as we navigate this new and temporary normal
- Sections specific to children, youth, parents, and guardians, adults, seniors and caregivers, employees and employers, and healthcare workers.

 **BounceBack[®]**
reclaim your health

A free program to help
you tackle depression
and anxiety.

bouncebackontario.ca
1.866.345.0224



- **Free**, guided, self-help program, grounded in cognitive behavioural therapy (CBT) to help **adults and youth 15+** learn skills to better manage low mood, mild to moderate depression and anxiety, stress or worry
- Offers two forms of support:
 1. **Telephone coaching using skill-building workbooks** (referral needed by a primary care provider or self-referral with primary care information)
 2. **Online videos** provide practical tips at: bouncebackvideo.ca (access code: [bbtodayon](https://bbtodayon.com)) (no referral needed)
- Participants are contacted within **5 business days** of referral being submitted
- Telephone coaching available in **multiple languages**
- **No travelling required.** Participants receive support in the comfort of their home at a time that's convenient for them

For more information, visit: bouncebackontario.ca.

If you're a healthcare professional seeking resources, email:

bounceback@ontario.cmha.ca



Helpful Apps

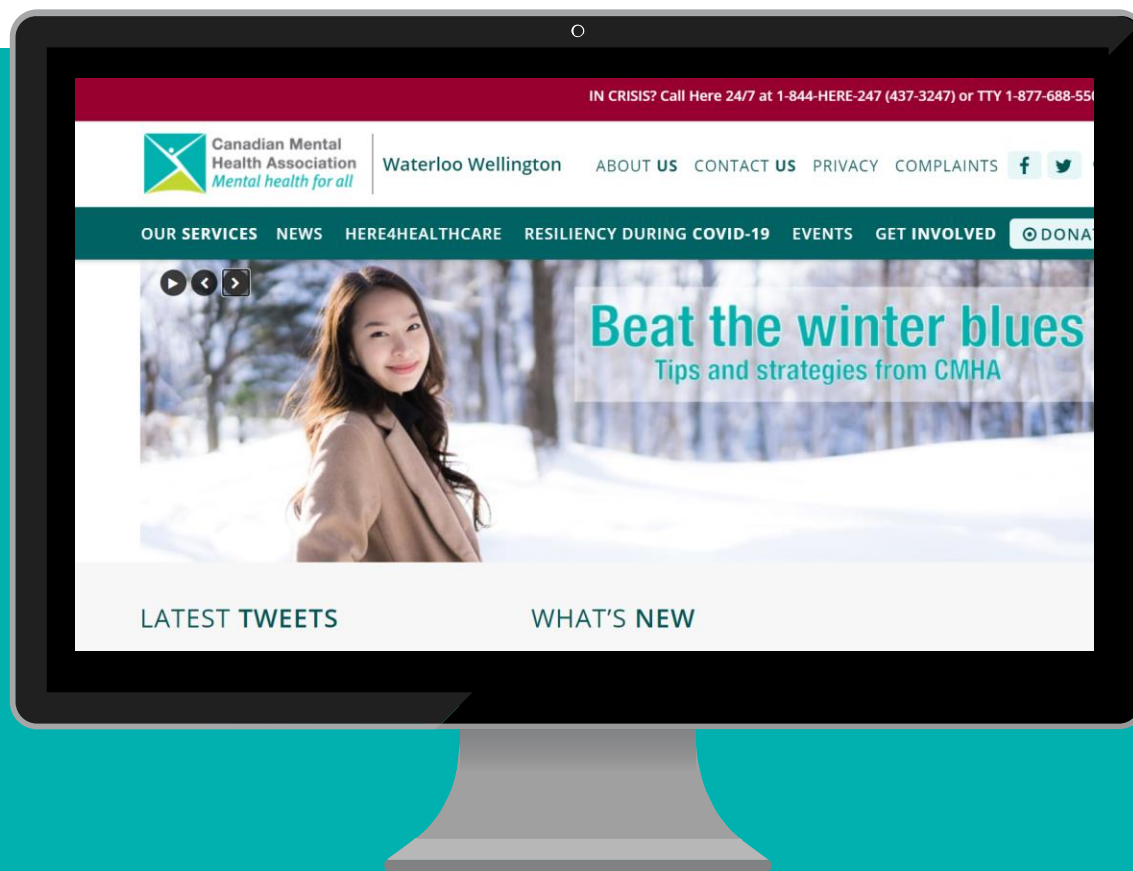


- Calm
- Insight Timer
- Down Dog
- Headspace
- Mindshift
- Stop. Breathe. Think.
- Breethe meditation
- Gratitude Journal 365
- 10% Happier

Other Websites



- camh.net
- wrspc.ca
- mentalhealthhelpline.ca
- mentalhealthcommission.ca
- 211Ontario.ca
- ccohs.ca
- www.isfglobal.org
- Wellness Together Canada | Home (portal.gs)



Visit us online
cmhaww.ca

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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