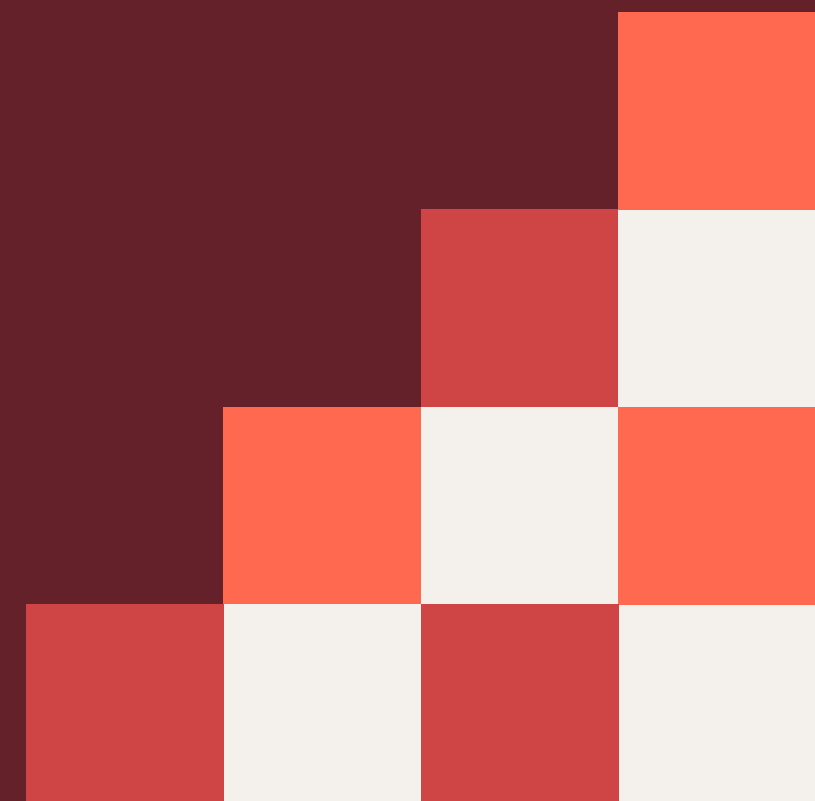# Mental Health Awareness

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sanjanameher.in f ⓘ sanjanamehery

What is mental health?

"Mental Health is the emotional and spiritual resilience which allows us to enjoy life and to survive pain, disappointment and sadness. It is a positive sense of well being and an underlying belief in our own, and others dignity and worth." - Health Education Authority, UK

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

MH influences how we...

Think and feel about ourselves

Think about others

Communicate

Think about our future

Interpret events

Feeling in control

Are able to learn

Form, sustain and end relationships

Being in touch with our feelings

Cope with change, transition and life events

Being able to form positive relationships

Being able to make rational decisions

Feeling good about ourselves

Knowing how to look after ourselves

MENTAL HEALTH CONTINUUM MODEL

HEALTHY	REACTING	INJURED	ILL
Normal fluctuations in mood	Nervousness, irritability	Anxiety, anger	Excessive anxiety
Takes things in stride	Sadness, overwhelmed	Pervasive sadness, tearfulness, hopelessness, worthlessness	Panic attacks
Good sense of humour	Displaced sarcasm		Easily enraged, aggressive
Consistent performance	Procrastination	Negative attitude	Depressed mood, numb
Physically & socially active	Forgetfulness	Difficulty concentrating	Cannot concentrate
Confident in self & others	Trouble sleeping	Trouble making decisions	Inability to make decisions
Drinking in moderation	Low energy	Decreased performance, regularly missing classes/deadlines, or over work	Cannot fall asleep/stay asleep
	Muscle tension, headaches		Constant fatigue, illness
	Missing an occasional class or deadline	Restless, disturbed sleep	Absent from social events/classes
	Decreased social activity	Avoidance, social withdrawal	Suicidal thoughts/intent
	Drinking regularly or in binges to manage stress	Increase used of alcohol- hard to control	Unusual sensory experiences (hearing or seeing things)
			Alcohol or other addiction
Nurture support systems.	Recognize limits, take breaks, identify problems early, seek support.	Tune into own signs of distress. Talk to someone, ask for help. Make self-care a priority. Don't withdraw.	Seek professional care. Follow recommendations.

Chen et al., 2020

What can impact mental health?

- stress
- emotional negligence
- emotional abuse
- environmental deprivation
- social exclusion

- strained relationships
- faulty vocational choices
- lack of creative activity
- lack of social support
- financial difficulties

Think India

Self Care is important!

OCCUPATIONAL

EMOTIONAL

PHYSICAL

SPIRITUAL

SOCIAL

The Six
Dimensions
of Wellness

©1976
Bill Hettler, MD, Co-Founder,
National Wellness Institute

INTELLECTUAL

Think
India

A few strategies...

- <u>Physical care – diet, water, exercise, sleep.</u>
- Write down – positive aspects, gratitude journaling
- Talk about your feelings
- Keep in touch with friends and loved ones
- Get knowledge and take control
- Set realistic goals
- Keep an eye on personal stress
- Cultivate a hobby
- Spend time in nature
- Ask for help
- <u>Practise Yoga</u>
- Get professional help

Can you think of more? Write them down!

MHPs you must know about

Think India

Psychiatrist

- Psychopharmacology
  - medicines
- MBBS + MD
  (Psychiatry)/Diploma
  in Psychiatry (DPM)

Clinical Psychologist

- MA/MSc in Psychology (Clinical
  Specialization) + MPhil Clinical
  Psychology
- Must have an RCI Registration no
- Assessment
- Psychological
  Counselling/Psychotherapy

Counselling Psychologist

- MA/MSc in Psychology
  (Clinical/Counselling
  Specialization) + Other Training
- Psychological
  Counselling/Psychotherapy

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"You matter. Your life matters. What you do with your life matters."

— Swamini Brahmaprajnananda, discoveratma.com

Think
India

Thank you!