

Youth mental health: Building your resilience

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Mental Health - Care & Research
Santé mentale - Soins et recherche

Agenda

Stigma

Mental Health – What is it and what influences it?

Anxiety and Depression

Building your resilience

Questions and discussion

Stigma

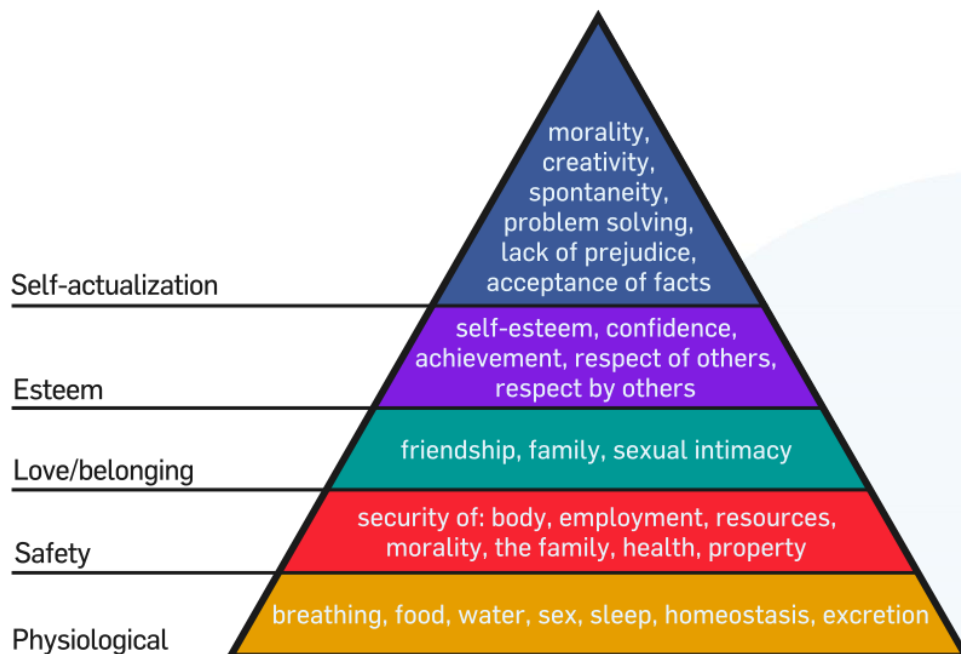
What is stigma?

A strong feeling of disapproval that most people in a society have about something, especially when this is unfair

Does stigma exist for mental health concerns?

Mental health

- What is Mental Health
 - What influences your mental health?
 - What does mental health look like



The Brain

The brain is affected by things you might see as harmless on a short term → substance use, nutrition, stress, sleep deprivation.

Stress

Destructive Ways

What are they??

Healthy Ways

Problem Solving/Emotion Focused

Exercise

Breathing

Music, Singing and Dancing

Meditation/Relaxation/Yoga

Connecting with nature

FUN



What we know...

- 1 in 5 people will experience mental illness or substance use problems
- 18% of adolescents report a mental illness or substance use problem (age 15-24)
- The most common mental illness among adolescents is anxiety 6.5% (females higher 8% and males 4%)
- 20% - 30% of adolescents have one major depressive episode before adulthood

Anxiety – what is it?

- Nervousness/Fear
- Anger/irritability
- Rapid heart rate, rapid breathing, shortness of breath
- Nausea or stomach pain
- Feeling very hot or cold, sweating, trembling or shaking
- Headaches , dizzy, lightheaded, or unsteady
- Problems sleeping, fatigue, problems focusing
- Avoiding people, places, or situations that trigger anxiety
- Overdoing vs. Under-doing
- Predictions about negative events
- Mind goes blank, can't focus or pay attention
- “Snowball” effect
- WHAT IF.....?

Anxiety as a diagnosis

- Anxiety becomes a problem when our body reacts in the absence of real danger
- Excessive and uncontrollable
- Stops being helpful and starts getting in the way



Major Depression

Diagnosing Criteria (Need 5 of 9):

1. Depressed mood
2. Decreased interest/pleasure
3. Decreased weight
4. Insomnia/hypersomnia
5. Psychomotor changes (agitation/retardation)
6. Decreased energy
7. Excessive/inappropriate guilt
8. Decreased ability to think/concentrate
9. Suicidal thoughts

Depression as a diagnosis

- Length of time/episode
- Risk of future episodes
- Impact on life related to symptoms



How to build your resiliency

- Breathe
- Sleep
- ‘Down time’
- Exercise – get the blood flowing
- Mindfulness
- Learn to reframe your thoughts
- Journaling
- Positive self talk
- Practice, Breathe, Practice



What will you do to build your resilience?

What are some positive practices that you could add to your day to day?

- Try to get 15 minutes more sleep each night
- Eat Breakfast every morning
- Exercise for 30 minutes three times a week
- Journal
- Meditation

Thank You!

Questions?

Comments?

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