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the
SCHOOL NURSE
DAILY
NEWSLETTER

TOPIC OF THE MONTH:

**HOW TO REGAIN AND MAINTAIN A HAPPY
AND CONTENT STATE OF MIND**



September 2024

School_Nurse Daily - Monthly Newsletter

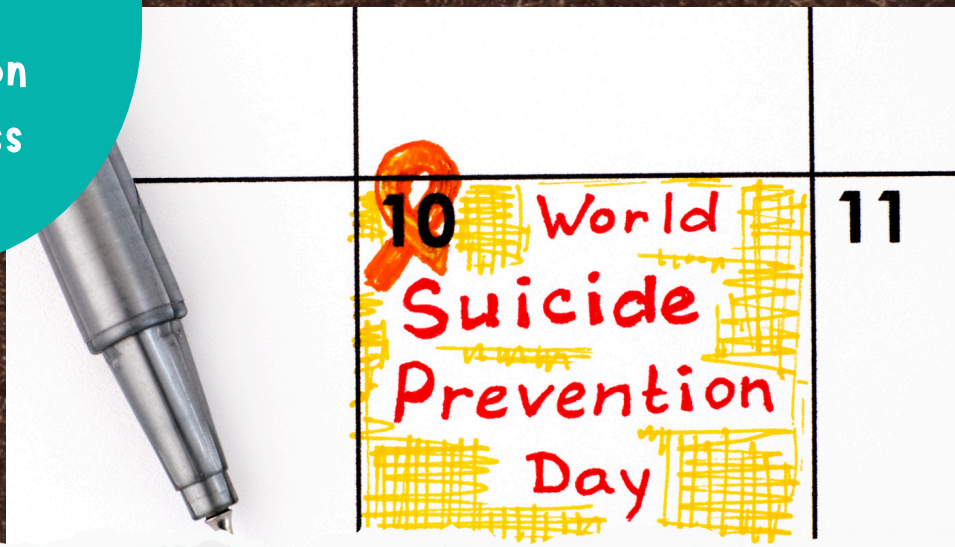
Scripture of the Month

Joel 3:10 (NIV)

"Beat your ploughshares into swords and your pruning hooks into spears. Let the weakling say, 'I am strong!'"

September

Suicide
Prevention
Awareness
Month



Studies say that mentally healthy individuals have these qualities (maybe not all at once, and the list is not limited to these) (Smith 2024):

- A sense of contentment
- A zest for living and the ability to laugh and have fun
- The ability to deal with stress and bounce back from adversity
- A sense of meaning and purpose, in both their activities and their relationships
- The flexibility to learn new skills and adapt to change
- A balance between work and play, rest, and activity
- The ability to build and maintain fulfilling relationships
- Self-confidence and high self-esteem

But how many of us is that true for? How many of us can confidently say that we have at least 5 things out of that list, in the bag? How many of us are still struggling with anxiety, depressive thoughts, self-harm, suicidal ideations and the whole works? Too many of us if we are being honest. But, like a broken record, I am going to remind you that that does not have to be your reality.

The truth is, sadness, anxiety, trauma, and stress are all normal parts of life. It is something that we all will experience every now and then. What's important is that we bounce back. But, in order to bounce back, or build resilience, we have to learn the tools for coping with difficult situations and maintain a positive outlook.

Though everyone's issues are different, and no one solution works for everyone, there are things you can put in place to help in becoming a happier person, and gaining contentment.



Why?

WHY ARE WE RELUCTANT TO ADMIT WE ARE UNHAPPY MENTALLY?

Here's another truth, many of us are reluctant to seek help when we are suffering mentally, for one reason or another. Here are the two most common reasons why (Smith 2024):

1. Our emotional and mental needs are seen as less legitimate (or serious) than physical issues. So, people see it as a sign of weakness (and sometimes it is said it is our fault) rather than us needing help.
2. Some people see mental health problems as something we should 'snap out of'.



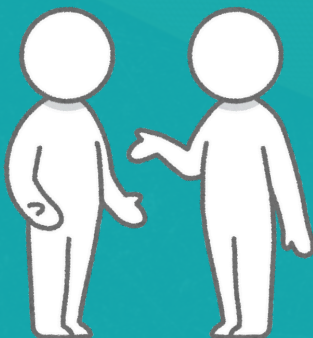
HOW CAN I GENUINELY BECOME HAPPIER?

HOW?

When it comes onto our mental health, there is no easy fix, or one size fits all. It will take consistent work from you, and you actually give these methods a shot! Chances are, you may still need to speak with a counsellor or therapist even after trying these methods. Why? Because the wounds stem deeper than what you are willing to accept. So, while in the midst of your pain, you can find relief in these techniques:

01. Make social connection a priority —especially face-to-face

I know how it can feel when you are at your lowest; people are the last thing you want to see or be interacting with. The urge to isolate yourself is so overwhelming that it is so hard to ignore! But isolation is a recipe for greater depths of sorrow. We are social beings, with emotional needs, and we crave meaningful relationships and connections, and it is destructive to deprive ourselves of that (no matter how much we want to act like we do not need others). So, go out, make small plans with your closest friends and family, and allow them to put a smile on your face.



02. Get closer to nature

Studies show that just by looking at the greenery outside, it calms our nervous system and allows us to feel more at peace. Go outside and take a long walk. If you have a garden or farm, go and prune your plants and feel the dirt. Take your shoes off and dip your feet in the water. Turn off your phone and disconnect from technology and connect with nature. The birds are waiting on the outside to talk with you.



03. Get more from your sleep



We are prone to deteriorate mentally and physically if we do not get adequate sleep because our brain's health is not being maintained. For those who struggle with insomnia, you will have to make an intentional effort to fall asleep and STAY asleep. So, create a sleep schedule and keep it, it helps our body to be conditioned to a timing for bed. Avoid caffeine before bed and reduce blue light screens (technology) at least 30-45 minutes before bed – this reduces stimulation. Create a relaxing bedtime routine to prepare your mind and body for rest – have a warm relaxing bath, listen to soothing techniques, and read your bible before bed.

Make IT HAPPEN

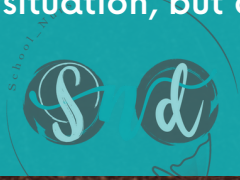
05. Keep moving

Research proves that exercise releases hormones that help us to feel good, reduce anger, and moving helps us to become more confident about how we look. Just 30 minutes of jogging, cycling, running, exercise, dancing, or even fast-paced walking, can help to boost our moods and make us feel happier. Maybe not about our situation, but definitely about ourselves.



04. Plan things to look forward to

Setting goals and plans for the future helps you to stay grateful and appreciative of the small and unassuming things of life. Set small tasks to accomplish for the day and work towards them. When we are overwhelmed by the big tasks of life and begin to feel unaccomplished because it feels like we are not making any progress, it feels nice knowing that you can cross off that 'do the dishes' off your to-do list, or even 'read two pages of the book today'. We have much to be grateful for, we just need to shift our perspectives.



06. Learn to understand and acknowledge your feelings

Not many of us know how to identify what we are feeling. We often go with 'mi feel a way'. Or, we know what we are feeling but we are ashamed and/or afraid to acknowledge it. Our emotions are our body's way of regulating itself and also acts as a defence mechanism. It is important for us to pay attention to what our body is telling us and give ourselves some grace as well. So, do not be afraid to say that you are sad and afraid – help your body become okay with what it is experiencing, and remind yourself that these are normal emotions. When it becomes difficult to put a name to what you are feeling, start by describing what it is or how it started, maybe someone will be able to help you out.



07. Turn to someone you trust for support

In reality, it does more harm to keep our emotions on the inside. Though it will take a mountain of courage to speak to someone about what you are going through, it is also a necessary step to take. Talking helps you to find relief in the situation, allowing you to feel less alone and releases the mental hold that the situation had on you when you kept it to yourself. Use your own words to explain what you are going through. You may even find clarity in just talking about it and someone listening. Talking to someone is also a gentle reminder that we aren't facing life alone. If there are limited persons who you see as trustworthy, try speaking to your guidance counsellor, school nurse and even your pastor.



Life gets difficult from time to time, and for some, it seems difficult all the time – but if we take intentional steps towards recovery, then we can make a difference in our own lives. Though we may believe that we need a huge miracle to get better, God has already provided various avenues for us to achieve little miracles to get us to a better place. All we have to do is try.



NURSE D'S TIP AND DEAR PARENTS

Be kind to each other. Use kind words. Give a helping hand. Remember to say 'I love you'. Don't let a funeral be the reason why you reflect on all the reasons why you love someone and give them flowers. Tell them while they are alive, maybe you could be the very reason why someone decides to live another day.

Love, Nurse D.

DEN CU YAH

Self-care looks different on everyone, find what it looks like for you.



Disclaimer: The content on this newsletter should not be used in place of medical/professional consultation or advice, but to be used for educational purposes only.

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