

# SCHOOL NURSE DAILY NEWSLETTER

## Scripture of the Month

Psalm 46:1-3 (NIV)

"God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging."

**NEW**  
**FEATURES**

• October's  
• Activity  
• Highlight!

## Topic of the Month

**AM I REALLY CRAZY, OR IS THIS  
NORMAL?' - LET'S HAVE THE  
MENTAL HEALTH TALK**

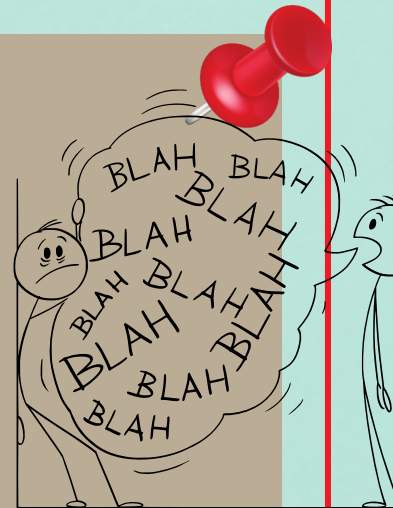
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It is so funny how often we speak about the importance of having good mental health but at times it seems we do so little to ensure it happens.

What are the chances that when you feel overwhelmed at work or in your home, that you actually make it known to those around you, and take a step back? We are so accustomed to ensuring that we 'go the extra mile' that we forget that we need to treat our mind with grace.



## FACTORS CONTRIBUTING TO A POOR MENTAL HEALTH

For some, it is not easy to identify when you are facing mental distress. With that, here are a few examples of when we are facing difficulties with your mental health (Mind, n.d.):

- childhood abuse, trauma, or neglect
- social isolation or loneliness
- experiencing discrimination and stigma, including racism
- social disadvantage, poverty or debt
- bereavement (losing someone close to you)
- severe or long-term stress
- having a long-term physical health condition
- unemployment or losing your job
- homelessness or poor housing
- being a long-term carer for someone
- drug and alcohol misuse
- domestic violence, bullying or other abuse as an adult
- significant trauma as an adult, such as military combat, being involved in a serious incident in which you feared for your life, or being the victim of a violent crime
- physical causes – for example, a head injury or a neurological condition such as epilepsy can have an impact on your behaviour and mood.





As you can see, the list of things that can throw us off balance is endless. With that in mind, why are we not taking better care of our mental health? It is so easy to get lost in the busyness of our life, life just keeps on 'lifeing', and we neglect our mental health so easily. It's like we are in a consistent loop of 'eat, work, sleep, and repeat', allowing no extra time for self-care.



But why are you neglecting your mental health? At times, recognizing this is the first step towards achieving a good mental health state. When you recognize what the barrier is, then you can work towards removing it.

Barriers include (McDonald, 2018):

- Being too busy
- Not feeling like it is okay to talk about your feelings
- Not sure who to talk to
- You lack the financial assistance you need.

### **BREAKING THE BARRIERS TO MENTAL HEALTH**

Improving your mental health will start with acknowledging that there are barriers that hinders a good mental health state, then removing said barriers. Improving our mental health has multiple benefits to it, including (Beyond Blue, n.d.):

- Improved learning
- Improved creativity
- Higher levels of productivity
- Better social relationships
- Good physical health
- A more positive outlook at life
- Increased self-awareness
- Increased self-worth
- Increased sense of purpose



The benefits are countless, and we all can have access to them. With that, let us look at how to break the barriers we mentioned before.

- Being too busy – this one is way too common and the truth is there will never be more than 24 hours in one day, so what do we do? We make sacrifices. We make sacrifices and take the 30 minutes or hour you need in order to do something your mind will be grateful for. Be it an early night's rest or lighting a scented candle and just sit and enjoy an episode of a cartoon series you love. Make the sacrifice for the bigger things, and where necessary as well, you take small breaks throughout the day and take a 5-minute walk or make a cup of tea. It really takes us making ourselves a priority for us to recognize that we really aren't THAT busy.



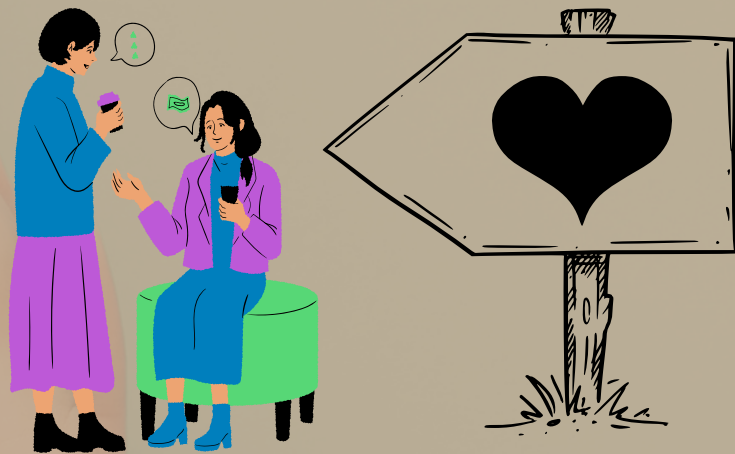
- Not feeling like it is okay to talk about your feelings – with this, it's really just better to rip the band aid off. Start the conversation about mental health. You do not have to start talking about your mental health, but you can delve into the topic itself and all it encompasses. Sometimes those around us do not talk about this because we do not see a reason to. So, start the conversation. Enlighten them about the fears and anxieties that others may face regarding this, then maybe you can ease into how you are feeling after you are much more comfortable. Sometimes we have to fly before we can walk.





- Not sure who to talk to – start with deciding who you can trust to keep your business confidential. Know who you can confide in that will not judge you or criticise you unfairly. Start with a friend. If after you have met with that friend and they may not be able to help you adequately, know that there are other individuals you can turn to, such as: a Pastor, a Counsellor, a Nurse, or your Physician.

Let's  
TALK  
about  
MENTAL  
health



- You lack the financial assistance you need – acquiring certain services such as therapy, may be very expensive. So, if that's the roadblock you are facing, know that you have options such as support groups, mental health hotlines such as U-Matter, or one-on-one counselling sessions with your Pastor – many Pastors are trained counsellors, you can even try the Guidance Counsellor at your local high school.

Your mental health is your business, as harshly as that sounds. If you don't take care of it, then no one will. So, give yourself the best shot possible at good mental health.



HELPFUL TIPS

# Nurse D's Tip & Dear Parents

Know the warning signs of a depleting mental health. It's not about 'acting mad', but about 'you don't seem a lot like yourself lately'. And when you do notice something, take action, please. One 'I've only been missing dinner for one week' can easily turn into 'I have not slept in 4 days'. Every symptom has a ripple effect and has the potential to be constant.

Here are some signs and symptoms of a depleting mental health (NorthStar Transitions, 2021):

- Feeling Irritable
- Problems Sleeping
- Constant Feelings of Depression
- Feeling Disconnected From Reality
- Isolating From Friends And Family
- Problems Concentrating
- Changes In Weight or Appetite
- Persistent Feelings of Guilt
- Poor Personal Hygiene
- Experiencing Cravings





# Den Cu Yah!

Here are a few mental health contacts and hotlines located in Jamaica, and FREE for you to utilise:

1. Text SUPPORT to U-Report at 8768344897 on WhatsApp or SMS (free texts on FLOW) or @ureportjamaica on IG or FB Messenger – For children
2. Call 888-639-5433 – for mental health and suicide prevention
3. Call 888-723-3776, WhatsApp 876-439-5199 or DM SafeSpotJa (instagram, facebook, or snapchat)
4. Call Bellevue Hospital at 876-928-1380
5. Call JAMHAN for mental health support at 876-382-7497
6. Call Choose Life International for counselling and seminars as 876-920-7924

## Thank You

### References

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<https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/causes/>

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Thank  
YOU!





# MIND PROJECT INITIATION

**For the month of October, I aimed to target the staff's mental wellbeing. I am currently in the planning phase of the MIND Project. However, I delivered a section of Module 1 entitled: Decreasing Stigma in the Workplace.**

