Mental Health and Wellness

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To provide feedback or to receive a copy of today’s slides, send an email to jmeister@activehealth.net.
Learning Objectives

• Define Mental Wellness
• Explain the 8 Dimensions of Wellness
• Define Mental Health
• Discuss tips for staying mentally well
• Practice stress relief techniques
“Wellness does not necessarily mean having to have the absence of illness, disease or stress, but having a sense of purpose, overall happiness, meaningful relationships, a healthy body and stable living environment and an overall enjoyment of life and your work.”
The 8 Dimensions of Wellness

- Emotional
- Physical
- Occupational
- Social
- Spiritual
- Intellectual
- Environmental
- Financial

Resources: www.samhsa.gov
Emotional Wellness

Definition
Coping effectively with life and stress. Maintain good mental health, a positive attitude, and a sense of self worth.

Tips for Emotional Wellness

- Express feelings in a healthy way
- Be aware of the feelings of others
- Be able to express love and trust
- Cope with the stressors of life

Resources: www.samhsa.gov
Mental Health
Definition of Mental Health

• Mental health includes our **emotional, psychological, and social well-being**. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

: http://www.mentalhealth.gov/basics/what-is-mental-health/index.html
The Importance of Mental Health

- Positive self-worth
- Meaningful contributions to the community
- Increased productivity at work
- Life satisfaction
- Lower risk of developing chronic diseases
- Ability to cope with the stresses of life
- Can help you develop meaningful relationships

“Only 17% of U.S. adults are in a state of optimal mental health.”
Stress and Mental Health

**Physical** and **emotional** response to change

**Normal** reaction to increasing demands and changes in life

When brain perceives stress, it signals the **release of hormones** to address stress

- “Flight or fight response”
- When threat is gone, body is meant to return to normal state

When stress is **excessive** or **prolonged** this can negatively impact health

Stress is **different for everyone**, and people can use **multiple ways to cope**
## Early Warning Signs of Mental Health Issues

If you experience one or more of the following behaviors, it can be a sign that you are suffering from a mental health issue:

<table>
<thead>
<tr>
<th>Signs</th>
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<tbody>
<tr>
<td>Lack of energy</td>
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<tr>
<td>Eating or sleeping too much or too little</td>
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<tr>
<td>Change in appetite</td>
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<tr>
<td>Feelings of hopelessness</td>
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<tr>
<td>Abnormal use of drugs, smoking or alcohol</td>
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<tr>
<td>Constant fighting with family and friends</td>
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<tr>
<td>Feeling unusually confused, forgetful, on edge, angry, upset, worried or scared</td>
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<tr>
<td>Loss of interest in hobbies or activities</td>
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<tr>
<td>Thinking of harming yourself or others</td>
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<td>Inability to perform tasks in your daily routine</td>
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</tbody>
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Resources: [http://www.mentalhealth.gov/basics/what-is-mental-health/index.html](http://www.mentalhealth.gov/basics/what-is-mental-health/index.html)
Mental Health Disorders: **Depression**

**Signs and Symptoms:**

- Feelings of hopelessness
- Persistent sad mood
- Interrupted sleep
- Difficulty concentrating
- Decreased energy
- Lack of interest in hobbies
- Thoughts of harming oneself or others
- Change in appetite and/or weight
- Irritability and restlessness

"More than **26%** of U.S. adults suffer from depression."

Mental Health Disorders: Generalized Anxiety

Signs and Symptoms:

- Constant worrying about everyday things
- Having trouble controlling their worries
- Having a hard time sleeping
- Feeling tired all the time
- Having a hard time swallowing
- Being irritable
- Having a tremble or a twitch
- Having unexplained headaches, muscle aches or stomach aches
- Cannot concentrate

GAD affects about 6.8 million American adults, including twice as many women as men.

Staying Mentally Well
# Tips to Staying Mentally Well

<table>
<thead>
<tr>
<th>Category</th>
<th>Tips</th>
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<tbody>
<tr>
<td>Good Nutrition</td>
<td>• Choose foods that will give your body steady energy.</td>
</tr>
<tr>
<td>Healthy Sleep</td>
<td>• Sleep 7-9 hours a night.</td>
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<tr>
<td>Managing Stress</td>
<td>• Participate in stress management exercises such as deep breathing, yoga or guided relaxation.</td>
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<tr>
<td>Exercise</td>
<td>• Get at least 150 minutes of exercise a week.</td>
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</tbody>
</table>
Tips for Staying Mentally Well

- Take a break
- Do things you enjoy
- Volunteer
- Journaling
- Spend time with your friends and family
- Set realistic goals
- Cut down on caffeine
- Face the problem and get advice from others
- Laugh
Relaxation techniques

- **Release tension** and counteract the effects of stress on body
- Helps to produce the **body’s natural relaxation** response
  - Slower breathing
  - Lower blood pressure
  - Feeling of calm and well-being
- Used to relax the **mind and body**
- Can be **self-taught** and **self-administered**

Effective when practiced often and combined with healthy lifestyle behaviors and social support.
Common relaxation techniques

✓ Deep breathing
✓ Guided imagery
✓ Progressive relaxation
Deep breathing exercises

• Taking in more oxygen helps to reduce tension, relieve stress and feel relaxed

• Helps decrease heart rate, and can to lower blood pressure

• Slow your breathing and focus on taking regular and deep breaths

• Easy and quick to do and can be done anywhere!
Practice deep breathing

Technique

1. Lie down or sit comfortably

2. Close your eyes, and place one hand on your belly, and the other on your chest

3. Begin to breathe slowly and deeply through your nose—expand your belly, chest and lungs (let the belly push your hand back as you breathe)

4. Then, slowly breathe out through your mouth

Practice this as needed throughout the day
Guided imagery

• Used to relax and relieve stress
• Takes you to a **peaceful, calming place** to distract the mind from pain, tension, or problems
• Focus on **pleasant images** to replace stressful feelings
• Method
  1. Sit comfortably or lie on your back with your eyes closed
  2. Imagine yourself in a peaceful or relaxing place
  3. Use your senses to see and feel the surroundings
Practice guided imagery

Technique

1. Sit comfortably or lie down and close your eyes
2. Imagine yourself in a favorite place
3. Use your senses

Practice this as needed throughout the day
Progressive **muscle relaxation**

• Used to relieve **muscle tension**

• Goal is to **tighten and relax** each muscle group, which helps you to be more **aware of physical sensations** and release the tension in the various areas of your body
Practice muscle progressive relaxation

**Technique**

1. Sit in a comfortable chair or lie on your back – close your eyes
2. Tense a group of muscles as you breathe in
3. And you relax them as you breathe out and relax the muscle group
4. Go through each muscle group, starting with your toes to your head

Practice this as needed throughout the day

Combine with guided imagery and breathing exercises
Wellness includes having a sense of wellness in all 8 dimensions of wellness, not just merely the absence of stress or disease.

Emotional wellness is an important part of overall well-being.

Mental Health includes our physical, social and psychological sense of well-being.

Mental Health disorders can be caused by social, biological and/or psychological factors.

Staying Mentally Well

- Sleep
- Exercise
- Eat Right
- Manage your stress!

- Practice Relaxation Techniques
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Join Me In May!

On-Site Lunch n' Learns

• Blow Away Your Old Exercise Routine
  • May 4 @ PLCB
  • May 17 @ PennDOT Clearfield
  • May 18 @ Hiram G Andrews
  • May 19 @ PennDOT Hollidaysburg
  • May 25 @ Reading State Office Bldg
  • May 26 @ Health & Welfare Bldg
  • 12:00 – 12:30pm
  • www.pebtf.org/wellness
Join Me In May!

Webinars

• The Essentials of Strength Training
  • May 5 or May 24
  • 12:00 – 12:30pm
  • www.pebtf.org/wellness
Thank you!

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