



INTRODUCTION TO MENTAL HEALTH & WELLBEING

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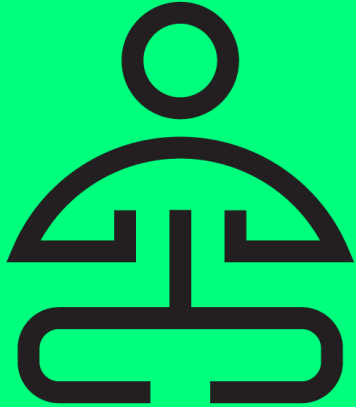
**BEING TRULY HUMAN
MEANS ENGAGING THE
WHOLE SELF, SO THAT YOU
ARE YOUR BEST SELF.**

**YOUR BEST SELF IS
PROFESSIONALLY AND
PERSONALLY SUCCESSFUL,
AS WELL AS PHYSICALLY
AND MENTALLY HEALTHY.**



YOU ARE YOUR BEST SELF
WHEN YOU ARE

PHYSICALLY ENERGIZED



WHAT POWERS YOUR PHYSICAL ENERGY?

QUALITY SLEEP

EXERCISE

NUTRITION

YOU ARE YOUR BEST SELF
WHEN YOU HAVE A

SENSE OF BELONGING



THIS MEANS THAT YOU:

- Have strong connections with your colleagues, clients, family and friends
- Build trust-based relationships
- Feel included
- Know that you and your contributions are valued

YOU ARE YOUR BEST SELF
WHEN YOU HAVE A

SENSE OF PURPOSE



THIS MEANS THAT YOU:

- Find **meaning** in what you do at work, at home, and in your community
- Are fueled by passion and intent

YOU ARE YOUR BEST SELF
WHEN YOU ARE

MENTALLY FOCUSED AND HEALTHY

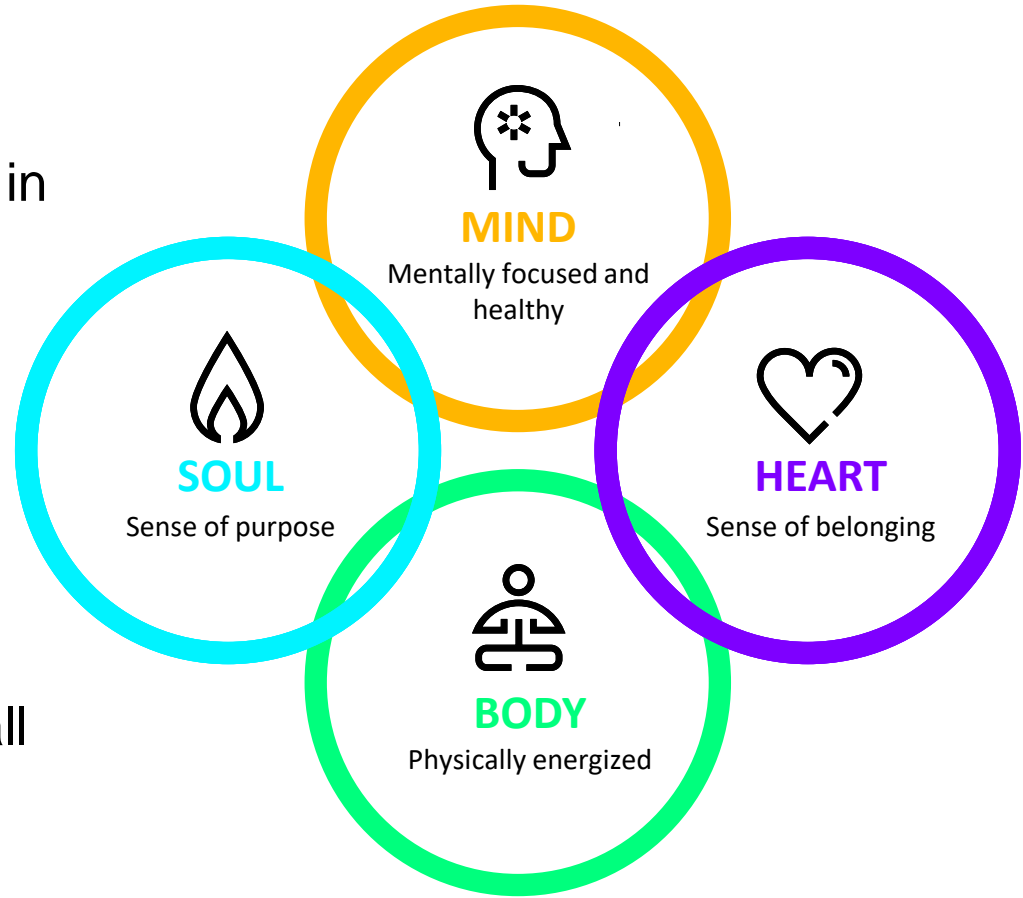


THIS MEANS THAT YOU ARE:

- Focused, stimulated and productive
- Using your strengths and skills to their fullest potential
- Taking time to renew and reflect
- Giving appropriate attention to your mental health

REFLECTION

- How do you care for yourself in each of these areas?
- What area is your biggest challenge?
- What area is your biggest strength?
- How does that impact your professional ability and overall well-being?



REFLECTION

YOUR CURRENT LEVEL OF MENTAL HEALTH AWARENESS



- How often do you think about mental health?
- How much do you know about common mental health conditions?
- How comfortable would you be talking to somebody at work about mental health concerns (yours or theirs)?



Stress and Mental Health

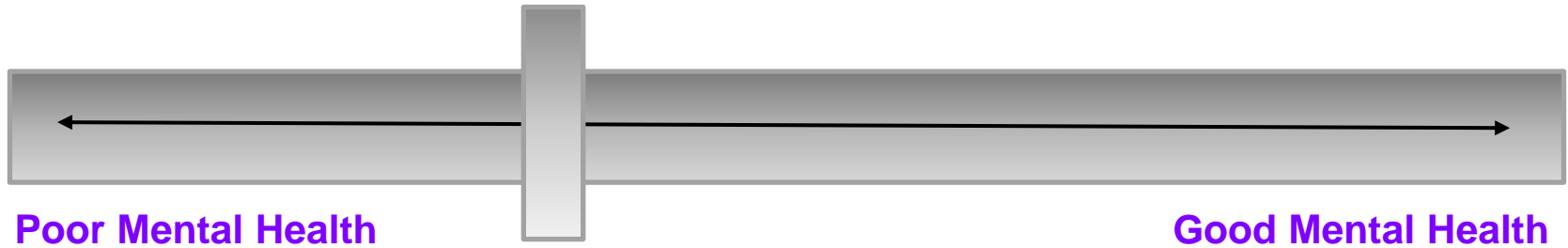


MENTAL HEALTH DEFINED

A STATE OF WELL-BEING IN WHICH EVERY INDIVIDUAL REALIZES HIS OR HER OWN POTENTIAL, CAN COPE WITH NORMAL STRESSES, CAN WORK PRODUCTIVELY, AND IS ABLE TO MAKE A CONTRIBUTION TO OTHERS.



MENTAL HEALTH IS A CONTINUUM



Our mental health is just like our physical health. There is a range of severity and duration of mental illnesses, just as there is a range of severity and duration of physical illnesses

DID YOU KNOW?

We're Not Talking About It Enough...

Globally, **1 in 4** people will be affected by a mental illness at some point during this year.⁽¹⁾

More than **80 million** working days are lost each year globally due to poor mental health.⁽²⁾

According to a 2016 UK study:⁽³⁾

- **35%** of employees who experienced a mental health issue did not approach anyone for support
- **49%** of employees would not discuss mental health with their line manager
- **86%** of employees would think twice before offering help to a colleague with poor mental health

DID YOU KNOW?

According to the World Health Organization **stress** is “the health epidemic of the 21st century.”



WHAT IS STRESS?

- A physiological (fight-or-flight) reaction to emotional and/or mental pressure
- Dangerous to mental and physical health when sustained for long periods
- Not a mental health condition, but can lead to or worsen mental health problems such as anxiety and depression



EXCESSIVE STRESS

UNDERSTANDING SIGNS AND SYMPTOMS

PHYSICAL

- Exhaustion
- Aches and pains
- Rapid heartbeat
- Shallow breathing
- Dizziness



COGNITIVE

- Inability to concentrate
- Poor judgment
- Memory problems
- Trouble making decisions
- Loss of perspective and long-term vision



EMOTIONAL

- Irritability
- Impatience
- Agitation, inability to relax
- Sense of loneliness and isolation
- Inability to enjoy yourself
- Anxiety



BEHAVIORAL

- Sleeping too much or too little
- Isolating yourself from others
- Procrastinating or neglecting responsibilities
- Nervous habits
(i.e. nail biting, pacing)



REFLECTION

WHAT STRESS DO YOU
HAVE IN YOUR LIFE?

New job or new role

Finances

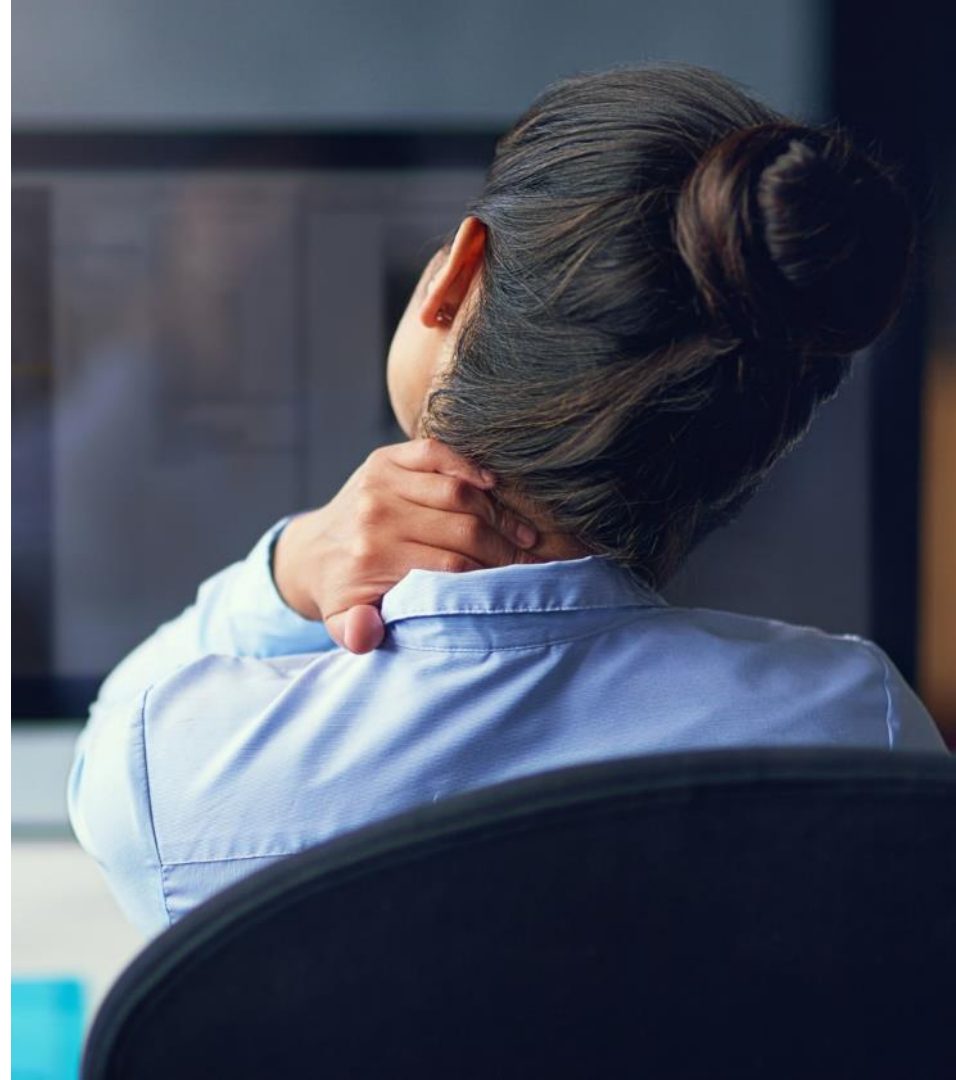
Kids

Aging family members

Roommates

Marriage

Health Issues



Self-Awareness

- Learn to recognize your typical stress responses.
- When you find yourself getting upset, ask yourself why. What does this tell you about yourself?
- Recognize your triggers through reflection.



REFLECTION

What are your stress triggers?

What do you think might be triggers for you in your work or personal life?

What do you worry about most?



How do you Manage Stress



RESILIENCE DEFINED

Our inner strength that helps us adapt to our best ability in the face of adversity, trauma, tragedy, threats or significant sources of stress.

Resilience means being able to “bounce back” from difficult experiences.



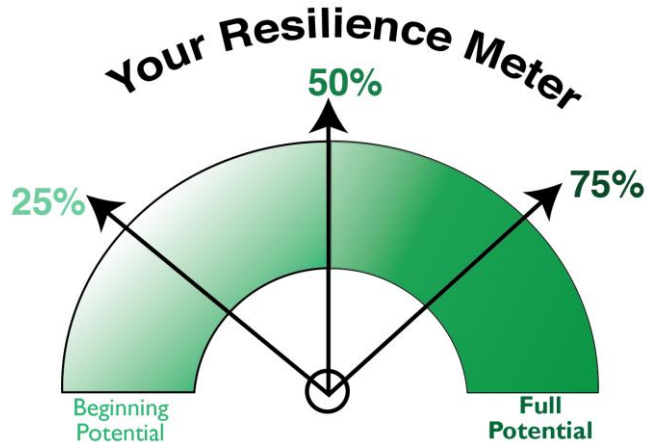
CHARACTERISTICS OF RESILIENT INDIVIDUALS

- Adaptable, flexible, embrace change
- Strong social connections and relationships for support
- Internal control: confidence and belief in their ability to deal with challenges
- Not easily discouraged; adapt rather than quit
- Self-aware, willing to talk about their feelings
- Able to and know where to ask for help
- Strong sense of purpose: “I make a difference because of what I do.”



ARE YOU RESILIENT?

Good news! Resilience is not a fixed personality trait. You may be surprised at your own resilience. It is a quality within all of us, but it requires that we tap into our amazing personal strength.



Sample questions from the resilience survey:

- I am able to adapt when changes occur.
- I have at least one close and secure relationship that helps me when I am stressed
- I try to see the humorous side of things when I am faced with problems.
- I believe I can achieve my goals, even if there are obstacles.
- During times of stress/crisis, I know where to turn for help.
- Under pressure, I stay focused and think clearly.
- I am not easily discouraged by failure.
- I prefer to take the lead in solving problems rather than letting others make all the decisions.
- I am able to handle unpleasant or painful feelings like sadness, fear, and anger.

COPING TIPS

TO HELP REDUCE STRESS AND BUILD RESILIENCE

TAKE CARE OF YOUR BODY

- Get enough sleep
- Exercise
- Focus on proper nutrition



TAKE CARE OF YOUR MIND

- Practice relaxation techniques
- Build positive beliefs and connect with your strengths



TAKE CARE OF YOUR HEART

- Develop a support network
- Take time to understand your emotions and their root causes
- Share how you are feeling



TAKE CARE OF YOUR SOUL

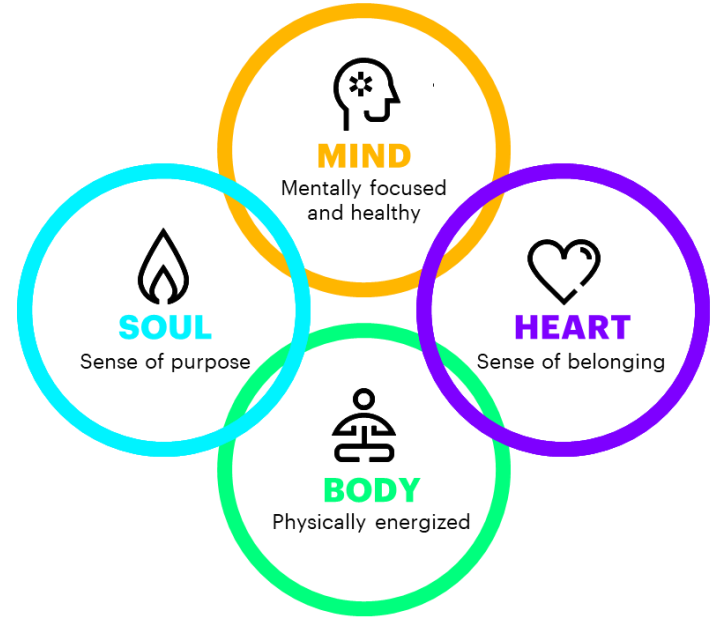
- Connect with and nurture yourself
- Find your sense of purpose and engage in activities that fuel it



WRAP-UP

IN THIS SESSION, WE COVERED:

- How to be your best, whole self by taking care of your body, mind, heart and soul.
- The importance of understanding and talking about mental health.
- How stress can affect your mental health, and what stressors you may expect to face in this role.
- How your resilience helps you manage stress and maintain wellness, and how to continue to build resilience.



24/7 Helpline

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Freephone
24 / 7 / 365


Voluntary
Self Referral

Red Flag
Priority




Your Pin is:



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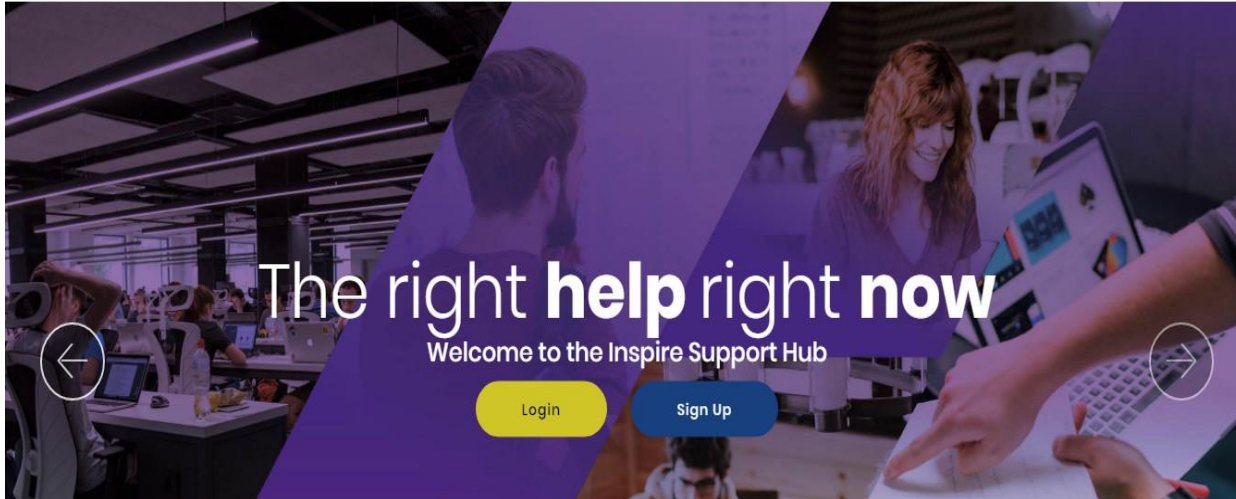
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THANK YOU
Any questions