Here For You

Strategies to recognize and support your mental health

carleton.ca/wellness
Outline of Workshop

1. What is Mental Health?
2. Reinforce Self-care
3. Recognize
4. Respond & Reach Out
5. Reflect
What is Mental Health?

"Mental health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

- World Health Organization
Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.

Mental illness is a recognized, medically diagnosable illness that results in the significant impairment of an individual’s cognitive, affective or relational abilities. Mental disorders result from biological, developmental and/or psychosocial factors and can be managed using approaches comparable to those applied to physical disease (i.e., prevention, diagnosis, treatment and rehabilitation).
Mental Health vs. Mental Illness
The Four R’s

1. Reinforce Self-Care Practices
2. Recognize
3. Respond/Reach Out
4. Reflect
1. Reinforce Self-Care

Dimensions of Wellness

Build your routine

Reflect & Update
8 Dimensions of Wellness

- Social
- Emotional
- Physical
- Intellectual
- Environmental
- Financial
- Occupational
- Spiritual
# Build a Routine

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<td>Make a cup of tea</td>
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<td>Write in my gratitude journal</td>
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<td>Go for a quick walk around my neighbourhood</td>
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<td>Prep a healthy lunch for tomorrow</td>
<td>Call my friend to catch up</td>
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<td>Read my new book for 20 minutes</td>
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Reflect and Update
2. Recognize

Self-Awareness  
Building Resilience  
Mental Health Continuum
Self-Awareness
The ability to accurately recognize one’s own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one’s strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”
Building our Resiliency
Resiliency

Alberta Family Wellness Initiative
Mental Health Continuum

Thriving on Campus
Positive mental health and well-being, with high levels of energy, engagement, and functioning.

Everyday Stress
Occasional difficulties in responding to academic, personal, social, financial or health issues. These issues are common to most students.

Mild MH Concerns
More persistent difficulties in coping, causing some anxiety or lowered mood with an impact on self-care. Often situational and reversible.

Moderate MH Concerns
Mental health challenges or levels of distress that have a greater impact on daily functioning, academics, or social interactions.

Complex MH Concerns
Complex mental health challenges that limit daily functioning and require specialized care, a treatment plan or monitoring.
Mental Health Continuum

**Thriving on Campus**
- Takes things in stride
- Sufficient sleep
- Participate in activities
- Usual self-confidence
- Consistent performance

**Everyday Stress**
- Procrastination
- Forgetfulness
- Difficulty relaxing
- Irritable/impatient
- Mechanisms for coping with stress

**Mild MH Concerns**
- Nervousness, sadness, increased worrying
- Trouble sleeping
- Intrusive thoughts
- Decreased social activity
- Lowered energy

**Moderate MH Concerns**
- Increased anger/anxiety
- Lingering sadness, tearfulness, hopelessness
- Easily distracted/difficulty concentrating
- Decreased performance
- Disturbed sleep
- Withdrawal from social

**Complex MH Concerns**
- Significant difficulty with emotions and thinking
- High anxiety and panic attacks
- Significantly depressed mood
- Significant disturbances in thinking
- Suicidal thoughts, intent, or behaviour
3. Respond & Reach Out

Coping Strategies

Learn and Connect to Services

Diversify Support
Coping strategies refer to the specific efforts, both behavioral and psychological, that people use to master, tolerate, reduce, or minimize stressful events.

- Problem solving strategies
- Emotion focused strategies
Connect to Services

Get Help Now →

Information and Resources  Find Support  Help a Friend  Get Involved

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Diversify Supports

- Personal coping strategies
- Family and Friends
- Teachers and TAs
- Health & Counselling Centre
- On Campus Support
- Off Campus Support/Community Supports
4. Reflect

- What’s Working?
- Limits and Strategies
- Make a Plan
Limits & Strategies

- Active vs. Avoidant Coping
- Objective Support
- Proactive Coping
Implementation Intention:

“When situation X arises, I will do response Y.”
The Four R’s

1. Reinforce Self-Care Practices

2. Recognize

3. Respond & Reach Out

4. Reflect
Questions?

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