

# **Mental Health Self-Care**

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# Objectives

- Learning what the definition of Mental Health Self-Care means
- Learning What Causes Bad Mental Health
- Having Good Mental Health Benefits
- What does someone with Severe Mental Health Feel Like
- Ways of Practicing Good Self Care for your Mental Health
- Ways that you can receive help
- Breathing exercise activity that helps better your mental health
- Common mental health issues
- Building a good support system
- The demographics of mental health issues
- Results of good mental health self-care

# What is the Definition of Mental Health Self-Care?

The application of taking the initiative and action to better maintain one's mental health Psychologically in various ways. To keep your mind sharp and alert at all times.



# What Causes Bad mental Health

- Drinking
- Substance Abuse
- Terrible diet

- Relationship Issues
- Trauma

- Poor Sleep Habits
- Bullying
- Genetics

- - Stress
- Major Life Changes

- Chronic Illness
- Social Isolation

- Medication
- Financial Problems
- Job Loss

# What Happens when you are dealing with terrible Mental Health

You May Experience....



- Substance Abuse

- Suicide

- Self Harm

- Unemployment

- Drinking addiction

- Disability

- Illnesses

- Unhealthy Habits

# Mental Health Benefits

## Personal Development

- Build self-awareness
- Resilience
- Emotional intelligence
- Social connection
- Goal setting
- Bodywork
- Practice kindness

## Incorporating self-care into daily life

- Small steps
- routines
- set boundaries
- seek support

## Overall quality of life

- Relationships
- Daily task
- Financial strain
- Hobbies and activities
- Diet
- Hygiene

# What Does Severe Mental Illness Feel Like?

## Physical Symptoms

Weight gain

Digestive issues

Pain

## Emotional Symptoms

Guilt

Anxiety

irritability

# Common Mental Health Issues

## Depression

Characterized by:

- Feeling sad
- Feeling irritable
- Lack of interest in activities
- Poor concentration
- Low self-esteem
- Suicidal thoughts

## Anxiety

Characterized by:

- Distress
- Dysfunctioning
- Panic attacks
- Excessive worrying
- Fear
- Seperation

## Bipolar Disorder

Characterized by:

- Depressing episodes
- Manic Episodes
- Suicidal thoughts
- Euphoria
- Irritability



# Demographics

1/4 Americans have a mental disorder

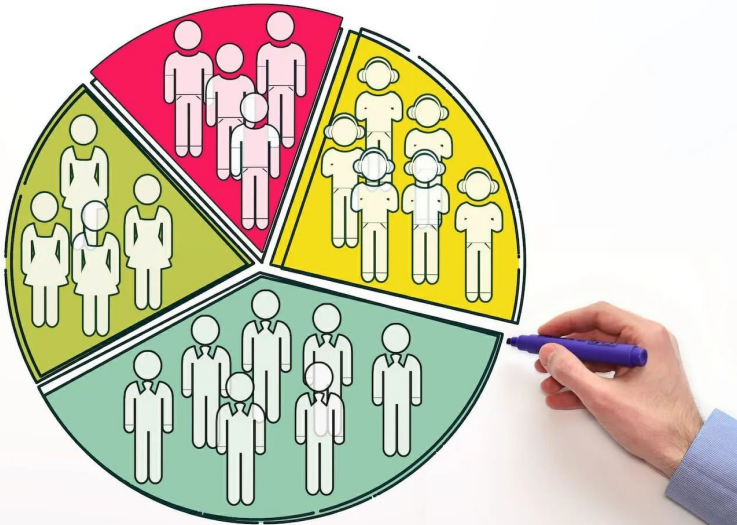
18% have an anxiety disorder

9.5% have depression

2.6 % will have bipolar disorder

Women are more likely to develop a mental disorder

Suicide is one of the leading causes of death in 15-24 year olds.



## Practicing self-care

### Exercise

- 30 minutes of exercise a day minimum
- Walking to class

### Diet

- Balanced diet
- Avoid too much caffeine
  - One study showed that caffeine can induce panic attacks, insomnia, restlessness, etc.

## Practicing self-care

### Sleep

- Good quality sleep
- 7-9 hours a day
- Feel Refreshed

### Relax

- Relaxing activities
  - Meditation
  - Breathing exercises
  - Reading

## Building a Support System

### Can talk to:

- Friends
- Family
- Counselors
- Almost anyone

### Can seek mental help from:

- Psychologists
- Social workers
- Psychiatrists

# Results

## Coping skills

- Happiness
- Improved outlook
- Adapting

## Positive self-esteem

- Confidence
- Self worth
- Create connections

## Well-being

- Reduced stress
- Positive outlook
- Physical health

## Relationships

- New
- Improve
- Lasting

## Improved mood

- Happy about you
- Happy to others

## Physical health

- Less likely to develop mental health disorders
  - Anxiety
  - Depression

# Activity



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