

EMOTIONAL AND SOCIAL DIMENSION OF WELLNESS

Mental Health is the ability to cope with stress

- Environment
- Emotions

The Benefits on the teenage brain for good mental Health

- Learn easier
- Improve concentration
- Less negative stress
- Have control over emotions



WISE WORDS FROM PIGLET



UNDERSTANDING MENTAL HEALTH & MENTAL ILLNESS

- Everyone has mental health regardless of whether or not they have mental illness
- Both mental health & mental illness are the result of how our brains function
- The brain processes and reacts to everything we experience
- The brain's activities initiate and control movement, thinking, perception, emotions, and involuntary physiological processes



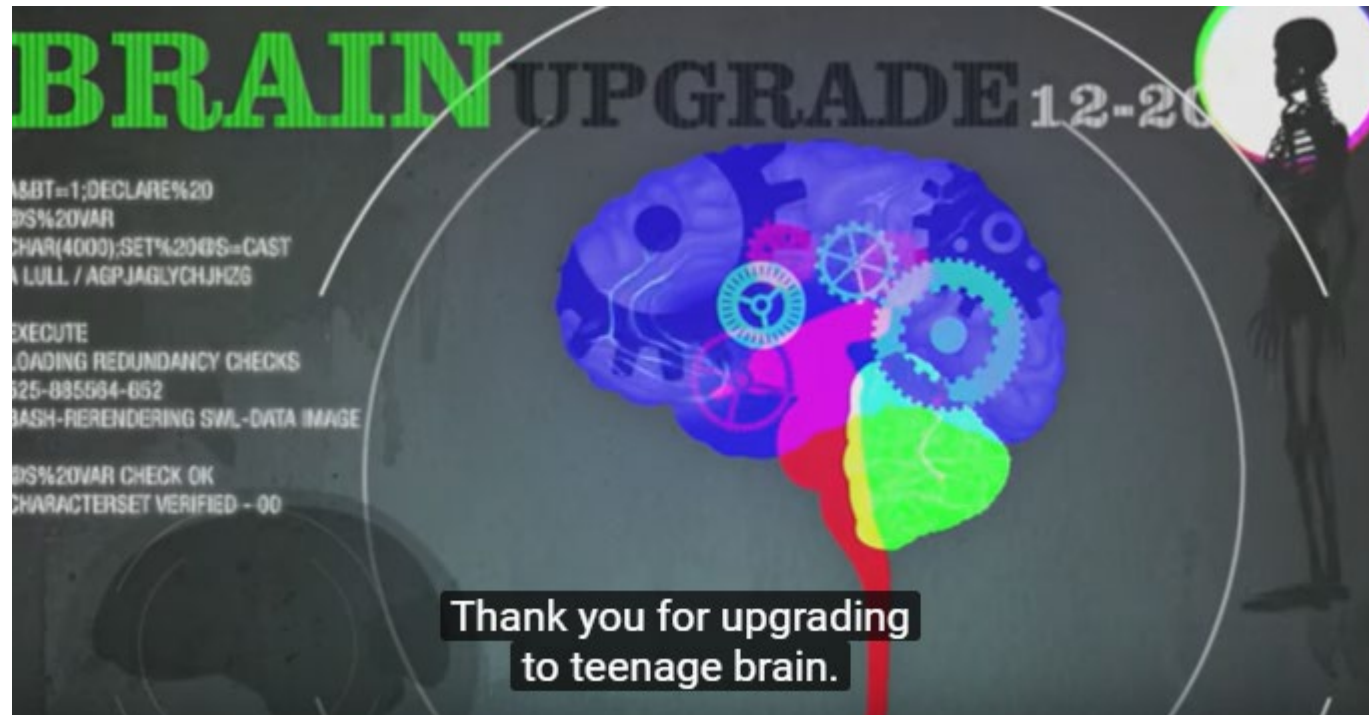
5 in 5 people have mental health.



1 in 5 people have mental illness.

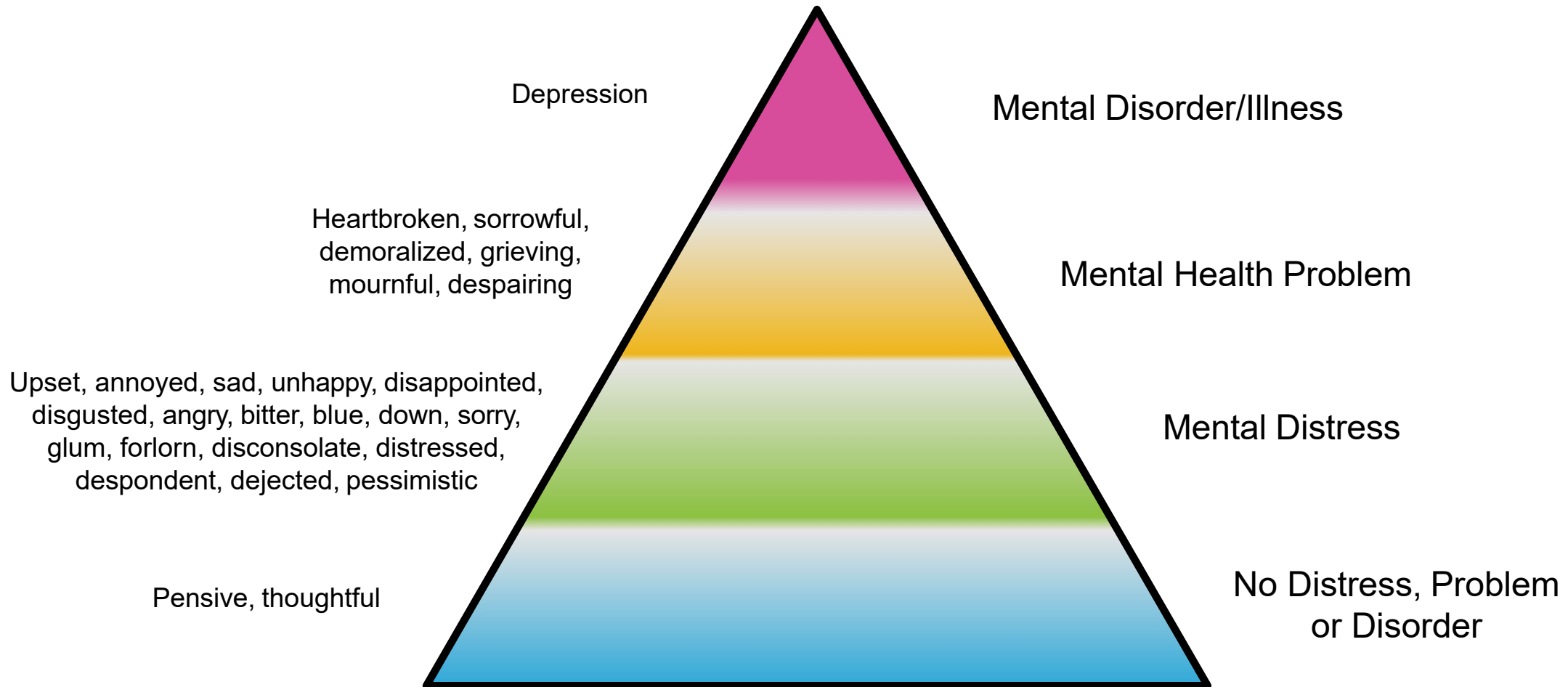
TEEN BRAIN

- What is one new thing that you learned from this video?



UNDERSTANDING MENTAL HEALTH STATES: WHAT THE WORDS MEAN

The Inter-Relationship of Mental Health States



MENTAL DISTRESS



- The brain's expected and usual response to the stresses of everyday life (e.g. exams, relationships, disappointments)
- Happens to everyone every day
- Leads to adaptation, learning and coping
- Is often seen as negative instead of as helpful
- Must reframe as positive (excitement not stress)
- Does not need treatment

MENTAL HEALTH PROBLEM



- The brain's response to a severe or persistent life problem (e.g. death of a family member, severe bullying, parent divorce)
- Happens to everyone many times in their life
- Shows that adaptation is difficult
- May require additional help (such as a counsellor or therapist)
- Does not require treatment

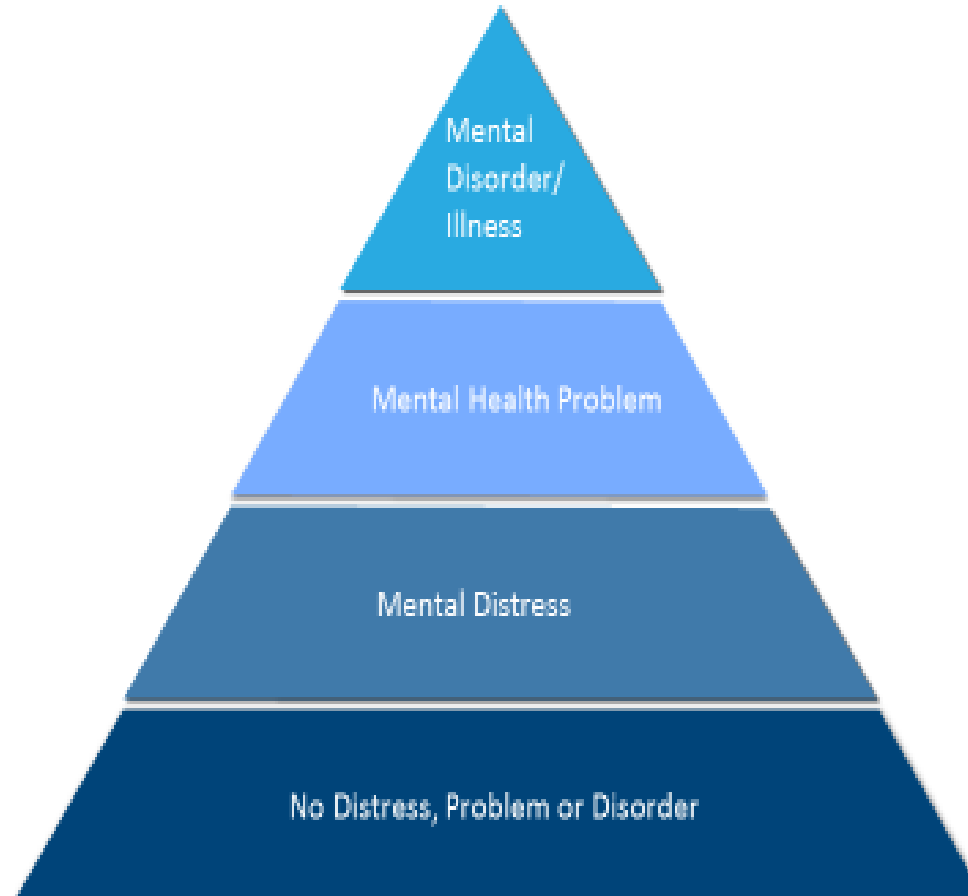
MENTAL DISORDER



- The brain is not functioning as it is supposed to function, leading to significant and persistent problems in a person's everyday life (caused by a combination of genetic and environmental factors)
- Happens to about 20% of people over their lifetime
- Must be diagnosed by a properly trained health professional
- Requires scientifically valid treatments provided by a trained health professional

What do these words mean?

LANGUAGE MATTERS ACTIVITY



USE THE RIGHT WORDS

Pyramid Position	Event	Word
Distress	Lost my keys	Agitated
Distress	Did not make the team	Disappointed
Distress	Going on a first date	Nervous
Problem	Parent dies	Grief
Problem	Lost my Job	Demoralization
Problem	Romantic Breakup	Devastated
Disorder	None necessary	DEPRESSION

ALL TOGETHER

- A person can be in one or more of these mental health states at the same time!
- For example: a person can have Schizophrenia (a mental disorder), their mother has recently died (a mental health problem), they lost their car keys earlier today (mental distress) and now they are hanging out with a friend and enjoying themselves.



THE BRAIN



- Mental Health is Brain Health
- The presence of mental distress or a mental health problem is an example of your brain working to help you adapt to life's challenges and develop skills for future challenges
- The same way that your body has an immune system to help you adapt to infections and develop better immunity for future infections

BEING HEALTHY DOES NOT MEAN NEVER EXPERIENCING PROBLEMS



- Negative emotions (e.g. worry, fear, sadness) are not necessarily a sign of mental illness – they are usually part of a mental healthy response to a mental stressor (such as a romantic disappointment)
- Just like negative physical symptoms (e.g. fever, fatigue, cough) are not necessarily a sign of physical illness – they are usually part of a healthy response to a physical stressor (such as a virus)

BRAIN AND BODY



- Life Stress – such as a romantic breakup
- Brain responds with negative feelings (e.g. sad, worried) and behaviors (e.g. crying, loss of appetite)
- Your brain adapts and you learn how to cope and now you are stronger in case it happens again

- Life Stress – such as a viral infection
- Body responds with increasing temperature (e.g. fever) and negative physical sensations (e.g. aching muscles, fatigue)
- Your immune system fights off the virus and now you are stronger in case it comes back

BRAIN AND BODY ARE CONNECTED

- Sadness
- Worry
- Anxiety
- Unhappiness
- Disappointment
- Embarrassment
- Anger



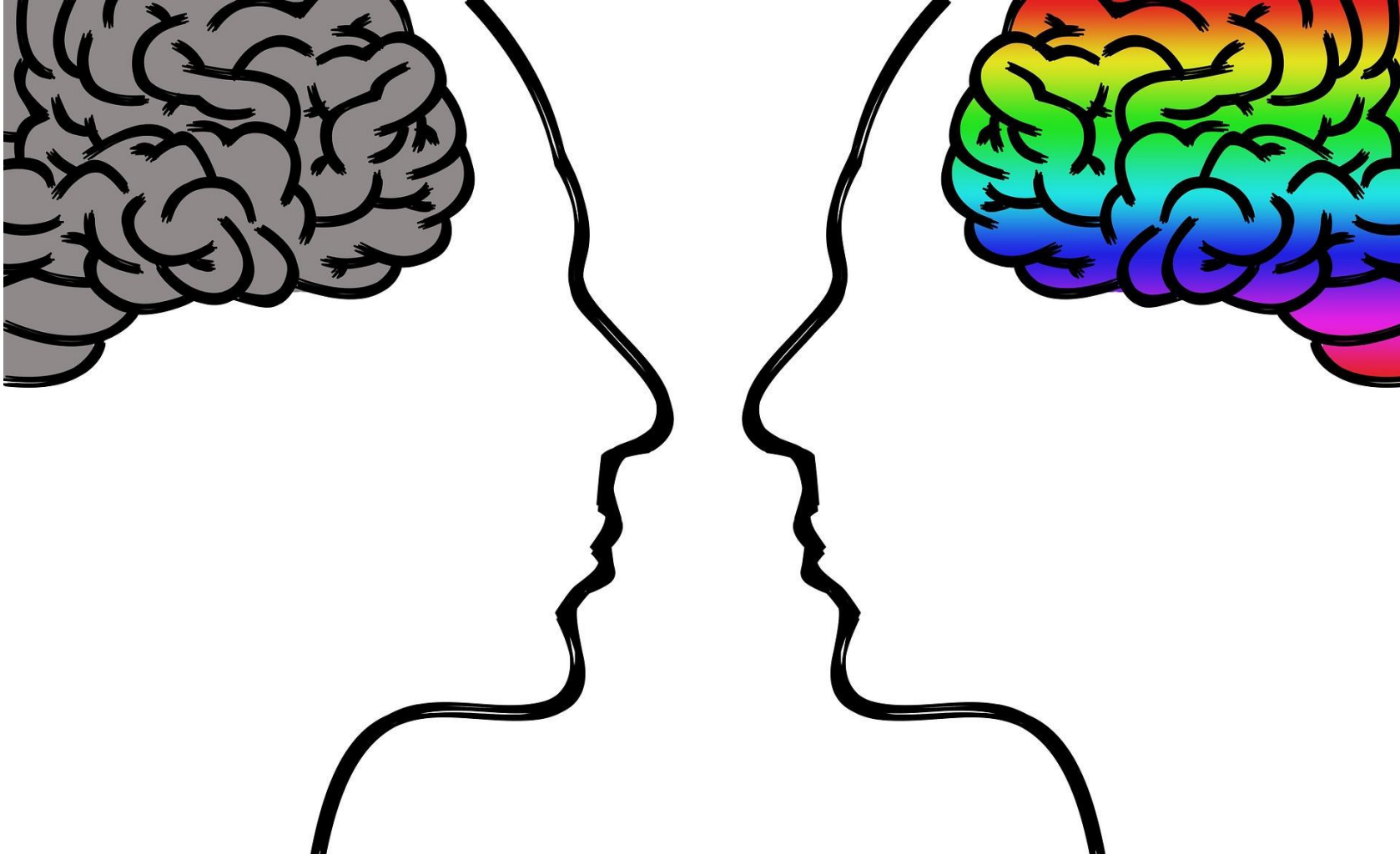
- Muscle tension
- Headaches
- Stomach aches
- Flushing
- Tingling
- Difficulty breathing
- Heart pounding

WHAT IS THE BRAIN?



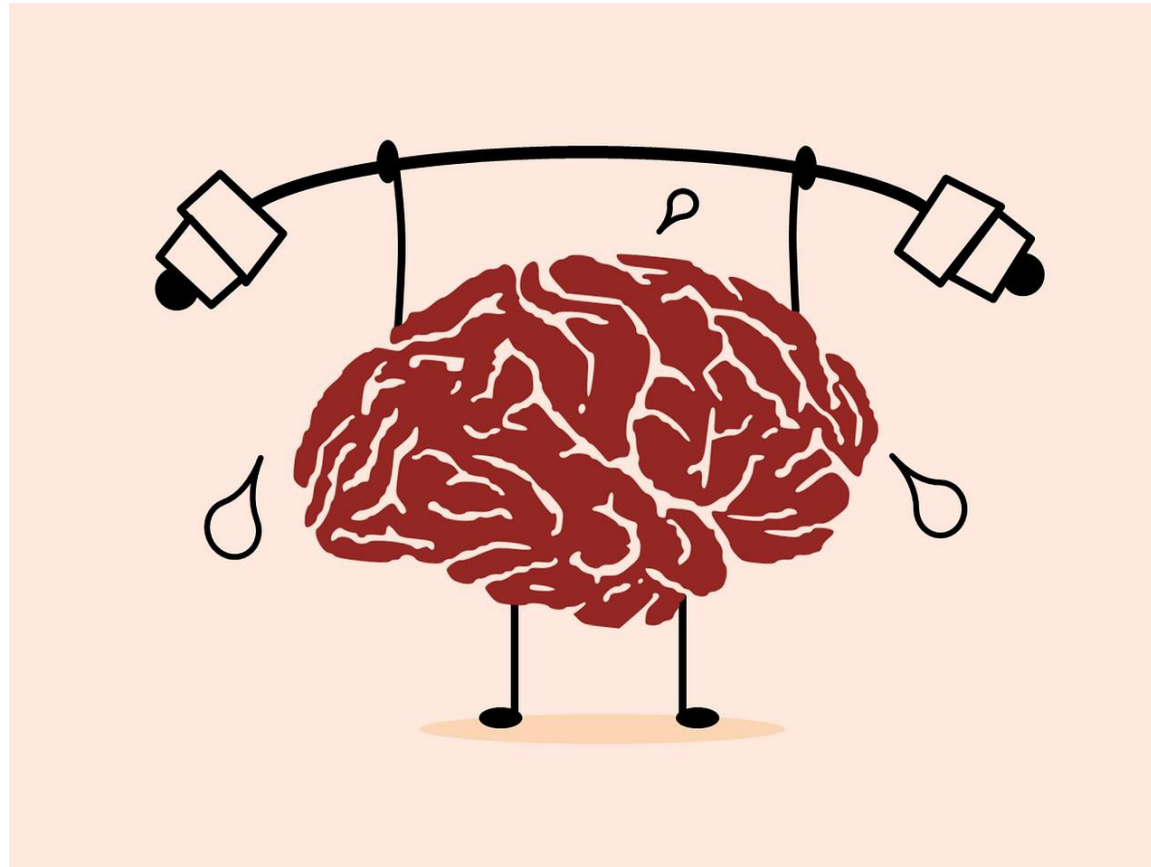
- The brain is the most complex organ in the body – the “master control centre”.
- It is considered to be the most complex thing known.
- The brain is made up of many different cells called neurons as well as other cells that support these neurons.
- Neurons are arranged in very complex networks also called circuits. They control things like movement, thinking, etc. Neurons communicate using chemical messengers.

YOUR BRAIN DEVELOPS AND CHANGES OVER YOUR ENTIRE LIFE

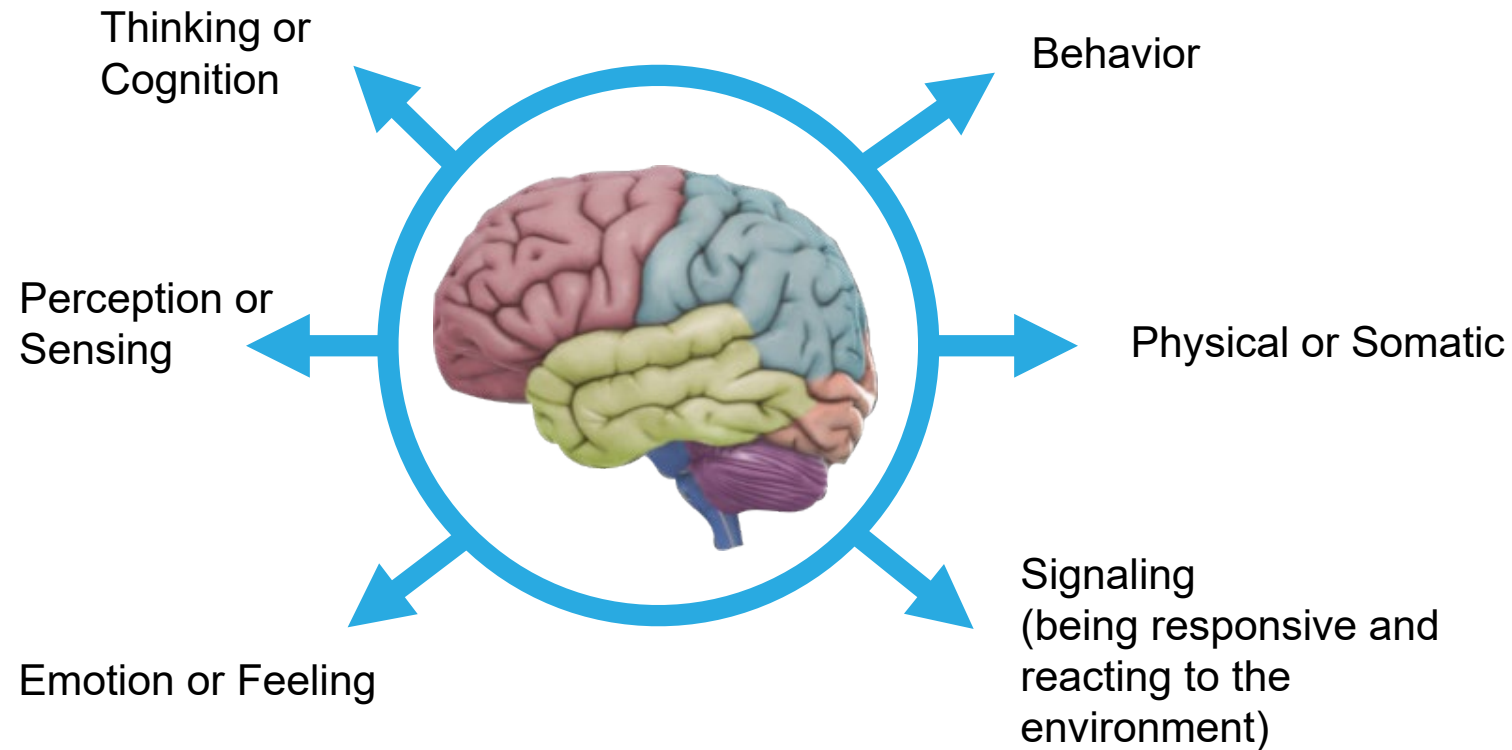


WHAT DOES THE BRAIN DO?

Almost everything!



FUNCTIONS OF THE BRAIN



IT'S ALL CONNECTED!

- Although we often talk about each of the brain functions separately, they are all interconnected!



REMEMBER ...

- You cannot separate the Brain from the Body. The Brain and Body are one!
- So, it's also not possible to separate Mental from Physical Health – what is good for your brain will be good for your body, and vice versa.



STIGMA'S & MENTAL HEALTH



ACTIVITY: BUS STOP

What are some of the negative things you've heard about people with mental illness? Positive things?

Can you think of any other health conditions/social issues that have been stigmatized throughout history?

What kind of factors have contributed to changing public attitudes around some of these conditions or issues?

What do you think influences perceptions about mental illness?

How do you think stigma affects the lives of people with mental illness?

STIGMAS

Stigma results in discriminatory behaviour and treatment towards people with mental illness

- The fear of stigma often prevents people from seeking help and treatment for mental illness
 - Stigma is perpetuated through mistaken beliefs about mental illness, and can be seen in people's attitudes, in public policy, in the media, etc.
- Stigma can be reduced by providing accurate information about mental illness and its treatment

AFTER WATCHING VIDEO:

What is the key message/s?

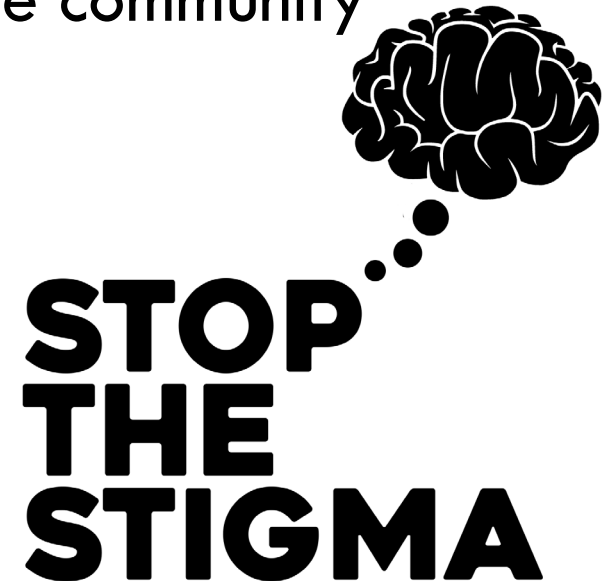
What could you do to help students with mental health problems in your school community?

How does what you heard in the video change your ideas about a person living with a mental illness?



REDUCING STIGMA – WHAT WORKS?

- Learn more about mental illness
- Providing information based on reliable research
- Effective advocacy and public education programs
- Proximity or direct contact with people with mental illness
- Programs that help people to become better integrated in the community
- Better mental health literacy
- Watch your language
- Speak up about stigma
- Listen to people who have experienced mental illness
- Talk responsibly about mental illness



GROUP ACTIVITY

- Reasons why people chose not to seek help
 - As a group, try to match the reason with the percentage

REASONS FOR NOT GETTING EMOTIONAL OR MENTAL HEALTH SUPPORTS 2019 MCCREARY ADOLESCENT SURVEY

Thought or hoped the problem
would go away (66%)

Didn't want parents to know (59%)

Didn't know where to go (48%)

Afraid of what I'd be told (42%)

Afraid someone I know may see me
(36%)

Too busy (35%)

Couldn't afford it (20%)

Had a negative experience/s
before (12%)

Parent/guardian won't take me
(10%)

Couldn't go when it was open (7%)

Had no transportation (5%)

On a waiting list (5%)

Service not available in my
community (3%)