

Mental Health Awareness

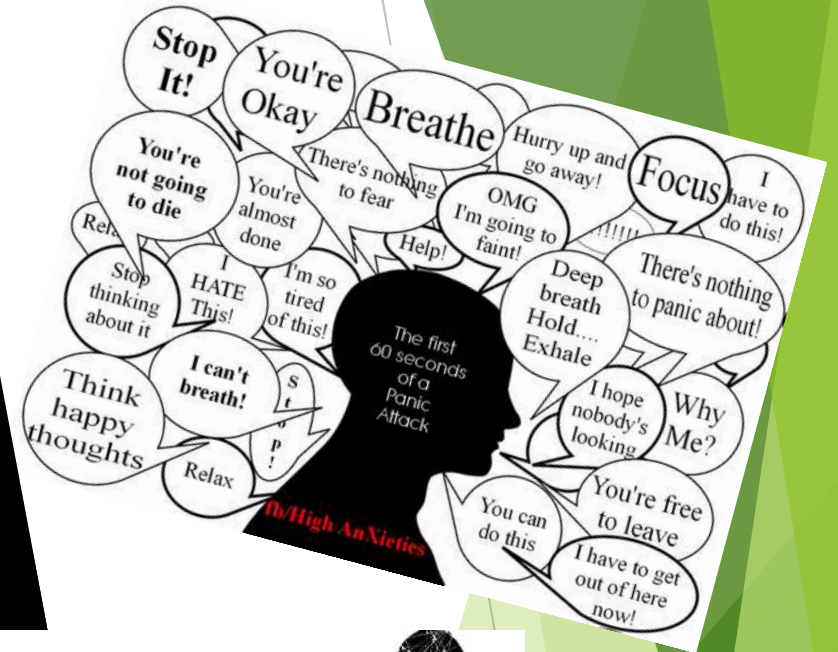
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What is Mental Health?



What are Mental Health Concerns?

- ▶ Major Depression
- ▶ Social Anxiety
- ▶ Situational Depression
- ▶ General Anxiety
- ▶ Performance Anxiety
- ▶ Panic Attacks
- ▶ Post Traumatic Stress
- ▶ Mood Disorders
- ▶ Attention Deficit Disorder
- ▶ Eating Disorders
- ▶ Thought Disorders



Healthy Steps for Most Mental Health Concerns

- ▶ **Try to sleep 8-10 hours a night**
 - ▶ Try to go to bed around the same time each night
- ▶ **Try to have a healthy diet**
 - ▶ Drink 8 glasses of water a day
 - ▶ Add vegetables and fruits to meals
 - ▶ Avoid salt and sugars
- ▶ **Try to exercise 30 minutes per day**
 - ▶ Walk ,run, ride a bike, yoga, find a preferred YouTube exercise video, exercise with a friend.



Anxiety (worry, stress, nervous)

Symptoms

- ▶ Sweating
- ▶ Racing thoughts (can't turn brain off)
- ▶ Butterflies
- ▶ Jaw clenching
- ▶ Jitters/Can't sit still
- ▶ Red Face
- ▶ Hot/Cold
- ▶ On edge
- ▶ Lump in throat
- ▶ Physical pain
- ▶ Feels like people are watching

What does it look like?

- ▶ Isolation/Shy
- ▶ Stressed out/freaking out
- ▶ Can't complete work
- ▶ Frequent absences/avoidance
- ▶ Jumpiness
- ▶ Agitated/keyed up
- ▶ What if's
- ▶ Fatigue
- ▶ Difficulty sleeping
- ▶ Panic
- ▶ Complaints of physical illness

Healthy Steps for Anxiety

- ▶ Reduce caffeine and sugar intake
- ▶ Sleep 8 hours a night
- ▶ Reduce screen time, especially before bed
- ▶ Use 5-6-7 breathing
 - ▶ Inhale for 5 seconds
 - ▶ Hold breath for 6 seconds
 - ▶ Blow out for 7 seconds
 - ▶ Repeat
- ▶ Use grounding technique
 - ▶ Name five things you can see
 - ▶ Name four things you can feel
 - ▶ Name three things you can smell
 - ▶ Name two things you can hear
 - ▶ Name one thing you can taste



Depression (stress, sad, alone)

Symptoms

- ▶ Muscle/joint pain
- ▶ Fatigue
- ▶ Tearful
- ▶ On edge
- ▶ Stomach pain
- ▶ Appetite changes
- ▶ Can't focus
- ▶ Memory loss
- ▶ Loneliness even though not alone
- ▶ Moodiness

What it looks like

- ▶ Isolate
- ▶ Indecisive/ poor concentration
- ▶ Poor coping
- ▶ Self-injury
- ▶ Thoughts of suicide
- ▶ Worthlessness
- ▶ Increased substance use
- ▶ Suicide attempts
- ▶ Absences
- ▶ Giving away prized possessions
- ▶ Lack of future plans
- ▶ Withdraw from friends

Healthy Steps for Depression

- ▶ Eat healthy foods
- ▶ Focus on at least 1 positive part of your day
- ▶ Set a sleep/wake schedule
- ▶ Help another person
- ▶ Increase exercise
 - ▶ 30 minutes to 1 hour per day
- ▶ Lean towards uplifting entertainment (music, tv, games, etc.)
- ▶ Spend time with a pet
- ▶ Journal for a limited time
 - ▶ Example: 10 minutes per day



Attention Deficit Disorder

Symptoms

- ▶ Restlessness
- ▶ Frequent moving
- ▶ Internal motor running
- ▶ Irritable
- ▶ Can't control self
- ▶ Can't focus

What it looks like

- ▶ Impulsivity
- ▶ Can't concentrate
- ▶ Frequent moving
- ▶ Interrupts
- ▶ Forgetful/Zones out
- ▶ Doesn't complete tasks
- ▶ Aggressive
- ▶ Disciplinary problems

Healthy Steps for Attention Deficit Disorder

- ▶ Healthy diet
- ▶ Exercise 30 mins-1 hour a day
- ▶ Keep to a routine (sleep, eating, homework)
- ▶ Visual checklist of tasks
- ▶ Focus on positive qualities



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What Can I do?

Do I need help?

- ▶ Am I thinking about suicide?
- ▶ Do I have a plan to hurt myself?
- ▶ Am I taking more days off?
- ▶ Am I feeling more agitated?
- ▶ Am I pulling away from friends?
- ▶ Are people saying they are concerned?
- ▶ Are people spending less time with me?
- ▶ Are my grades declining?
- ▶ Do I think people would be better off without me?
- ▶ Do I feel nothing works out?

Who can help me?

- ▶ Teachers
- ▶ Guidance Counselors
 - ▶ Mental health clinic
- ▶ Parents/Family members
- ▶ Crisis Hotline
- ▶ Coach
- ▶ Therapist