#### Mental Health Presentation





Define Mental Health - Mental III Health

#### Workshop Aims:



Describe what is Stress and the impact it may ha

Describe the impact that Anxiety/Depression is having on people going back to work



How to promote Mental Wellbeing in the workplace and look after your own Mental Wellbeing.



How to support/signpost Staff to various organisations



#### Mental illness statistics

- According to the data of the Ministry of Health of Turkey, 17 percent of the population face mental health issues, 3 million people suffer from depression, and antidepressant consumption has increased by 56 percent in five years.
- In Poland, mortality in people with mental disorders is significantly higher than in the general population.
- About 8 million people in Poland are struggling with mental health problems, according to research done in 2020. Poland, like other countries in the European Region, has significant challenges when it comes to ensuring access to mental health services.

### Defining mental health

"Mental health is a state of well being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and is able to contribute to his or her own community."

## Defining mental ill

Mental illnesses are health cond involving changes in emotion, thi or behaviour (or a combination these).

Mental illnesses are associated with distress and/or problem functioning in social, work of family activities.

#### Definition of mental Health

"Mental health influences how we think and feel about ourselves and others, and how we interpret events. It affects our capacity to learn, to communicate and to form, sustain and end relationships. It also influences our ability to cope with change, transition and life events, such as: having a baby, moving to a new house, experiencing sadness".



## Umbrella Term



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The term umbrella is a term used to cover a broad category of things rather than a single specific item, which means that mental illness referred to many other categories.

These categories are Stress, Anxiety, Fear, Depression, Phobia, Panic Atack, Eating Disorders, PTSD, OCD etc. But we will discuss all of these right away.

	HEALTHY	REACTING	INJURE	D	ILL
•	Calm and steady	Easily agitated	<ul> <li>Persistent anxiet</li> </ul>	y and •	Excessive anxiety, fat
•	Normal fluctuations in mood	• Angered	sadness		and sadness
•	Fit	<ul> <li>Frustrated and tired</li> </ul>	<ul> <li>Angry reactions</li> </ul>	•	Regular panic attacks
•	Fed	Difficulty focusing	<ul> <li>Noticeable fatigular</li> </ul>	ie •	Angry outbursts
•	Rested	<ul> <li>Decreased interest in activities</li> </ul>	<ul> <li>Poor concentration</li> </ul>		Sever memory lapses
•	In control physically,	<ul> <li>Nervous</li> </ul>	<ul> <li>Inability to enjoy</li> </ul>		Cannot concentrate
•	mentally, emotionally Performing well	• Impatient	<ul> <li>Excessive distrus resentment</li> </ul>	st and •	Cannot perform daily routine
•	Behaving ethically	<ul> <li>Unusual sadness</li> </ul>	<ul> <li>Sleep disturbance</li> </ul>	e  •	Significant sleep disturbances 4loss
•	and morally Socially active	<ul> <li>Difficultly sleeping</li> </ul>	<ul> <li>Hyper vigilance</li> </ul>		of control
	Sense of humour	<ul> <li>Vigilance</li> </ul>	<ul> <li>Persistent physic (aches and pains)</li> </ul>		Avoiding or withdrawd
•	Relaxing and recreating	<ul> <li>Problems with daily functioning at home, work</li> </ul>	<ul> <li>Severe deteriora</li> </ul>	ition in daily	Significant change in behaviour
•	Confident in self and others	or school	functioning in how school	me, work or	Indications of suicidal thoughts, intensions
	OTHER'S			•	Symptoms get worse of time instead of better





# Mental health is too often ignored

- ▶ Right now :
- ▶ 1 in 4 people will experience mental health problems\*
- ▶ 1 in 6 workers are experiencing depression, anxiety or stress.

#### Next we will discover the forms of mental illness

#### First one is Strees





#### Stress

The degree to which you feel overwhelmed or unable to cope as a result of pressures that

unmanageable.

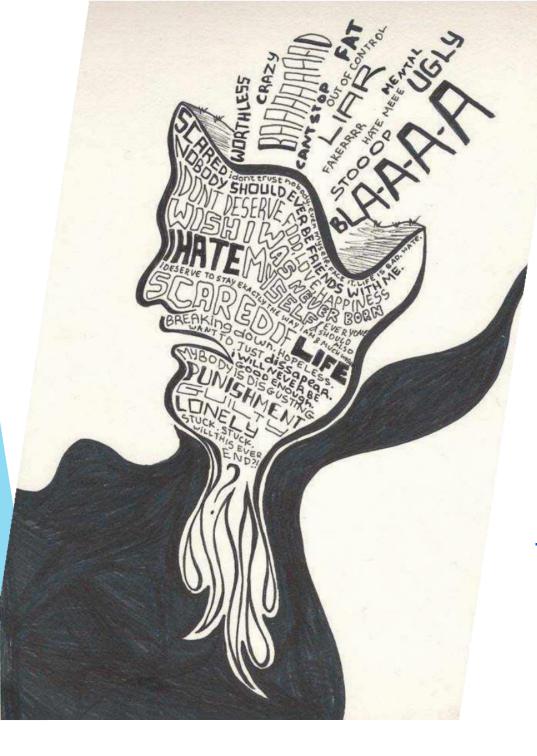
are

#### Here we have a very interesting video about stress.

https://www.youtube.com/watch?v=gnrqG4BBsOA

#### And we will continue with Fear...





#### Fear

Fear is one of the most powerful emotions it can have a very strong effect on our minds and body for example, if we are caught in a dangerous situation or if we are being attacked.

https://www.youtube.com/watch?v=VoBL
iIZkhWY

- Fear is something that we consider is a bad thing and makes us make bad decisions.
- Fear Is also a good thing because It is the response to our survival, which keeps us safe and alive.
- Anxiety and adrenalin are connected to the feeling of fear. If we were not able to feel fear, we would be killed by a tiger when we were cavemen, but fear keeps us from doing dangerous things. Fear makes us think before we take action.

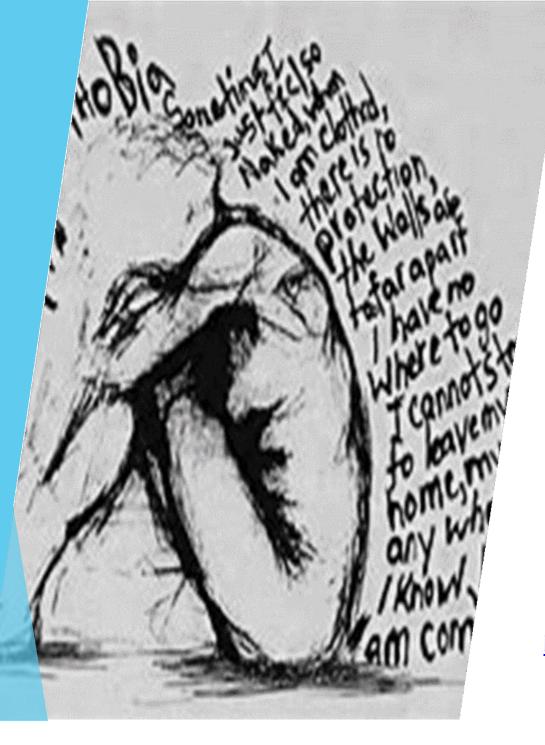
Fear is not reasonable when it keeps us from doing what we want or following our dreams. It gets in our way and stop us from taking



## **Anxiety**

The term anxiety refers
to feelings of worry,
nervousness, or fear
commonly experienced by
people when faced with
something they view as
challenging.

https://www.youtube.com/watch?v=eG0YVforP84



#### Panic Attack

- A panic attack create a feeling of sudden and intense anxiety.
- Panic attack can also have physical symptoms, including shaking, feeling disorientated, nausea, irregular heartbeats, dry mouth, breathlessness, sweating and dizziness.

https://www.youtube.com/watch?y=16XD6zP\_d8M&t=35s

Typical co-occurring conditions can include:

Depression

Social Anxiety disorder

Generalized anxiety disorder

Spe cific phobia -

Obsessivecompulsive disorder (OCD) Posttraumatic stress <u>disorder(PTSD)</u>



## Depression

Depression is a common mental disorder, characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by an inability to carry out daily activities,

https://www.youtube.co

m/watch?v=0hxFR6tezAc

#### **Statistics**

- Approximately 280 million people in the world have depression,
- Depression affects 1 of 10 people during their lifetime,
- Women are twice as likely as men to develop depression,
- A depressive episode last about 6-8 months on average,

#### Providing appropriate support for others



## Recovery

Recovery is about building a meaningful and satisfying life. Recovery from mental health is the process of getting well, knowing your strengths and weaknesses, and creating a satisfying life for yourself.

Most people who are diagnosed with a mental illness recover with the right support.

https://www.youtube.com/watch?v=OhNtBqt-wqA

