

Mental Health Presentation



Workshop Aims:



Define Mental Health - Mental Ill Health



Describe what is Stress and the impact it may have



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 conditions involving changes in emotion, thought or behaviour (or a combination of these).

Mental illnesses are associated with distress and/or problems functioning in social, work or 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”.

Friedl, 2004

Mental Health

Umbrella Term



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 Attack, Eating Disorders, PTSD, OCD etc. But we will discuss all of these right away.

HEALTHY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> • Calm and steady • Normal fluctuations in mood • Fit • Fed • Rested • In control physically, mentally, emotionally • Performing well • Behaving ethically and morally • Socially active • Sense of humour • Relaxing and recreating • Confident in self and others 	<ul style="list-style-type: none"> • Easily agitated • Angered • Frustrated and tired • Difficulty focusing • Decreased interest in activities • Nervous • Impatient • Unusual sadness • Difficultly sleeping • Vigilance • Problems with daily functioning at home, work or school 	<ul style="list-style-type: none"> • Persistent anxiety and sadness • Angry reactions • Noticeable fatigue • Poor concentration • Inability to enjoy activities • Excessive distrust and resentment • Sleep disturbance • Hyper vigilance • Persistent physical symptoms (aches and pains) • Severe deterioration in daily functioning in home, work or school 	<ul style="list-style-type: none"> • Excessive anxiety, fatigue and sadness • Regular panic attacks • Angry outbursts • Sever memory lapses • Cannot concentrate • Cannot perform daily routine • Significant sleep disturbances 4loss of control • Avoiding or withdrawal • Significant change in behaviour • Indications of suicidal thoughts, intensions • Symptoms get worse over 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
are
unmanageable.

Here we have a very interesting video about stress.

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

And we will continue with Fear...



- ▶ 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

action.



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=BVJkf8IuRjE>

<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?v=16XD6zP_d8M&t=35s

Typical co-occurring conditions can include:

Depression

Social
Anxiety
disorder

Generalized
anxiety
disorder

Spe
cific
phobia -

Obsessive-
compulsive
disorder (OCD)

Post-
traumatic
stress
disorder(PTSD)



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.com/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>



