

Mental Health Awareness Presentation



Creative Reflective Education & Training Assisting
Development Achieving Understanding

24/06/2020

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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

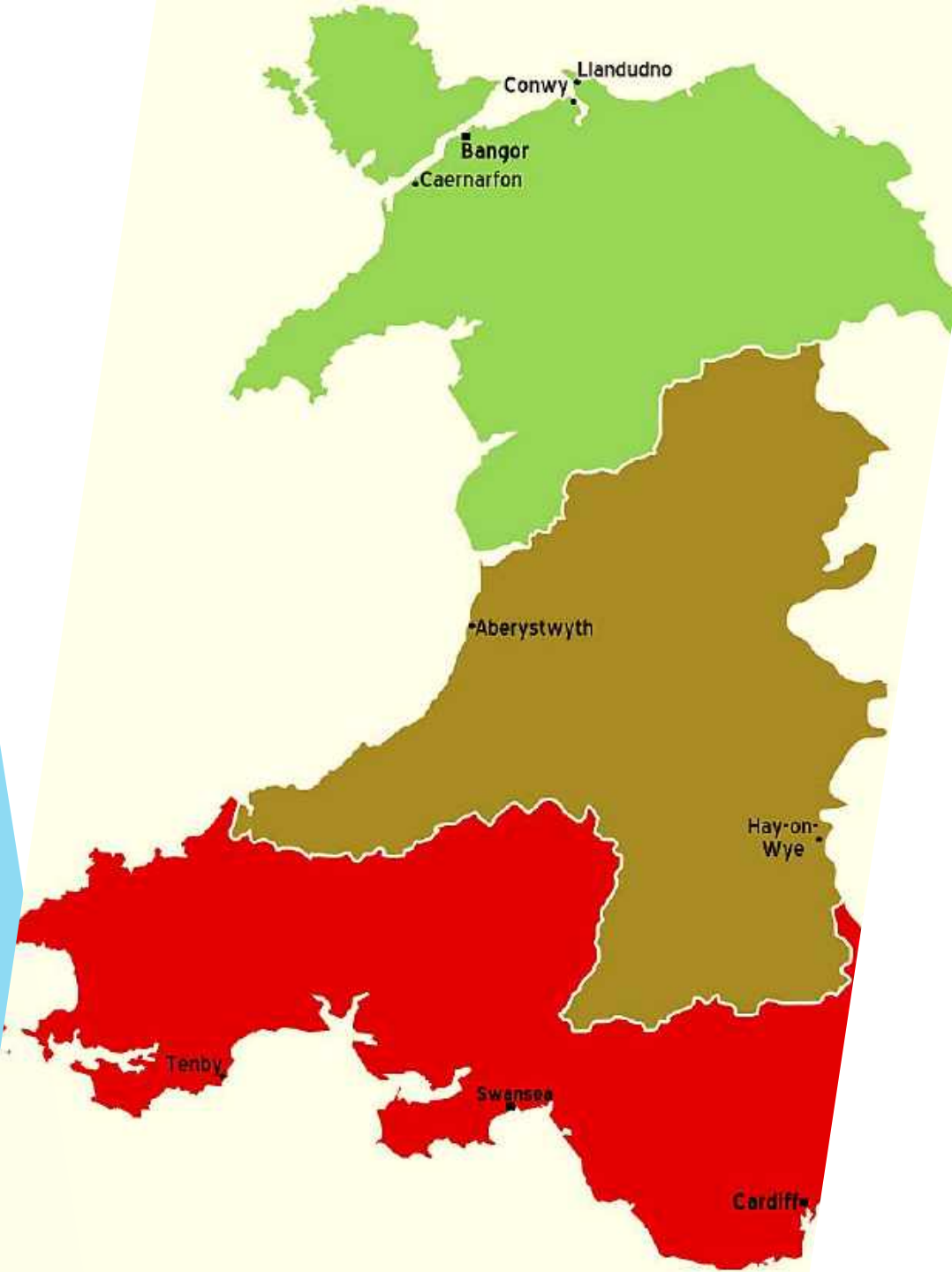




Prevalence in the UK

- Mental Health in the UK costs the economy approx. 19 billion a year
- Mental illness is the largest single cause of disability in the UK and the range of mental health conditions can make this challenging
- Almost 16 million workdays were lost in the UK last year due to poor mental health

Prevalence in Wales



- ▶ The overall cost of mental health problems in Wales is an estimated **£7.2 billion** a year.
- ▶ 53% of Welsh women suffer from low level mental health problems.
- ▶ Self harm a significant problem in Wales, as a result there are 6,000 emergency admissions to hospital per year

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 fruitfully and is able to contribute to his or her own community

Defining mental ill health

Mental illnesses are health conditions involving changes in emotion, thinking 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 bereavement”.

Friedl, 2004

Mental
Health

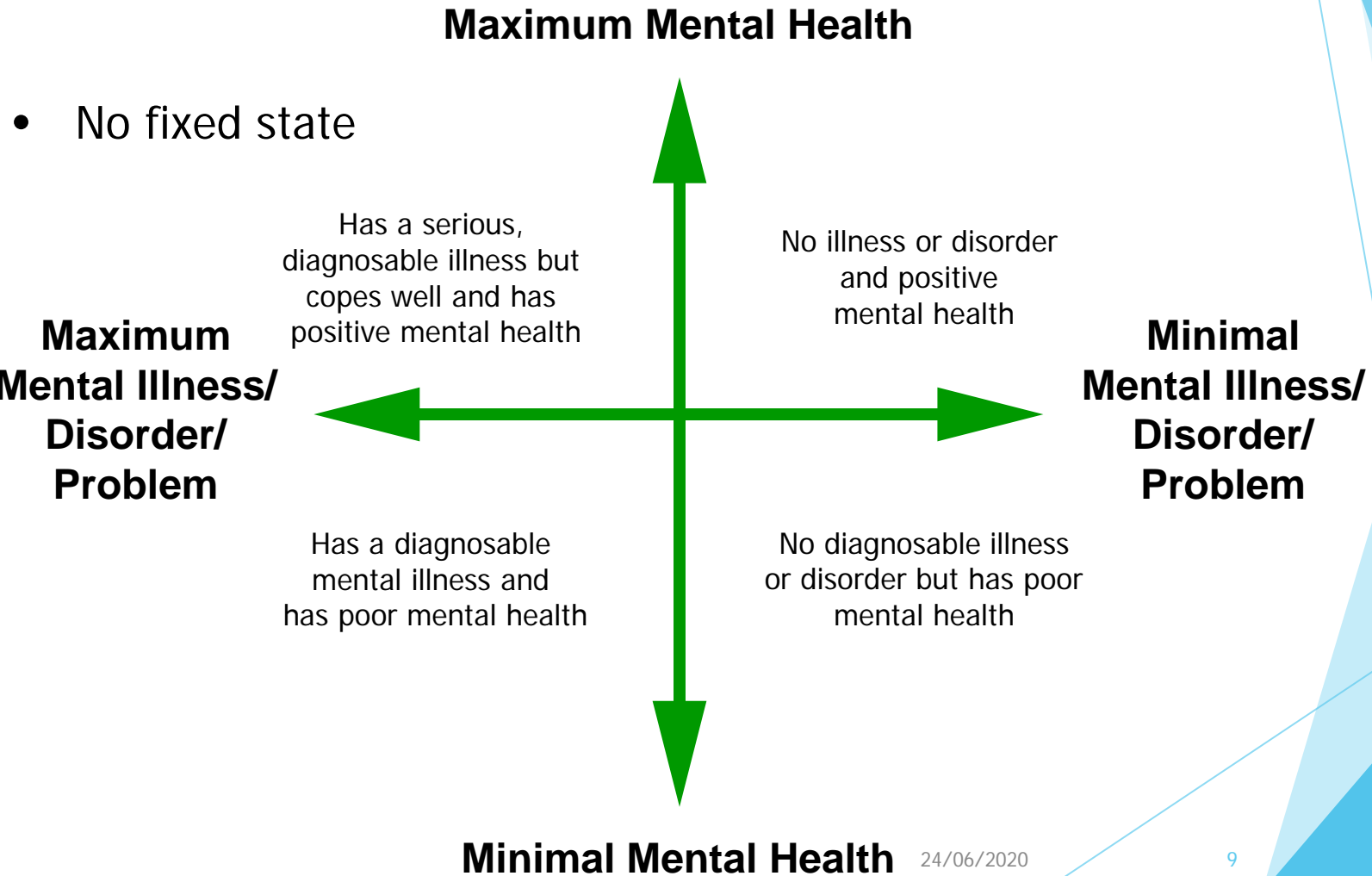
Umbrella Term



Mental Health Continuum

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 disturbances4loss 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.







Stress

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

(Covid 19)

Stress

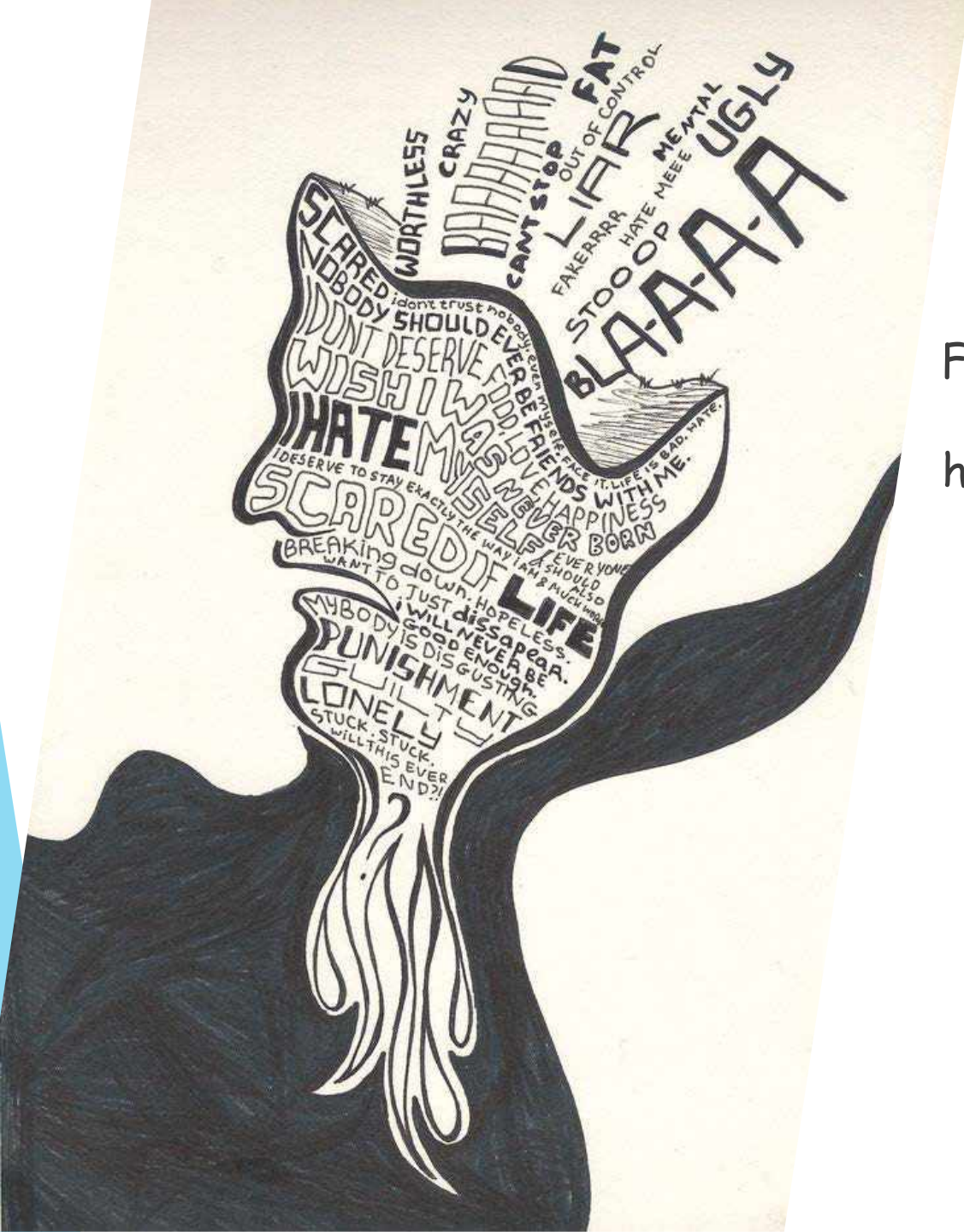


Stress is not a psychiatric diagnosis, but it's closely related to your mental health as:

- ▶ Stress can be the cause mental health problems and make existing problems worse. **For example**, if you often struggle to manage feelings of stress, you might develop a mental health problem like anxiety or depression.
- ▶ Mental health problems can cause stress. You might find coping with the day-to-day symptoms of your mental health problem, as well as potentially needing to manage medication, health care appointments or treatments, can become extra sources of stress.
- ▶ Stress can impact on how you feel Physically

Covid 19





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

- ▶ 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

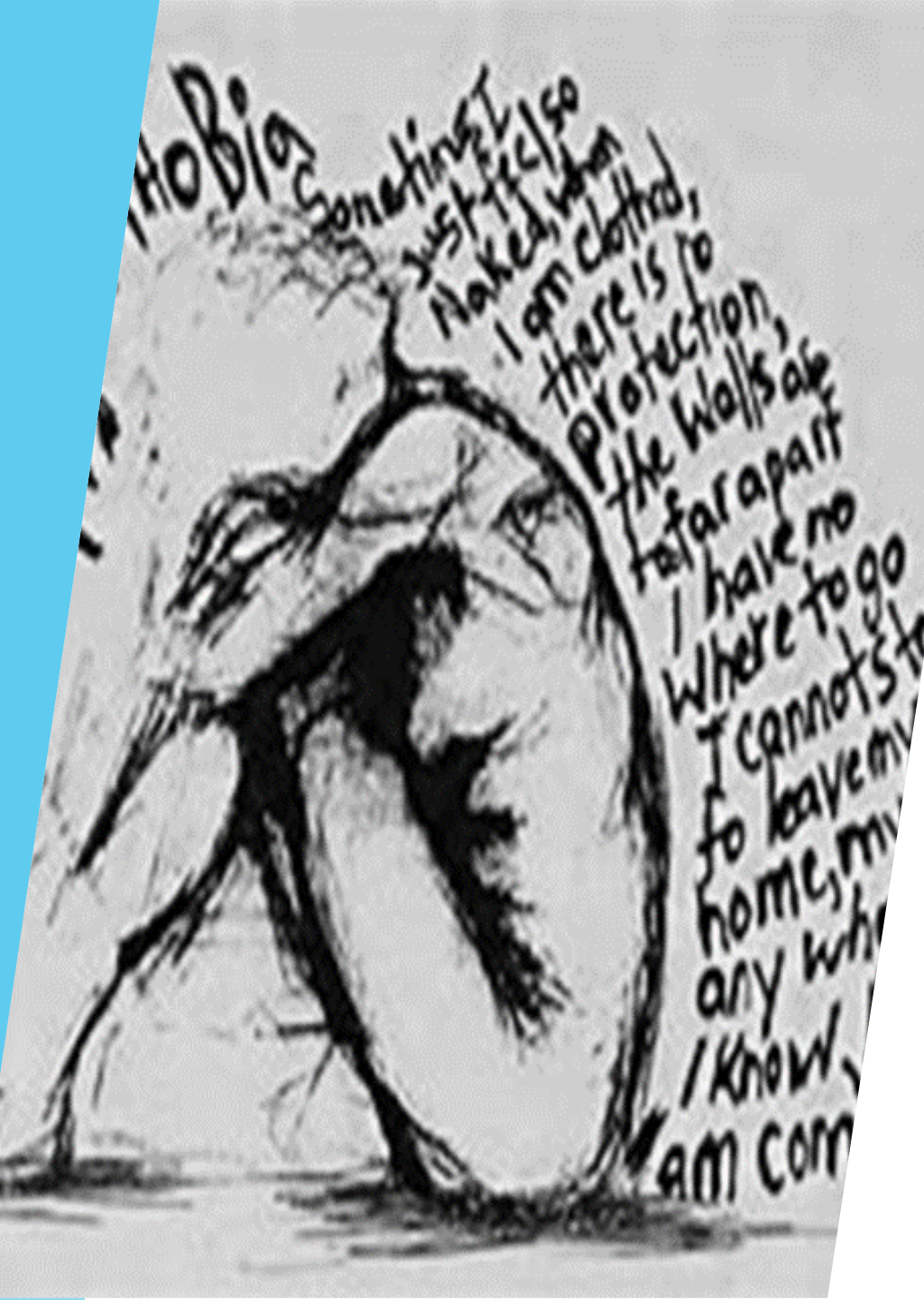


Anxiety

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

Difference between Anxiety and GAD

- ▶ Short-term Anxiety Everyone - even those that don't have anxiety - can get anxiety when confronted with a situation that causes nervousness. People get anxious on first dates, before tests, when they have a meeting with their boss; anxiety is an incredibly normal experience, but one that is disruptive nonetheless.
- ▶ Generalized Anxiety Disorder (GAD) When someone has GAD, their fight or flight system is firing all throughout the day at low levels, and occasionally can pick up at random times. This may cause shaking to occur for what seems to be no reason.
- ▶ You're most likely to be diagnosed with GAD if you have had symptoms for 6 months or more



Panic Attacks

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

Difference between Panic attack and Panic disorder

It is also possible to experience panic attacks during a stressful life event then never experience them again. For example, a person who is a victim of a crime or experiences a natural disaster – COVID 19 may have a panic attack during that event.

To be diagnosed with panic disorder, a person would need to have recurrent and unexpected panic attacks

Typical
co-occurring
conditions
can include:

Depression

Social Anxiety
disorder

Generalized
anxiety
disorder

Specific
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,





Depression

- ▶ Statistics
- ▶ Causes
- ▶ Common types of depression
- ▶ Psychological symptoms
- ▶ Physical symptoms



Depression

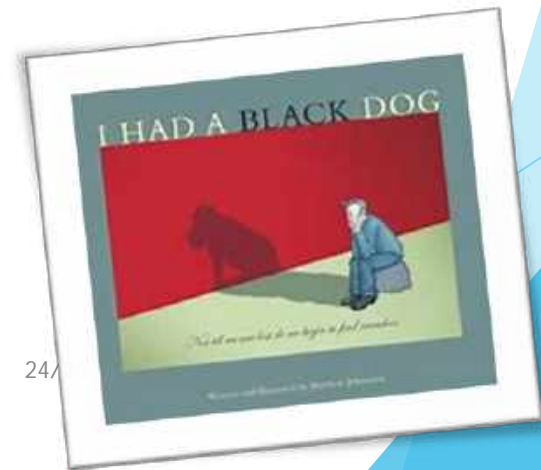
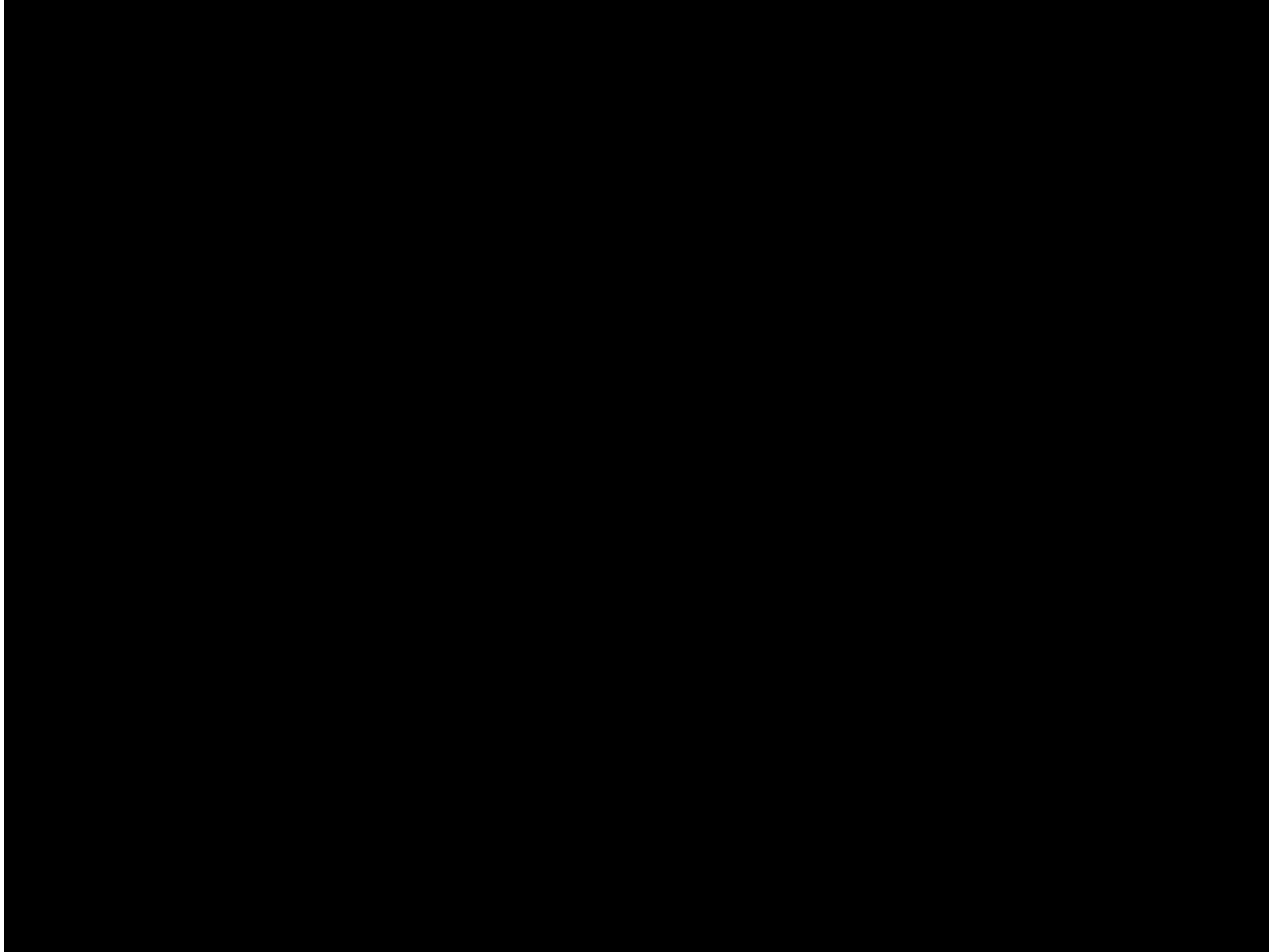
Some common types of Depression

- ▶ Dysthymia
- ▶ Depressive Episode
- ▶ Bipolar Disorder
- ▶ Postnatal Depression
- ▶ Seasonal Affective Disorder (SAD)

Statistics

- ▶ Depression affects 1 in 10 people during their lifetime
- ▶ 3 million people are diagnosed in the UK
(this exceeds the amount of people living in Wales)
- ▶ Women are twice as likely as men to develop depression
- ▶ A depressive episode last about 6-8 months on average
- ▶ Working days lost in the UK due to depression is approximately 9.8 million

Black dog





Providing appropriate support

24/06/2020

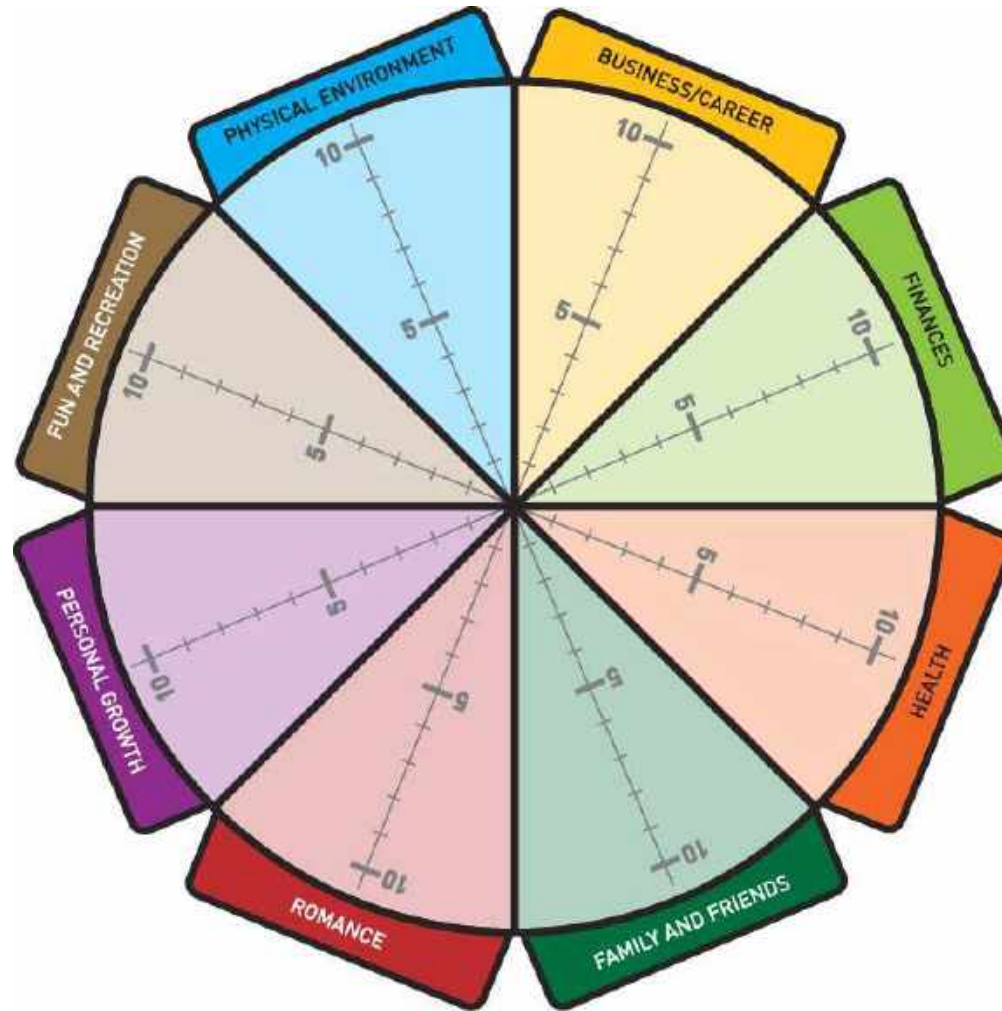
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Recovery

Recovery is about building a meaningful and satisfying life, whether there are recurring or ongoing symptoms or mental health problems. The key themes of recovery are: Agency-gaining a sense of control over one's life and one's illness.

Self Care /Self Assessment Self care



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