

MENTAL WELLNESS

(Well-being of Mind)



Total Wellness

Achieving Mental Wellness (Well-being of Mind)

- Have confidence and positive thinking/ self-esteem
- Manage stress with relaxation, exercise, prayer, meditation, and mindfulness
- Avoid unhealthy relationships, unsafe sexual practices, violence, and the misuse of tobacco, alcohol, and other addictive drugs

Achieving Well-being of Mind: - continued

- Acquire knowledge, understanding, and wisdom through education and training.
- Earn, save, and spend money wisely
- Work, be active and productive

Achieving Well-being of Mind - continued

- Have fun with family and friends
- Laugh, enjoy life, and maintain a positive attitude
- Love and respect others and yourself
- Seek professional counseling and mental health services when needed

Managing Stress



What is Stress?

Your reaction to any event that requires you to **change or act**.

You can learn to manage stress because it is the **result of how you respond to change**.

What causes Stress?

Any event or thing that **requires you to change** the way you usually function.

We all have our own ways of responding to change, therefore, the **causes of stress can be different** for each person.

Common Stress Producing Events

- death
- heavy traffic
- marriage
- deadlines
- job change
- accidents
- new job
- money problems

Common Stress Producing Events

- crowds
- conflict
- pregnancy
- legal problems
- moving
- divorce
- retirement
- illness

Behavioral Signs of Stress

- over- reacting
- poor appetite
- withdrawing from relationships
- changing jobs often
- feeling agitated most of the time
- using alcohol or drugs

Physical Signs of Stress

- headache
- neck pain
- back pain
- fatigue
- upset stomach
- heart burn
- constipation
- diarrhea

Physical Signs of Stress

- weight loss
- weight gain
- high blood pressure
- shortness of breath
- chest pain
- heart attack

Results of Stress

- Worrying a lot about things such as family, work, and money problems.
- Feeling tired, sad, hopeless, and thinking that there is no way out of your situation
- Feeling nervous and depressed

How to Reduce Stress

- **Recognize and become aware** of how your body and mind react and respond to stress producing events.
- **Choose an effective way** to respond to stress producing events.
- **Avoid events or things** that produce stress, but this is not always possible.
- **Change how you react and respond** to the stress producing event.

How to Reduce Stress

- Don't worry about things you can't control
- Do something about things you can control
- Prepare to the best of your ability for events that you know may produce stress
- Work to resolve conflict with other people
- Ask for help from friend, family, or professionals
- Set realistic goals at home and at work

How to Reduce Stress

- Mediate
- Pray
- Exercise
- Get away from your daily stress with group sports, social events, and hobbies
- Don't try to do more than you really can
- Say no if someone asks you to do something you don't have time or ability to do
- Try to look at change as a challenge, not a threat

Tips For Dealing With Stress



Take a few slow deep breaths
Think positively
Focus on the good things in your life

Tips For Dealing With Stress



Count to ten before you react to the stressful situation.

This makes you stop, think, and relax .

Tips For Dealing With Stress



Exercise, walk or jog during the day

Tips For Dealing With Stress



Take a good stretch.

Stretching makes muscles relaxed and helps you feel less tense.

Tips For Dealing With Stress



Listen to music, sing and dance

Tips For Dealing With Stress



Take hot baths or showers to help relax.

Tips For Dealing With Stress



Massage tense muscles

Muscles in the back of the neck and upper back

Tips For Dealing With Stress



Talk to family and friends about your feelings

Tips For Dealing With Stress



Get help when you need it.

Relaxation Techniques

- Deep breathing
- Visualizing
- Muscle Contracting and Relaxing
- Meditating
- Stretching and Exercising

Deep Breathing

Steps to deep-breathing:

1. Lie down on a flat surface or sit upright in a comfortable chair
2. Place both hands on your stomach, just above your naval
3. Breathe in slowly and try to make your stomach rise
4. Breathe out slowly and let your stomach go back down
5. Count to 3 as you breath in and count to 4 as you breathe out
6. Focus on the movement of air in and out of your nose and the rhythm of your breathing

Visualizing

Visualizing involves the following steps:

1. **Begin deep breathing**
2. **Imagine or see yourself experiencing a pleasant feeling, place, or event**
3. **Do not become frustrated with wandering thoughts just let them flow in/out of your mind, just focus on your breathing and your vision**

Muscle Contracting and Relaxing

1. Choose muscle groups in specific body parts such as face/neck, chest/abdomen, upper/lower extremities
2. Tighten (contract) for a count of ten and then release (relax).
3. Focus on the difference between tight muscles and relaxed muscles.

Meditating

1. Meditating involves focusing on a specific thought, feeling, or body movement.
2. You can meditate by performing exercises that use the same motions over and over, like walking, running, or swimming.
3. You can meditate by stretching your muscles, focusing on deep-breathing, or while you are visualizing.