Mental Health Awareness

https://mhanational.org/

Presented by Theresa Torres

(Indiana Department of Transportation)

Mental Health Awareness

Discussion Topics:

Break the Stigma

Break the Stigma

☐ Prevent poor mental health

☐

NextLevel INDIANA

Mental Health Awareness

Break the Stigma

Discussion Topics:

☐ Prevent poor mental health

☐ _____

☐ _____

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Mental Health Awareness

Break the Stigma

Discussion Topics:

☐ Improving & Maintaining

☐

☐

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Mental Health Awareness

Break the Stigma

Discussion Topics:

☐ Improving & Maintaining Good Behavioral Health

☐ _____

☐ _____

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Mental Health Awareness

Break the Stigma

Discussion Topics:

☐ Improving & Maintaining
Good Behavioral Health

☐ Identifying potential issues

☐ After-care

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Improving & Maintaining Good Behavioral Health

Mental health vs. behavioral health

Mental health is about how your psychological state affects your well-being, while behavioral health is about how actions affect your well-being.

For many people, including mental health professionals, the terms are interchangeable, but there's more to mental health than behaviors, and behaviors affect more than mental health.
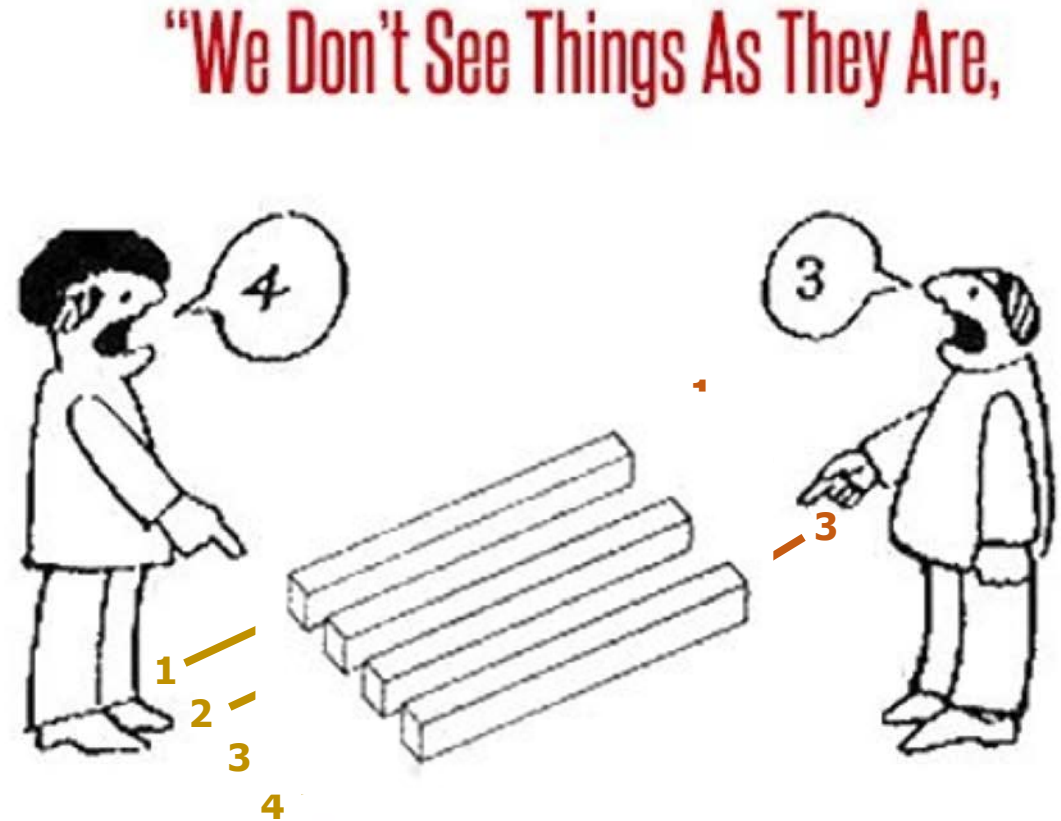
Improving & Maintaining Good Behavioral Health

Mental Health Involves:

→Mental Health Disorders

→Cognitive Function

→Brain Health

→Emotions

→[Perception](#)

"We Don't See Things As They Are, We See Them As We Are." - AN

https://www.rwa

https://apibhs https://www.linkedin.com/pulse/3-tips-bridging-gap-between-perception-reality-roz-usheroff/

Improving & Maintaining Good Behavioral Health

Mental Health Involves:

→Mental Health Disorders

→Cognitive Function

→Brain Health

→Emotions

→Perception

→Resiliency

https://www.clearcareer.us/clear-career/2017/02/13/5-traits-emotionally-resilient-people

Improving & Maintaining Good Behavioral Health

Mental Health Involves:

Behavioral Health Involves:

→Lifestyle & Habits

https://www.freepik.com/premium-ai-image/young-black-man-is-running-along-road-concept-healthy-lifestyle_190403514.htm

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Improving & Maintaining Good Behavioral Health

https://www.firstrespondersmentalhealthns.com/traumatic-stress-injuries/signs-and-symptoms/

https://www.linkedin.com/posts/diversified-fall-protection_nofalls-safety-ppe-activity-7181727238134853634-eq2T/

Behavioral Health Involves:

→Lifestyle & Habits

→Reacting vs Responding

→Social Interactions

→Cultural Practices

→Coping Strategies

Improving & Maintaining Good Behavioral Health

- General:
  - Regular doctor's visits.
  - Get adequate rest.
  - Preparation.
  - Work-life balance

Q2

https://cleanfoodiecravings.com/easy-parmesan-chicken-vegetables-meal-prep/

Improving & Maintaining Good Behavioral Health

- General:
  - Regular doctor's visits.
  - Get adequate rest.
  - Preparation.
  - Work-life balance.
- Work:
  - Say "no."
  - Stretch.
  - Maintenance.
  - Get to know your people.

https://focuscommit.com/how-to-say-no-at-work/
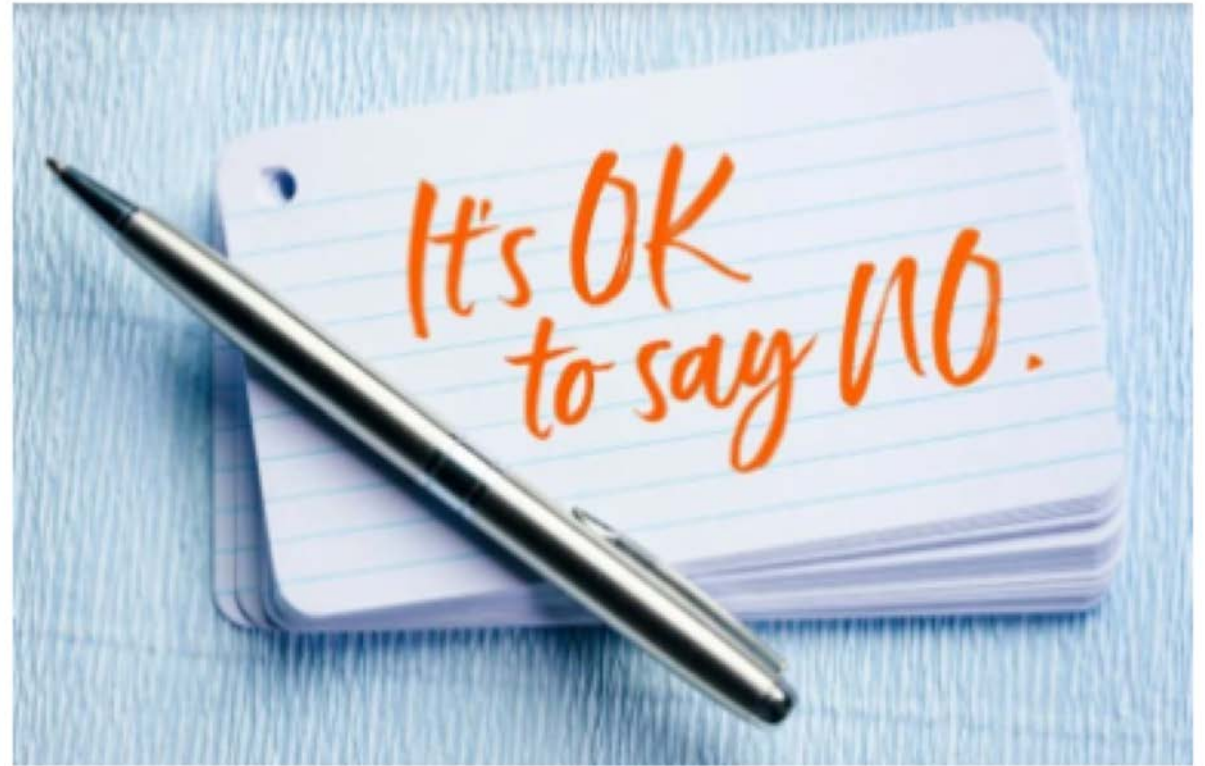
Improving & Maintaining Good Behavioral Health

- Interpersonal Skills
  - Actively Listening
  - Respecting others' opinions
  - Communicating Openly
  - Expressing Gratitude
  - Establishing Boundaries
  - Practicing Empathy
  - Small Acts of Kindness

https://woyago.com/random-acts-of-kindness-ideas-for-work/

https://www.linkedin.com/pulse/more-compassion-empathy-when-leading-teams-crisis-jeffrey-msc-acc/

Improving & Maintaining Good Behavioral Health

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Mental Health Awareness

Break the Stigma

Discussion Topics:

- ☑ <u>Improving & Maintaining</u>
  <u>Good Behavioral Health</u>
- ☐ <u>Identifying potential issues</u>
- ☐ <u>After-care</u>

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Identify Potential Issues

- Signs & Symptoms:
  - Dramatic changes in eating or sleeping habits.
  - Excessive fears, worries, and anxieties.
  - Growing inability to cope with daily challenges.
  - Numerous unexplained physical ailments.
  - Problems with thinking.
  - Prolonged depression (sadness or irritability).
  - Social withdrawal – isolation.
  - Substance use.
  - Suicidal thoughts.

Q3

https://www.samaritaninns.org/the-impact-of-substance-addiction-on-your-health/

https://www.news-medical.net/health/Depression-and-Insomnia-clinical-treatments-for-a-common-comorbidity.aspx

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Mental Health Awareness

Break the Stigma

Discussion Topics:

- ☑ Improving & Maintaining Good Behavioral Health
- ☑ Identifying potential issues
- ☐ After-care

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After-care

https://www.psychologicalhealthcare.com.au/blog/manage-stress-better-mental-health/

- Good Behavioral Health.
- Know your resources.

After-care

Behavioral Health Involves:

→Lifestyle & Habits

→Reactions

→Social Interactions

→Cultural Practices

→Coping Strategies

After-care – Coping Strategies

- Avoid alcohol and drugs
- Connect with nature
- Do something artistic
- Eat healthy
- Establish a routine
- Exercise
- Get good sleep

Q4

- Journaling
- Listen to music
- Mediate
- Practice mind-body arts (yoga, tai chi)
- Practice mindfulness
- Talk to someone you trust
- Volunteer

Know when to ask for help!

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After-care – Coping Strategies

- Employer Resources:
  - Local
  - State
  - National
  - Employee Assistance Program

- Employee Resources:
  - Trusted co-worker
  - Trusted supervisor
  - Friend or family member
  - Medical professional
  - Clergy Member

Q5

- Consider:
  - Mental Health First Aid training
  - QPR training

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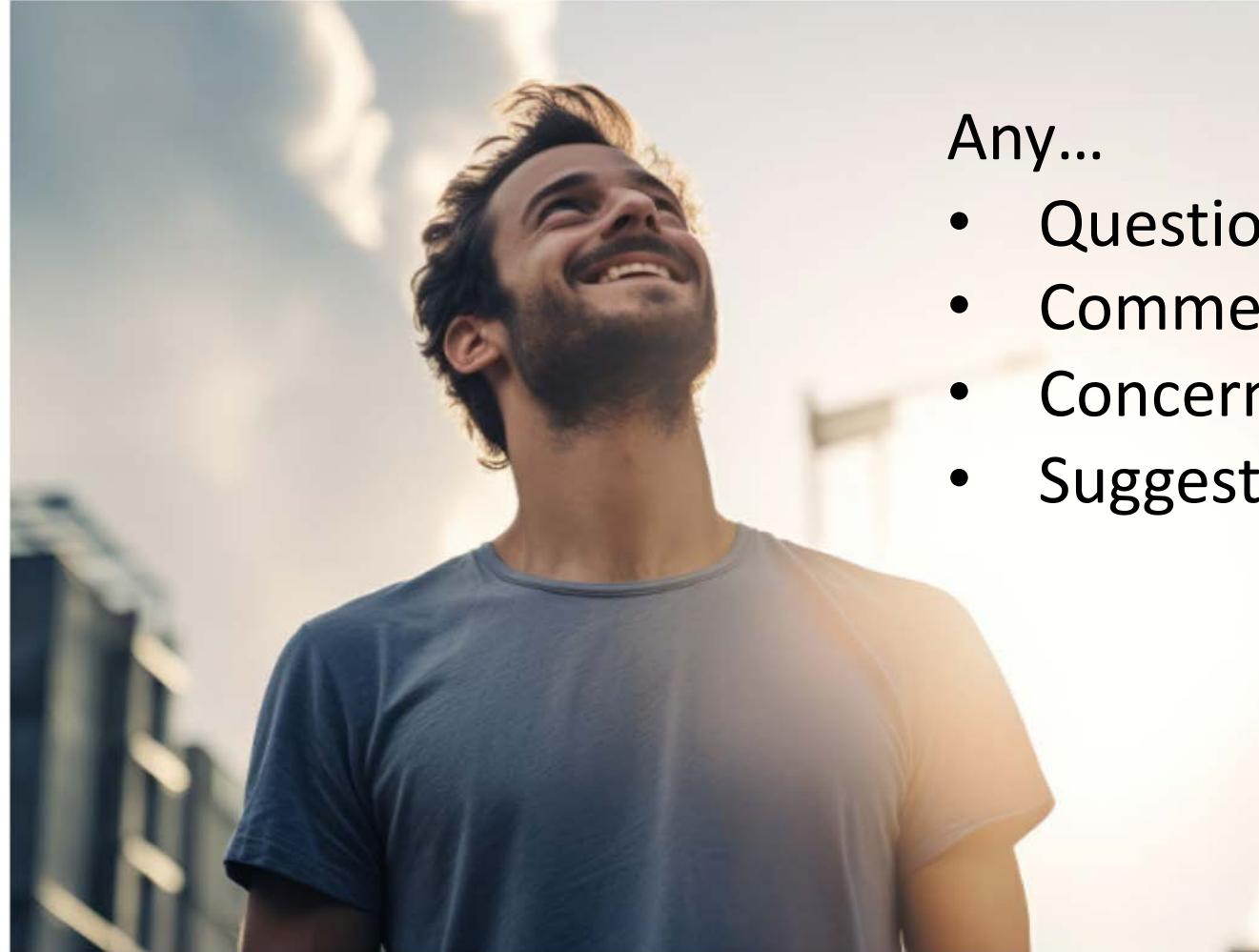- ☑ After-care

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Mental Health Awareness

Break t

https://www.keckmedicine.org/health-system-insights/the-importance-of-mens-mental-health/

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Any…
- Questions?
- Comments?
- Concerns?
- Suggestions?

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