

**Understanding
Mental Health
Corporate, Education
, Business**



Mental Health

“Same world, different view”



Good mental health

Feels good about themselves

Feels comfortable with other people

Able to meet the demands of life

Expresses emotions in healthy ways

Is optimistic (positive)

Uses health skills

Stress management

Decision making

Conflict resolution

Uses “I messages”

Copes/adapts with change

Assertive

Active listener

Can be part of a team/group

Poor mental health

Does NOT share feelings

Emotions control behaviors

Is pessimistic (negative)

Ignores/denies problems

Can not accept change

Lets stress control life

“You” messages (blame and escalate)

Aggressive and passive

Depressed

Runs from conflict

Close minded

Needs to “run” the group

MASLOW'S HIERARCHY OF NEEDS

ABRAHAM MASLOW



MORALITY,
CREATIVITY,
SPONTANEITY,
PROBLEM SOLVING,
LACK OF PREJUDICE,
ACCEPTANCE OF FACTS

SELF-ACTUALIZATION

SELF-ESTEEM, CONFIDENCE,
ACHIEVEMENT, RESPECT OF
OTHERS, RESPECT BY OTHERS

ESTEEM

FRIENDSHIP, FAMILY,
SEXUAL INTIMACY

LOVE/BELONGING

SECURITY OF BODY, OF EMPLOYMENT, OF
RESOURCES, OF MORALITY, OF THE FAMILY,
OF HEALTH, OF PROPERTY

SAFETY

BREATHING, FOOD, WATER, SEX, SLEEP,
HOMEOSTASIS, EXCRETION

PHYSIOLOGICAL

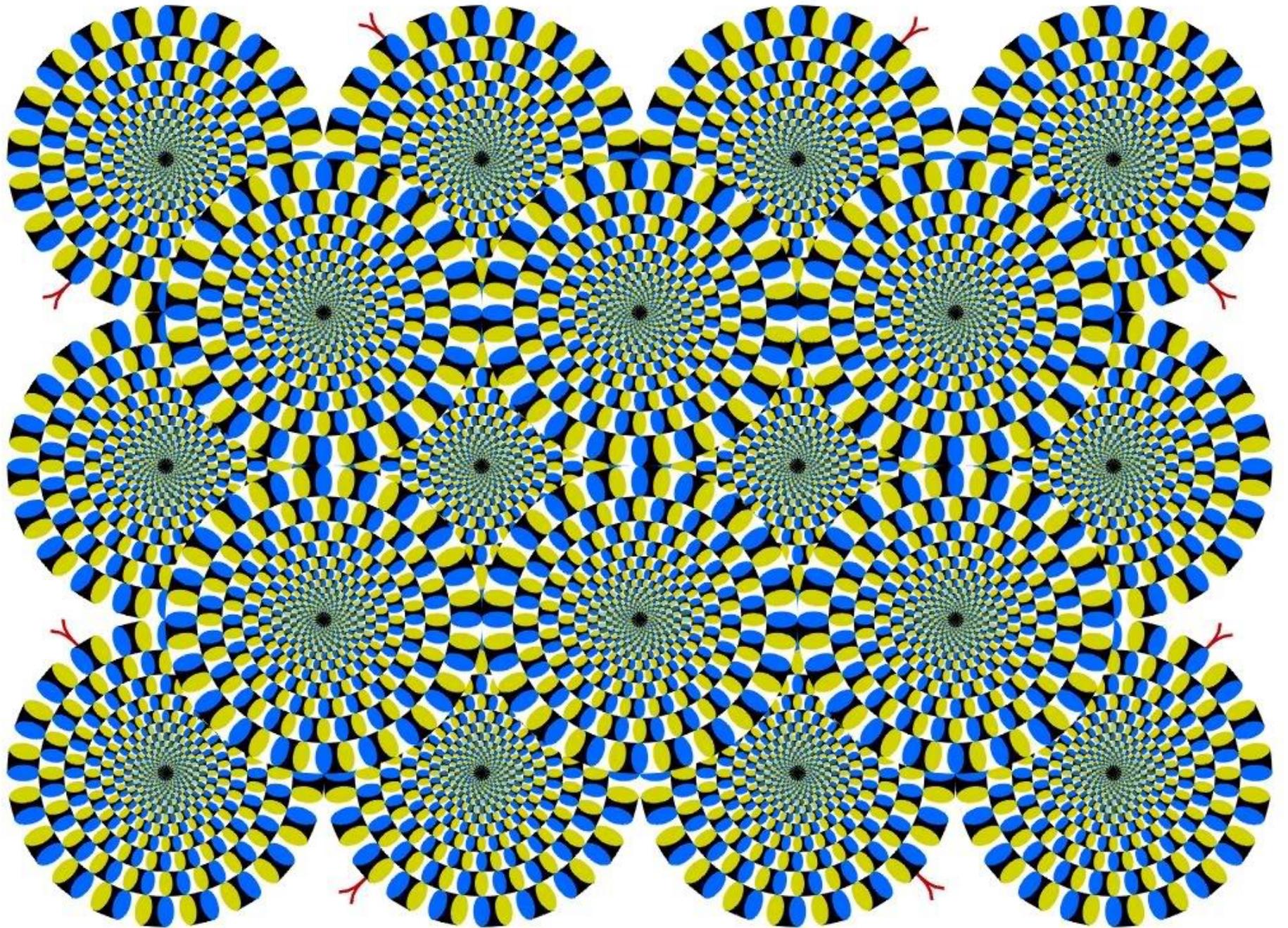
Abraham Harold Maslow (April 1, 1908 - June 8, 1970) was a psychologist who studied positive human qualities and the lives of exemplary people. In 1954, Maslow created the Hierarchy of Human Needs and expressed his theories in his book, Motivation and Personality.

Self-Actualization - A person's motivation to reach his or her full potential. As shown in Maslow's Hierarchy of Needs, a person's basic needs must be met before self-actualization can be achieved.

Optical Illusions

“Same picture, different view”





Say the color of each word

YELLOW	BLUE	ORANGE
BLACK	RED	GREEN
PURPLE	YELLOW	RED
ORANGE	GREEN	BLACK
BLUE	RED	PURPLE
GREEN	BLUE	ORANGE

What is

Mental Health??

Mental health refers to the maintenance of **successful mental activity**.

What is

Mental Health??

Mental health refers to the maintenance of **successful mental activity**.

This includes maintaining **productive daily activities** and maintaining **fulfilling relationships with others**.

It also includes maintaining the abilities to adapt to change and to **cope with stresses**.



It is definitely **NOT** easy
being a teenager!

Sometimes it's tough to avoid
feeling stressed, and pressure
can build up in many areas of
life (socially, in school, at
home, and while making big
life decisions)

How you can look after your wellbeing

2015-03-18c

What do I do for self-care?

 Get plenty of sleep

 Enjoy sunshine

 Cook

 Write or draw (think out loud)

 Talk to myself

 Cuddle cats

 Walk or bike (esp. in a park)

 Tidy

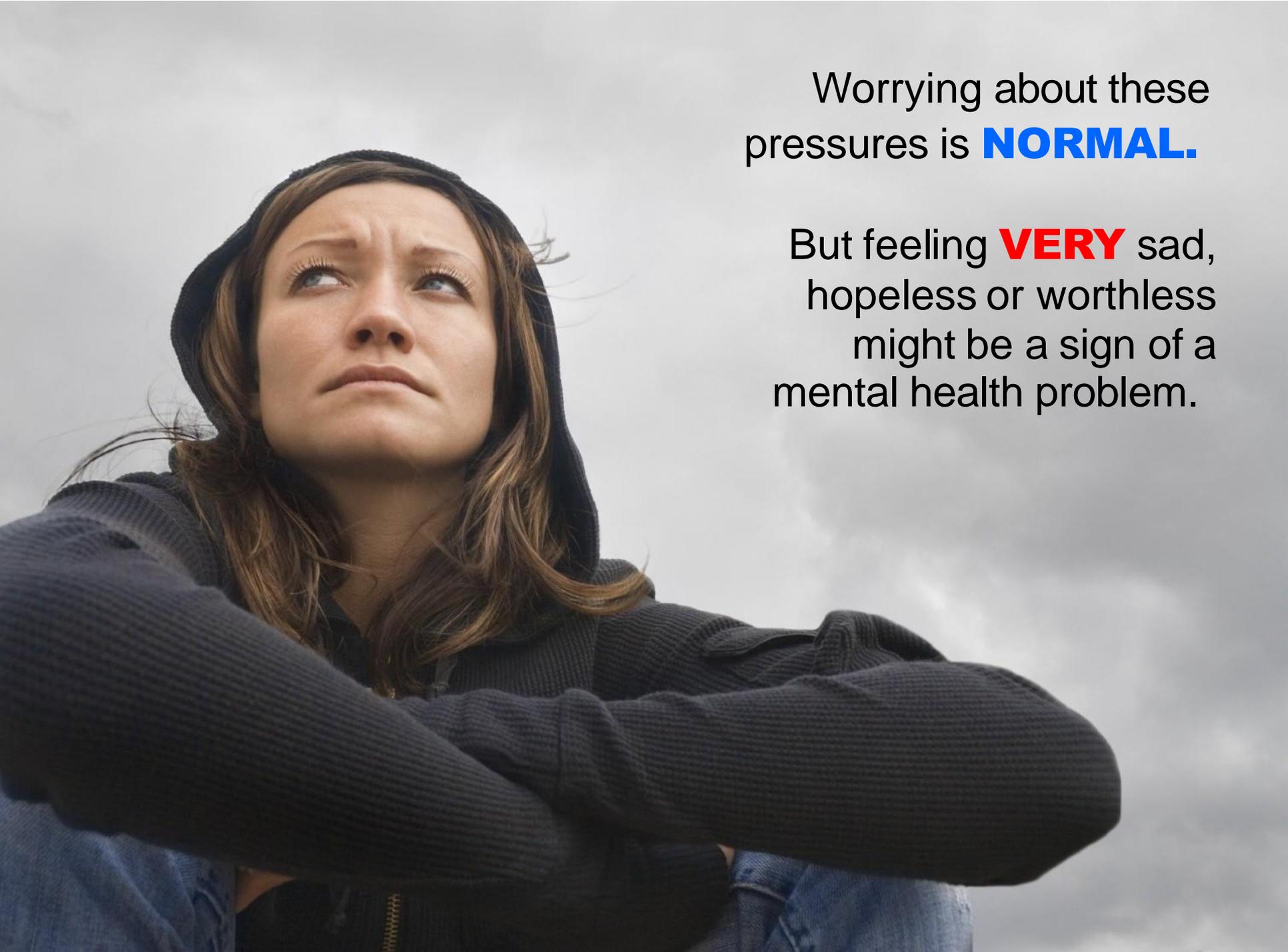
 Read

 Read about people whose lives are more complicated

 Garden

 Get a hug

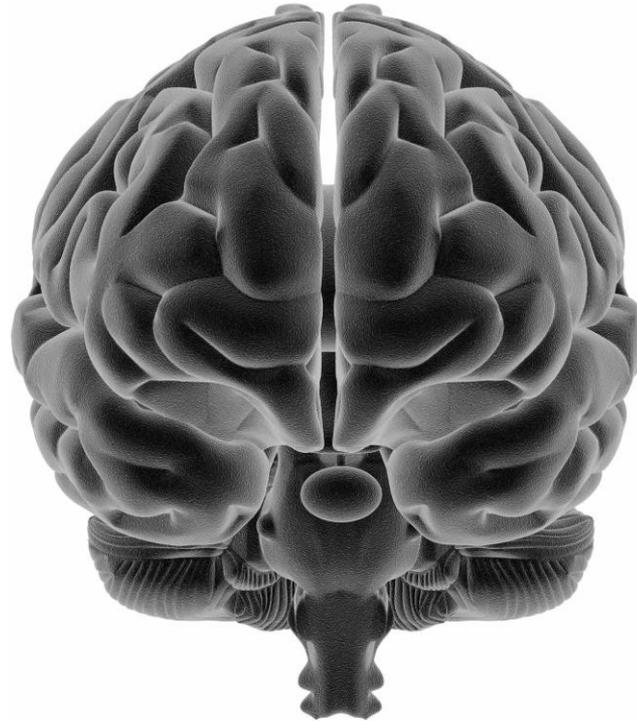
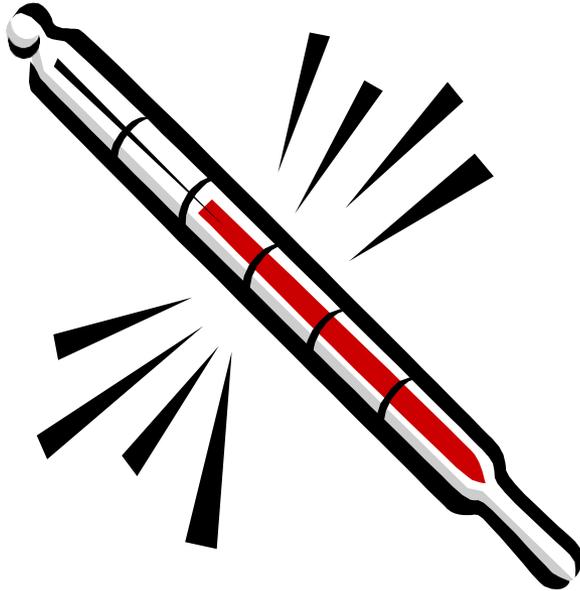
 Talk to select people



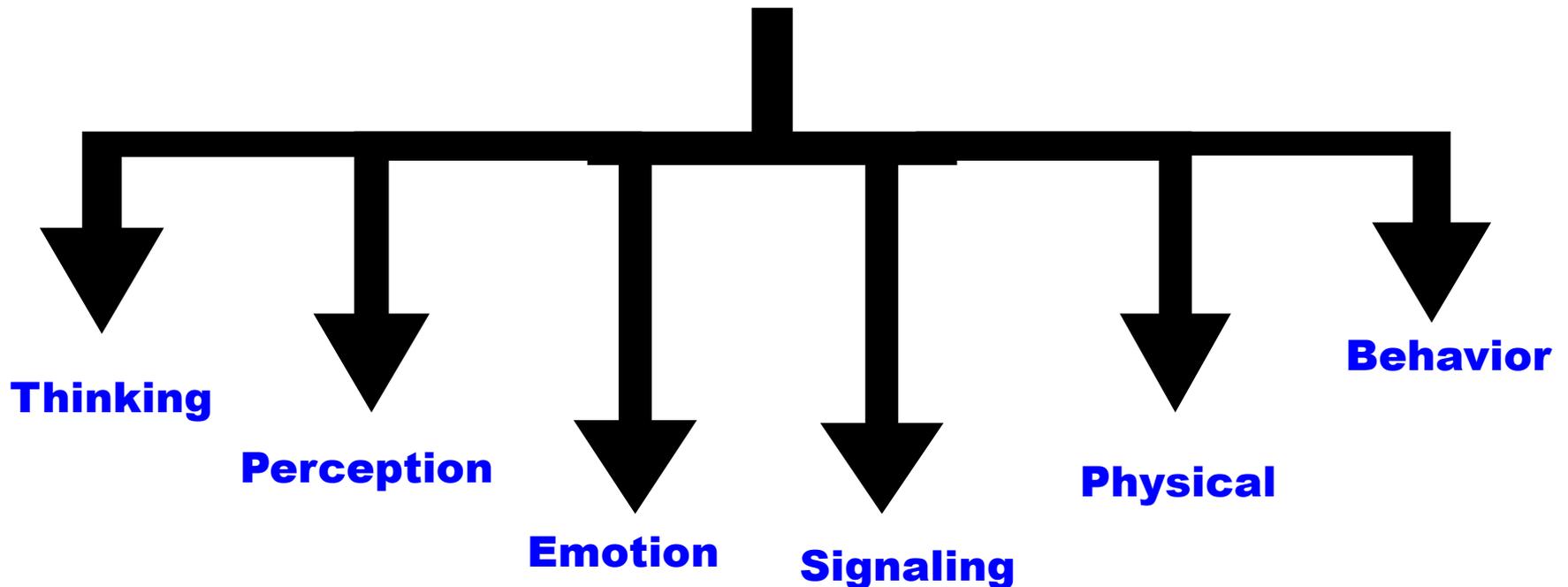
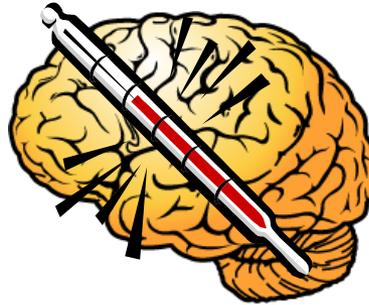
Worrying about these pressures is **NORMAL**.

But feeling **VERY** sad, hopeless or worthless might be a sign of a mental health problem.

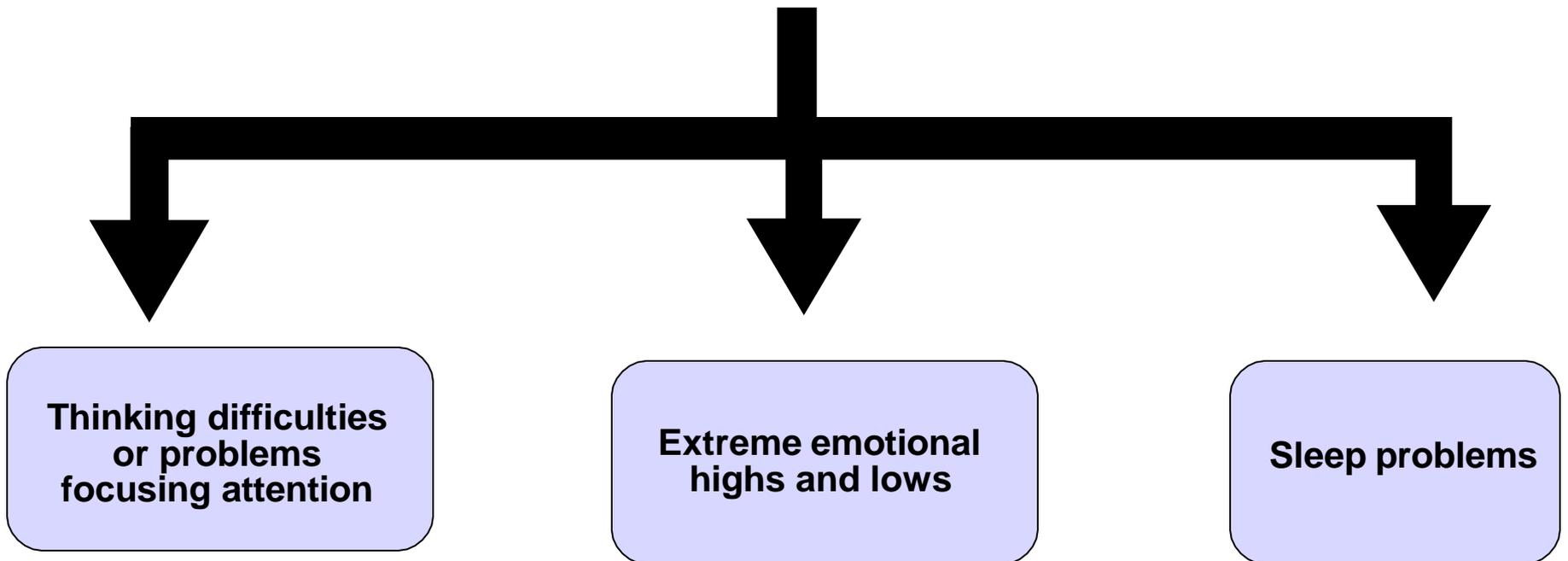
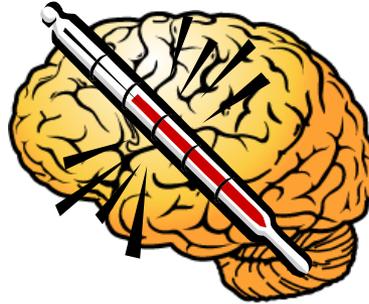
Mental illness can occur when the brain
(or part of the brain) is **not working well**
or is working in the wrong way.



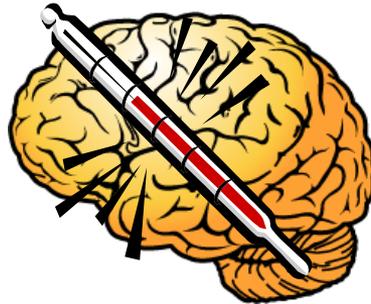
When the brain is **not working properly**,
one or more of its **6 functions** will be disrupted



Symptoms can include



When these symptoms
significantly disrupt a person's life,
we say that the person has a

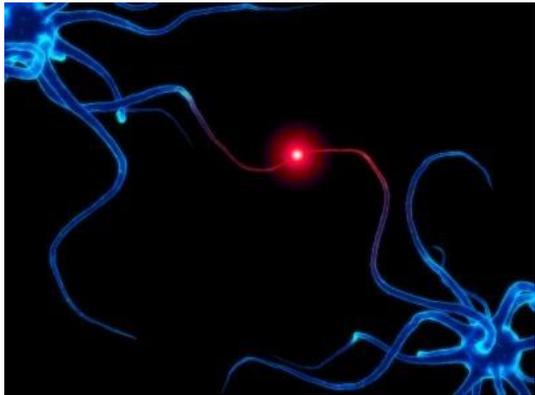


mental disorder
or a mental illness.

So, what are the
CAUSES
of mental illness??

Well, the causes of mental illness are

COMPLICATED!!



Genetics

+



Environment



Brain Disorder

Mental health problems can be treated!

If you feel **VERY** sad, stressed or worried, it might help to talk to someone about how you are feeling.



Do you ever...

- Often feel very angry or very worried?
- Do reckless things that could harm you or others?
- Feel grief for a long time after a loss or a death?
- Think your mind is controlled or out of control?
- Use alcohol or drugs?
- Exercise, diet and/or binge-eat obsessively?
- Hurt other people or destroy property?



Do you ever...

- Often feel very angry or very worried?
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- Hurt other people or destroy property?

If you feel any of these things, it might help to talk to a parent, teacher, school counselor or physician.







Cycle of Mental Health

(Positive or Negative Flow Model)

The process begins here...

Thoughts
Beliefs

Thoughts and beliefs are the sources of our ...

Feelings
Emotions

Our emotions are the source of our psychic energies...

Reinforces our belief systems...

If you change your thinking, you will experience a change in your emotions, which will influence your choice of behaviors, consequences will follow, which reinforces your belief systems.

Emotions act as a driver of our...

Social Relations
Career
Legal
Finances
Physical
Etc.

Consequences
Given by Others

Behaviors, sooner or later, will generate...

Behaviors
Actions

Behaviors are a choice, our exercise of "free will"...

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CHARACTERISTICS OF A MENTALLY HEALTHY PERSON

- He feels comfortable about himself, he feels reasonably secure and adequate. He neither underestimates his own ability.
- The mentally healthy person feels right towards others. This means that he is able to be interested in others and to love them. He is able to like and trust others.
- The mentally healthy person is able to meet the demands of life. He is not bowled over by his own emotions of fear, anger, love or guilt.

WARNING SIGNALS OF POOR MENTAL HEALTH

1. Are you always worrying ?
2. Are you unable to concentrate because of unrecognised reasons ?
3. Are you continually unhappy without justified cause ?
4. Do you lose temper easily and often ?
5. Are you troubled by regular insomnia ?

Contd.

6. Do you have wide fluctuations in your mood

7. Do you continually dislike to be with people?

8. Are you upset if the routine of your life is disturbed ?

9. Do your children's/parents consistently get on your nerves ?

Contd.

10. Are you 'browned off' and constantly bitter

11. Are you afraid without real cause ?

12. Are you always right and the other person always wrong ?

13. Do you have numerous aches and pains for which no doctor can find a physical cause ?



ALCOHOLISM

I don't have a problem. I just like to drink.



NEEDS OF MAN / WOMAN

- 1.The need for affection.
- 2.The need for belonging.
- 3.The need for independence.
- 4.The need for achievement.
- 5.The need for recognition.
- 6.The need for sense of personal worth.
- 7.The need for self actualization.



obrigado

Dank U

Merci

mahalo

Köszí

спасибо

Grazie

Thank
you

mauruuru

Takk

Gracias

Dziękuję

Děkuju

danke

Kiitos