



MENTAL HEALTH SERIES

PART ONE

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Introduction

- Mental health includes our emotional, psychological, and social well-being.
- It affects how we think, feel, and act.
- It also helps determine how we handle stress, relate to others, and make healthy choices.
- Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Why is Mental Health Important?

Task: Mention other benefits of
Mental Health

01

Improving our mood and
reducing anxiety

02

Creating an enhanced sense of inner
peace to be able to think clearly

03

Helps us have productive,
healthy relationships

04

Helps us be more productive in
our school work

05

Helps us realize and work towards
our full potential

SESSION ONE

STRESS



- It is a feeling of emotional or physical tension that comes from any event or thought that makes you feel frustrated, angry, or nervous.
- When you experience changes or challenges (stressors), your body produces physical and mental responses. That's stress.
- Sometimes, stress can be positive, keeping us alert, motivated and ready to avoid danger.
- For example, if you have an important test coming up, a stress response might help your body work harder and stay awake longer.
- But stress becomes a problem when stressors continue without relief or periods of relaxation.

Types of Stress



a

**Physical
Stress**

b

**Psychological
Stress**

c

**Psychosocial
Stress**



A: Physical Stress

This type of stress includes;

- **Trauma from (injury, infection, surgery)**
- **Intense physical labor**
- **Illness (viral, bacterial, or fungal agents)**
- **Dental challenges**
- **Inadequate oxygen supply**
- **Hormonal and/or biochemical imbalances**
- **Dehydration**

B: Psychological Stress

This type of stress includes;

- **Emotional frustrations (resentments, fears, sadness, anger, grief)**
- **Cognitive stress (information overload, accelerated sense of time, worry, guilt, shame, jealousy, resistance, self-criticism, panic attacks)**
- **Perceptual stress (beliefs, roles, stories, attitudes, world view)**



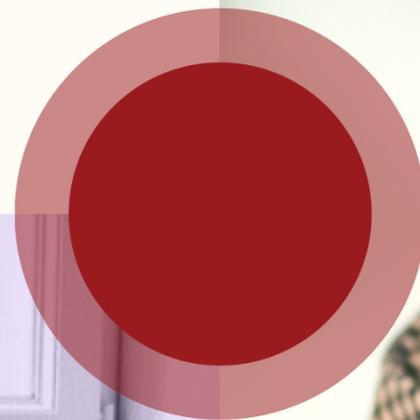


B: Psychosocial Stress

This type of stress includes;

- **Trauma from (injury, infection, surgery)**
- **Intense physical labor**
- **Illness (viral, bacterial, or fungal agents)**
- **Dental challenges**
- **Inadequate oxygen supply**
- **Hormonal and/or biochemical imbalances**
- **Dehydration**

Signs & Symptoms of Stress



1

**Headaches and
heart palpitations**

2

**Constricted throat
and hard swallowing**

3

**Constricted
breathing**

4

Sweaty palms



5

Nausea/Anxiety

6

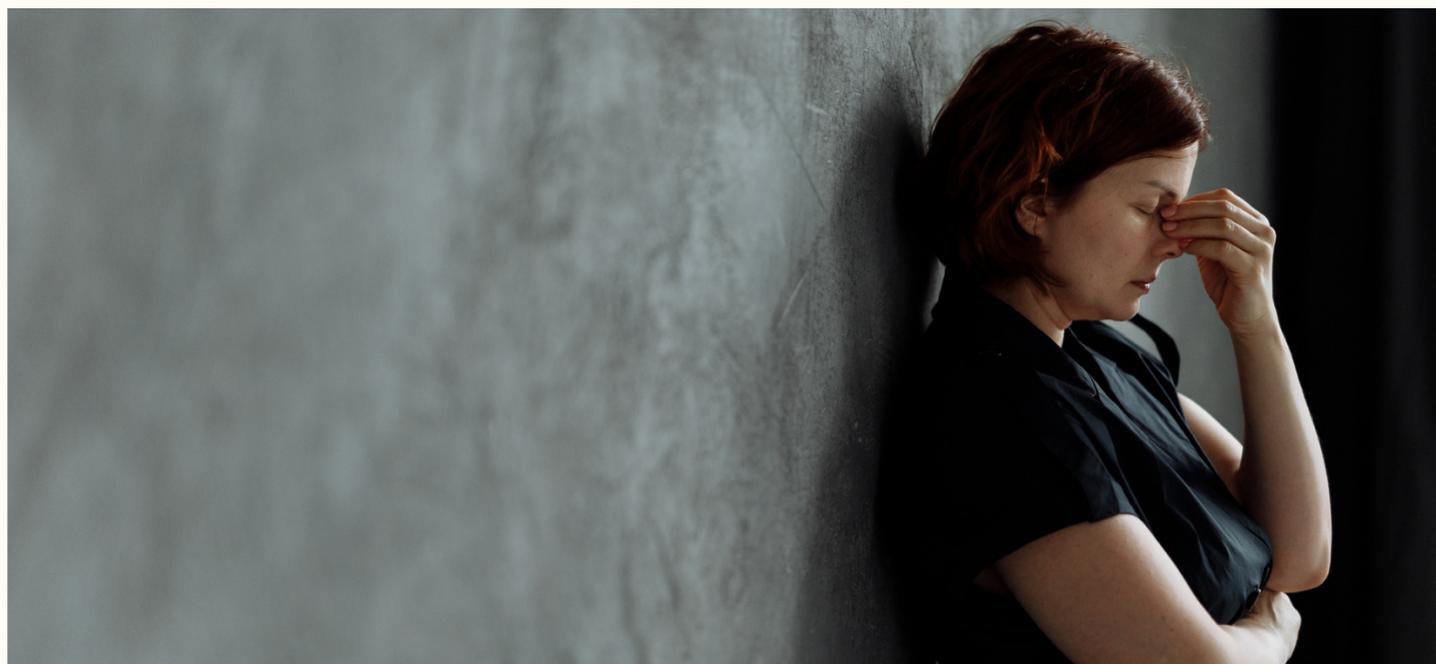
**Severe
fatigue/tiredness**

7

**Innefective
function of the
immune system**

8

**Hypertension (Low
blood pressure)**



Take a moment to read the questions and reflect on the questions below. This is for your own reflection and will not be shared.

QUESTION	YES	NO
Do you feel tired all the time or have trouble sleeping		
Do you have a hard time relaxing or feel unable to relax?		
Do you forget things often?		
Are you frequently angry and tired at the end of the day?		
Do you often feel under pressure?		

Take a moment to read the questions and reflect on the questions below. This is for your own reflection and will not be shared.

QUESTION	YES	NO
Do you often argue, even about minor things?		
Do you feel that you never have time for yourself?		
Do you find yourself not wanting to socialize with others?		
Do you lack patience with others and feel they are often wrong?		
Do others often tell you that you seem tense or upset?		

CHRONIC STRESS

- This is a consistent sense of feeling pressured and overwhelmed over a long period of time.
- Often, people with chronic stress try to manage it with unhealthy behavior, including:



Excessive alcohol use



Smoking



Overeating



Drug and substance abuse



Excessive shopping



Overspending

STRATEGIES FOR STRESS RELIEF

1. Exercise

When you feel symptoms of stress coming on. Even a short walk can boost your mood.

3. Acknowledge your accomplishments

At the end of each day, take a moment to think about what you've accomplished — not what you didn't get done.

2. Set goals for your day.

You can set goals weekly and monthly too. Narrowing your view will help you feel more in control of the moment and help accomplish tasks on time.

4. Take good care of your body.

Each day, practice good eating, exercising and getting enough sleep. These will help your body handle stress much better.

STRATEGIES FOR STRESS RELIEF

5. Be Positive

You can always stay positive and practice gratitude by acknowledging the good parts of your day or life.

7. Learn to say "NO"

Learn to say "no" to additional responsibilities when you are too busy or stressed. This will help you focus on what is at hand and not be overwhelmed.

6. Acceptance

Accept that you can't control everything. Find ways to let go of worry about situations you cannot change.

8. Stay connected

Connect with people who keep you calm, make you happy and provide emotional support. A friend, family member or neighbour can become a good listener so that stress doesn't become overwhelming.

12 things you can control and continue to do to manage stress

- 1. How many times you smile today**
- 2. How well you prepare**
- 3. How you act on your feelings**
- 4. How often you say “Thank you**
- 5. How much exercise you get**
- 6. Whether you think positive or negative thoughts**
- 7. How clean you keep your space**
- 8. When you ask for help**
- 9. How much rest you get at night**
- 10. Whether or not you judge other people**
- 11. How deeply you breathe when you experience stress**
- 12. Our level of honesty**



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THANK YOU

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