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UNITE THE WORLD WITH AFRICA FOUNDATION, INC.



MENTAL HEALTH SERIES

PART ONE

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INTRODUCTION

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

WHY IS MENTAL HEALTH IMPORTANT?



Task: Mention other benefits of mental health.

01 Improves mood and reducing anxiety.

02 Creates an enhanced sense of inner peace to be able to think clearly

03 Helps to have productive, healthy relationships

04 Helps to be more productive in our school work.

05 Helps to realize and work towards our full potential.

SESSION ONE: STRESS

01.

- Stress 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.
- 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



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 imbalance
- Dehydration

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)





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 & HEART PALPITATIONS

2

CONSTRICTED THROAT AND HARD SWALLOWING



3

CONSTRICTED BREATHING

4

SWEATY PALMS



5

NAUSEA/ANXIETY

6

SEVERE FATIGUE/TIREDNESS

7

POOR IMMUNE SYSTEM

8

HYPERTENSION (LOW BLOOD PRESSURE)

TAKE A MOMENT TO READ 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 relax ing 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 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 and feel that others 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



OVEREATING



EXCESSIVE SHOPPING



SMOKING



DRUG AND SUBSTANCE ABUSE



OVERSPENDING

STRATEGIES FOR STRESS RELIEF

EXERCISE

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

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.

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.

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.

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STRATEGIES FOR STRESS RELIEF

BE POSITIVE

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

ACCEPTANCE

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

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 overhwelmed.

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 WAYS TO HELP MANAGE STRESS

1. Smile.
2. Prepare.
3. Manage how you act on your feelings.
4. Say “Thank you.”
5. Exercise.
6. Think positive thoughts.
7. Keep your space clean.
8. Ask for help when you need it.
9. Get enough sleep.
10. Try not to judge other people.
11. Breathe deeply.
12. Be honest.

SCENARIOS



SCENARIO #1

John, a 40-year-old manager, feels overwhelmed by his workload and constant deadlines. He experiences headaches, irritability, and difficulty sleeping. He often skips meals and feels fatigued throughout the day.

1. What are the primary sources of John's stress?
2. How could John's symptoms affect his daily functioning and overall well-being?
3. What self-help techniques can John use to manage his stress?



SCENARIO #2

Maria, a 35-year-old teacher, finds it challenging to balance her job, family responsibilities, and personal time. She often feels anxious and short-tempered, and she has noticed an increase in her use of caffeine and snacks to stay alert.

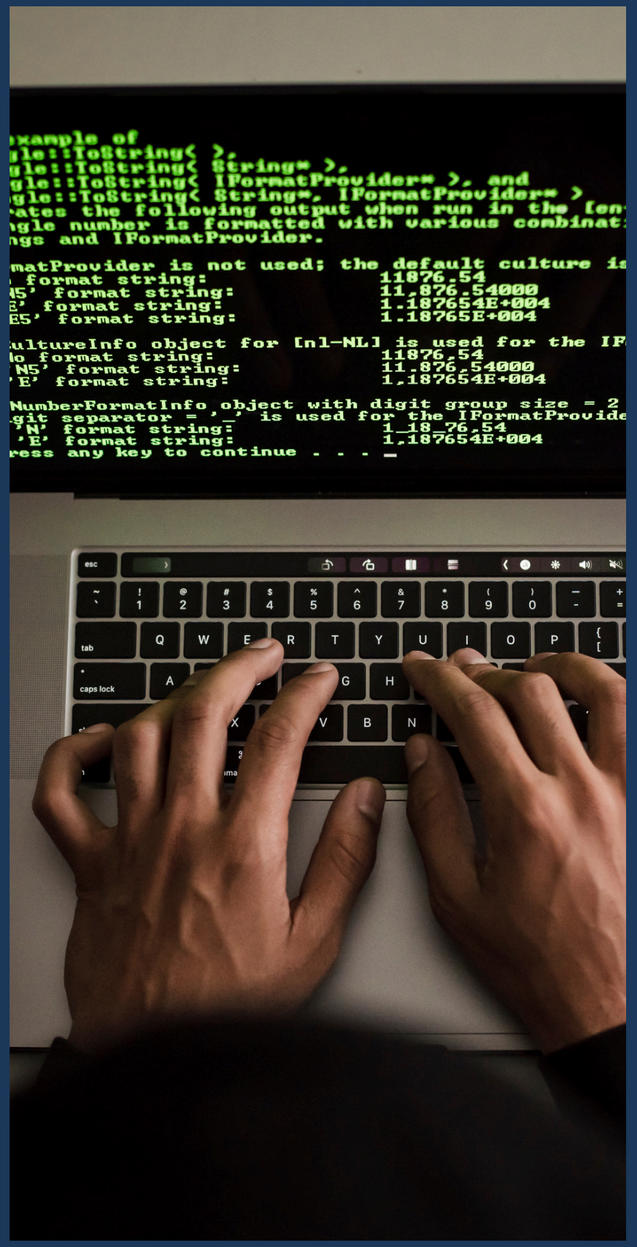
1. What specific stressors is Maria facing in her daily life?
2. How are Maria's coping mechanisms impacting her health and stress levels?
3. What strategies can Maria implement to improve her stress management?



SCENARIO #3

James, a 28-year-old software developer, experiences stress due to tight project deadlines and long working hours. He has started to withdraw from social activities and finds it hard to relax even during his time off.

1. What stressors are affecting James' life?
2. What impact is the stress having on James' social life and personal well-being?
3. What steps can James take to better manage his work-related stress?



SCENARIO #4

Sara, a 45-year-old single mother, feels stressed by the dual responsibilities of her job and raising her children. She often feels exhausted and has trouble finding time for herself.

1. What factors contribute to Sara's stress?
2. How might Sara's stress be affecting her parenting and work performance?
3. What strategies can Sara use to create a better balance and reduce her stress levels?



SCENARIO #5

David, a 50-year-old businessman, has been feeling stressed due to financial difficulties and managing his business. He experiences frequent headaches and has started to have trouble sleeping.

1. What are the main sources of David's stress?
2. How is David's stress impacting his health and business operations?
3. What coping mechanisms can David adopt to alleviate his stress and improve his situation?



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