



#Let'sTalk... #Nowwhat?

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### Objectives

- Mental health
- What impacts stress can have
- What can we do about it?
  - YOUPOWERMENT
  - Core components of self-care



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### Poll question 1



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### Mental illness in Canada

- 1/5 Canadians will be affected by mental health or addiction
- 1/2 people by age of 40 will have suffered from a mental illness (anxiety, depression)



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### Economic burden of mental illness

- In Canada it's estimated at \$51 billion per year.
- This includes health care costs, lost productivity, and reductions in health-related quality of life



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Mental health affects us all.

On January 31, join the conversation.

[Learn more](#)



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## Social determinants of health



Figure shows an influential model of the determinants of health that illustrates how various health-influencing factors are interrelated within broader aspects of society.  
Source: Dahlgren, G. and Whitehead, M. (1991). Policies and Strategies to Promote Social Equity in Health. Stockholm: Institute for Future Studies.



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## Depression is the leader

- Depression is the leading cause of disability
- What causes depression
  - Genetic tendency
  - Multiple life factors
    - Chronic health conditions
    - Traumatic events
    - Medications
    - Stress



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## Symptoms\*

- Each person is different but here are some common symptoms
  - Depressed mood
  - Feelings of guilt, worthlessness, helplessness, hopelessness
  - Loss of interest or pleasure in activities you usually enjoy
  - Change in weight or appetite
  - Sleep disturbances
  - Decreased energy
  - Poor concentration or difficulty making decisions
  - Thoughts of death

\*If you are experiencing these symptoms most days for more than two weeks make an appointment to see your doctor.



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STRESS IS RAMPANT



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© 1988 Henry Chalklyn  
www.chalklyn.com



"According to the latest research, the average human body is 20% water and 80% stress."



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Poll question 2



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Poll question 3



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How does stress affect our brain?

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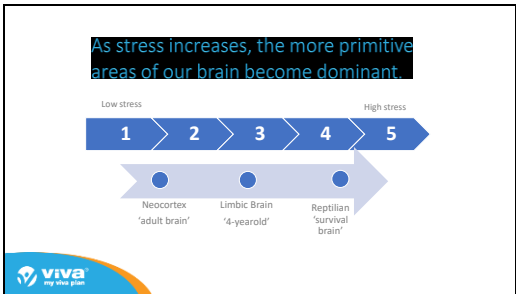
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### Stress and our brain

Stress level	What's Motivating You	Dominant Part of the Brain	Decisions...
1 Balance & Joy	Eudonic Rewards	Thinking Brain (neocortex)	Optimal
2 Balance		Thinking & Feeling	Healthy
3 On the verge	Immediate Gratification	Feeling (limbic)	Inconsistent
4 Stressed		Feeling & Survival	Unhealthy
5 Totally Stressed	Survival – often unconscious	Survival (brain stem)	Destructive




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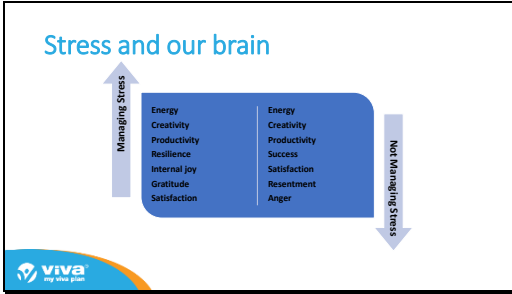
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### Poll question 4

viva my viva plan

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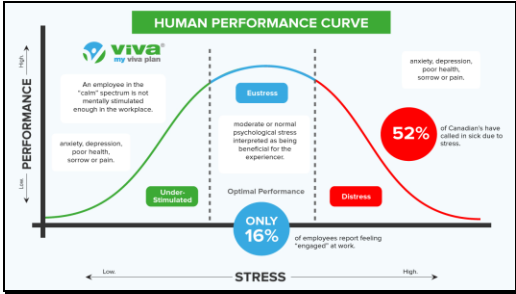
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### 1. Power of reflection

- Need to assess our present world
- Our perception and reality vary so we need to collect objective data
  - Assess your stress
  - Journal



## 2. Power of gratitude

- What is gratitude?
  - A sense of appreciation for someone, something
    - More impactful if we act on it
  - Shuts down the stress response
  - Helps us manage our stress!



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## 3. Power of nutrition

- Our brain does not work properly if it doesn't have the right fuel
  - Stress causes us to crave more sugar, fat and salt
  - Skipping meals and not eating balanced causes the same cravings, impairs our brain function and can result in increased depressive symptoms.
  - Regular balanced meals fuels our brain and keeps us focussed



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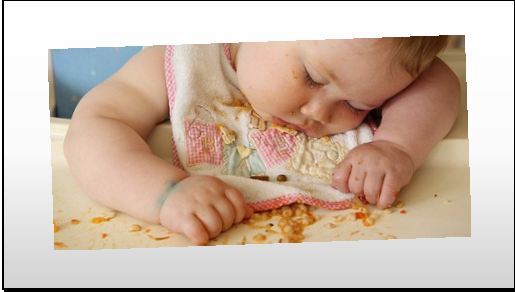
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#### 4. Power of exercise

- Exercise helps us manage stress
  - Releases endorphins which makes us feel satisfied and increase joy
  - Helps relieve tension and control blood pressure
  - Manages our overall health
  - AND the best part it doesn't have to be much!



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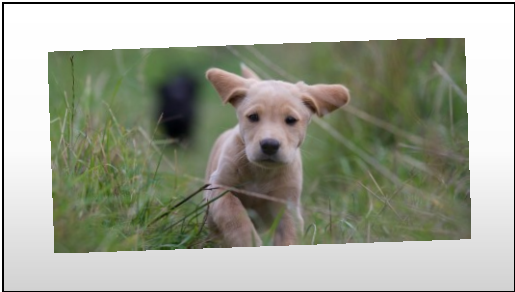
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## 5. Power of meditation

- We have more information hitting our brain at faster speeds than ever before.
- Meditation helps teach us how to calm our mind
  - Helps give us clarity and perspective
  - Helps build resilience



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“ Life isn't about waiting for the storm to pass; it's about learning to dance in the rain. ”

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## 6. Power of sleep

- Sleep and the quality of sleep are important in managing stress
  - Create a bedtime routine that will improve your quality of sleep
  - Many things impact sleep, so keep a journal and see if you notice any patterns and adjust to see if sleep improves



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**Summary**

- Mental illness is real
- Stress is a modifiable risk factor
- YOU POWERMENT

**Find your balance**



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