



Manage Your Symptoms



Clear
Your Mind



Mental
Transformation



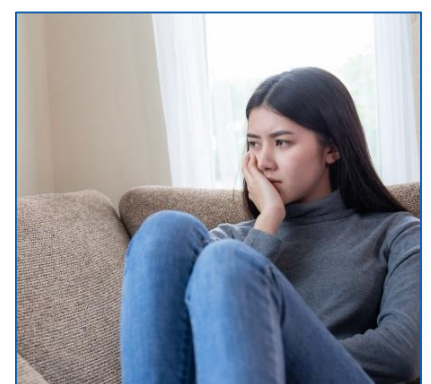
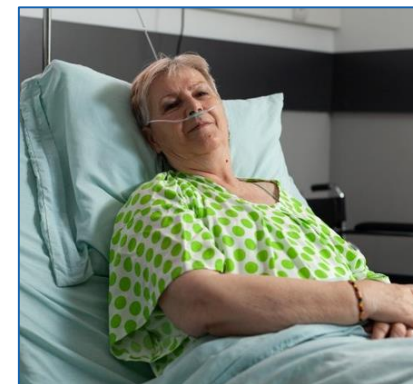
Positive Thinking



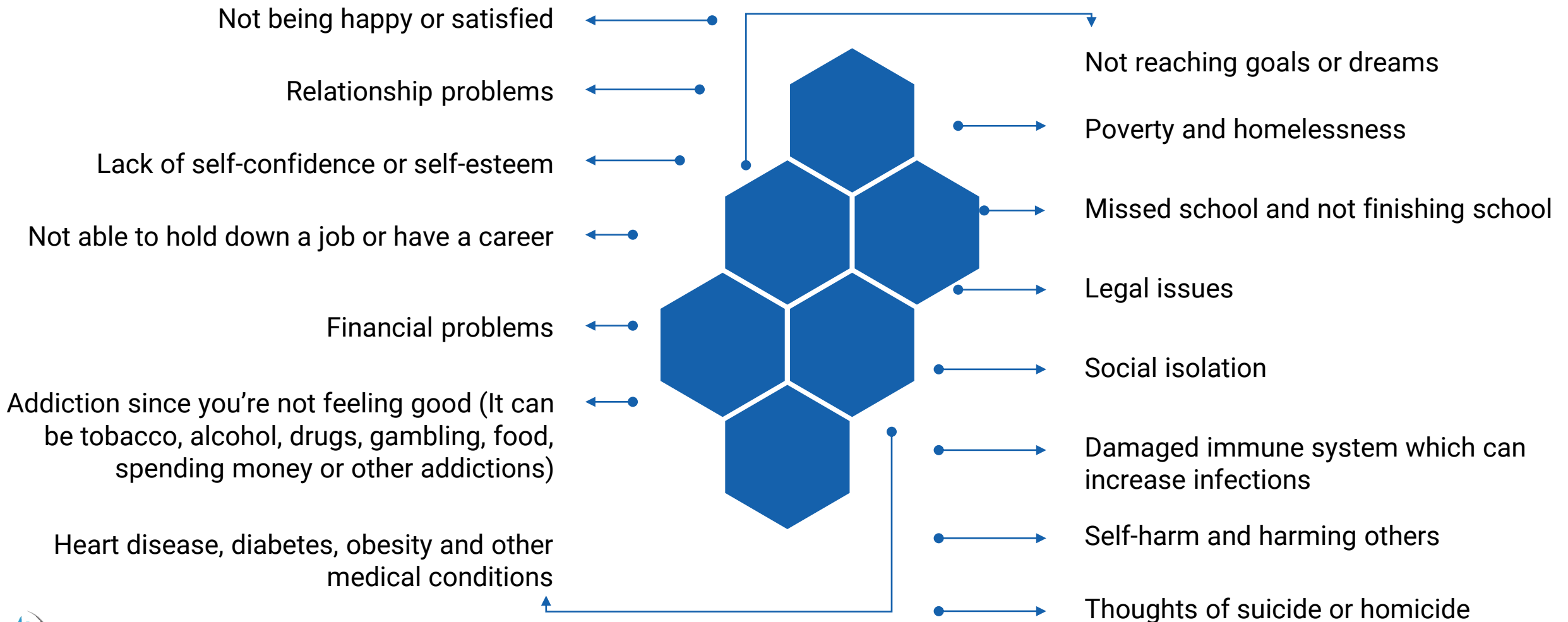
Mental Growth

What's The Cost Of Not Controlling Symptoms?

- **There are many – these are just a few.**
It's probably easier to manage a condition then pay a price for not managing it.
- **Untreated mental health problems can cause serious emotional, behavioral and physical health issues.**

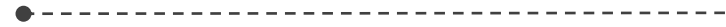


The Price You Can Pay

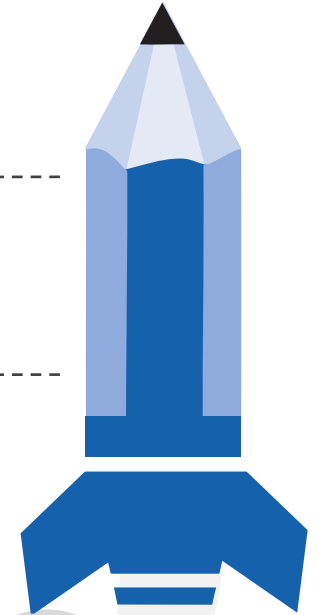
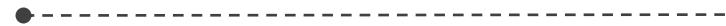


The 2 Main Things We Will Talk About

Knowing your symptoms



What to do about it



What Causes Symptoms?

Symptoms could be caused from one or combination of problems



Brain Chemistry:

Neurotransmitters are brain chemicals that send signals to other parts of your brain and body. When networks involving these chemicals don't work, nerve receptors and nerve system don't work and change that can lead to anxiety, depression and other mental health disorders.

Inherited Traits:

Mental health problems can be more common in people who have a family member with a mental health issue. Sometimes, you know about this and at times, you don't. Certain genes increase your chance of some mental health disorders. Life events like divorce, loss, grief can trigger symptoms or a mental health condition.

Environmental Problems Before Birth:

Environmental stressors, health problems that cause inflammation, toxins, drugs or alcohol can sometimes be linked to mental health problems.

Managing Mental Health Symptoms Isn't Easy

01

You have to recognize symptoms



02

Have treatment plan to manage it or help someone else

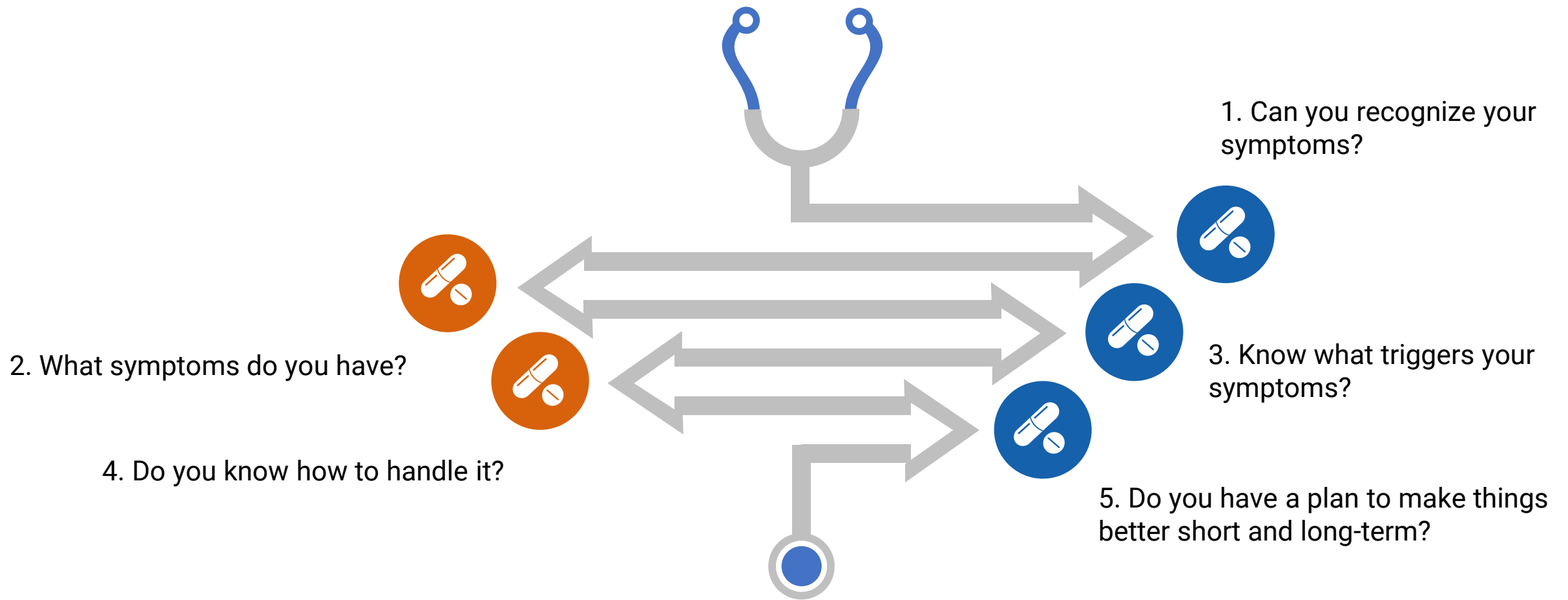
Managing Mental Health Symptoms Isn't Easy

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Helpful tips, tools and resources are necessary to fight mental health problems. You or someone you love can feel better, be more motivated and be less stressed.

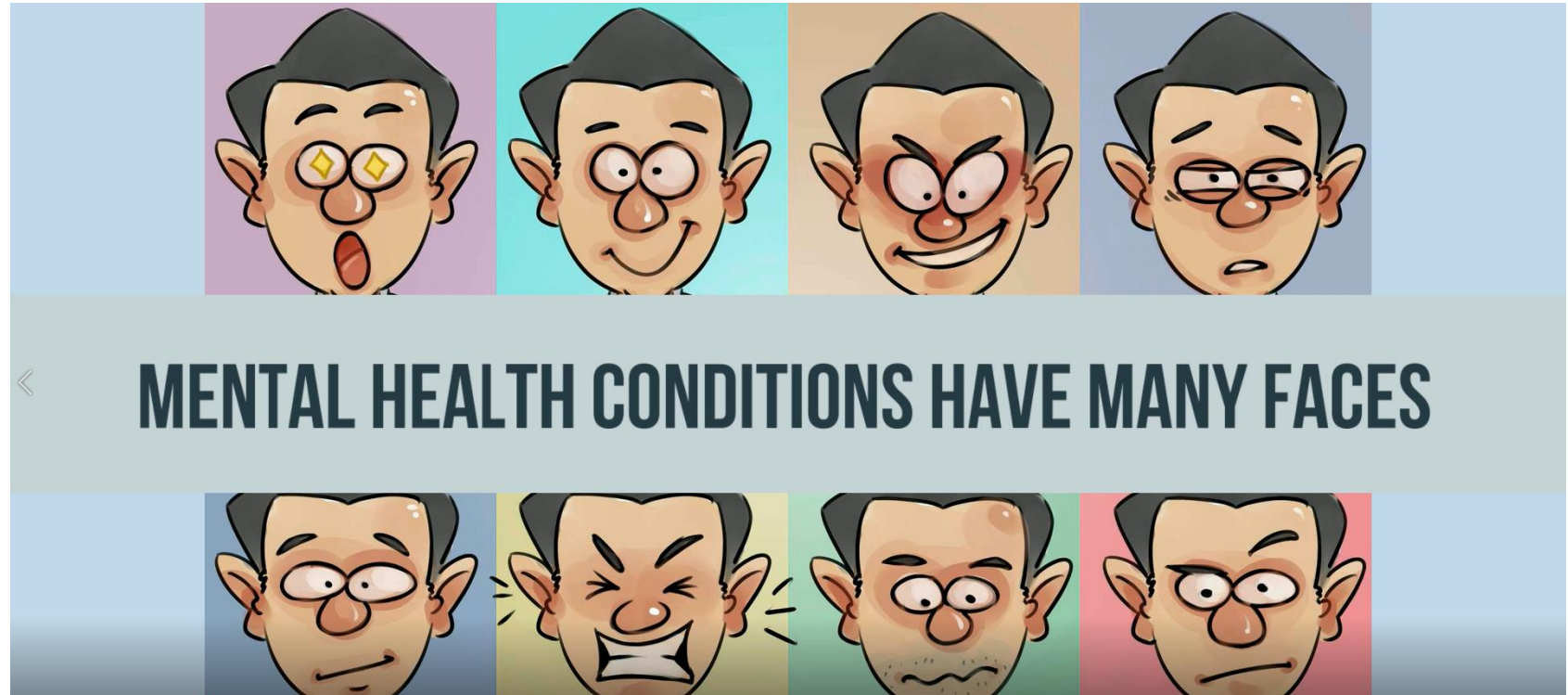


Symptom Checklist: How Well You Know Symptoms



How Symptoms Can Look

- Mental health symptoms can be different. **You won't always have the same symptoms with a condition**
- During each episode, symptoms can change or there might be different types of symptoms



Each Time, Your Symptoms Can Be Mild, Moderate Or Severe



- Mild is when you hardly notice your symptoms
- Moderate is when your symptoms are noticeable
- Severe is when your symptoms are out of control

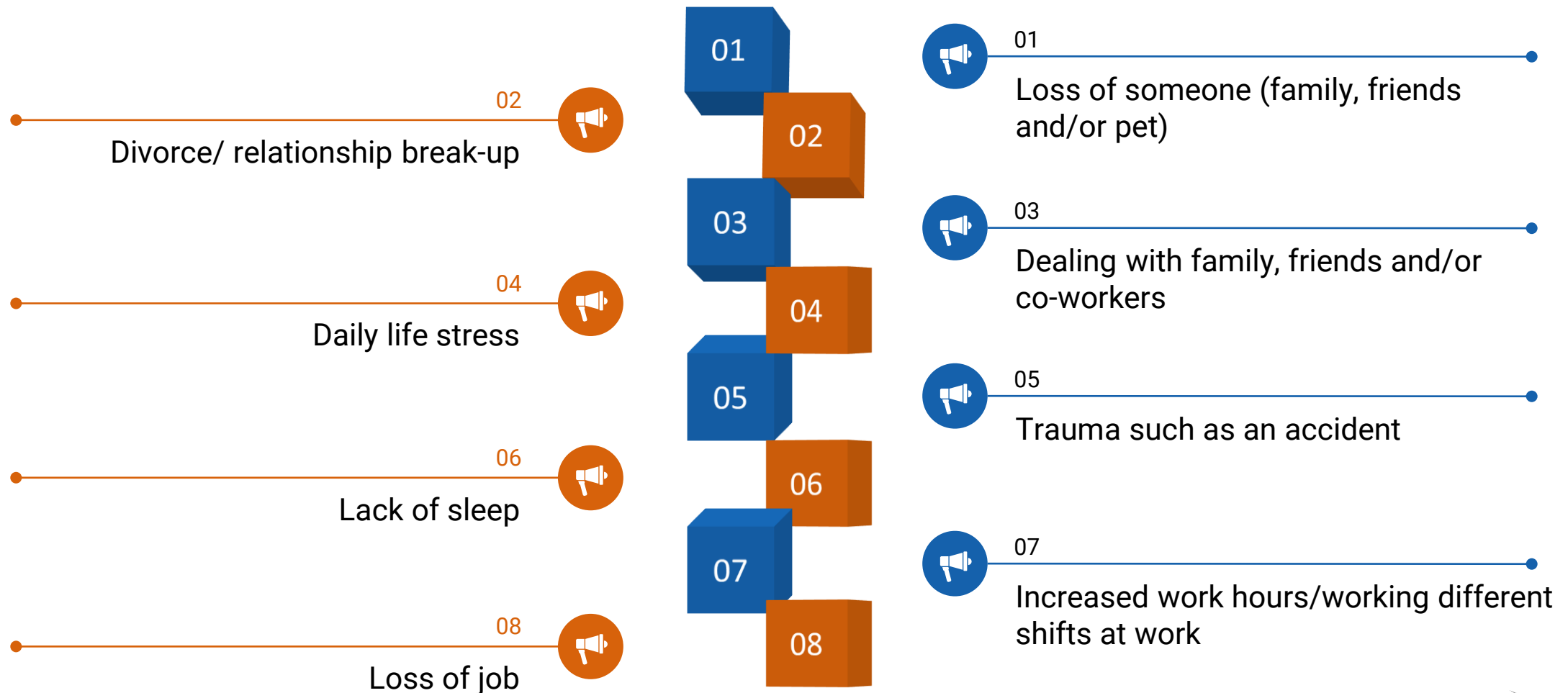
During each episode, how long symptoms last can change **so it's important to be on top of controlling it**

Triggers

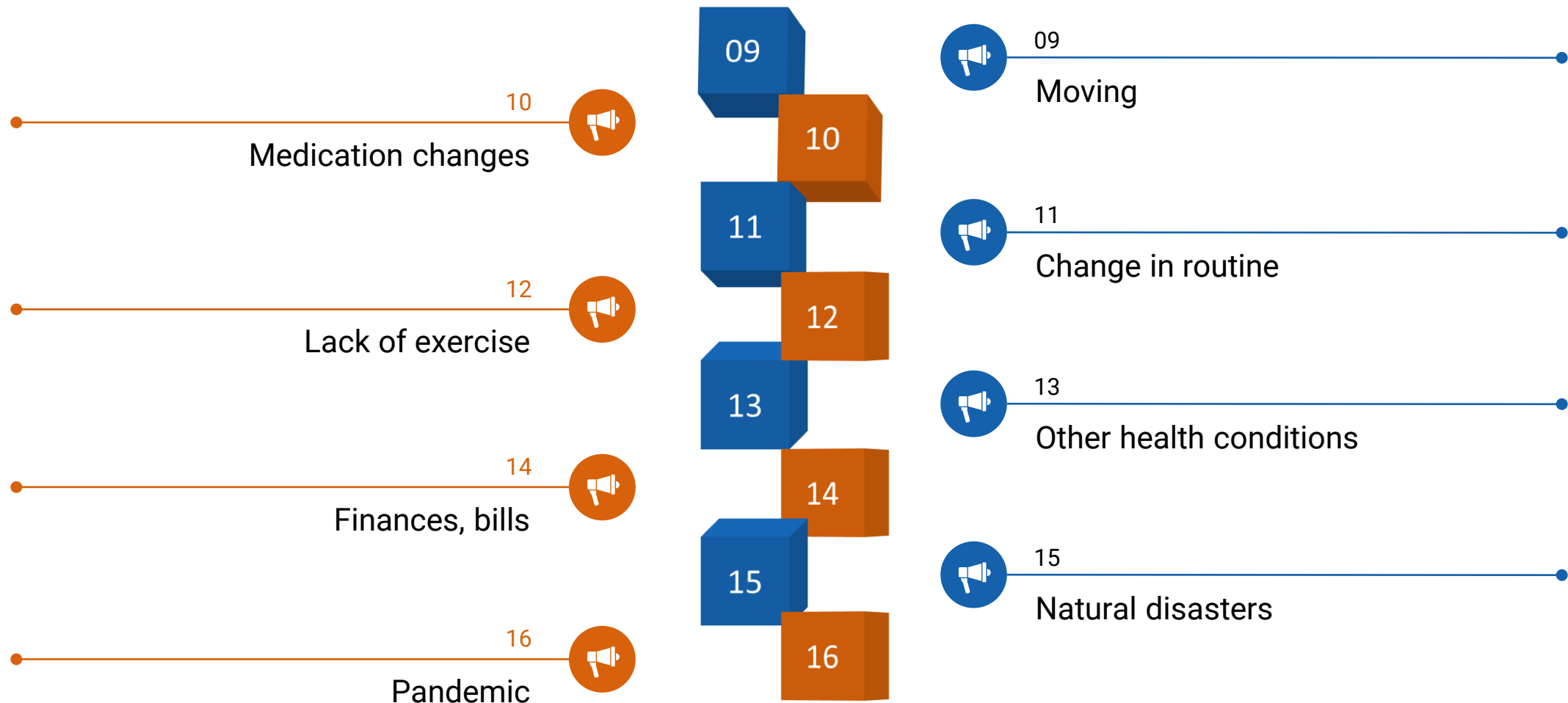
Sometimes symptoms can be “triggered” by life events or situations



Some Triggers Could Include One Or More Of The Following:



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There are many triggers that can cause or make mental health symptoms worse. One common trigger is stress. See information below and get ideas on how it can be managed

STRESS

AND MENTAL HEALTH

WHAT STRESS CAN LOOK LIKE?

- ▶ Regular stress related to work, school, family and other daily responsibilities.
- ▶ Stress brought about by a sudden negative change, such as losing a job, divorce or illness. Change is hard but negative change is more stressful.
- ▶ Traumatic stress from an event like a major accident, war, assault, or a natural disaster where people may be in danger of being seriously hurt or killed. People who experience traumatic stress often experience temporary symptoms of mental illness.

STRESS RELIEF TIPS AND TRICKS

CANDLE/AROMATHERAPY

KEEP A STRESS JOURNAL
OR TALK WITH FRIENDS

DRINK LESS CAFFEINE

IT'S OK TO SAY NO

START LAUGHING MORE

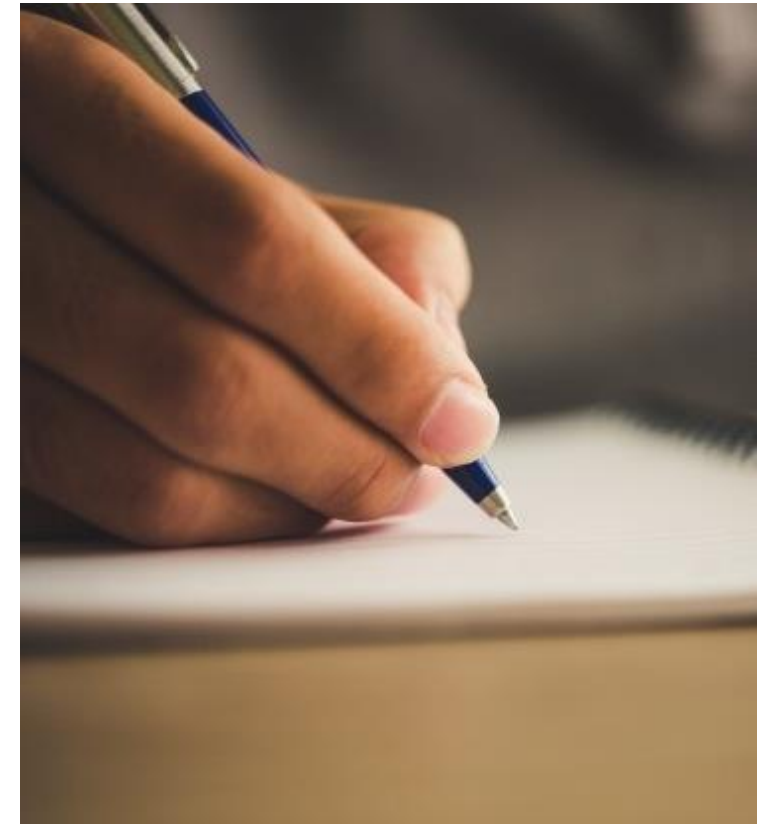
STOP PROCRASTINATING



When you or a loved one is having difficulty dealing with mental health, **you have to understand symptoms**. This could be thoughts, feelings and actions about the symptoms

- One important thing you can learn are mental health triggers
- It's hard to know all triggers unless triggers have happened in the past

WRITE DOWN major triggers and how you will handle it
You can come up with ideas with a mental health provider



Please understand **triggers can cause mild, moderate or severe symptoms**. The better the plan to control them, the better the outcome. **Some ways to tell if a trigger is causing mental health symptoms/issues is by asking the following questions:**

01:

Does it make the
mental health
condition worse?



02:

Does it cause more
stress?



03:

Does it cause major
problems with
relationships?



04:

Does it affect
moods?



- Discover your triggers
- Learn how to deal with them early
- It can make a big difference in your life



Trigger Action Plan

- Write down 3 things that will help when triggers occur.
- Fill out, save or print “trigger list” and review it for better results.





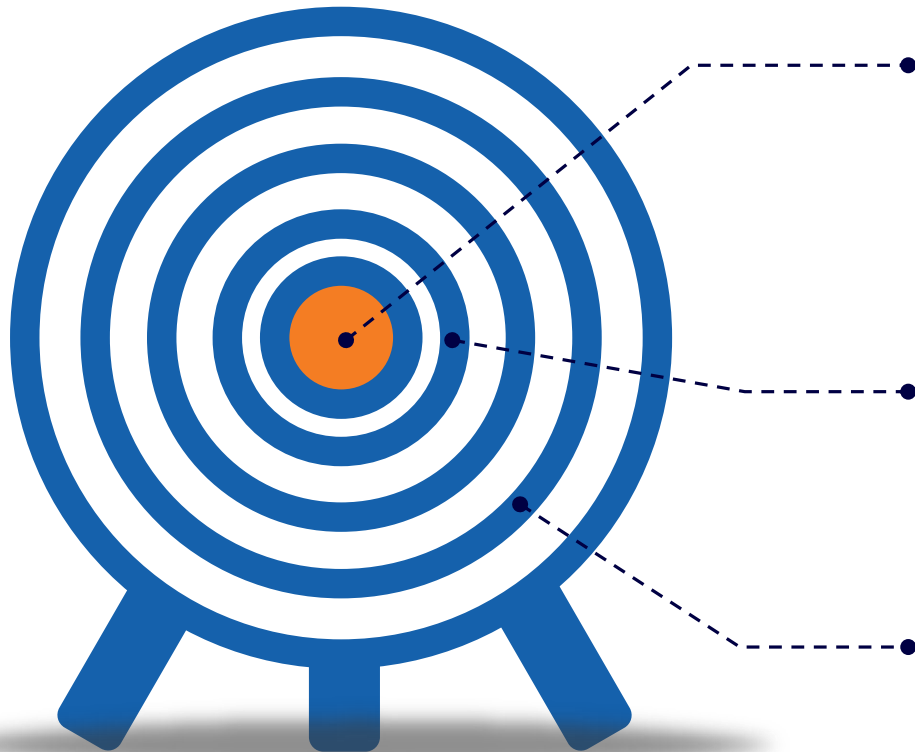
Example: Trigger List

Trigger:

Feeling down because of relationships with family or friends

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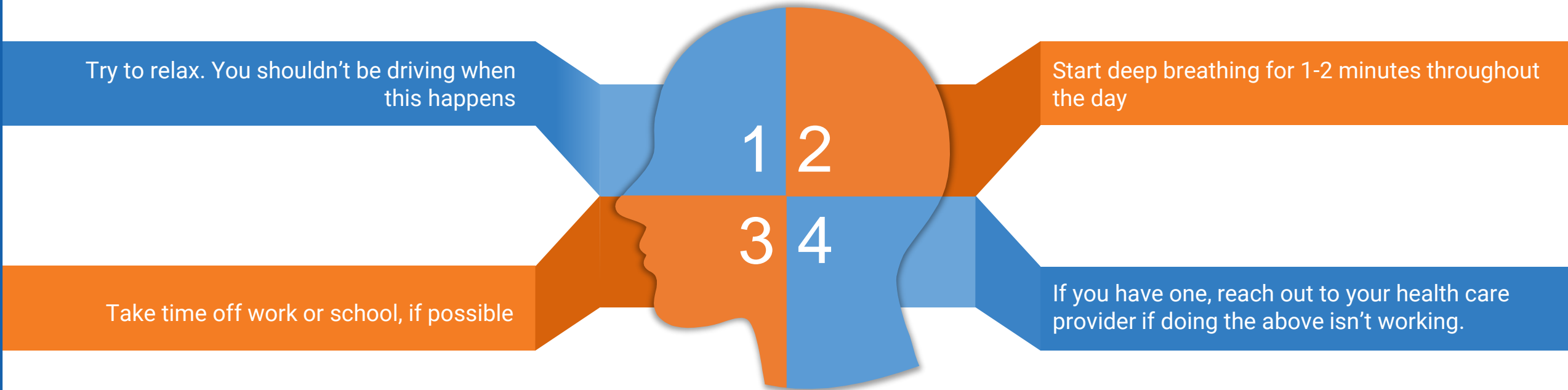
Solutions:



1. **Ask yourself, “What is causing me to feel this way?”**
(Then, write down 3 things that will make you feel better)
2. Tell 1-3 people you trust how you’re really feeling and ask for support
3. Write down how you feel in a journal or phone

Trigger: Feeling anxious because of something negative that's happening

Solutions:



If you don't have a health provider, call a local mental health clinic, urgent care center, mental health hotline or go to emergency room. Ask someone you trust for help

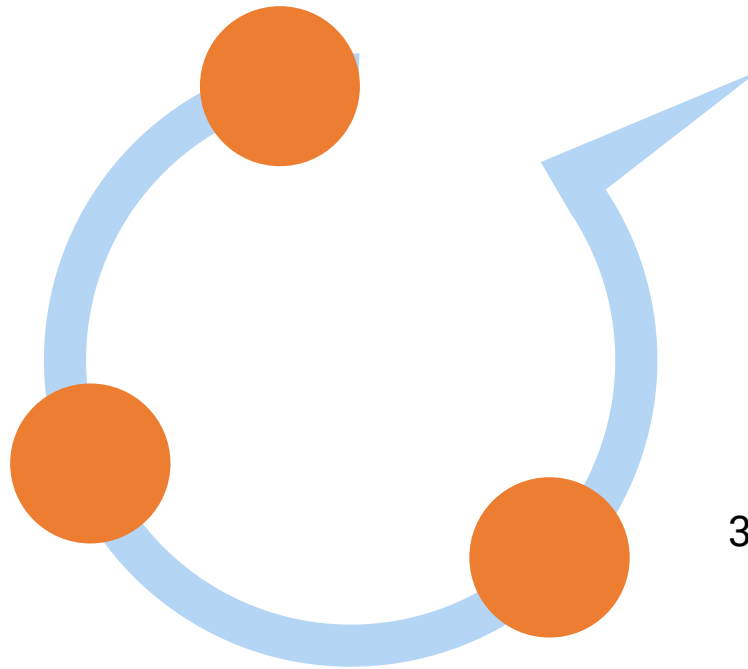
Trigger: Feeling overwhelmed with getting things done

Solutions:

1. Prioritize what is most to least important. Focus on the most important tasks first

2. Break down goals into days, weeks or months. Make a checklist and follow it

3. Ask for help. We all need help sometime!



My Trigger List

Trigger: _____

Solution: _____

Trigger: _____

Solution: _____

#2 Have A Plan

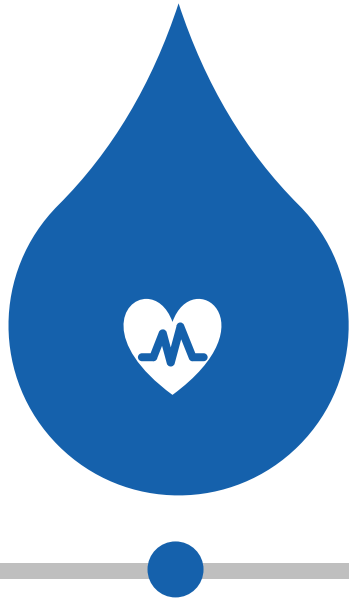


Every symptom needs a mini-plan. If that's too much, write a plan for the most common symptom then pick another common symptom and write a quick plan. Talk with a mental health provider

- **Some common symptoms** can include not being unhappy, discontent, hopeless, unmotivated, helpless, anxiety, anger, not feeling good enough, lack of confidence and more



For EACH Symptom:



Write down 3 things
that can make you or
loved one feel better



I call this "3-in-1 rule":
for one symptom



you do 3 things to
feel better

THE 3 IN 1 RULE

WHEN YOU DO 3 THINGS TO DEAL WITH ONE SYMPTOM, PROBLEM OR SITUATION, IT USUALLY HELPS TO MAKE THINGS BETTER FASTER. THERE ARE DIFFERENT COMBINATIONS OF 3-IN-1 TREATMENTS.

SOME EXAMPLES:

FOR ANXIETY:

- 1 DEEP BREATHING FOR UP TO 1-2 MINUTES
- 2 REST
- 3 DON'T DRIVE. CALL SOMEONE FOR HELP UNTIL ANXIETY GETS BETTER OR CALL A HEALTH CARE PROVIDER

FOR DEPRESSION:

- 1 DO 15-30 MINUTES OF CARDIO
- 2 PLAN TIME WITH FAMILY OR FRIENDS. USE TIME LIMITS SUCH SPENDING TIME WITH THEM UP TO 1-2 HOURS (WHATEVER MAKES YOU/LOVED ONE COMFORTABLE)
- 3 CALL OR MAKE APPOINTMENT WITH THERAPIST, GO TO GROUP THERAPY AND/OR PSYCHIATRIST

FOR BIPOLAR DISORDER:

- 1 TALK WITH FAMILY OR FRIENDS ABOUT SYMPTOMS AND HAVE THEM AROUND TO HELP
- 2 CALL OR MAKE APPOINTMENT WITH THERAPIST, GO TO GROUP THERAPY OR PSYCHIATRIST
- 3 GET A WRITTEN TREATMENT PLAN AND FOLLOW IT

My Trigger List



Symptom Checker

Symptom: _____

Action plan (list 3 or more):

1 _____

2 _____

3 _____

Symptom: _____

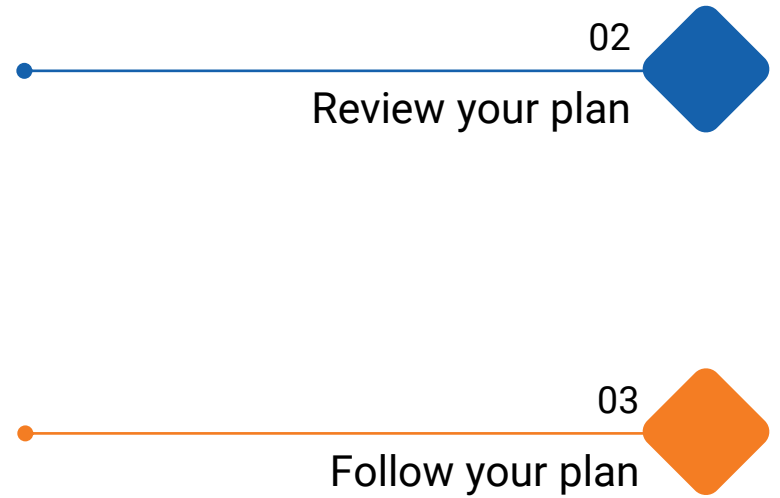
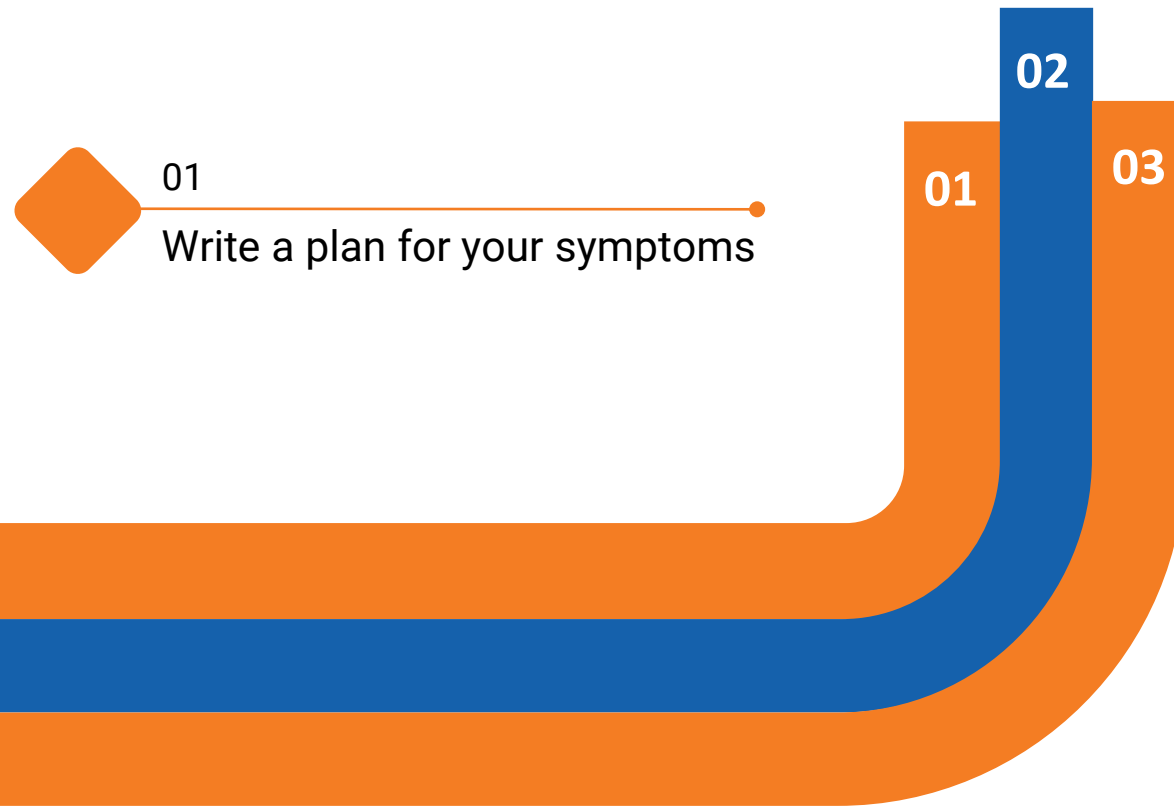
Action plan (list 3 or more):

1 _____

2 _____

3 _____

Write. Review. Follow.



Be Self-Disciplined

with symptoms and plan


Self-discipline means to control feelings and overcome any weaknesses; the ability to pursue what's right despite temptations



This is like any information you learn

- A lot of people know to lose weight, you need to diet and exercise but very few people do it. A lot of people know, you need to save money but many don't it
- It's not enough to know - review and follow your plan (Update you plan when necessary)





**Anyone can be diagnosed
with a mental health problem
at any time**

Final Thoughts: What's Your Mental Health Worth?

If nothing else, do following:



1. Ask for help early.

This could for symptoms, stress, relationship problems. Ask for help early or it can get worse over time. Control and treat the problem as soon as possible






2. Talk with mental health provider and get a written treatment plan and review it often. If you don't have a health provider, get one

We all need help some time. Asking for help is sign of strength, not weakness








If you need immediate help, you can use following resources. This is different in each city, state or country. Check local resources.

-  Call 911 or your local emergency number immediately
-  Call a suicide hotline number. In the U.S., call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or use its webchat on suicidepreventionlifeline.org/chat
-  Call your mental health provider



If you need immediate help, you can use following resources. This is different in each city, state or country. Check local resources.

-  Get help your primary care provider (PCP)
-  Talk to family member, close friend or someone else you can trust
-  Contact a minister, spiritual leader or someone else in your community



Learning about living with mental health is important...
Help yourself or someone else

Check out other videos at www.shell-it-co.com/shop



Disclaimer:

You can get a new health care provider or follow-up with your current health care provider about your mental health or somebody you're trying to help



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