

Mental Health and Chronic (long-term) Health Conditions

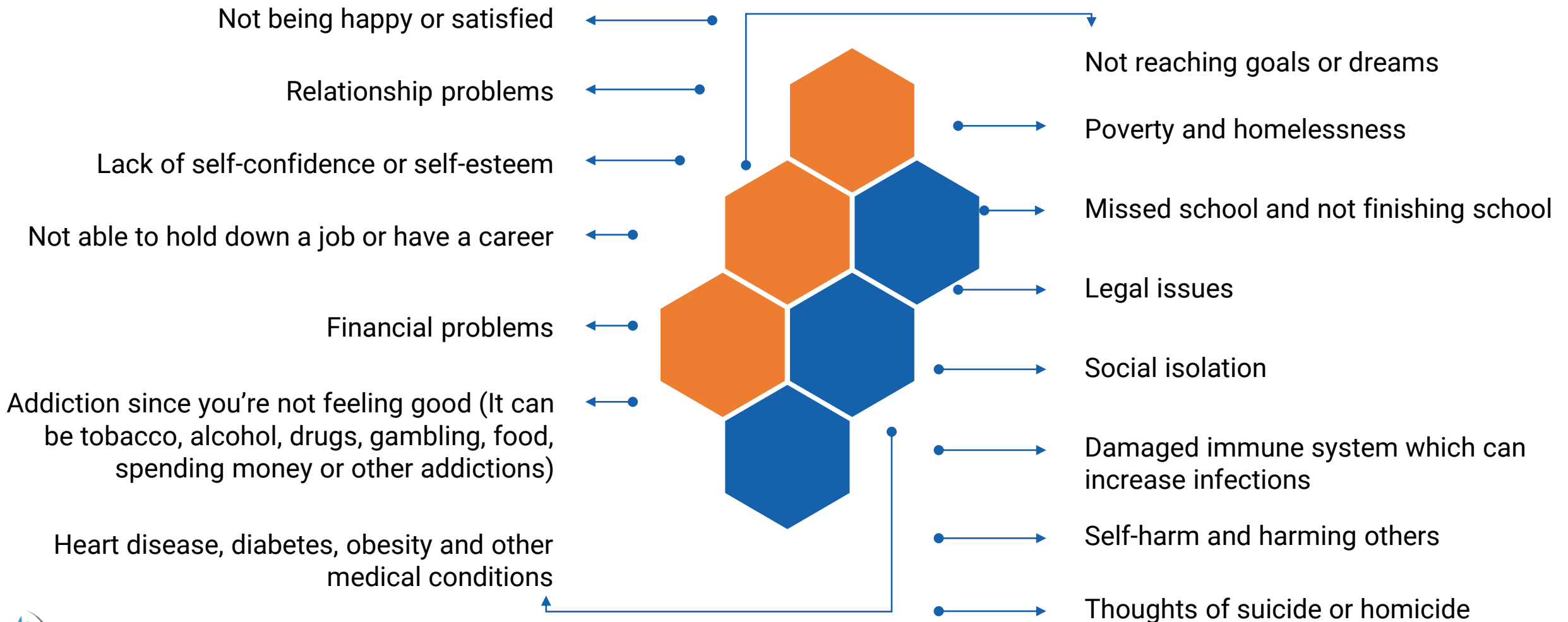


Mental Health Treatment

- Know yourself
- Know mental health
- Have a good health plan



The Price You Can Pay



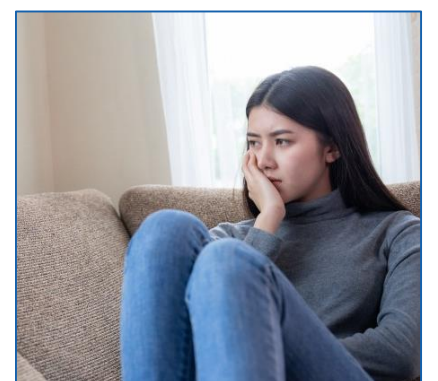
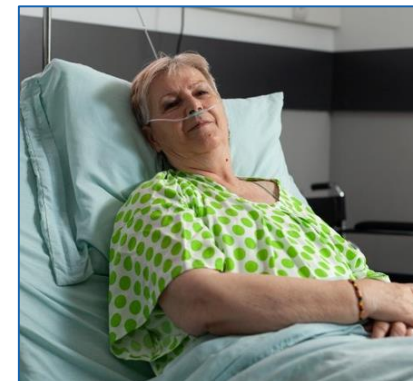
Mental Health and Chronic (long-term) Health Conditions

■ Your health can affect everything. Life has setbacks - this can include health problems. Sometimes its mental health and other times, physical health. **Your physical health can affect mental health. Your mental health can affect your physical health.**




■ Physical health problems can include any physical health issues like heart problems, lupus, stroke, arthritis, cancer, back pain or some other health problem.

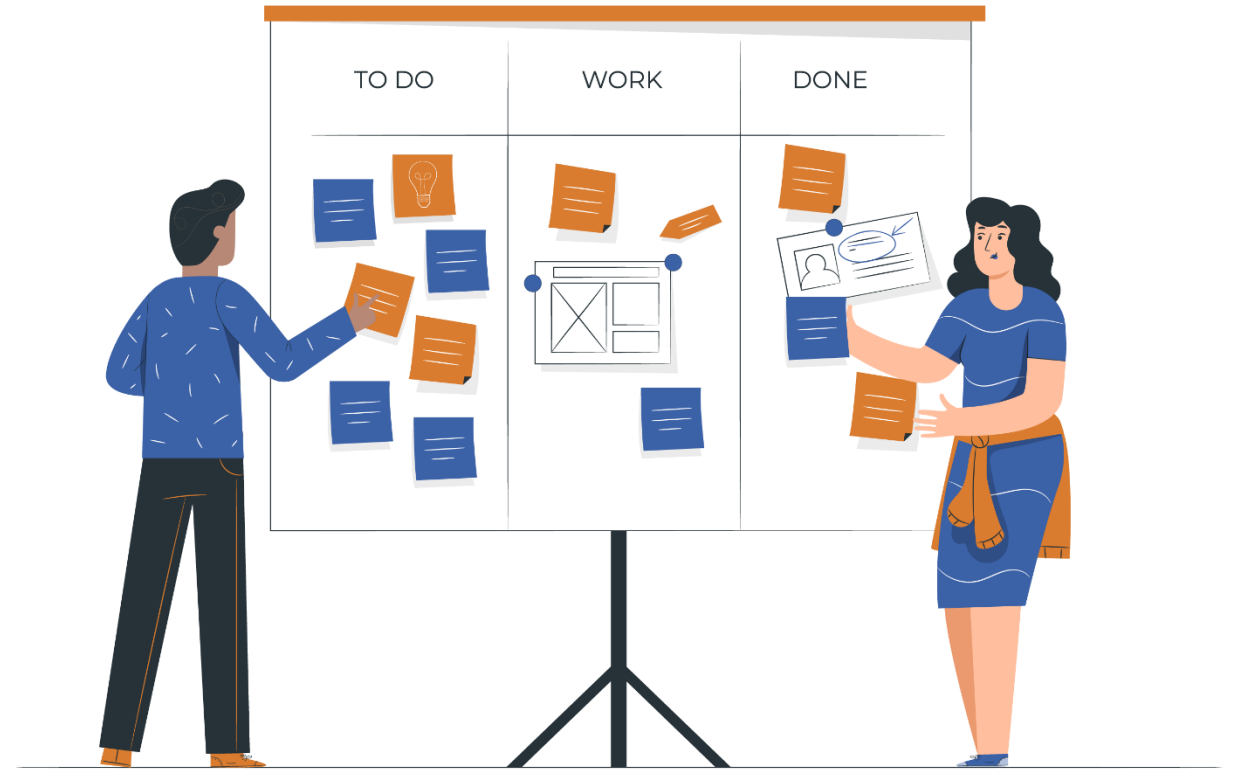


- Why your mental health matters?
- When you have a physical health condition, it can cause secondary problems like mental health problems.

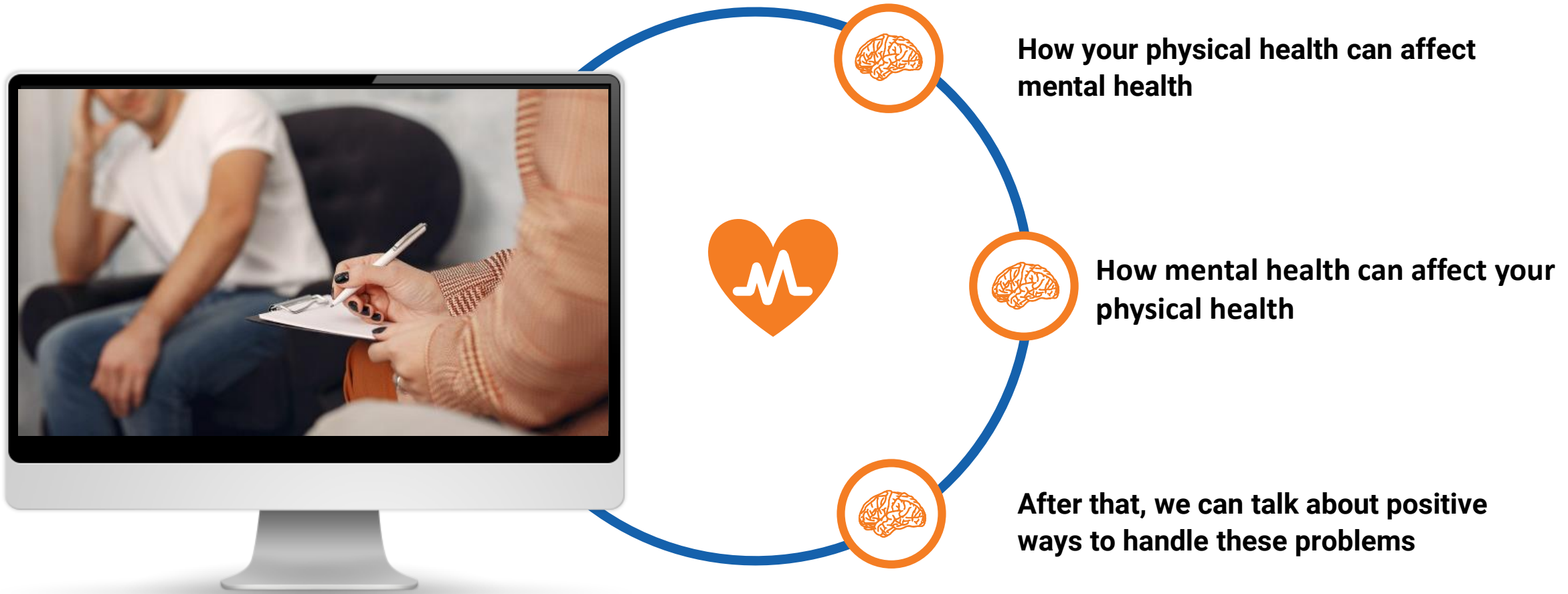


Mental Health Treatment

-  Know yourself
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-  Have a good health plan



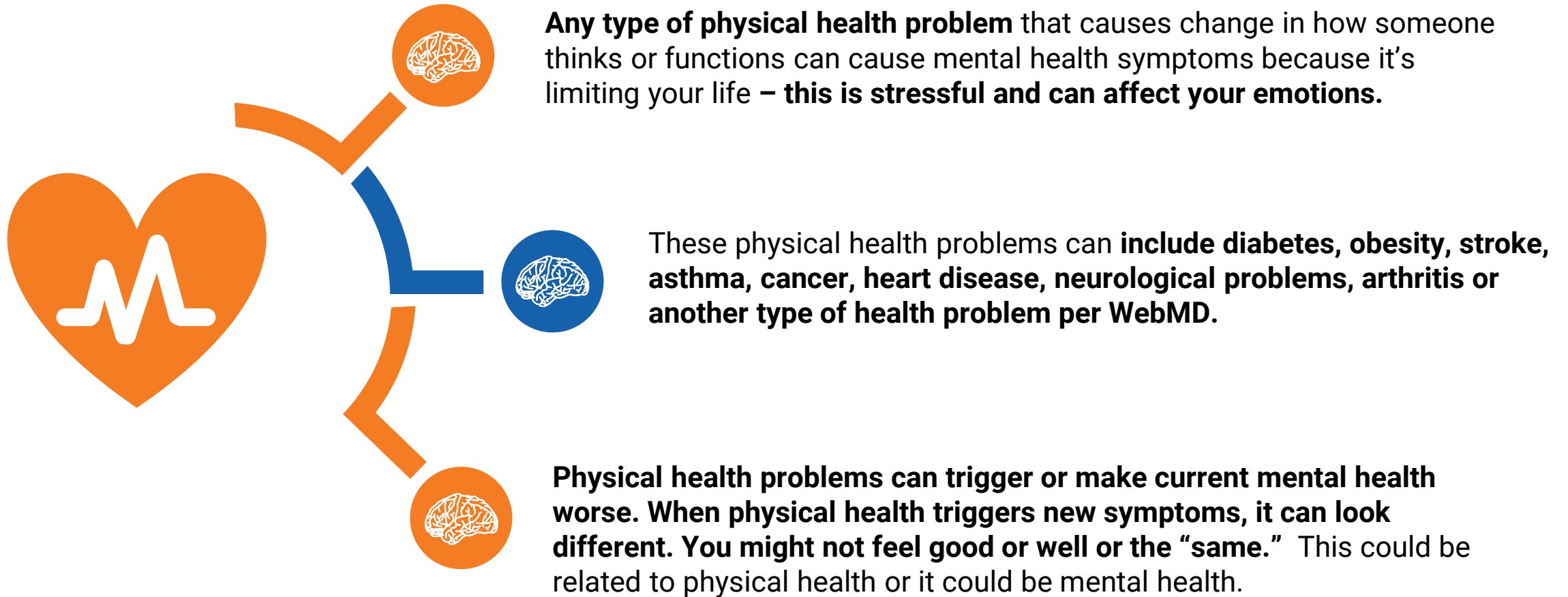
Let's Talk About...



Dealing with poor mental health is more than taking medication and talking with someone. You need to manage it daily. That's where we can help.



Your Physical Health Can Affect Mental Health



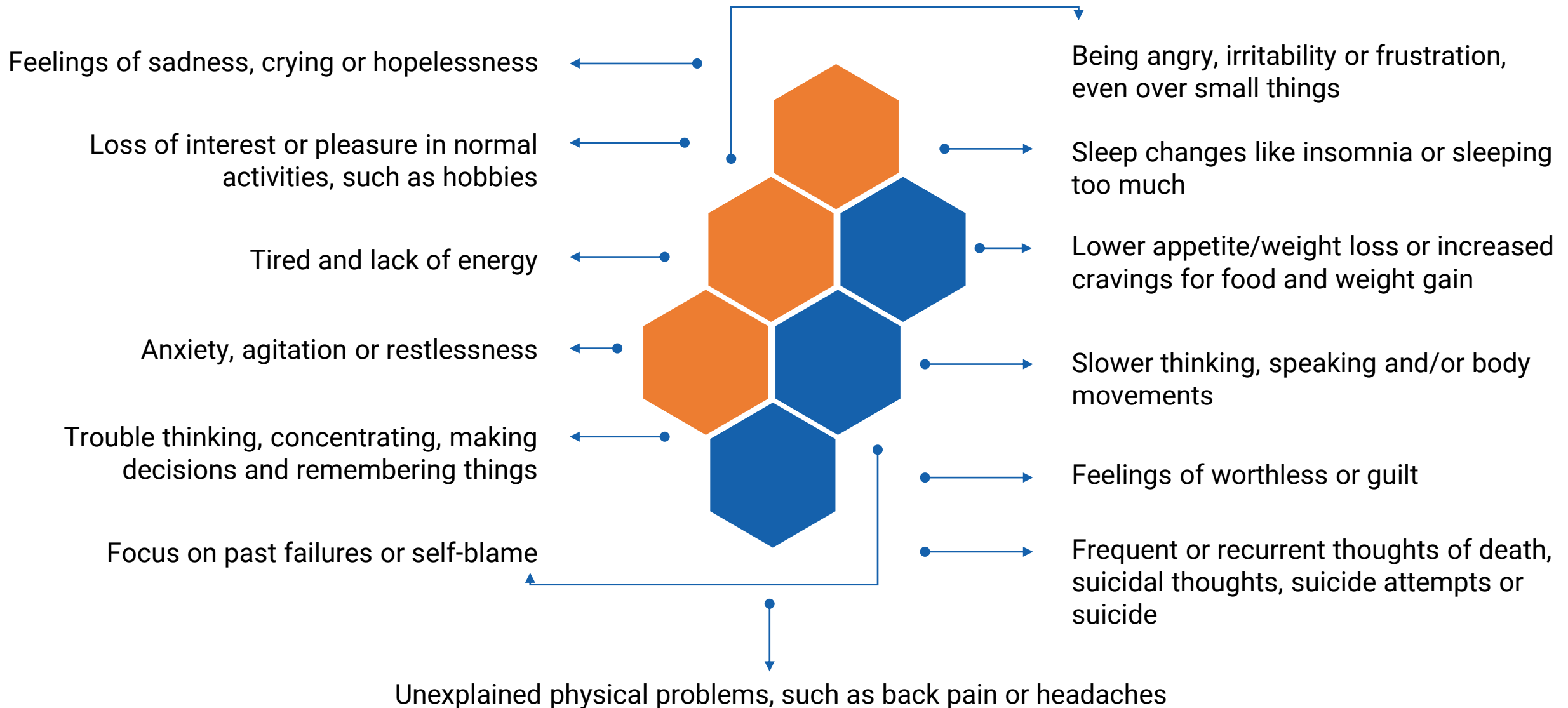
When you don't take care of your physical and/or mental health in a 'positive" way, you probably will in a negative way such as addiction. Addiction to alcohol, drugs, smoking, food, retail therapy, gambling or another addiction





Physical health conditions can affect your emotions and cause secondary problems like depression or other mental health problems.

Your Emotions Can Include Any Of The Following Per Mayo Clinic:



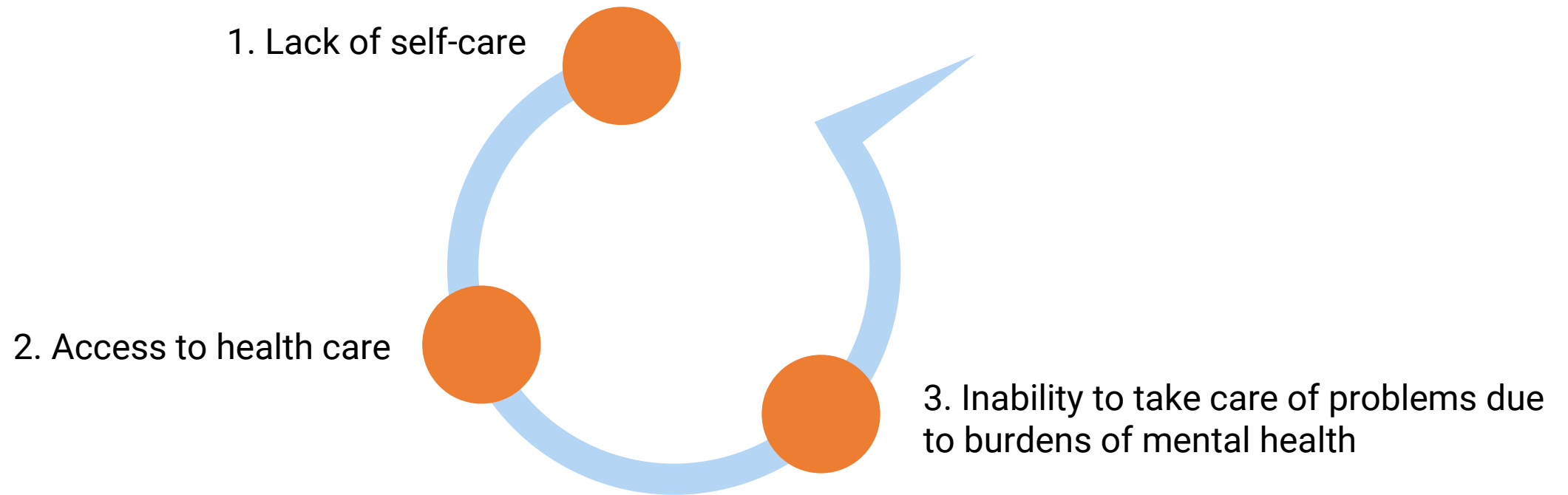


Your Mental Health Can Affect Your Physical Health

Mental health conditions can make it harder to deal with a long-term illness, injury or disease. Again, these conditions can be obesity, stroke, diabetes, asthma, cancer, heart disease and arthritis or another type of health problem per WebMD.



Mental Health Can Affect Physical Health For Several Reasons:



Lack Of Self-Care



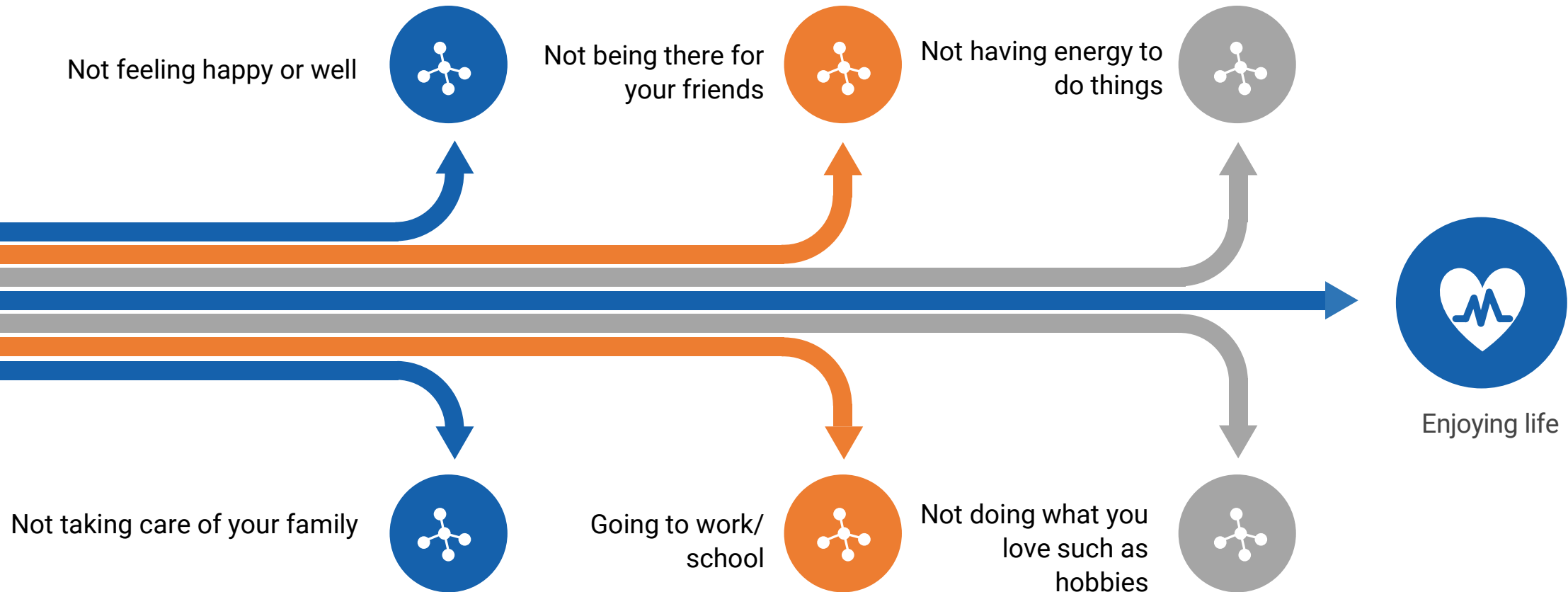
- Taking care of your mental health requires learning about it, mental energy and following through on plans.
- This is hard when you don't even have physical health problems. **With physical health issues it can become even harder. When you're overwhelmed it's hard to take care of your mental or physical health and sometimes both.**
- The most important thing is to do is to **take baby steps** to taking care of yourself. Build on what you learn so you can **do more self-care.**

Lack Of Self-Care

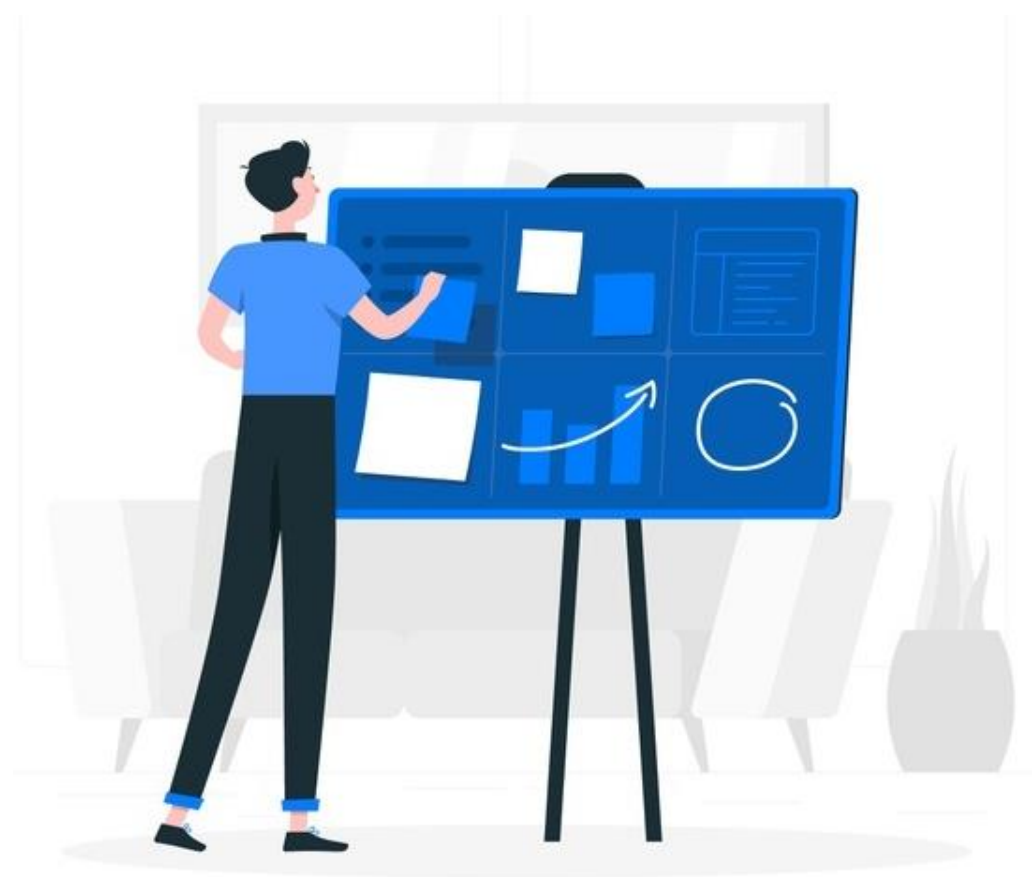


- **Lack of self-care can include** not eating good, lack of exercise and not following up on your health care needs such as doctor's appointments. You need to **create a mini self-care log** so you're able to take care of yourself.
- If you don't do good self-care, it's **probably going to affect your mental and physical health.**

What's The Cost Of Not Taking Care Of Your Health?



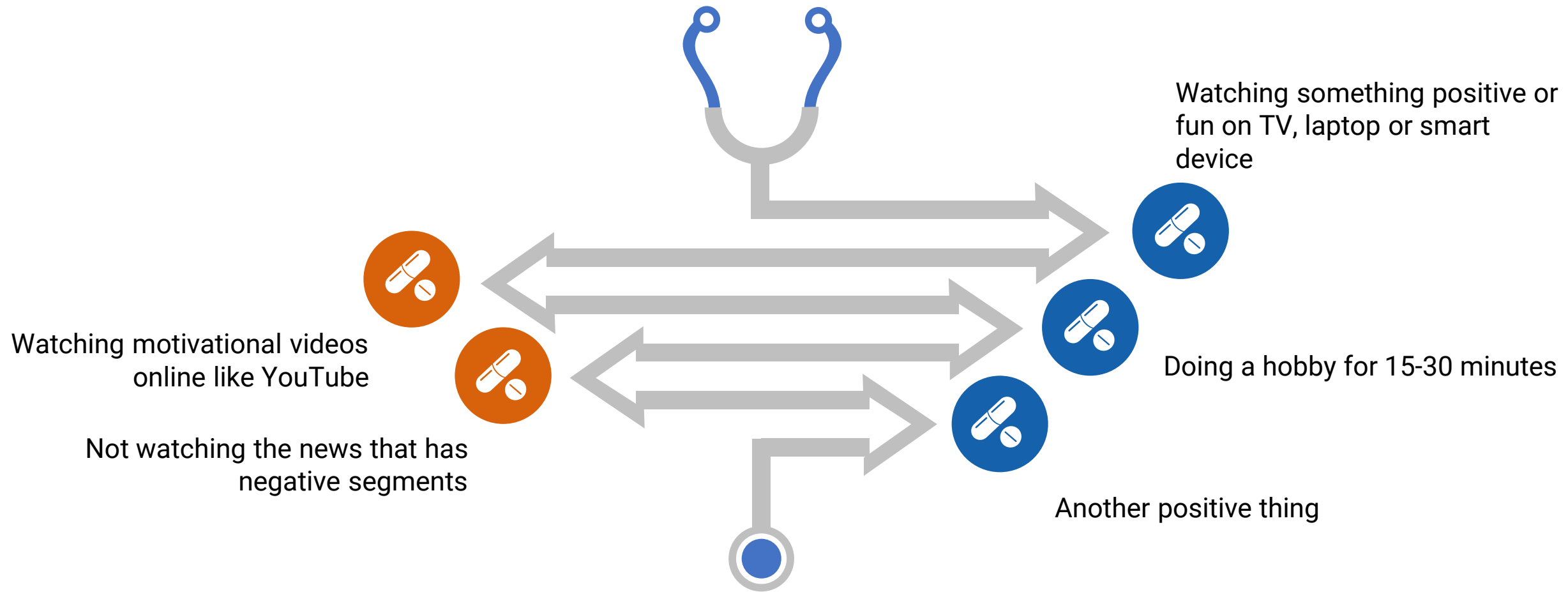
Start your self-care goal today





- **Self-care goals: Start the day being “positive”**
- **Try to do this everyday is it becomes second nature. You can start with one then add to it**
- **Write this down where you can see it everyday**

Examples



A top-down view of various medical supplies arranged on a teal background. In the top left is a blue surgical mask. Below it is a white thermometer with a green tip. To the left of the clipboard are black-rimmed glasses and three rectangular sticky notes in pink, yellow, and light blue. A white pen lies diagonally across the bottom left of the clipboard. To the right of the clipboard is a black stethoscope and a blister pack containing eight yellow pills.

How to start my day being "positive"

01. _____

02. _____

03. _____

04. _____

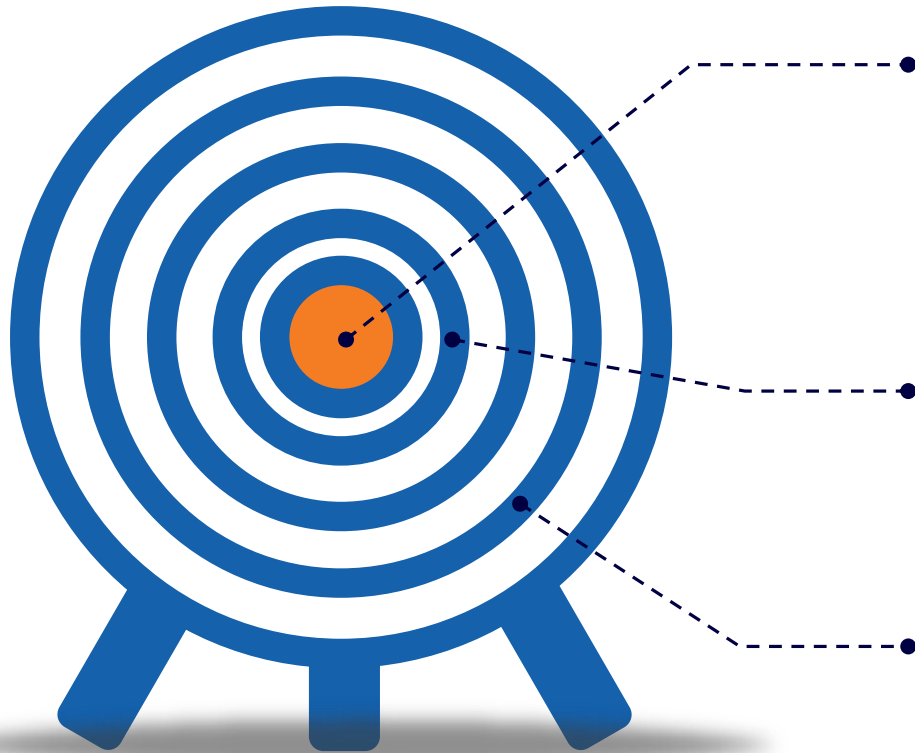
Self-Care Goals

Write. Review. Work your goals

- This is an example of what to do to take care of yourself. **This can be done weekly, monthly or yearly. It's good to start with yearly goals for self-care then you can break it down into monthly or weekly goals. You can start with weekly or monthly goals then make yearly goals.**
- If weekly goals are too much to handle, **break your yearly goals into 1-2 goals per month. You need to write your goals, review and use them. If you don't use what you learned, it won't work**



How To Write, Review And Work Your Goals



1. Think about your goals

2. Review your goals - take photo or print out goals. Put alerts in your smart device or calendar to work on goals

3. Remember to work your goals. If you wrote down goals like walking 2 times/week then do it for 15 minutes or more. For weekly or monthly goals, see following examples.

WHAT WRITING DOES FOR YOUR BRAIN:

ENCODING:



This helps your brain to follow the right thought processes

LONG-TERM MEMORY:



It helps you to remember what your goals are so you can stay focused

EXTERNAL STORAGE:



You can easily access what you need to do outside of relying on yourself

Self-Care Goals

Goals should be SMART

S = Specific

M = Measurable

A = Achievable

R = Realistic

T = Timely (have deadlines)



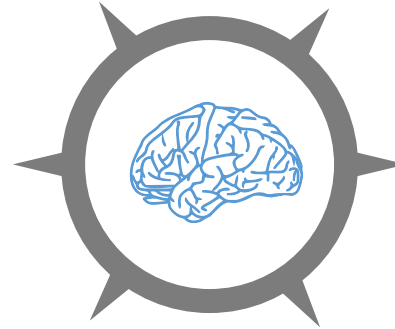
Yearly Self-Care Goals Examples

Goal 01
Start most mornings doing something positive you like



Goal 02
Walk, swim or go to gym for up to 30 minutes every week

Goal 03
Contact your health provider about any mental health symptoms



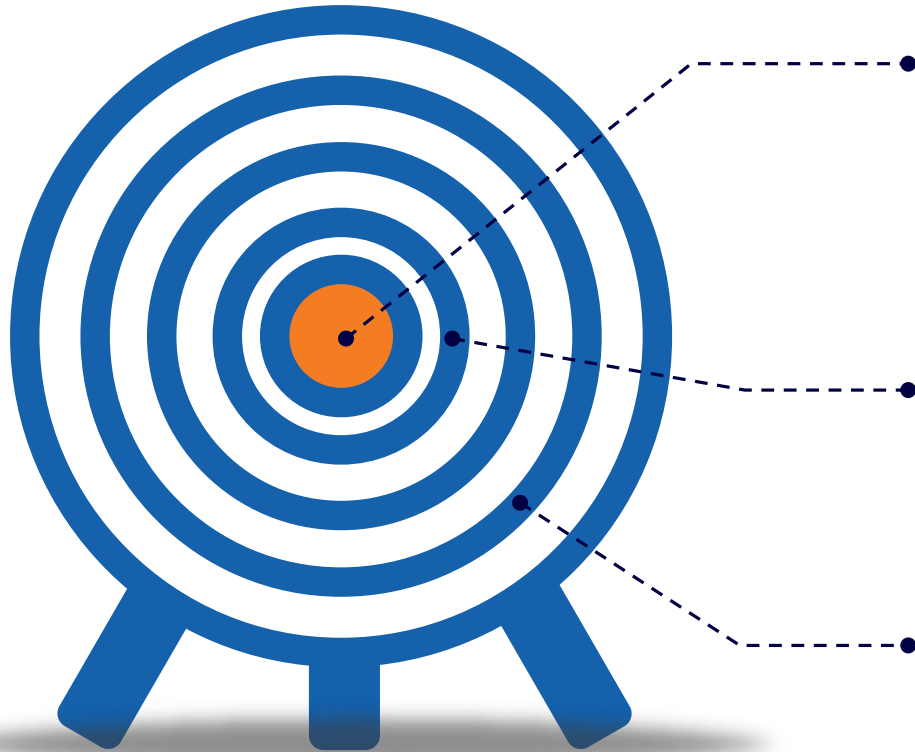
Goal 04
Make appointment with provider about physical and/or mental health

Goal 05
Join 1-2 online groups to discuss health conditions



Goal 06
Eat low sugar and low fat 2-3 times/week

Write, Review And Work Your Goals



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2. **Review your goals** - take photo or print out goals. Put alerts in your smart device or calendar to work on goals.
3. **Remember to work your goals.** If you wrote down goals like walking 2 times/week then do it for 15 minutes or more.

A top-down view of various medical supplies arranged on a teal background. In the top left is a blue surgical mask. Below it is a white and green digital thermometer. To the left of the center is a pair of black-rimmed glasses. In the bottom left are three rectangular sticky notes in pink, yellow, and light blue. In the center is a black clipboard with a silver clip at the top, holding a white sheet of paper with the title 'My Yearly Self-care Goals' and four numbered goal sections. A white pen lies diagonally across the bottom of the clipboard. To the right of the clipboard is a black stethoscope and a blister pack containing eight yellow pills.

My Yearly Self-care Goals

Goal 01. _____

Goal 02. _____

Goal 03. _____

Goal 04. _____

My Monthly Self-Care Goals Examples



Month 1:

Read 1 article chronic health condition



Month 2:

Watch 1-2 YouTube Videos about physical health can affect mental health



Month 3:

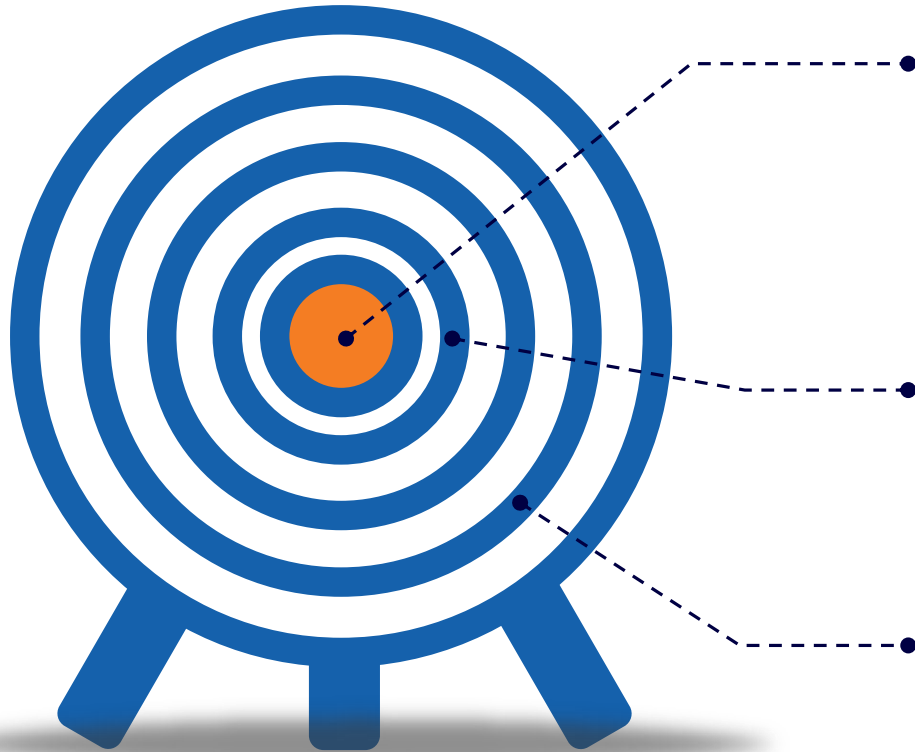
Keep track of what you're eating and when you're working out



Month 4:

Build social support system

Write, Review And Work Your Goals



1. Think about your goals
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3. **Remember to work your goals.** If you wrote down goals like walking 2 times/week then do it for 15 minutes or more.

My Monthly Self-Care Goals

Month 1

Month 2

Month 3

Month 4

Month 5

Month 6

Month 7

Month 8

Month 9

Month 10

Month 11

Month 12

Weekly Self-Care Goals

Weekly Self-Care Goals Examples

Week 1:

Start your day with one positive thing



Week 2:

Start to journal or meditate for 5-10 minutes



Week 3:

Try taking walks or gym to feel better for 15-30 minutes for 2 days

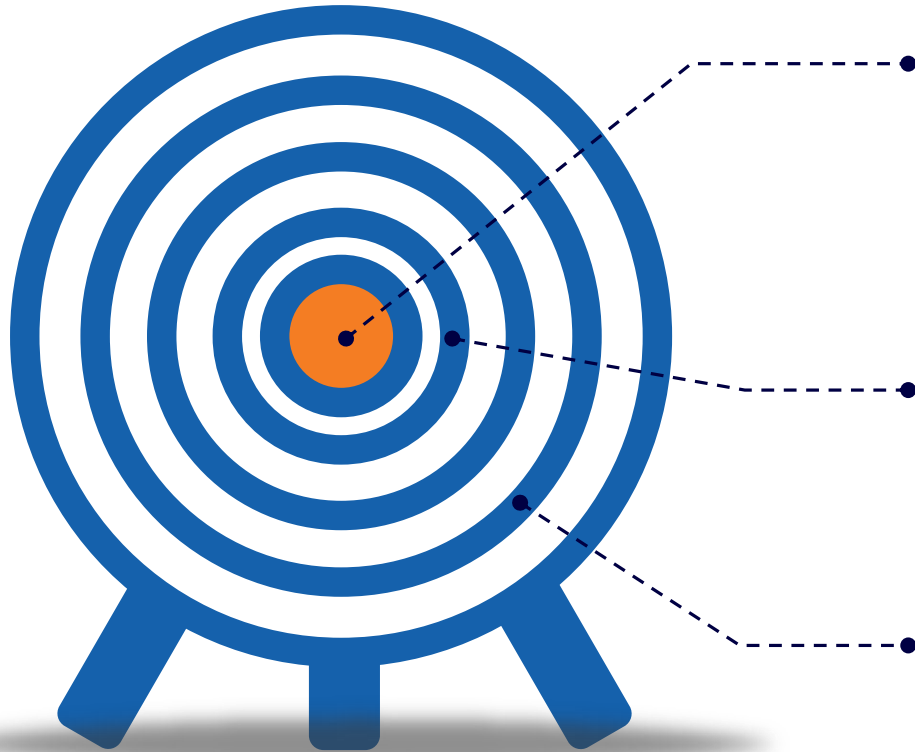


Week 4:

Make follow-up appointment with health provider to get a written treatment plan



Write, Review And Work Your Goals



1. Think about your goals
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My Weekly Mental Health Goals

Week 01. _____

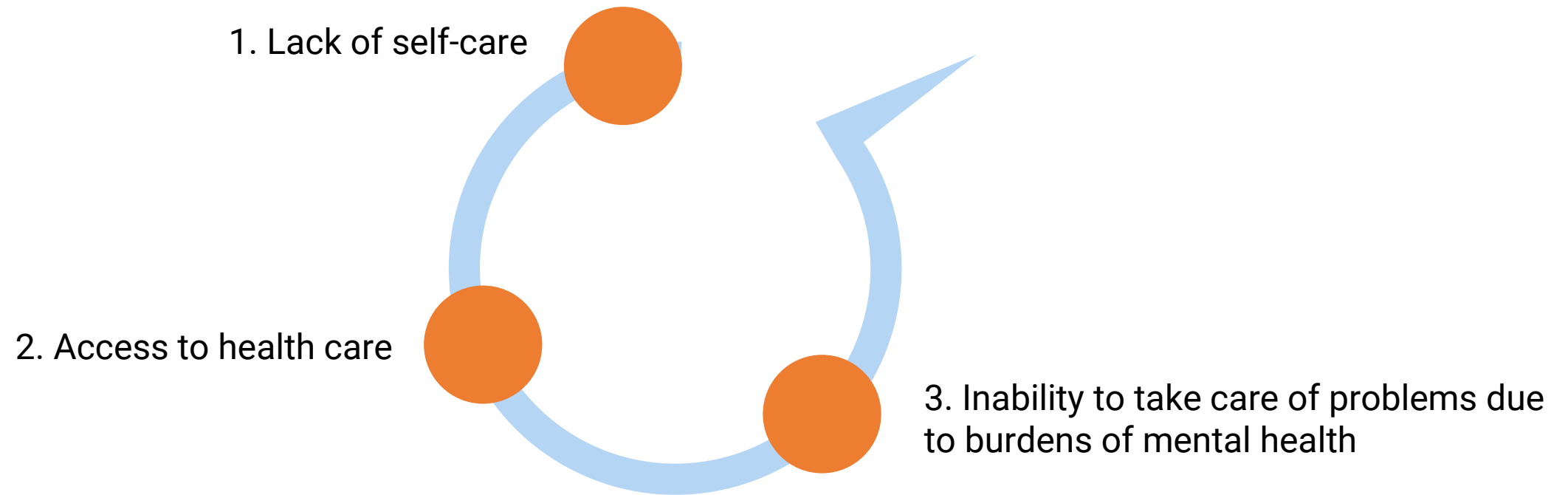
Week 02. _____

Week 03. _____

Week 04. _____

Let's Review....

Mental Health Can Affect Physical Health For Several Reasons:



2. Access To Health Care



Create Your Own Access & Write It Down

If you need help, you can use following resources

This is different in each city, state or country. Check local resources

- Call 211 or go to 211.org (USA) for local services
- Contact health & human services
- Get help your primary care provider (PCP)
- Get a mental health provider or contact the one you know (if you have one)
- Reach out to a family member, close friend or someone else you can trust

2. Access To Health Care



- Contact a minister, spiritual leader or someone else in your community
- Go online and see what other people with the same conditions are handling problems
- 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.

3. Inability To Take Care Of Problems Due To Burdens Of Mental

Some Ways You Can Deal With This Include Following:

- **Take baby steps.** If these **steps** are too much, break them down to even **smaller steps**. If these are easy to handle, you can add another step
- **Have a good support system.** The main part of your support system is **YOU**. Include **trusted family, friends, religion/church groups and health care providers** (includes your main physician, specialist and mental health professionals)
- **Research what other people in your situation are doing that helps them.** Write down these **tips and talk with people** you trust including health providers



✓ **Solutions checklist for physical and/or mental health**

This can be symptoms, stress, work, relationships

Problem _____

Action plan (list 3 or more):

- 1 _____
- 2 _____
- 3 _____

Problem _____

Action plan (list 3 or more):

- 1 _____
- 2 _____
- 3 _____

Problem _____




Action plan (list 3 or more):

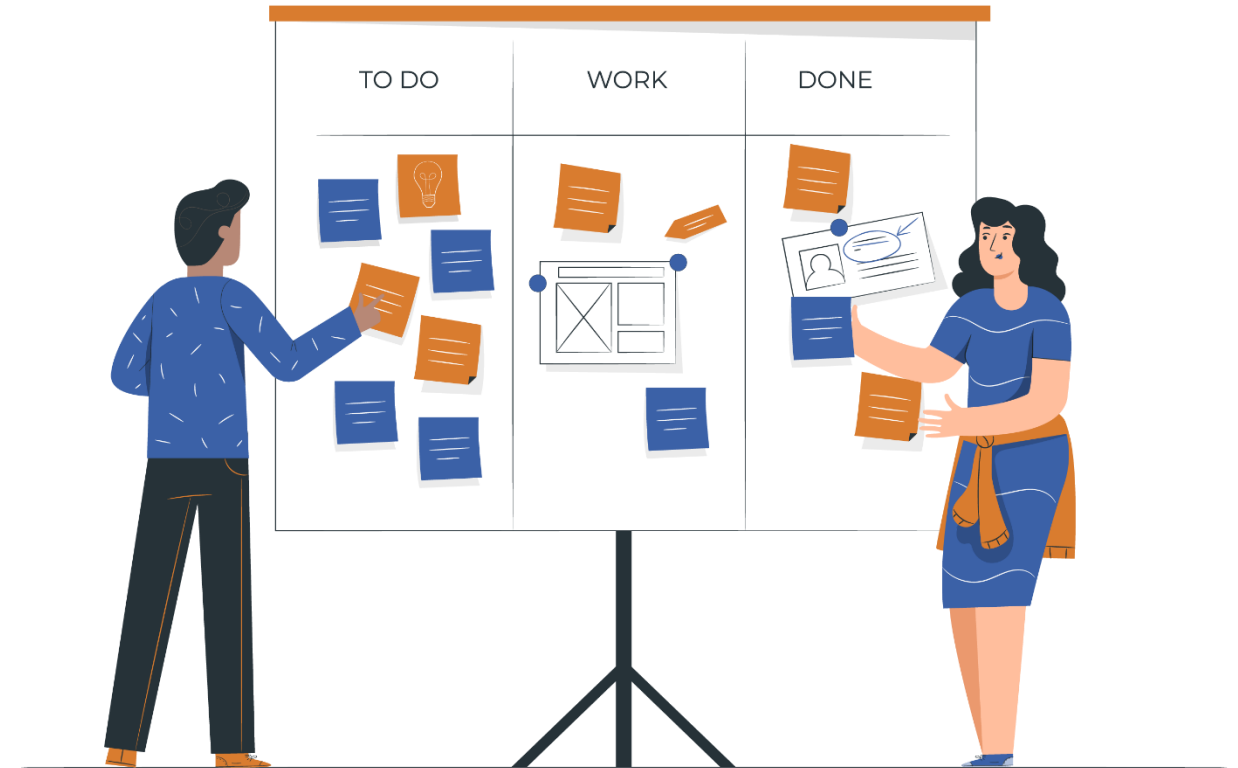
- 1 _____
- 2 _____
- 3 _____

- Solution: Control your physical health to control your mental health

- Solution: Control your mental health to control your physical health



-  Know yourself
-  Know mental health
-  Have a good health plan



✓ **Solutions checklist**

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Write. Review. Work your plan

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Problem _____

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- 2 _____
- 3 _____

Problem _____

Action plan (list 3 or more):

- 1 _____
- 2 _____
- 3 _____

A woman with long dark hair, wearing a white long-sleeved shirt and white pants, is sitting in a meditative lotus position on a sandy beach. She is facing away from the camera, looking out towards the ocean under a bright, hazy sky. The sun is low on the horizon, creating a warm, golden glow.

Be self-disciplined with mental health

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



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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