



# Living With Poor Mental Health



**There are over 700 million people in the world living  
with a mental health problem.**



- 
- Mental health can affect every part of your life
  - Easy-to-understand tools, tips & ideas for better mental health are important
  - You or someone you care about can feel better, be more motivated and less stressed



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There are many treatments available, but nearly

**TWO-THIRDS**

of people with mental health conditions never ask for help from a health care professional. There are millions of people with mental health conditions but it's not diagnosed (According to World Health Organization, WHO)

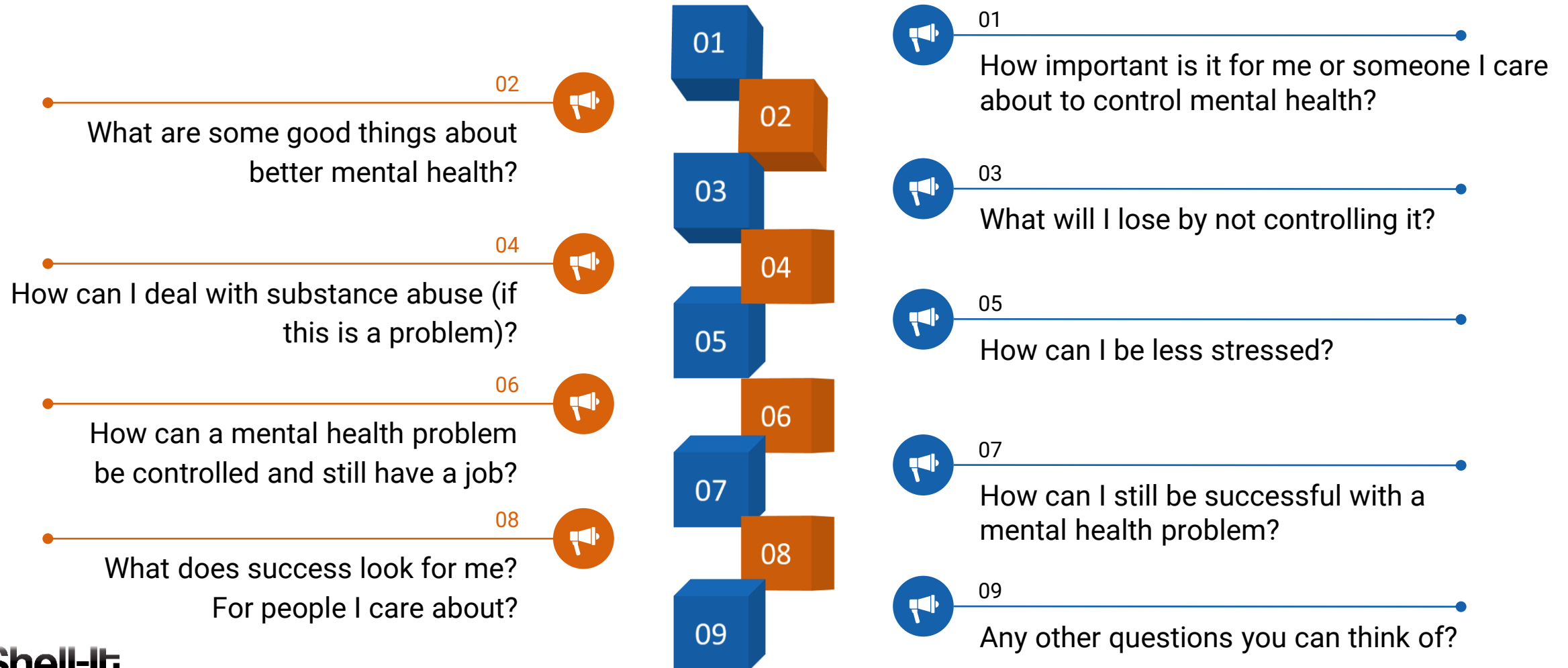
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## Why Mental Health Matters?



# This is one of the most important things to control mental health

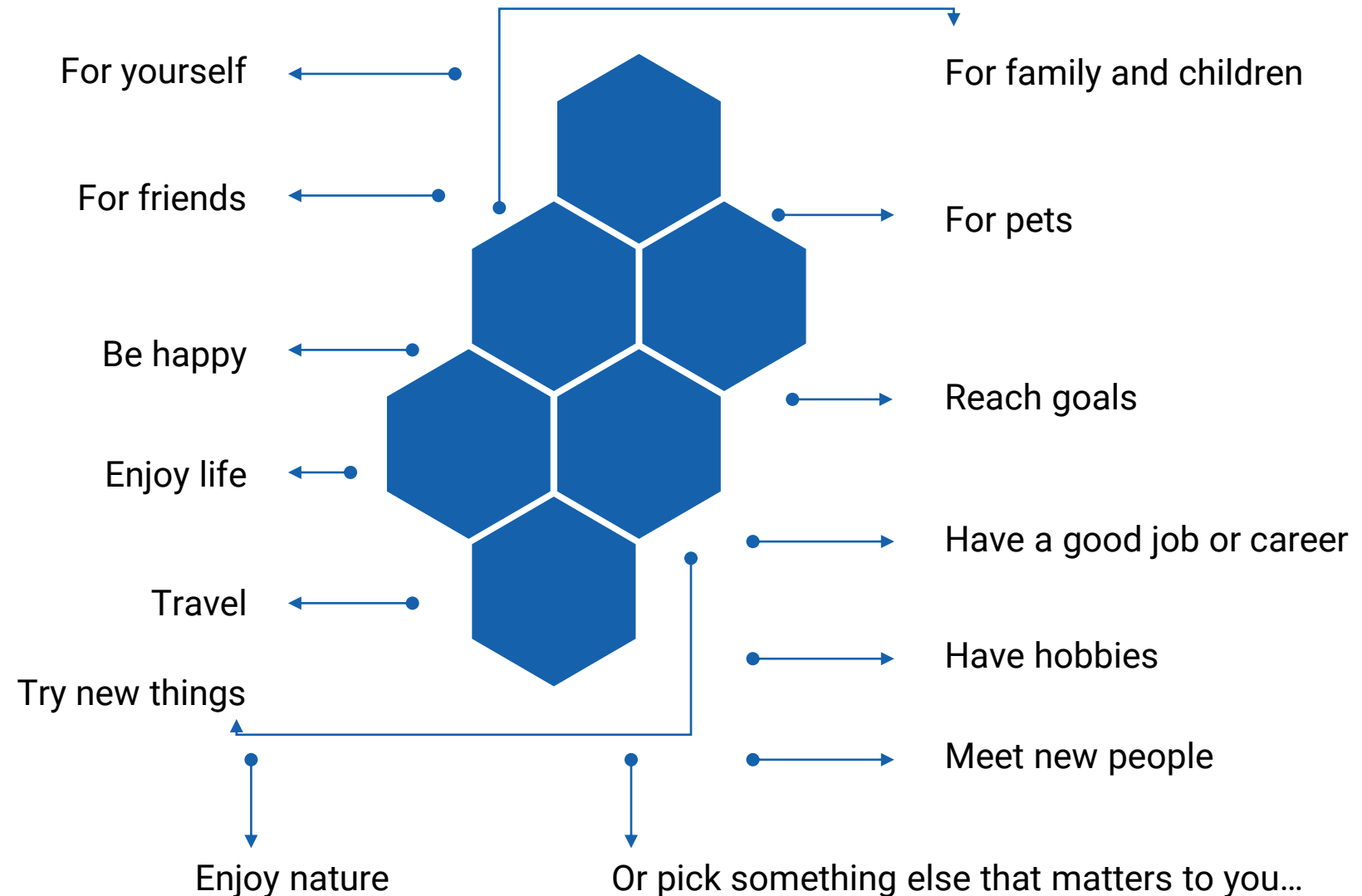
The more you or a loved one ask these questions, the better the decisions will be.



Take a photo or fill out, save or print next page and review it.



## Here Are Some Whys To Control Mental Health Create Your Own...



## My Reasons: My "Whys"

- 1.
- 2.
- 3.
- 4.
- 5.

# Always Remember:

01

It takes a strong  
person to fight  
Mental health  
problems



02

The person who has a  
mental condition isn't  
their condition



03

He or she has a mental  
health problem  
He or she is not the  
mental health problem

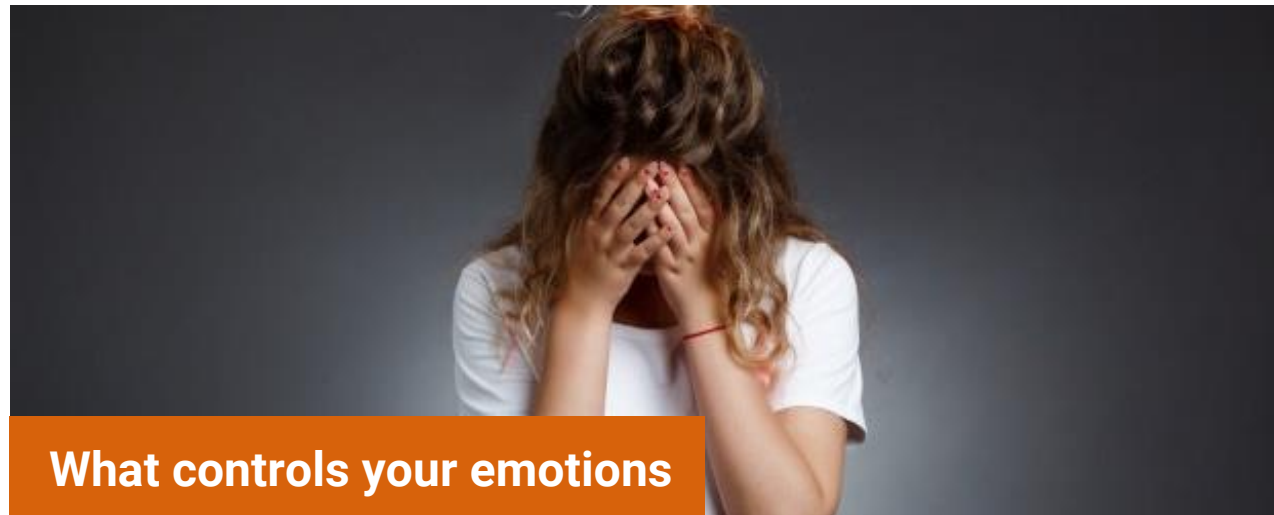


# There Are 3 Major Ways To Control Mental Health:



1. Know yourself or your loved one
2. Know the condition
3. Create & follow your mental health action plan

# 1. Know Yourself





## Not Knowing What's Wrong

- How can you fix something when you don't know what's wrong? **According to the World Health Organization (WHO), about 85% of people with severe mental illness in low or middle-income families don't get the care they need.** Everyone deserves good treatment for health issues to live a healthier and more productive life.

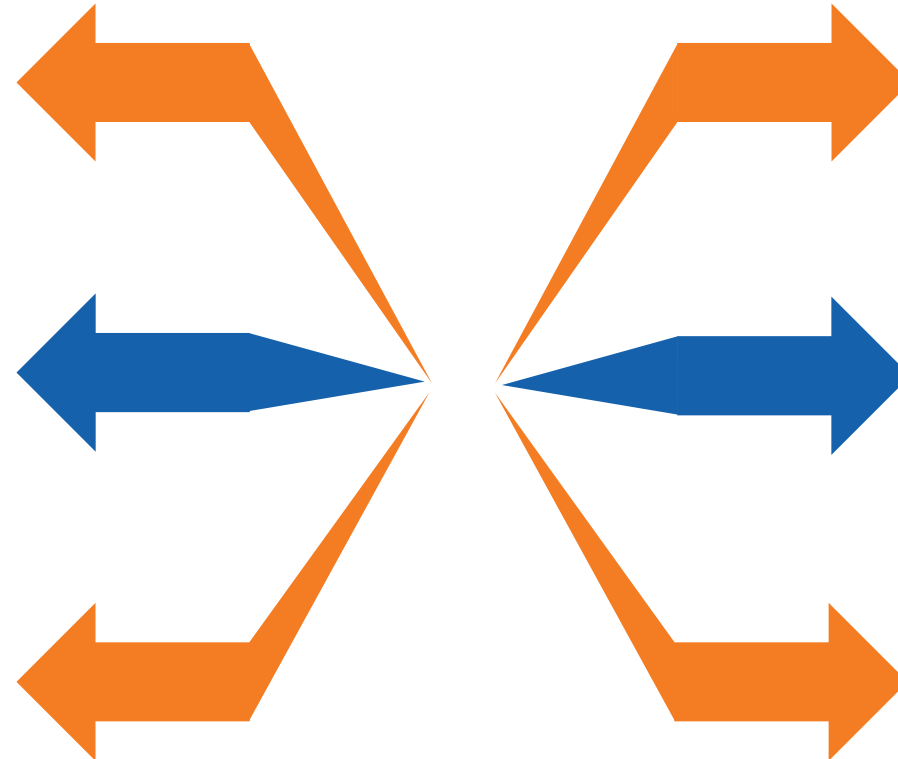


## The Exact Cause(s) Of All Mental Health Problems Are Unknown, But Several Factors Can Possibly Cause And Trigger These Types Of Conditions:

**Genetics:** Mental health disorders are more common in people who have a family member(s) with the condition. There is still research going on to find genes that may be involved in causing these condition(s).

**Biological changes:** People with mental health problems appear to have physical changes within their brains. The significance of these changes is still uncertain but this may explain a cause in the future.

**Hormones:** Imbalanced hormones may be involved in causing or triggering these types of conditions

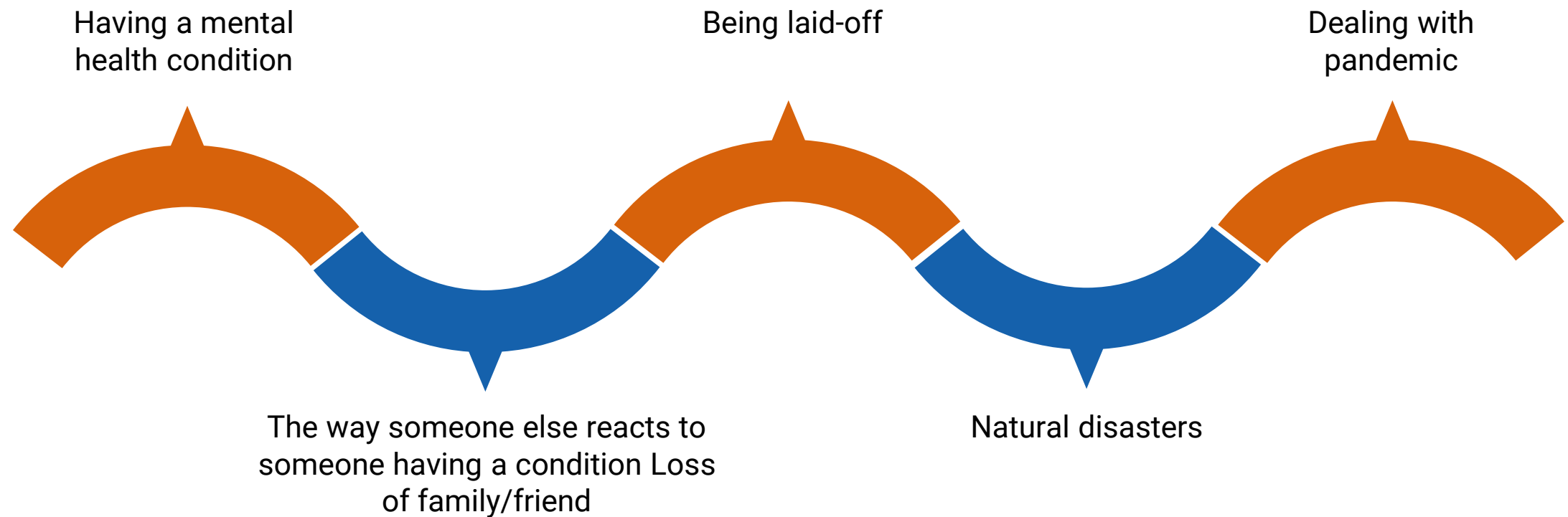


**Environmental:** Being abused, stress, loss or other traumatic experiences may be a factor when it comes to mental health

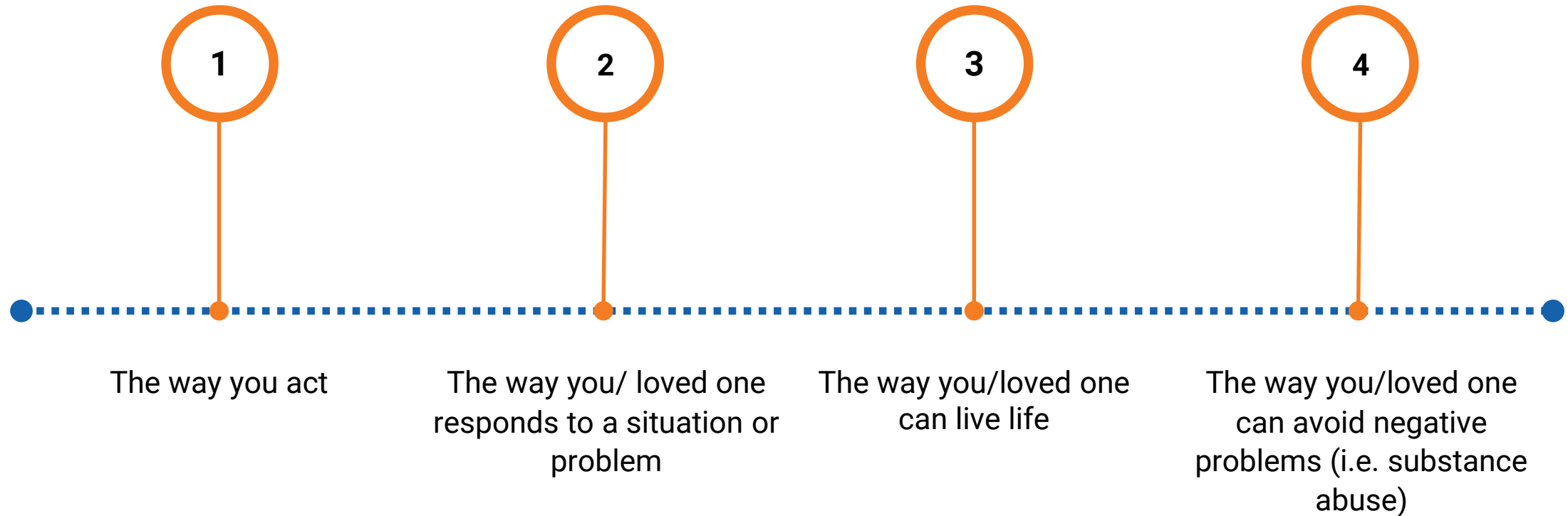
**Neurotransmitters:** An imbalance in naturally occurring brain chemicals called neurotransmitters can be present in mental health disorders

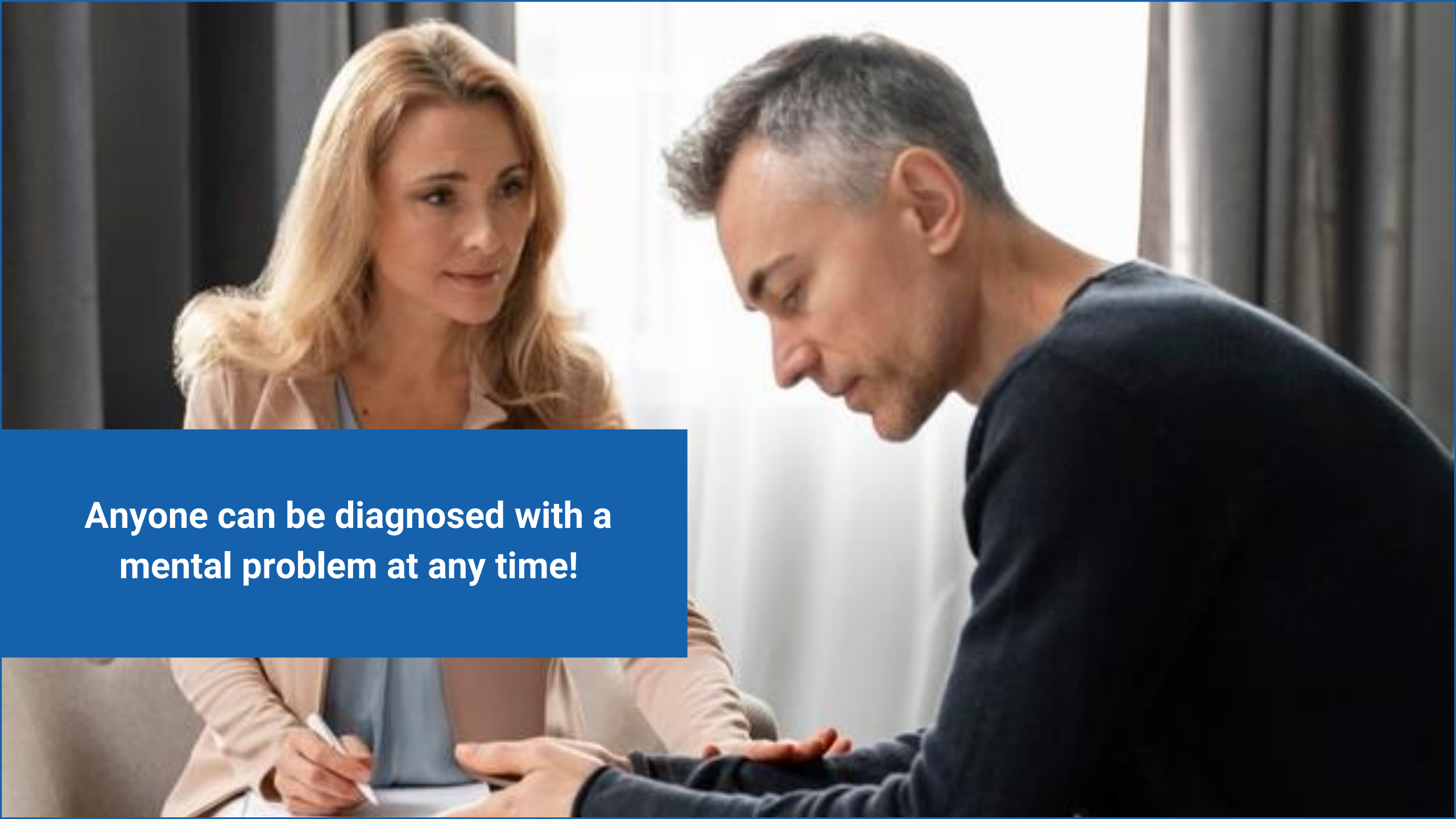
**Other causes:** there could be other causes of mental illness that we don't know about yet

# Uncontrollable Factors



# Controllable Factors



A woman with long, wavy blonde hair is looking towards a man. The man has short, dark hair with some grey and is looking down at his hands, which are clasped together. They appear to be in a professional or clinical setting, possibly a doctor's office or a counseling session. The background is softly blurred, showing what might be a window with light coming through.

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

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## Knowing Yourself Is Self-Awareness

Self-awareness is a psychological state in which people are aware of their traits, feelings and behavior. Alternately, it can be defined as the realization of oneself as an individual entity,” according to Crisp, RJ & Turner, 2010.



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# There Are Many Ways To Become More Self-Aware

It can mean to know your symptoms

Get help early

Have the right medication

Get good health care providers

Create and use your treatment plan (whether it includes meds or not)

## Self-awareness Can Be In 2 Groups:



### Public Self-Awareness:

- This is when people are aware of how they appear to others. Public self-awareness comes up in events/situations when there is focus on the person who has a mental health problem. People observe how someone follows social norms.

## Self-awareness Can Be In 2 Groups:



- When someone with mental health problem is being observed by other people so that person can try to behave in ways that are socially not normal. **Mental health sufferers can feel very self-conscious because they don't want to do anything that makes other people look at them differently.**
- Public self-awareness may cause someone with mental health problem to have symptoms such as irritability, fear, anxiety or concern about how other people see them.

# Self-awareness Can Be In 2 Groups:

## Private Self-Awareness:

- This is when someone become is aware of whom they are on a personal level. This is what someone sees in the mirror; feels or acts on this level. This is when someone is aware of how someone is.
- **Knowing how you feel when you are faced with handling major issues or managing symptoms are part of self-awareness.** If someone isn't aware of their current situation, they can't make changes to make life better.



## Self-awareness Can Be In 2 Groups:

There are many ways to become more self-aware then make **necessary changes to control health problem.** Changes will occur at a different pace for everyone.



## The Following Are Some Tips From Lori Dechene:

01

Understanding emotions is when someone is aware of how they're feeling and what causes these feelings and whether the feelings are good or bad. That way, it's easier to work through these emotions to make good choices to handle situations better when symptoms occur or get worse.

Realizing behavioral patterns/ habits so that you or loved one can change negative habits into positive ones. Doing this can change how life can look like with better mental health

02

03

Find out what's going on inside the body so it can be used as a tool to control the problem

Understanding our belief systems and expectations and how they influence what we choose to do in life choices. For example, during the bad times if someone feels worthless then beliefs need to be changed. This way thoughts and actions show these feelings are just a part of the condition

04

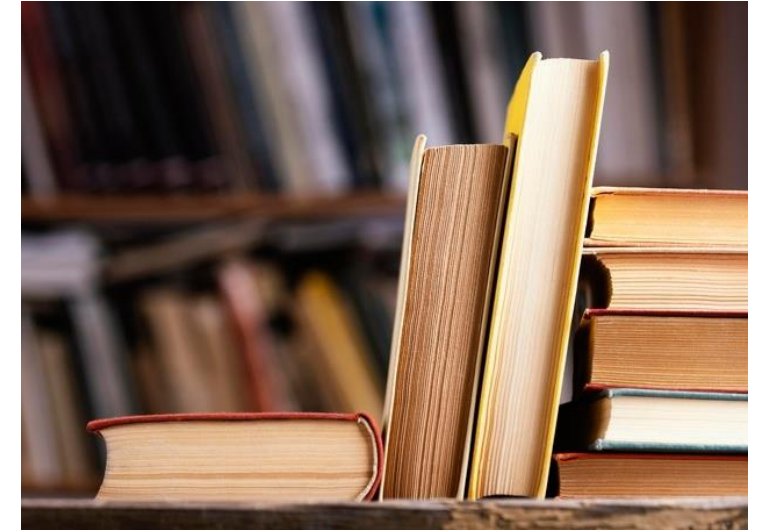
05

Taking responsibility for your choices. When you/ or loved one can see certain patterns with mental health then changes can be made to turn any bad behaviors into good ones

## Have A Good Support System

Dealing with mental health problems can make you or someone you love feel alone, misunderstood and sad among other emotions. Having a **strong social support system** is very important so it's easier to deal with life, bad days and hard times.





## Social Support Can Include The Following:

- Family, friends or other people and resources to turn to when you need it before or during a crisis. Social support can be books, health care providers, call national hotline or anything else that can help



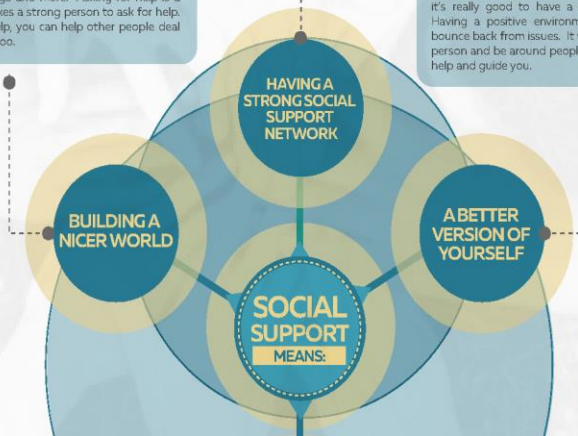
# SOCIAL SUPPORT FOR MENTAL HEALTH

A social support network can be made up of family, friends, peers, people with mental health issues who can give you support, advice and just be there to help. A support group is a formal meeting run by a leader or mental health professional such as in-person group sessions or forums. Both support groups and support networks are important when you're stressed out and having symptoms, everyday issues and relationship problems with mental health or just need someone to talk to listen.

It's really hard to fight mental health alone. Nobody can do everything alone including facing mental health conditions. With a good social support system, you can build strong relationships and improve mental health. A social support network can help you deal with mental health problems such as symptoms, stress, relationship issues, work/school and more.

Social support means building good relationships and strong psychological health. You can spend time with these people since they care and make you feel part of their world. Social support creates a positive network of family and friends that you can depend on whenever you need them like in the middle of a crisis or direct help like talking with symptoms such as anxiety, worry, stress, mood swings, depression, overthinking things and more. Asking for help is a good thing! It takes a strong person to ask for help. When you get help, you can help other people deal with their issues too.

It's very important and necessary to build and use your support system. When you're having a hard time dealing with mental health over a few days, weeks or months, you can turn to people for help when you need it. You can get advice or help with chores like washing dishes or cooking, get help with money issues and more. You don't want to see yourself or other people self-medicate like drinking too much alcohol, drug use, gambling and other addiction, then have bigger problems. Addictions make things worse over time. That's why it's really good to have a strong social support network. Having a positive environment can help build you up or bounce back from issues. It will encourage you to be a better person and be around people who are always there willing to help and guide you.



## My Social Support System

"Self-discipline is a form of freedom. Freedom from laziness and lethargy, freedom from the expectations and demands of others, freedom from weakness and fear— and doubt."

– *H.A. Dorfman*



## 2. Know Your Condition







You can't beat something unless you know as much as you can about it. This includes mental health

**The more you know about mental health, the easier and better life can be when dealing with ups and downs.**

**1. Learn as much as you can about the mental health condition that affects you or someone you love. Keep in mind, the condition might be not diagnosed yet.**

-  Read articles, blogs whatever you can get your hands on. Print, save or write down important information and review it.
-  **Use what was learned to help yourself or loved one with mental health.** Over time, you will find more ways to control mental health



**2. Remember past experiences.** Talk to people about their experiences. From your own experiences, remember what helped with dealing with mental health and repeat doing those things.

Talk to people who work with other people with mental health challenges or people that have a condition. Get ideas from them and use it to control the condition



This way, **what you learn and past experiences can help you or someone you care about** handle mental health conditions and this will make life easier

When you know what to expect, you know how to handle situations

## The Right Diagnosis



## Sometimes it's not the condition

Sometimes, it's easy to confuse mental health symptoms with the “normal” feelings of hard times in life. These life events can include loss of family/friends

**These situations can cause mental health conditions to flare up.** Remember, if you/loved one didn't have a mental health condition, you will still have the same feelings of despair, sadness or anger among other feelings if the above life changes occur. It's good to pay close attention to symptoms early to get the help needed to lower the impact of mental illness.



As a result, **mental health conditions can be blamed** when handling everyday life issues such as daily traffic, work stress or a fight with someone to name a few examples. There are some ways of knowing what's causing the symptoms: mental health, life situations or both.



# Ask Yourself The Following Questions:

01

Is the way I feel related to the mental health?



02

Is this how I would feel if this situation happened without having a mental illness? (i.e., divorce, loss of a job, loss of family/friend etc.).

- **If the answer is yes to #1**, then you/loved one should contact a health provider. If you don't have a health provider, call a crisis line or go to a local facility or hospital.
- **If the answer is yes to #2**, then you and/or your loved one is probably responding to a situation that is a **usual response to a problem(s)** regardless of the mental health condition.

**Life events can cause mental health conditions to act up** which still needs to be managed as much as possible so call the health provider anyway. If there isn't one in place, get one ASAP.



# It Could Be A Different Condition

In health care, there are **sometimes many symptoms that can overlap meaning different conditions can have the same symptoms.**

- **For example**, there are other conditions that can have the same symptoms as depression/anxiety. This can include the following: thyroid disorder, electrolyte imbalance, bipolar disorder, schizophrenia, hormonal imbalance, neurological problems among other conditions.
- There may be several factors which can cause symptoms so **get laboratory work and/or tests done** and review it with a health care provider. Keep a copy so this could be given to an outside provider, if needed.
- Obviously, there aren't laboratory tests for everything but it's important to find out the correct health condition(s) that are causing the symptoms. **Once there are answers, the right condition can be treated in the right way to make life better.**





It's a good idea to get a diagnosis from a trusted mental health care provider.



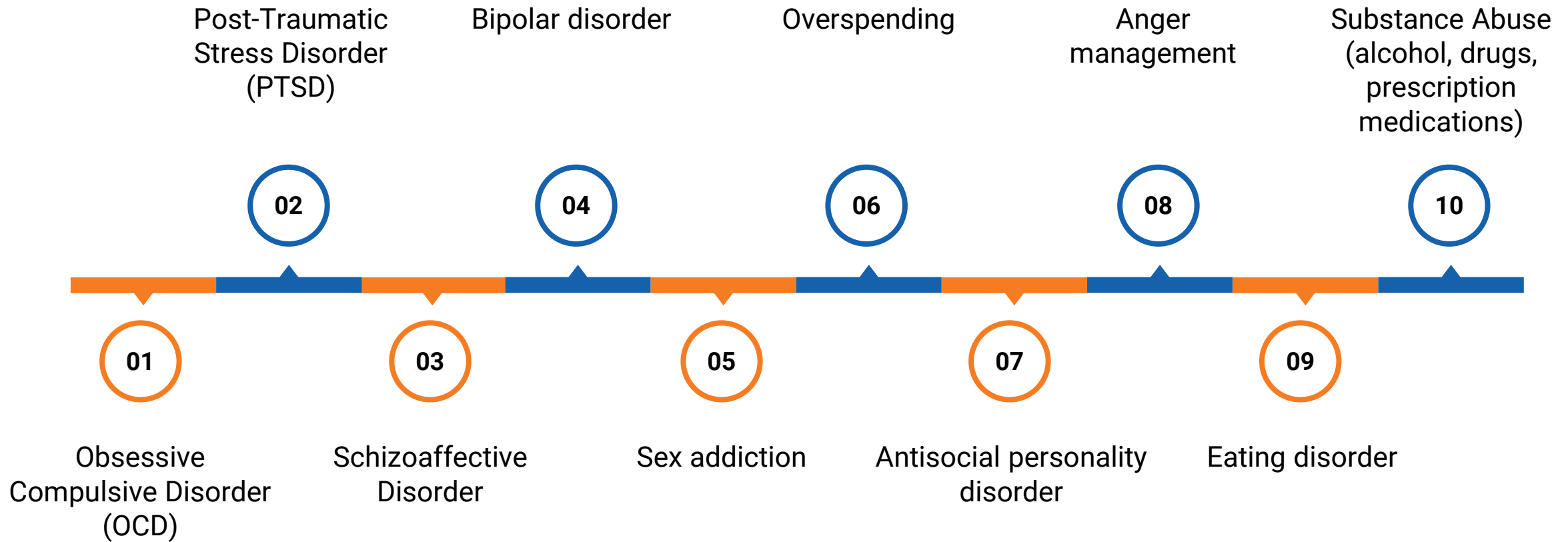
It's critical to get a second or third opinion from another provider who is a trained specialist such a psychiatrist.

## Dual Diagnosis (multiple diagnoses)

- Having one mental health problem can be hard enough but there are often times where there is more than 1 condition that comes with the diagnosed mental problem.
- **For example, depression and anxiety can be the actual diagnosis or symptoms of another mental condition so check with a mental health provider.** Some people never develop additional mental health condition(s).



## Below Are Some Conditions That Can Occur With Other Mental Health Diagnosis (Problems)



- You or a your loved one will have to be careful control with mental health and try to prevent any addiction problems.
- Any addiction causes more problems with mental health down the line.

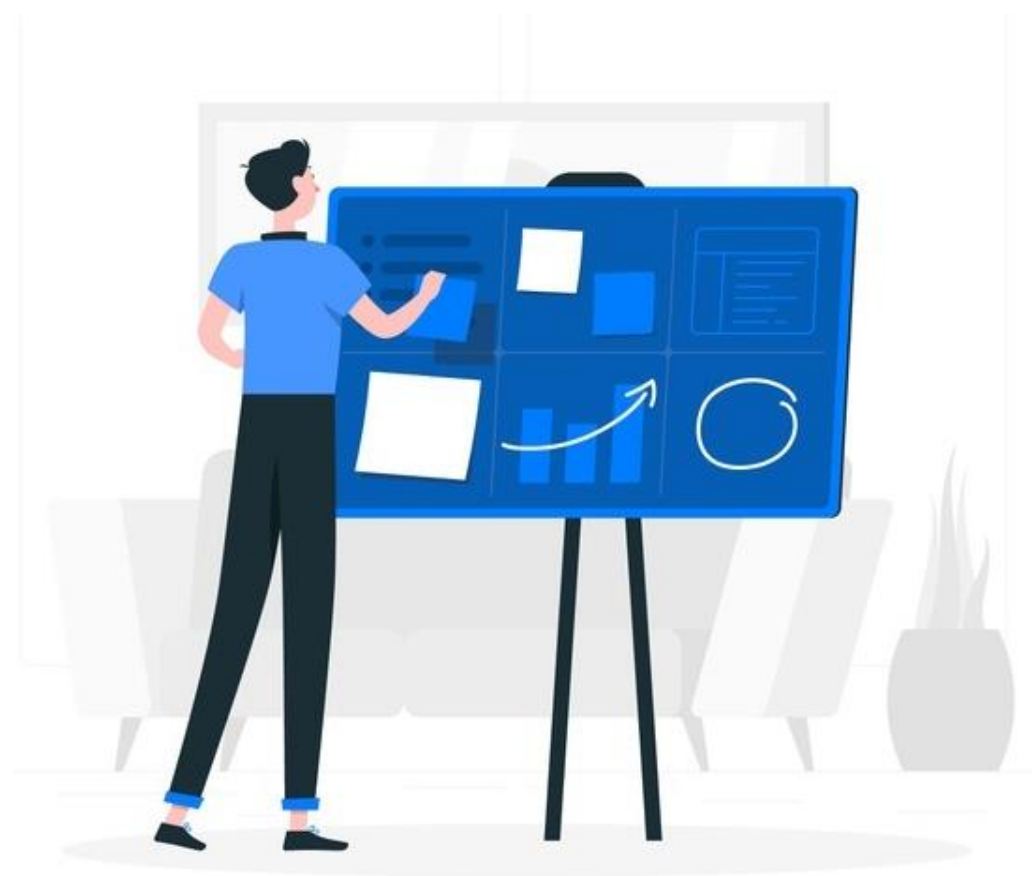


### 3. Make And Use Your Action Plan



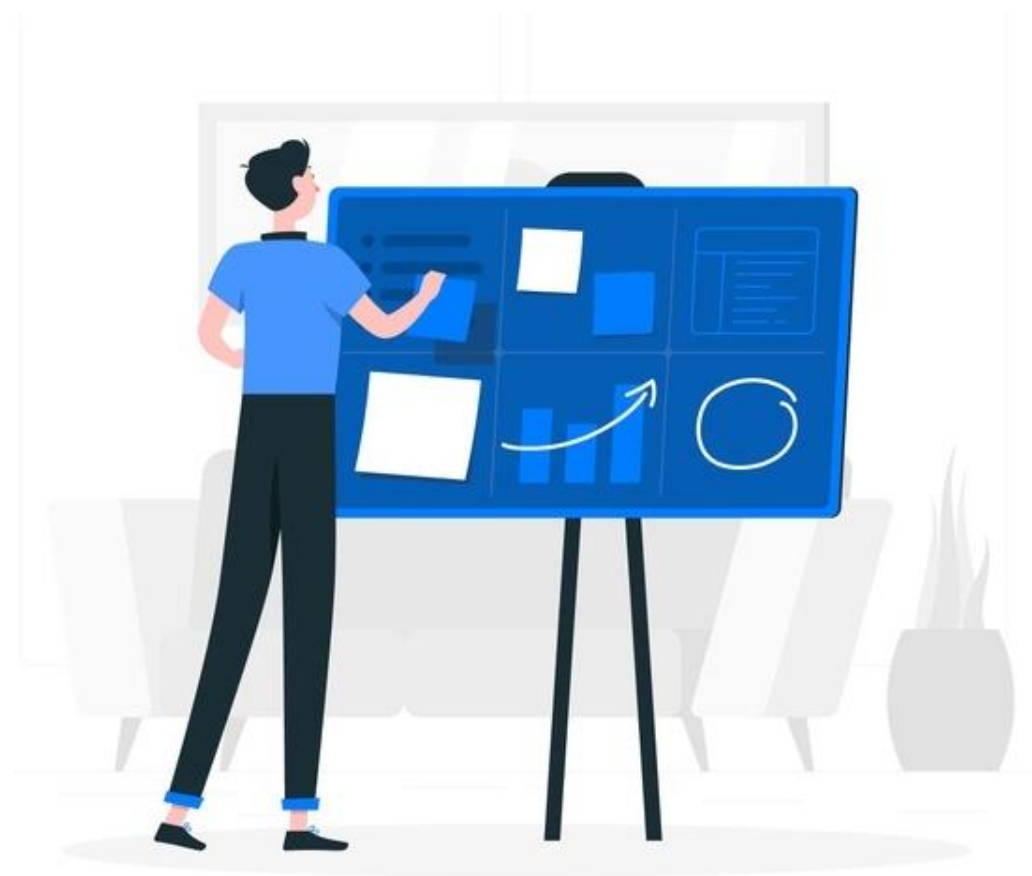
## How can mental health be under better control?

- Have an action plan



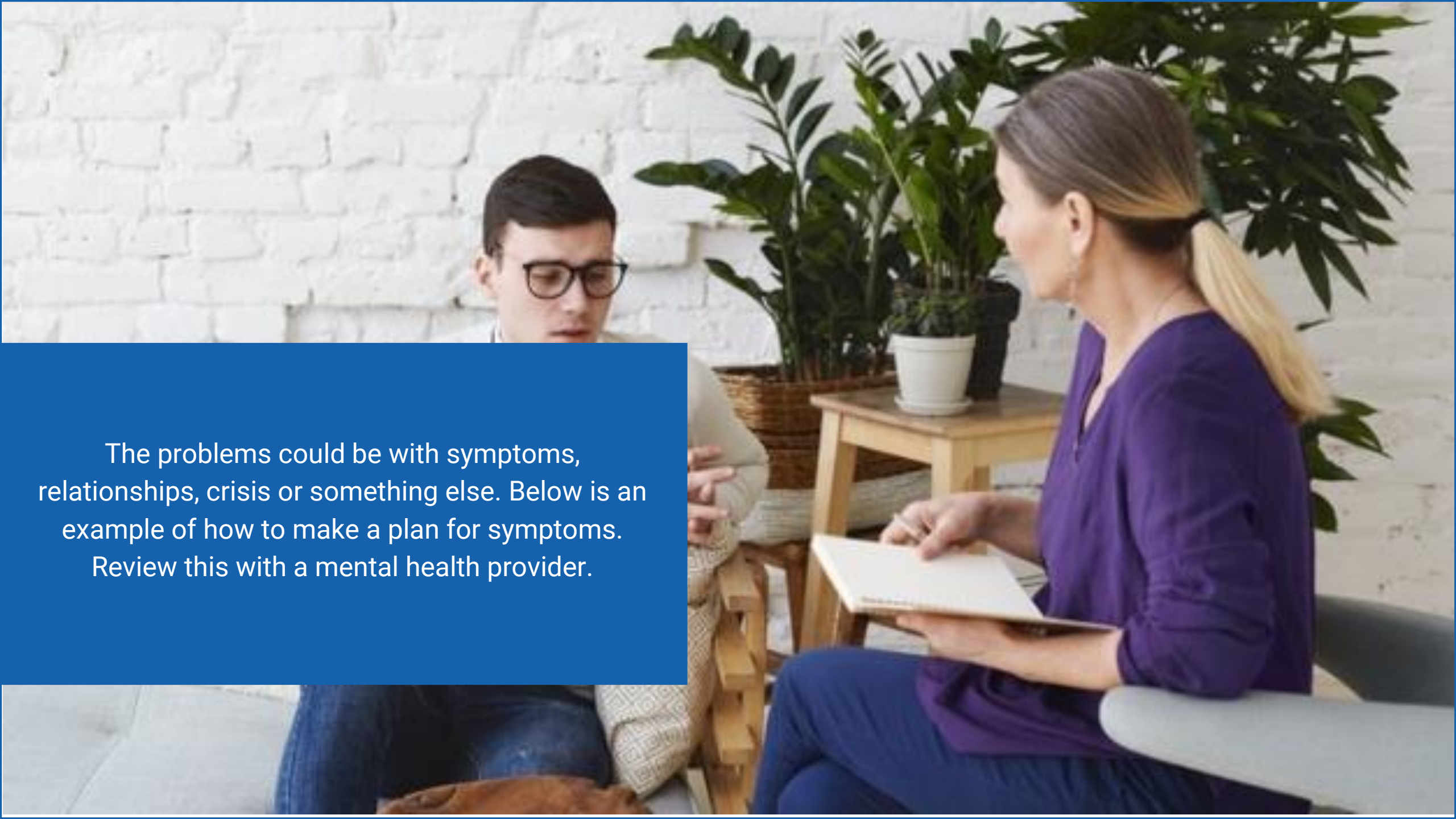
## Having a mental health plan can change everything...

- You have a plan (list) to get groceries or what time a TV show comes on or when to go to school or work.



**Why not have a plan for your mental health?**



A man with dark hair and glasses is sitting on a couch, looking down at a piece of paper. A woman with blonde hair in a ponytail, wearing a purple top, is sitting in a chair next to him, also looking at a piece of paper. They are in a room with a white brick wall and several potted plants. A blue text box is overlaid on the left side of the image.

The problems could be with symptoms, relationships, crisis or something else. Below is an example of how to make a plan for symptoms. Review this with a mental health provider.

# Have Success With Mental Health



1  
Symptoms



2  
Talk Therapy



3  
Manage Stress



4  
Discuss  
Treatment Plan

# 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.

## For Anxiety

- Deep breathing for up to 1-2 minutes
- Rest
- Don't drive, call someone for help until anxiety gets better or call a health care provider

## For Depression

- Do 15-30 minutes of cardio
- Plan time with family or friends. Use time limits such as spending time with them up to 1-2 hours (whatever makes you/loved one comfortable)
- Call or make appointment with therapist, go to group therapy and/ or psychiatrist

## For Bipolar Disorder

- Talk with family or friends about symptoms and have them around to help
- Call or make appointment with therapist, go to group therapy or psychiatrist
- Get a written treatment plan and follow it

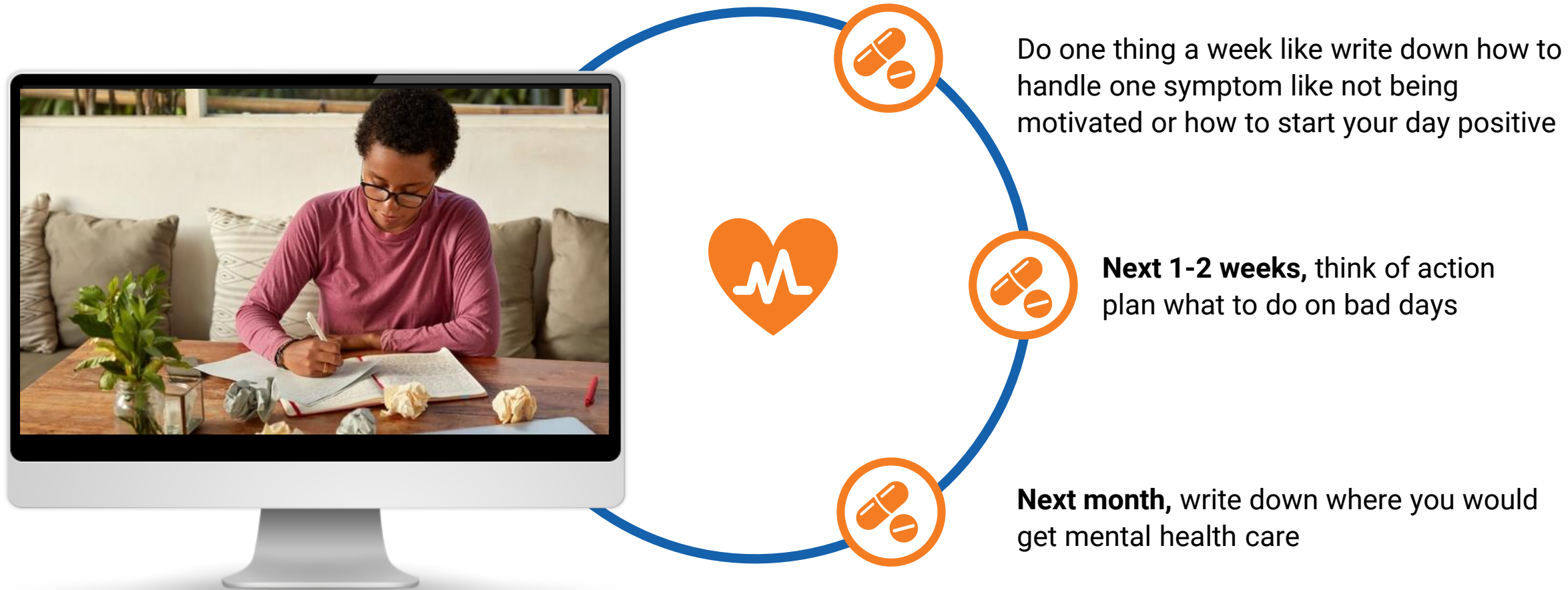
## My Treatment Plan

- 1.
- 2.
- 3.
- 4.
- 5.

Use some of the tips you learned in this webinar



## Take Simple Steps: Take Out 5-10 Minutes





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

Check out other videos at [www.shell-it-co.com/shop](http://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



■ Check out other videos at  
[www.shell-it-co.com/shop](http://www.shell-it-co.com/shop)

