

WELCOME TO OUR

Monthly Newsletter



Greetings, March has arrived, and with it, our latest edition of the Active Minds newsletter. As we gear up for the approaching summer break, we students are probably excited to embrace a bit more leisure time. It's an ideal time to place a spotlight on our mental well-being with Teen Mental Wellness Day just around the corner- March. 3rd!



What is Teen Mental Wellness Day?

Teen Mental Wellness Day is as the name implies, yet it's much more. It's a day to urge teenagers to practice self care and a reminder to be kind to yourself. It's also a day that works towards destigmatizing mental health issues.

This day holds a lot of value since around 50% of mental health issues are established by age 14 (Mental Health Foundation). Meaning not only do many psychiatric disorders emerge during adolescence but hormonal changes occur as we undergo emotional changes and we experience what's typically referred to as "mood swings."

How do I support teen mental health?

If you know a friend that's struggling, here is what Better Help recommends:

Grabbing breakfast together: Not only will this give you guys a chance

to catch up but breakfast correlates with better mental wellbeing.

Practice active listening: Ask them questions and remain nonjudgmental.

Get physically active and go outdoors: there's a reason why this point is mentioned all the time! Exercise releases endorphins (the body's natural pain killers) and even a short walk outdoors can create a calming effect.

Let them know their options: Always remind them of their options. Whether that be reassuring them of your support whenever necessary or suggesting therapy as a viable option.

For example, we as students at the University of Manitoba, get coverage for therapy as long as we are paying the health insurance portion of our tuition.



Who is Therapy Even For?

IN 2018, ROUGHLY 5.3 MILLION PEOPLE IN CANADA MENTIONED THEY NEEDED SOME HELP FOR THEIR MENTAL HEALTH (NIH) .

I'm sure by now, we all have some idea of what therapy looks like, it usually resembles an individual expressing their emotional issues to some sort of professional who often responds with "and how does that make you feel?" Well there is a little more to therapy than that!

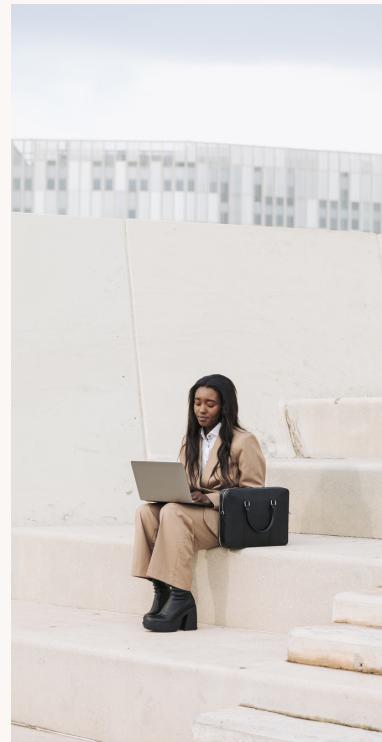
Certain situations or circumstances that might prompt the necessity for psychological therapy include mental illnesses, addictions, depression, anxiety and stress, trauma, grief, physical illness, and phobias.

It is necessary if you feel there's a mental issue to visit a psychiatrist or psychologist who are qualified to diagnose mental health disorders.

Counselling or therapy can be provided by psychologists, psychiatric nurse practitioners, clinical social workers, and therapists. However, selecting a professional depends on the specific issue you aim to address or treat.

Psychotherapy

Psychotherapy is another term of talk therapy. It generally includes forms of "...talking, listening and engaging in other forms of expression." (PsychCentral).



Different Forms of Psychotherapy

Interpersonal psychotherapy (IPT): Usually focuses on treating depression as a result of loss, life change, or interpersonal conflict.

Cognitive Behavioral Therapy (CBT): It aims to identify negative thought patterns and beliefs. It focuses on resolving current challenges, with the goal of developing new coping and problem solving skills.

Dialectical Behavioral Therapy (DBT): DBT comes from CBT however it emphasizes balancing acceptance and change. Contradictory ideas will be discussed in different scenarios and the fact that opposing views can both contribute significantly to the same scenario.

Psychoanalytical and psychodynamic therapy: This form of therapy is based on Sigmund Freud's psychoanalysis, this theory works to uncover unconscious thoughts that are inadvertently affecting your current behavior, perceptions, and emotions. It is used to treat chronic depression, anxiety, somatic disorders, PTSD, and more.

Humanistic therapy: Focuses on the individual traits and features instead of focusing on identifying what's common between you and a group of people. This is used to treat but is not limited to trauma, depression, anxiety, and low self esteem.

Other Therapies

There are many therapies that don't fit under the umbrella of talk therapy. These would include therapies focused on art, dance, movement, wilderness, light, music, and so much more.

Which form is most effective?

CBT is the most prevalent and the most impactful form of psychotherapy. It is 50-75% effective for overcoming anxiety and depression after 5-15 modules (Starling Minds).



The Importance Of Therapy

Now, if you have made it to this point in the newsletter, you may be curious about the extensive exploration of various therapies. You may wonder if this much detail was relevant at all but it's genuinely challenging to fully convey the importance of therapy.

I aimed to offer this detailed information in hopes of educating young individuals, especially those considering therapy, about the diverse array of available options. By familiarizing themselves with these different forms, my intention was to encourage and empower people to seek the help they need. In today's time, about 4000 Canadians per year die by suicide (CAMH) and we have to remember that depression and other mental illness emerge around the age of 14 for roughly 50% of people. This makes teenagers especially vulnerable, hence the importance of Teen Mental Wellness Day.

Tips for staying healthy (as a young adult)

- Make sure to establish and stick to a sleep schedule.
- Have a hobby and involve yourself in it often
- Eat a well balanced diet. You don't have to go about this in terms of cutting out junk food. Instead, try to incorporate more healthy foods into your everyday eating.
- Get physically active. This doesn't mean going to the gym if that's not what you're into. Try going on walks with friends, or try out fun activities such as rock climbing or ice skating.
- Learn how to manage stress. This is so incredibly important to master, because it's easy to pick up unhealthy habits to cope with stress such as scrolling on your phone or smoking.
- Find a balance and plan your week. This way you can ensure to include time for hobbies, friends, eating well, exercising and the like! After all, Teen mental wellness isn't just reserved for March 3rd, it should be imperative everyday.



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