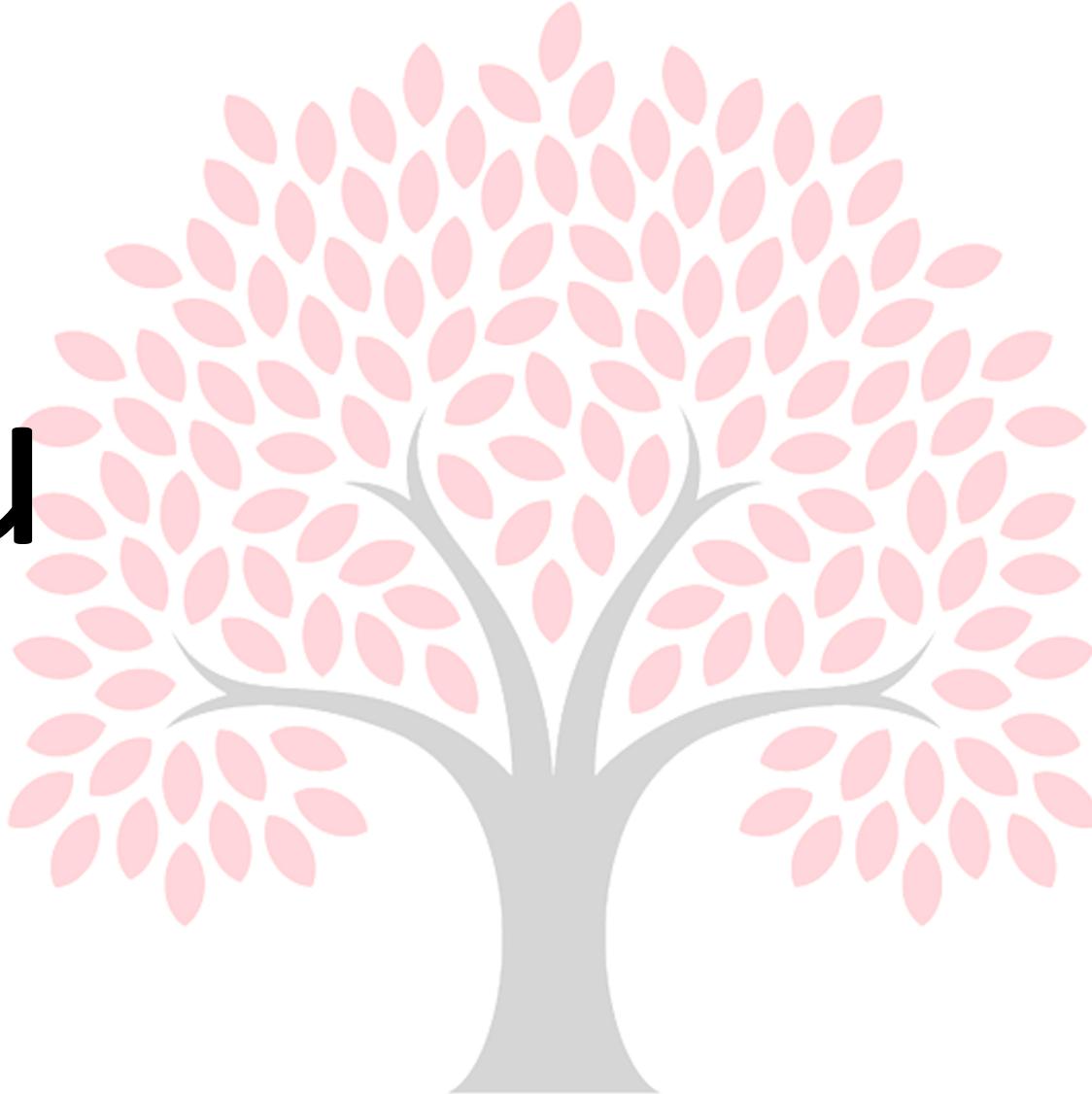


# Here For You

Strategies to recognize and support  
your mental health



# Outline of Workshop

1

What is Mental Health?

2

Reinforce Self-care

3

Recognize

4

Respond & Reach Out

5

Reflect



# What is Mental Health?



"Mental health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

- World Health Organization



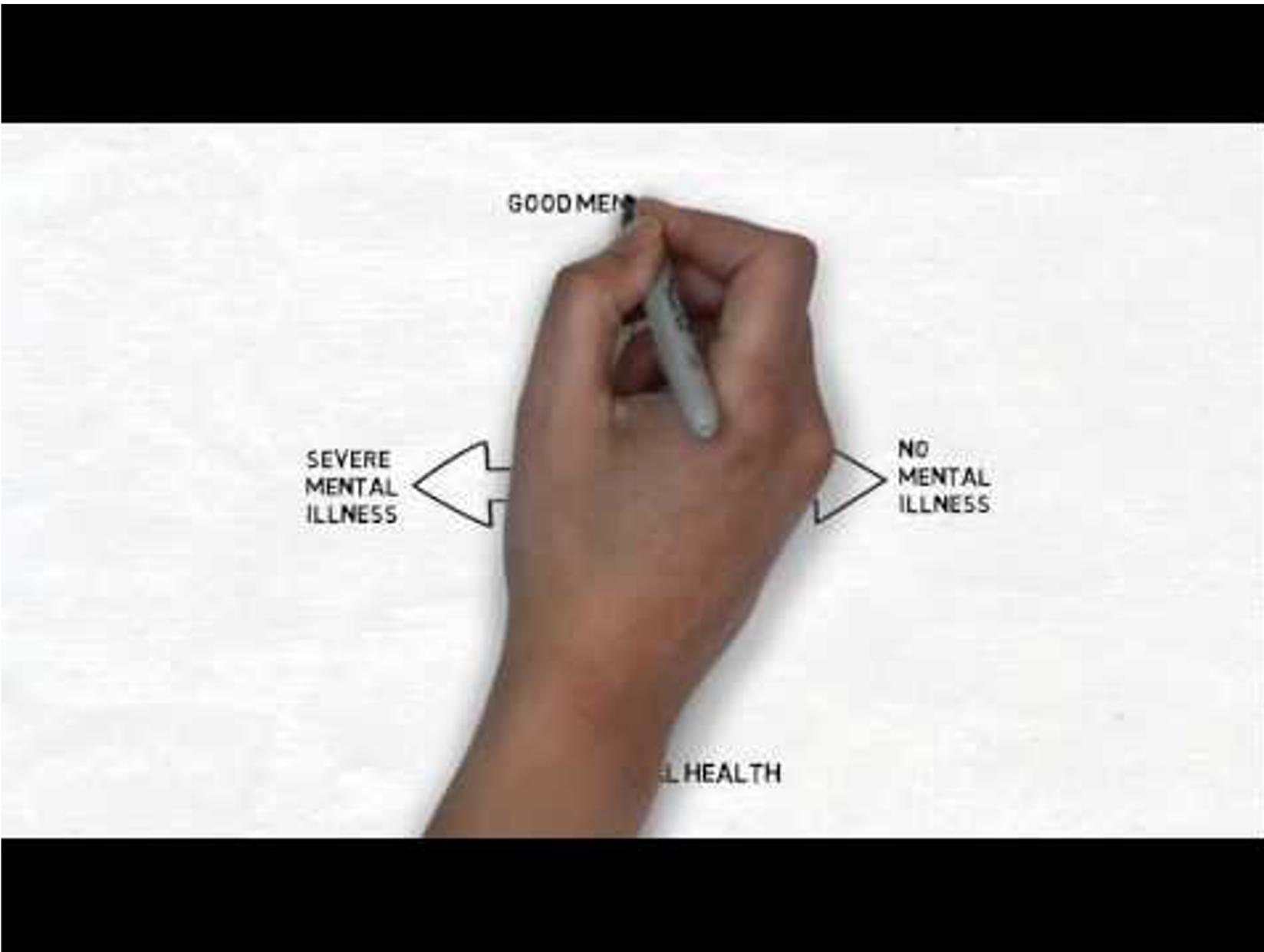
# Mental Health vs. Illness

**Mental health** is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community

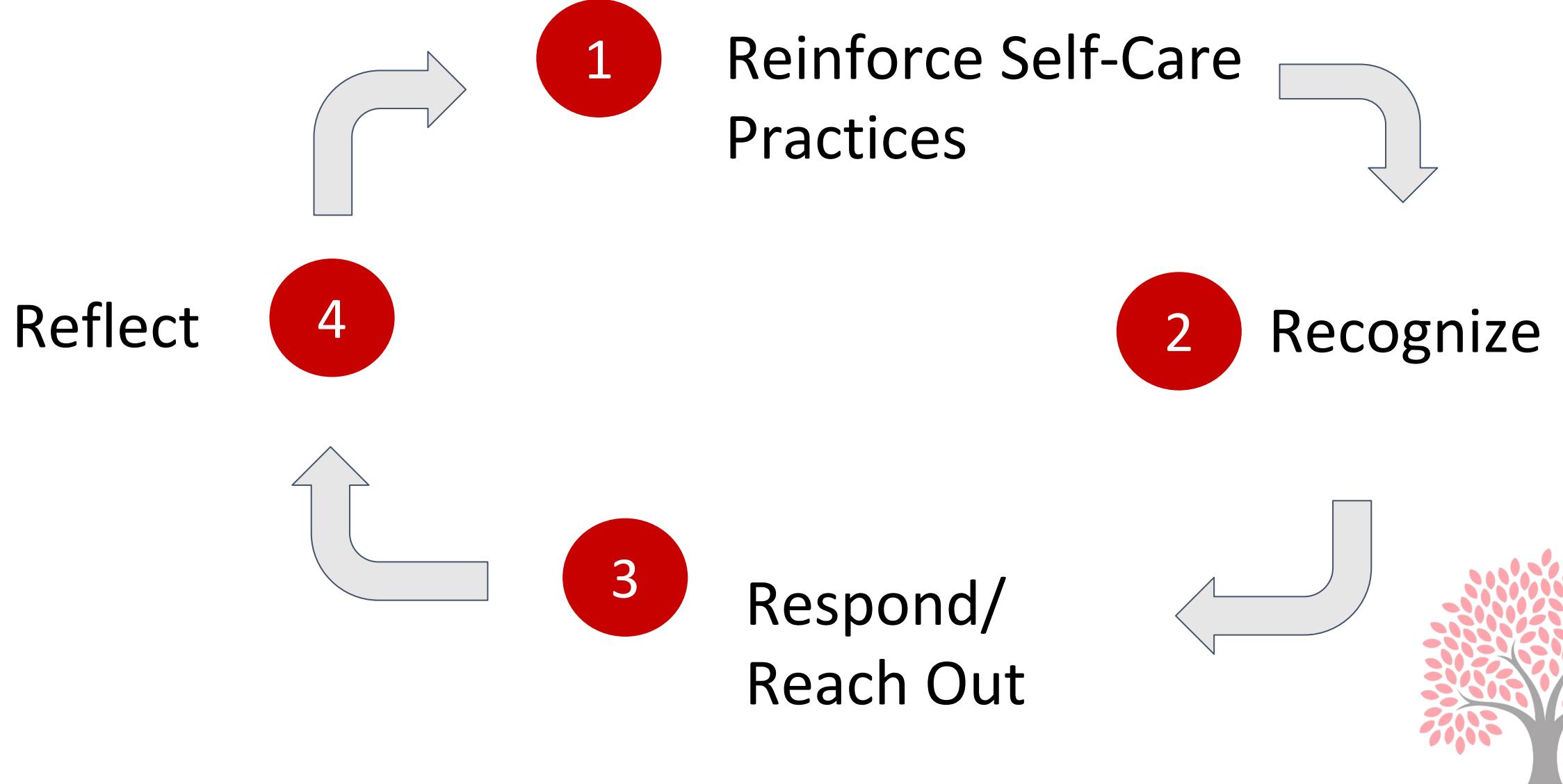
**Mental illness** is a recognized, medically diagnosable illness that results in the significant impairment of an individual's cognitive, affective or relational abilities. Mental disorders result from biological, developmental and/or psychosocial factors and can be managed using approaches comparable to those applied to physical disease (i.e., prevention, diagnosis, treatment and rehabilitation)



# Mental Health vs. Mental Illness



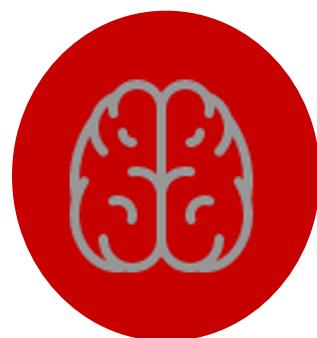
# The Four R's



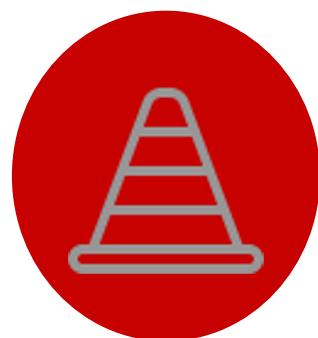
# 1. Reinforce Self-Care



Dimensions of  
Wellness



Build your  
routine



Reflect &  
Update



# Dimensions of Wellness



## 8 Dimensions of Wellness

- Social
- Emotional
- Physical
- Intellectual
- Environmental
- Financial
- Occupational
- Spiritual

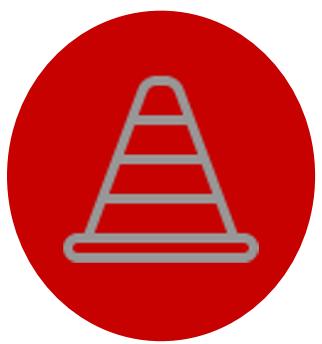
# Build a Routine

WEEK AT A GLANCE				
M	T	W	T	F
<input type="checkbox"/> <b>Morning</b> Make a cup of tea	<input type="checkbox"/> <b>Morning</b>	<input type="checkbox"/> <b>Morning</b>	<input type="checkbox"/> <b>Morning</b>	<input type="checkbox"/> <b>Morning</b> Write in my gratitude journal
<input type="checkbox"/> <b>Midmorning</b>	<input type="checkbox"/> <b>Midmorning</b>	<input type="checkbox"/> <b>Midmorning</b>	<input type="checkbox"/> <b>Midmorning</b>	<input type="checkbox"/> <b>Midmorning</b>
<input type="checkbox"/> <b>Late afternoon</b>	<input type="checkbox"/> <b>Late afternoon</b> Go for a quick walk around my neighbourhood	<input type="checkbox"/> <b>Late afternoon</b>	<input type="checkbox"/> <b>Late afternoon</b>	<input type="checkbox"/> <b>Late afternoon</b>
<input type="checkbox"/> <b>Evening</b> Prep a healthy lunch for tomorrow	<input type="checkbox"/> <b>Evening</b>	<input type="checkbox"/> <b>Evening</b> Call my friend to catch up	<input type="checkbox"/> <b>Evening</b> Read my new book for 20 minutes	<input type="checkbox"/> <b>Evening</b>

# Reflect and Update



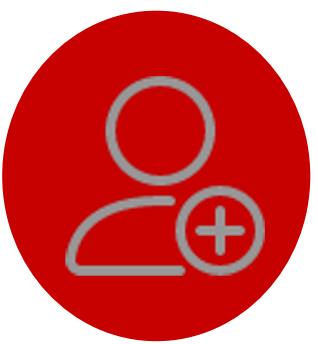
# 2. Recognize



Self-Awareness



Building Resilience



Mental Health  
Continuum

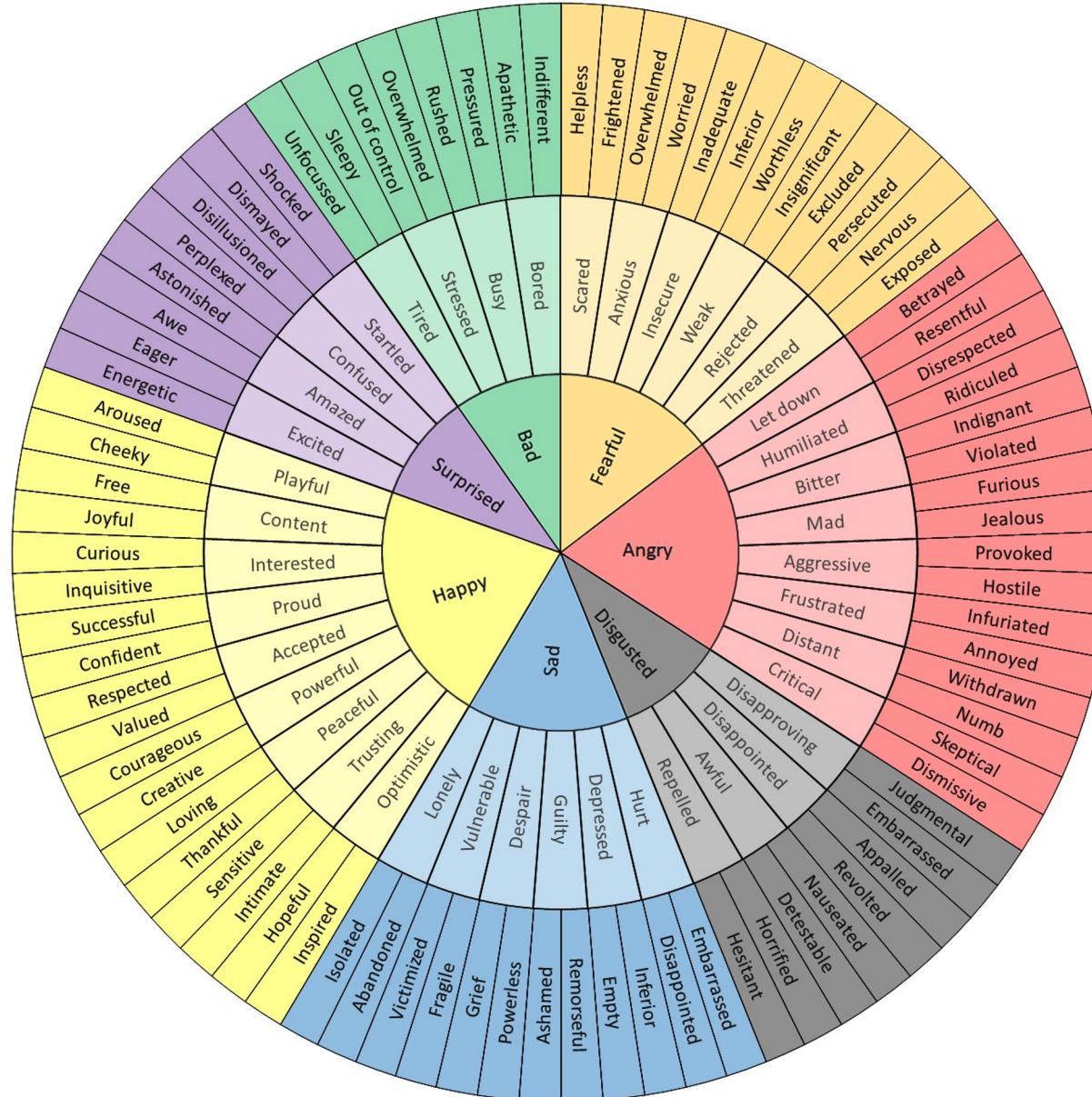


# What is Self-Awareness

## Self-Awareness

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”

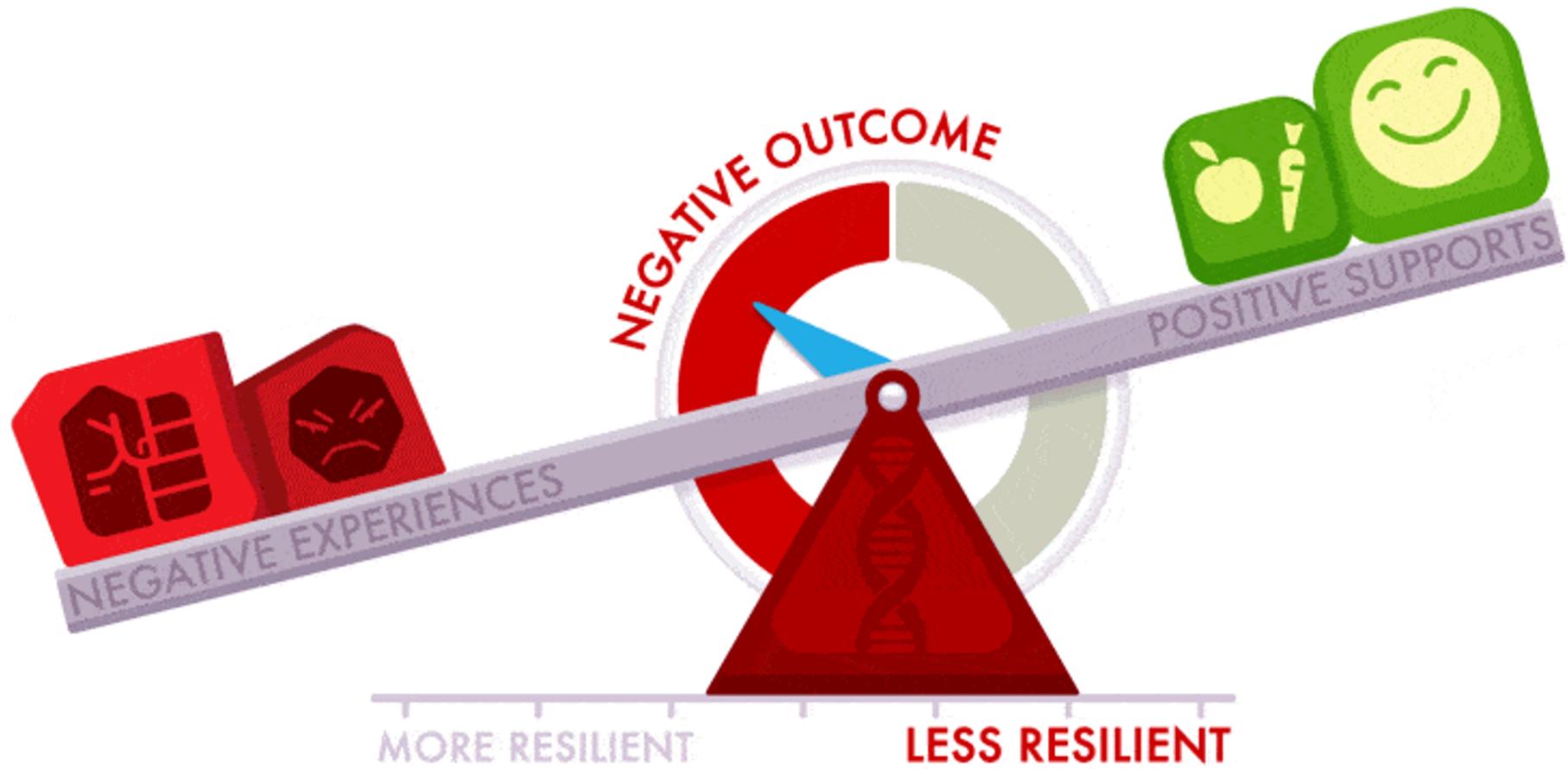
# Wheel of Emotions



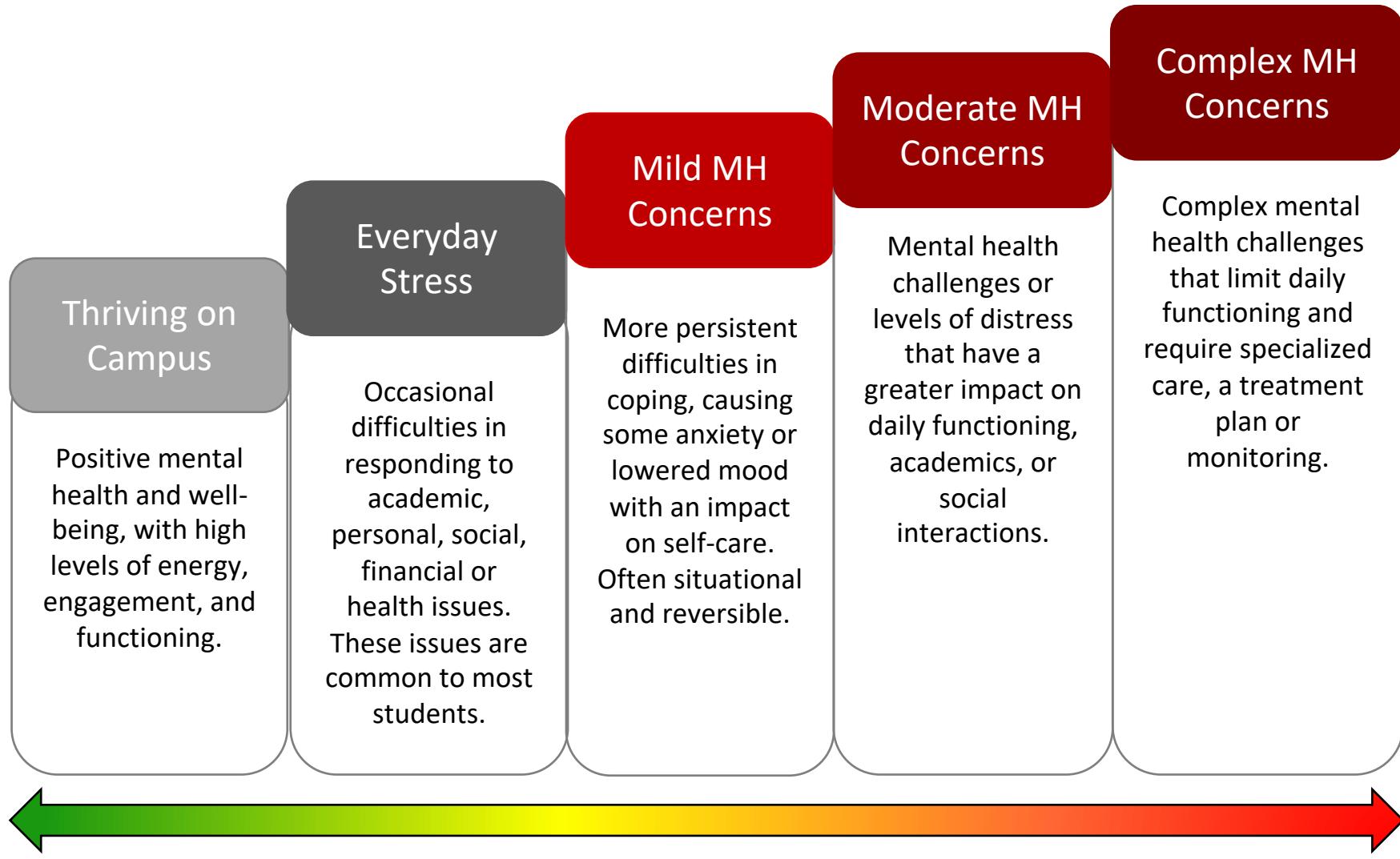
# Building our Resiliency



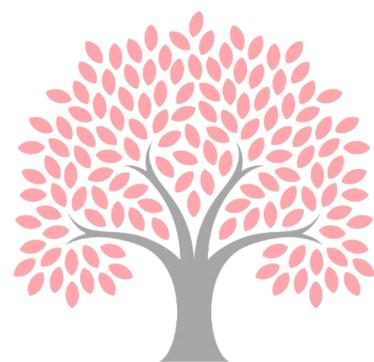
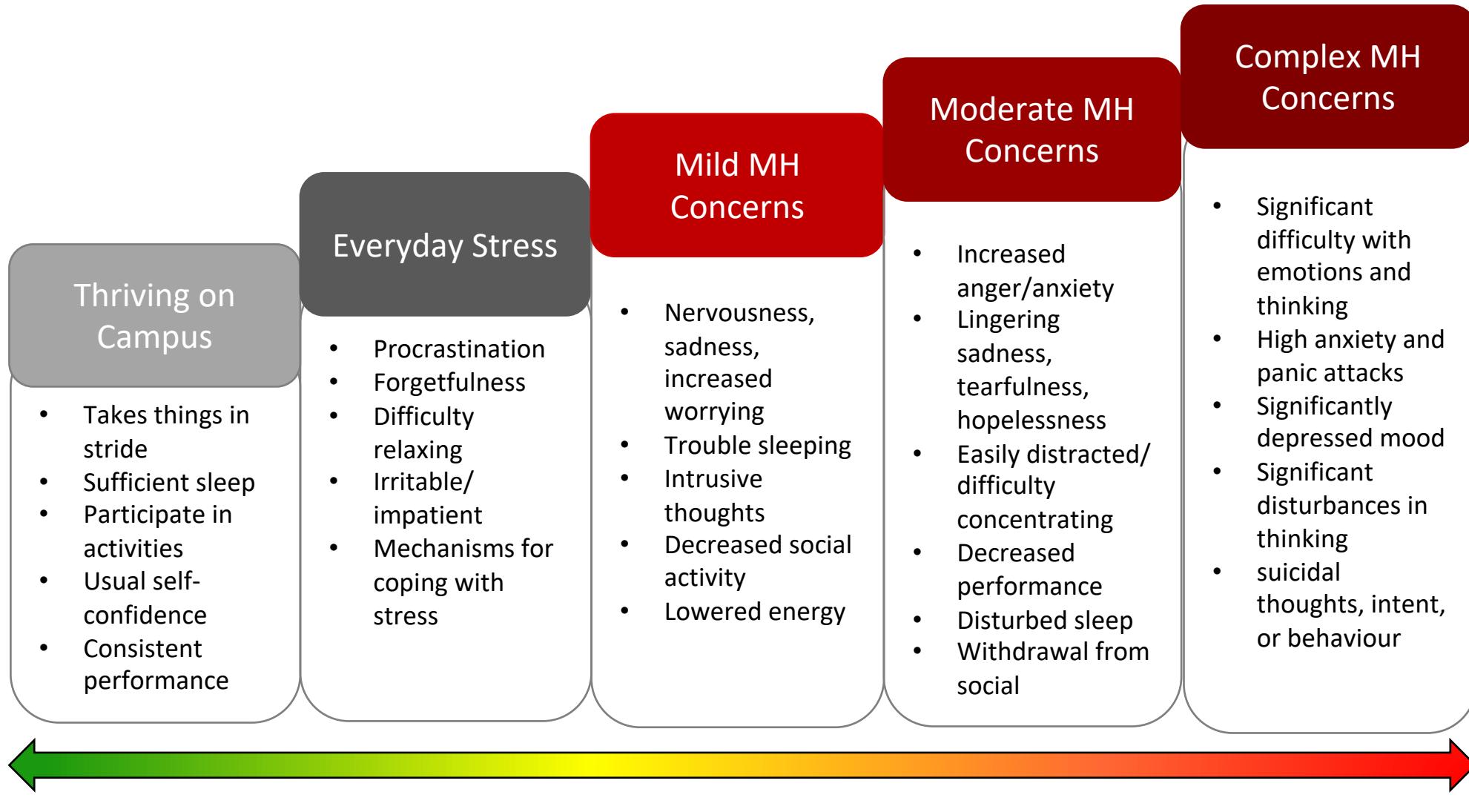
# Resiliency



# Mental Health Continuum



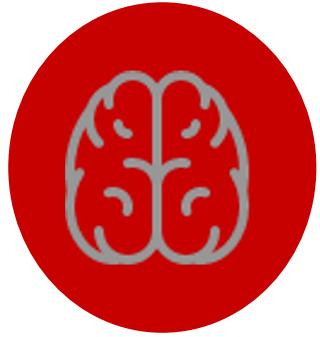
# Mental Health Continuum



# 3. Respond & Reach Out



Coping Strategies



Learn and Connect  
to Services



Diversify Support

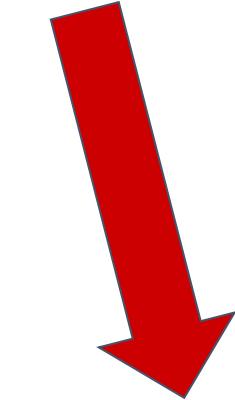


# Coping Strategies

Coping strategies refer to the specific efforts, both behavioral and psychological, that people use to master, tolerate, reduce, or minimize stressful events.



Problem solving  
strategies



Emotion focused  
strategies



# Connect to Services

Get Help Now →

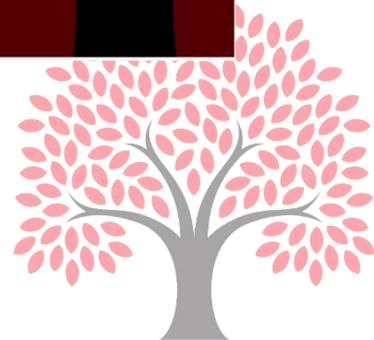
Information  
and Resources

Find Support

Help a Friend

Get Involved

[carleton.ca/wellness](http://carleton.ca/wellness)



# Diversify Supports

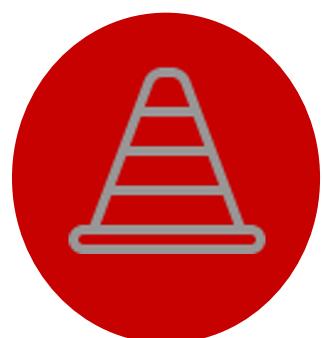
- Personal coping strategies
- Family and Friends
- Teachers and TAs
- Health & Counselling Centre
- On Campus Support
- Off Campus Support/Community Supports



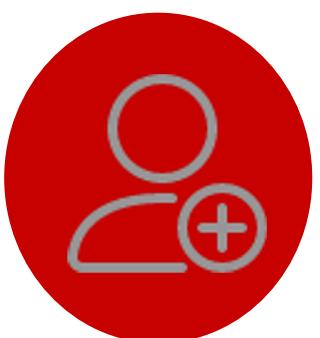
# 4. Reflect



What's Working?



Limits and Strategies



Make a Plan

# Limits & Strategies



- Active vs. Avoidant Coping
- Objective Support
- Proactive Coping



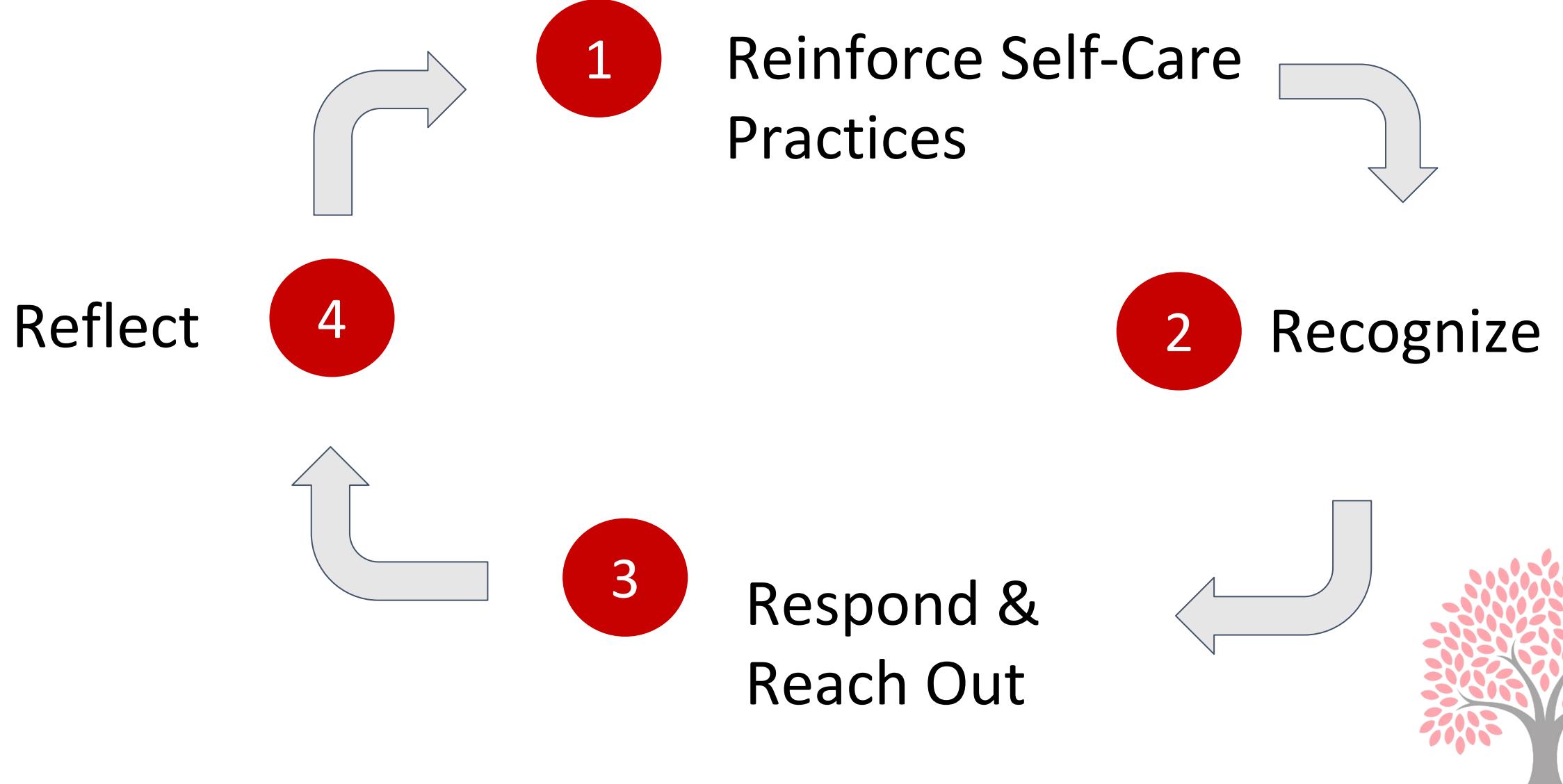
# Make a Plan

**Implementation Intention:**

“When *situation X* arises, I will  
do *response Y*.”



# The Four R's



# Questions?

*wellness@carleton.ca*



Carleton  
UNIVERSITY