

Mental Health and Well-being Awareness

By Hannah Dixon (Senior
Mental Health Practitioner)

and Alison Wright (Senior
Mental Health Practitioner)

Ground Rules

Confidentiality

Time keeping

Non judgemental and respectful

One person talking at a time

Self-care

Contents

- ▶ What do we mean by Mental Health and Well-being?
- ▶ The continuum
- ▶ Biopsychosocial model
- ▶ Sleep
- ▶ Nutrition
- ▶ Exercise
- ▶ 5 ways to well being
- ▶ Support strategies - mindfulness, relaxation, social prescribing

Definition of Mental Health

“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community.” WHO

What is Mental Health?

Everyone has mental health

Mental health is not about being “Happy”

Mental health problems are common

Mental health problems can happen to anyone

Mental health is a whole range and spectrum

Our mental state is a result of the combination of many complex factors

Mental well-being is separate to mental health

“Mental health conditions include mental disorders and psychosocial disabilities as well as other mental states associated with significant distress, impairment in functioning, or risk of self-harm.” WHO

Definition of Well-being

“Well-being is a positive state experienced by individuals and societies. Similar to health, it is a resource for daily life and is determined by social, economic and environmental conditions. Well-being encompasses quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose.” WHO

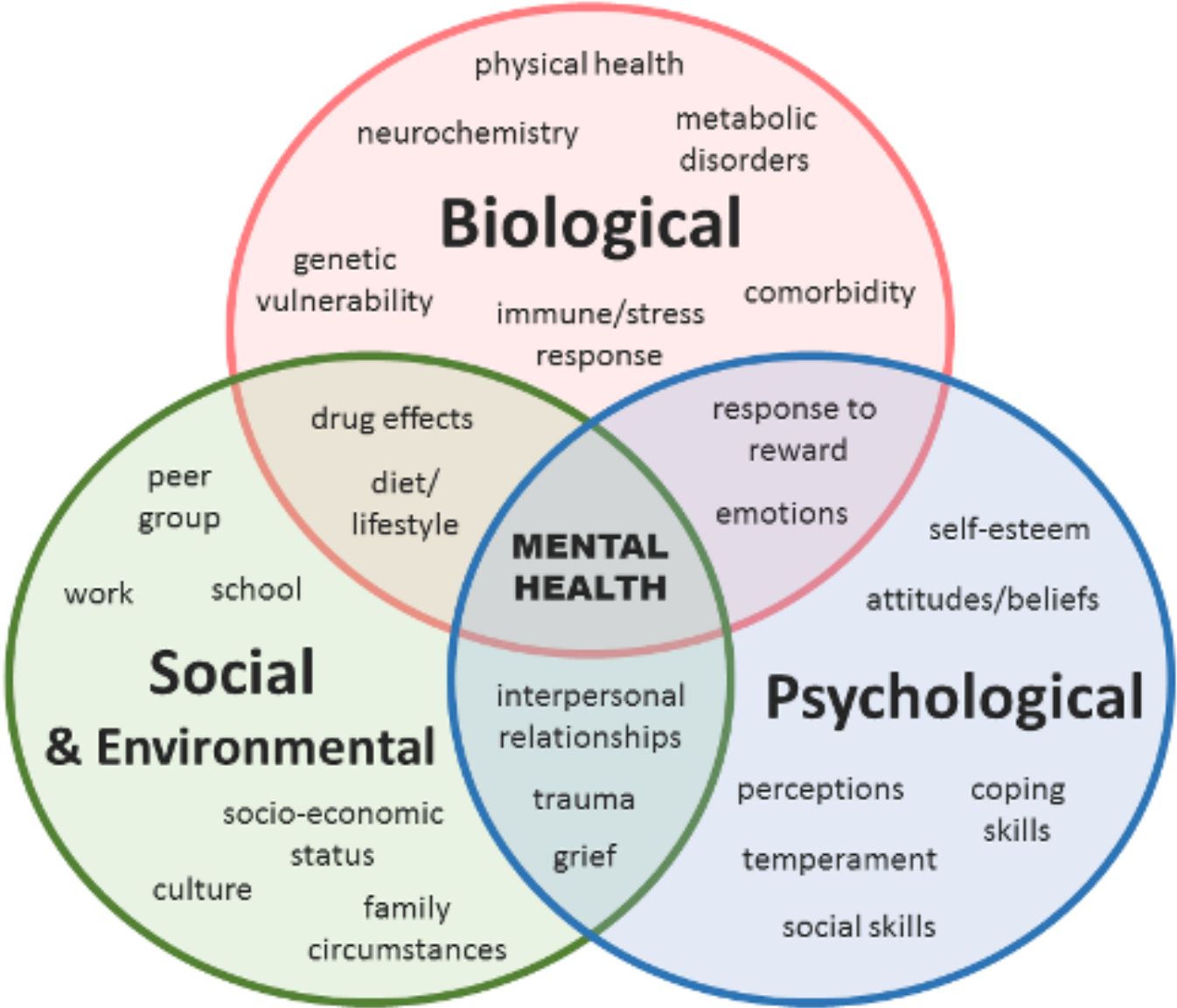
The Continuum- Complete State Model of Mental Health



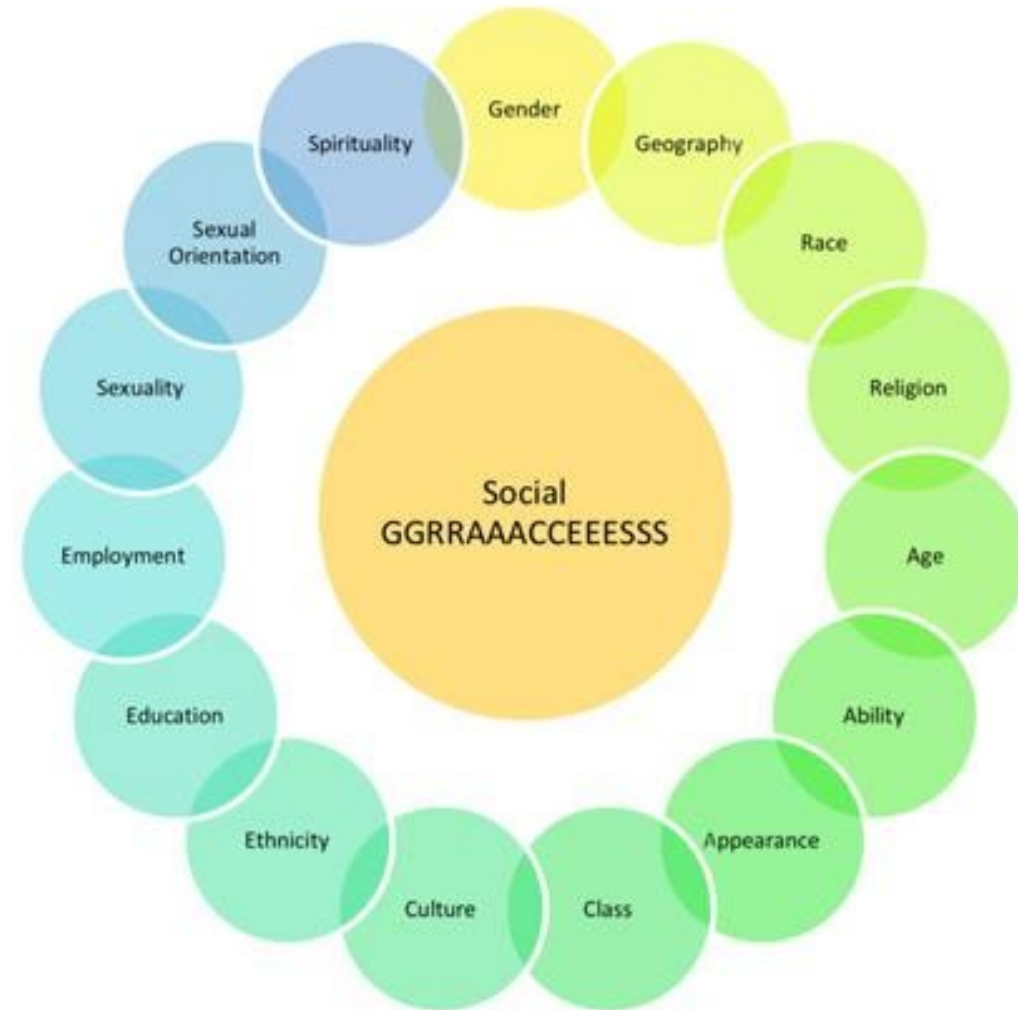
Mental health is more than the absence of mental disorders. It exists on a complex continuum.

Keyes (2014)

Biopsychosocial Model



Social Graces



Sleep

One in three of us suffers from poor sleep, with stress and computers often to blame. But lack of sleep can contribute to problems such as depression, and a solid nights sleep is important for being physically and mentally healthy.

Foundations: Although we are all prone to experiencing poor sleep, there are some people who might be more at risk of developing poor sleep than others. This could be because of their genetics (poor sleep may run in families), because of their circumstances (e.g. a noisy home) or because of their psychological characteristics (e.g. someone who worries a lot).

Triggers: We have evolved to be unable to sleep when we are anxious or stressed - this is important as it keeps us safe (e.g. not falling asleep when we're in danger). When we experience stressful life events, such as exams, a house move, or a new baby, we may find it harder to relax and switch off - this can trigger a bout of poor sleep.

Lifestyle: When we experience poor sleep, we often try to manage it as best we can. Often that means we change what we do and how we think about sleep. The trouble is that these changes can often keep the poor sleep cycle going.

Nutrition



Blood Sugar Levels



Fluid intake



Fruits and Vegetables



Protein



Caffeine



Healthy Fats



Gut Health

Exercise

Physical activity:

- Builds confidence and social skills
- Develops co-ordination
- Improves concentration and learning
- Strengthens muscles and bones
- Improves health and fitness
- Maintains healthy weight
- Improves sleep
- Makes you feel good

Children and young people aged 5 to 18 should:

- Aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week
- Take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- Reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day

5 Ways to Well-being

Keep
active

Connect

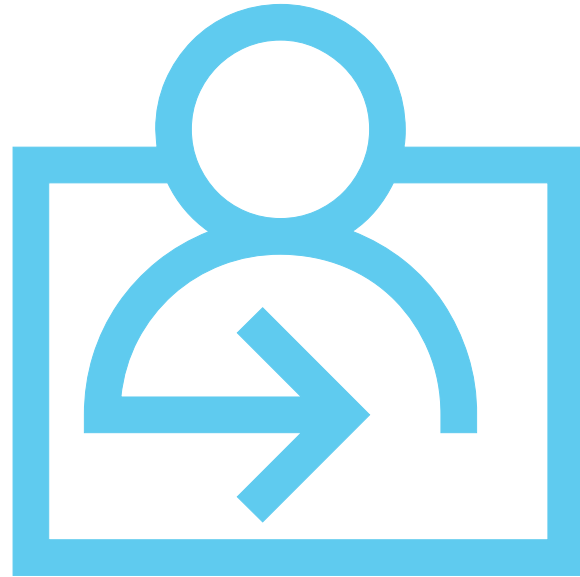
Take
notice

Learn

Give

The Stress Bucket





Support Strategies

Sleep Hygiene Resources

[Coping with poor sleep | Oxford Health CAMHS](#)[Oxford Health CAMHS](#)

- 3 videos Understanding Sleep, How can Parents Help and Practical Ideas to Improve Sleep.
- Full booklet aimed at parents/carers
- Multiple worksheets for young people that includes Racing Mind, Sleep Relaxation, Sleep Hygiene, Sleep Diary, Reset the Body Clock.

How to Manage Your Mood with Food



[Food and mental health - Mind](#)

Relaxation Tips



[Relaxation tips - Mind](#)

Muscle Relaxation





Thank You!

Any Questions?

Useful Resources

- [Community Wellbeing Hub - Bath Mind](#)
- [Healthy Eating and Wellbeing Courses for Families - Bath and North East Somerset - Community Health and Care Services \(bathneshealthandcare.nhs.uk\)](#)
- [All | Wellbeing Courses \(wellbeing-courses.co.uk\)](#)
- [Livewell in Bath & North East Somerset \(bathnes.gov.uk\)](#)
- [Self-care | Anna Freud](#)
- [Resources | Unique Voice](#)