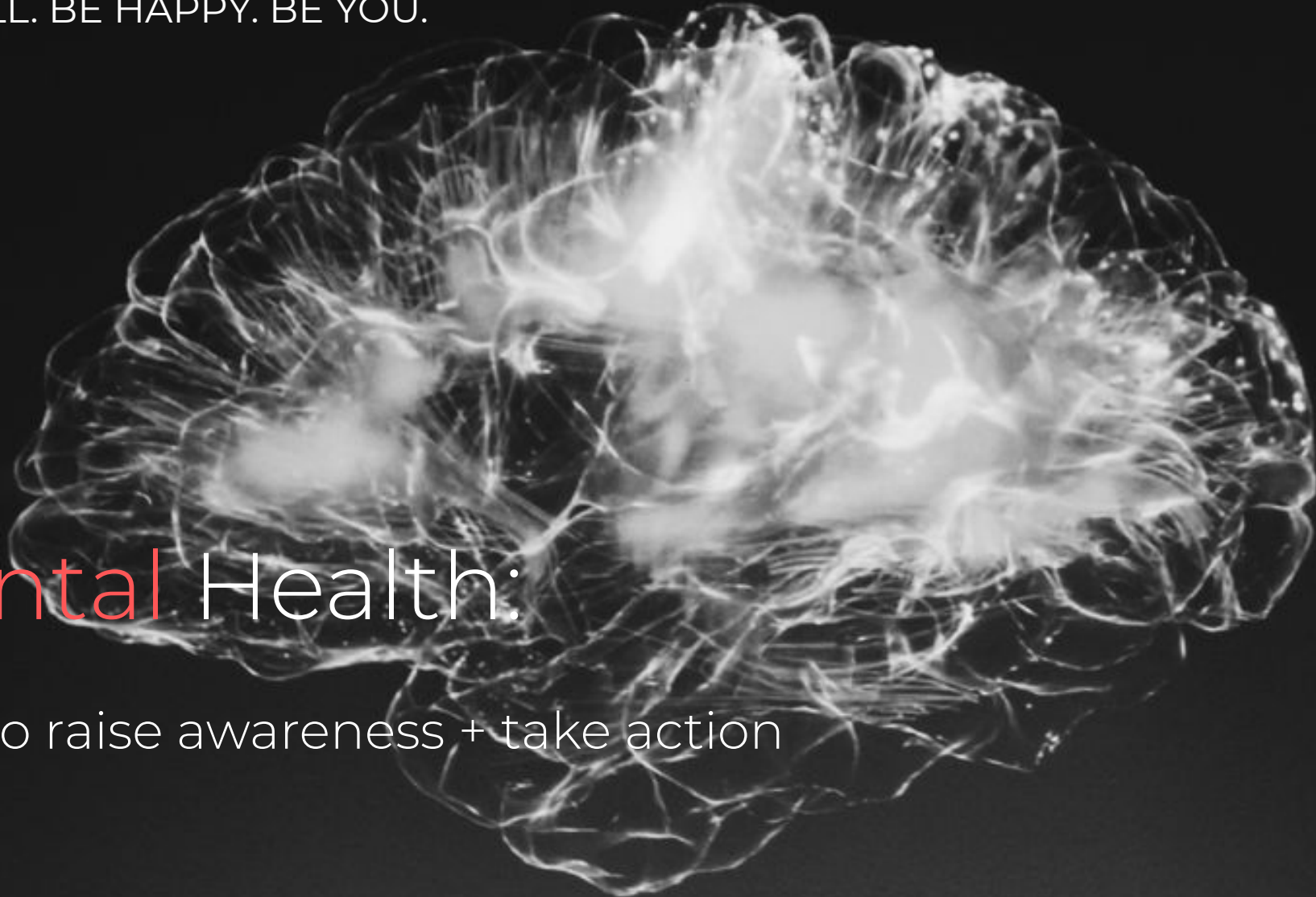


BE WELL. BE HAPPY. BE YOU.



Mental Health:

Tools to raise awareness + take action



Housekeeping!



So, who am I
to talk about
mental health?

Marketing + Events
Marathon + Ultra Runner
Personal Trainer
Wellbeing Coach
Co-founder POINT3 Wellbeing



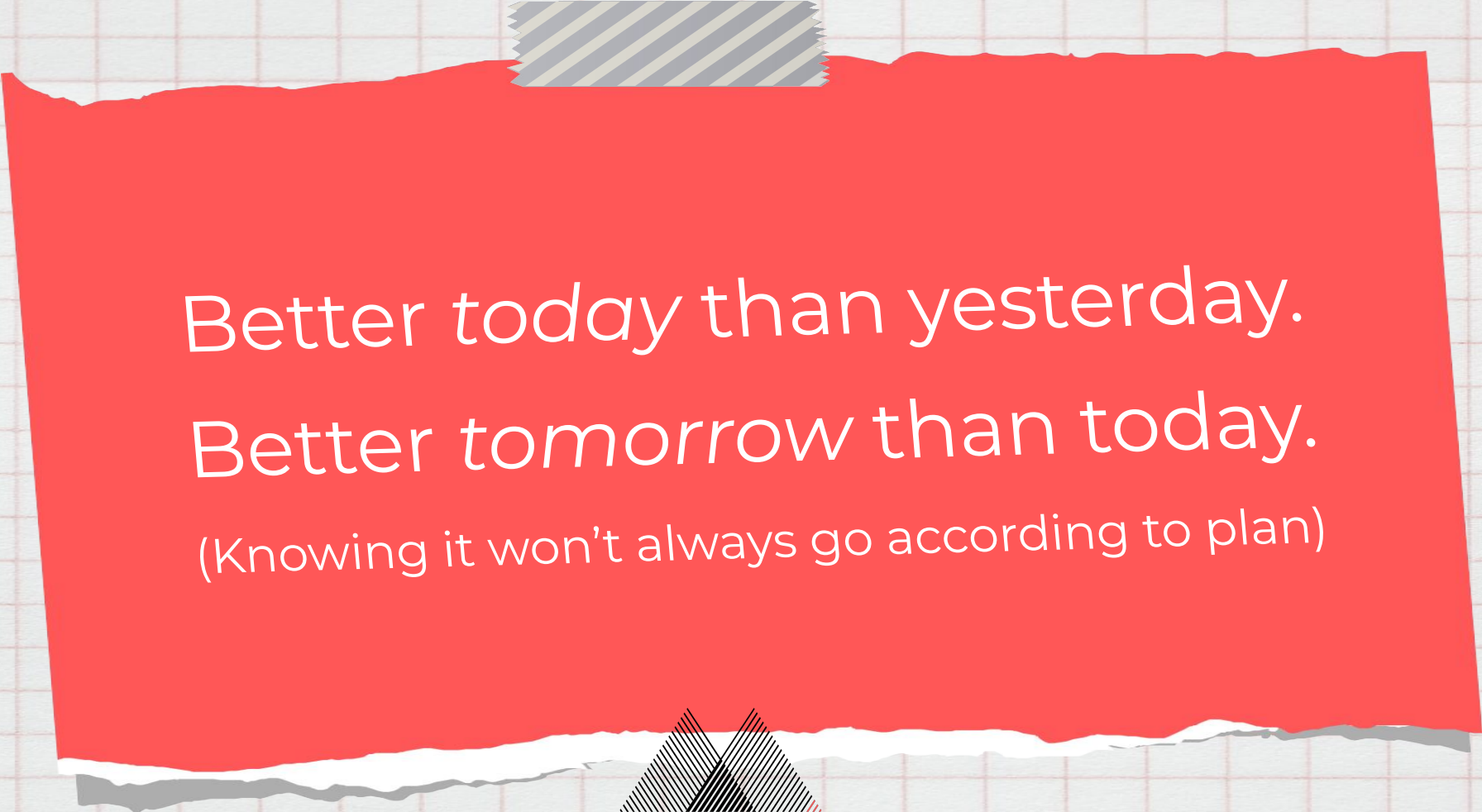


POINT 3





Our mission is to help people
stress less and smile more.



Better *today* than yesterday.
Better *tomorrow* than today.
(Knowing it won't always go according to plan)



Today's webinar objectives:

- #1 Learn about the science of stress and tools to help manage mental health + wellbeing
- #2 Raise awareness / understanding of your mental health + personal wellbeing needs through self-reflection
- #3 Set a tangible goal to support your mental health

The following content is appropriate for the “average healthy” adult. If you have any existing health condition / concerns - diagnosed or otherwise - please always seek the advice of your GP or an other healthcare professional.

#1 Mental health + wellbeing

#2 Understanding stress

#3 Tools for managing stress



Mental Health + Wellbeing



Mental

Wellbeing
is a balance
between...

Physical

Emotional



WHO has dubbed stress the health epidemic of the 21st century



85% UK adults regularly experiencing stress at work



The cost of mood disorders and anxiety in the EU is about €170 billion per year



Up to 50% of chronic sick leaves in EU are due to depression/anxiety

Up to 90% of GP consultations are thought to be directly linked to stress



Each year, 25% of the EU population suffer from depression or anxiety



1 in 6 of UK working age report experiencing a common mental health problem (such as anxiety and depression) in any given week.



WORK



LIFE



well-being

noun

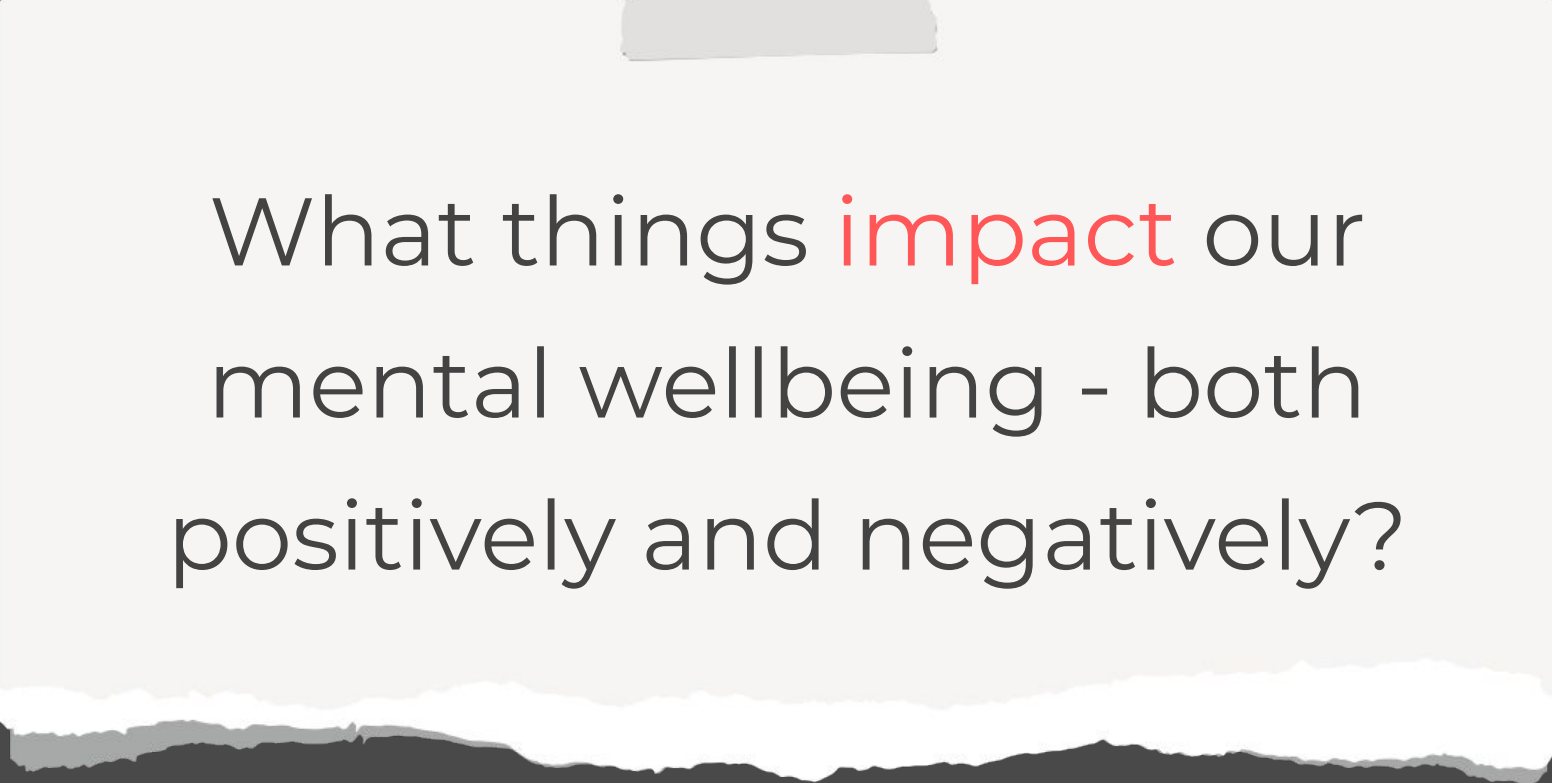
the state of being **comfortable, healthy, or happy.**

Synonyms: welfare, health, good health, happiness, comfort, security, safety, protection, prosperity, profit, good, success, fortune, good fortune, advantage, interest, prosperousness, successfulness

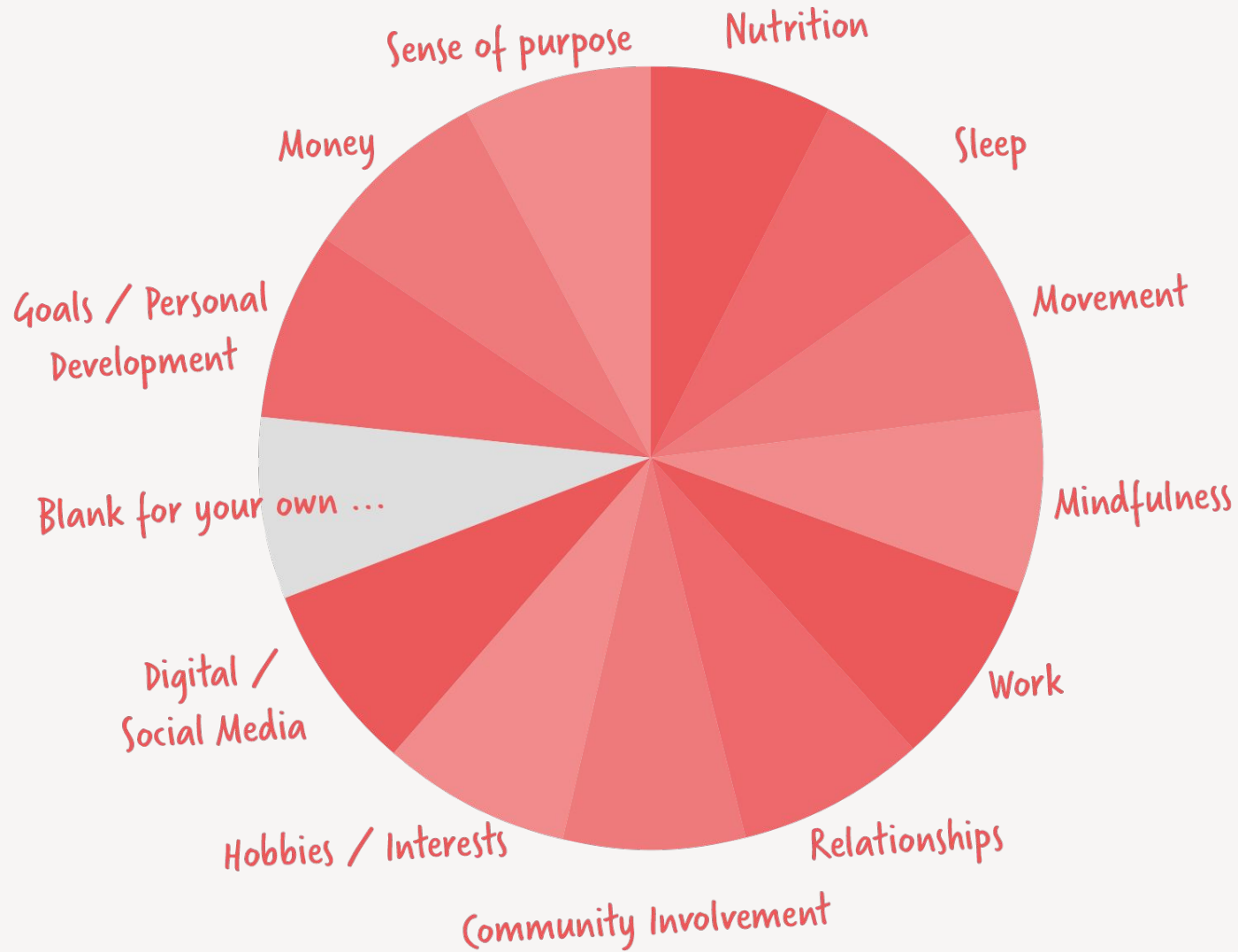


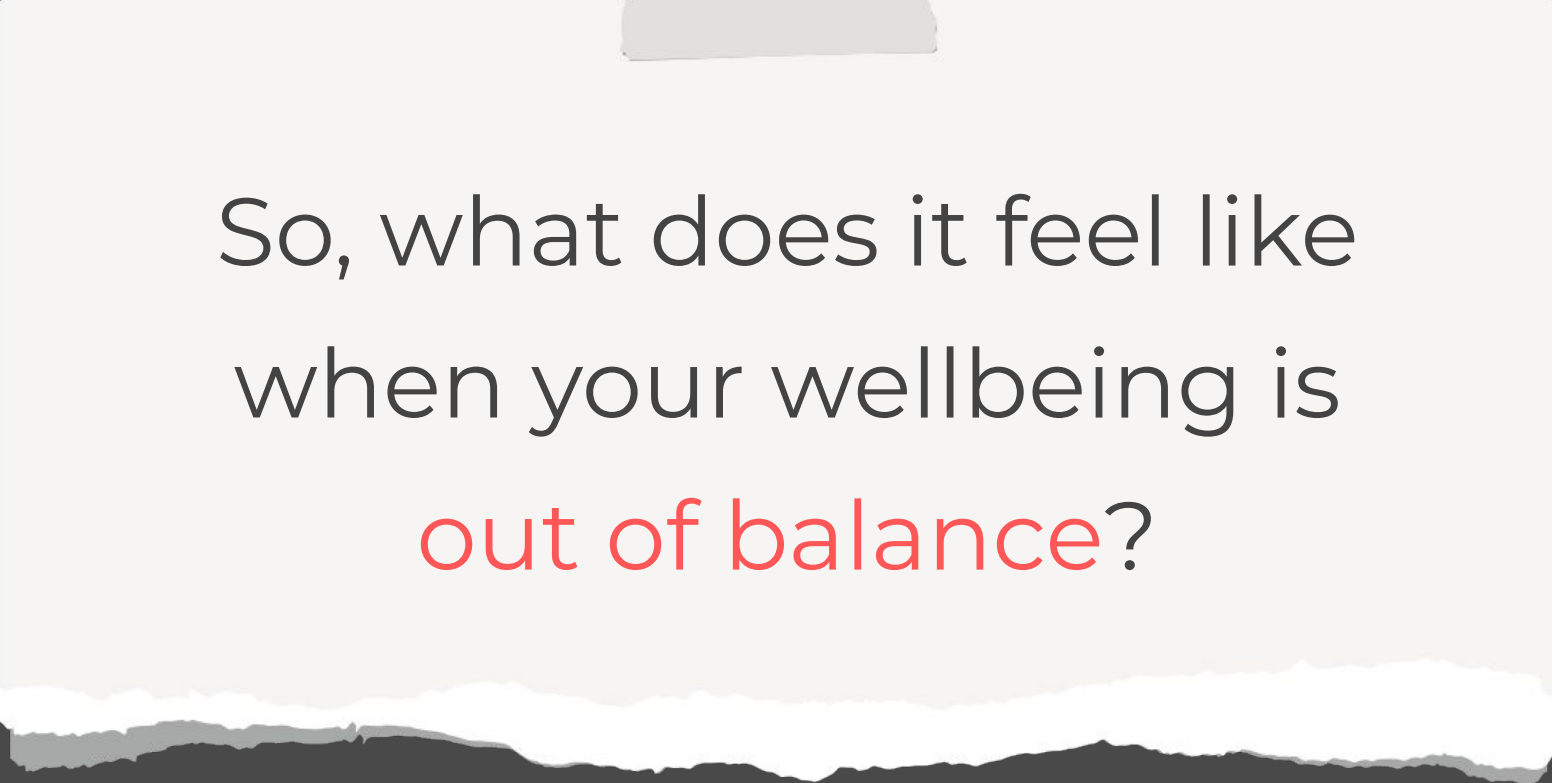
wellbeing

A state of flow where you're happy, healthy and thriving, and able to cope with all that life throws at you...



What things **impact** our
mental wellbeing - both
positively and negatively?





So, what does it feel like
when your wellbeing is
out of balance?



Understanding Stress

Stress

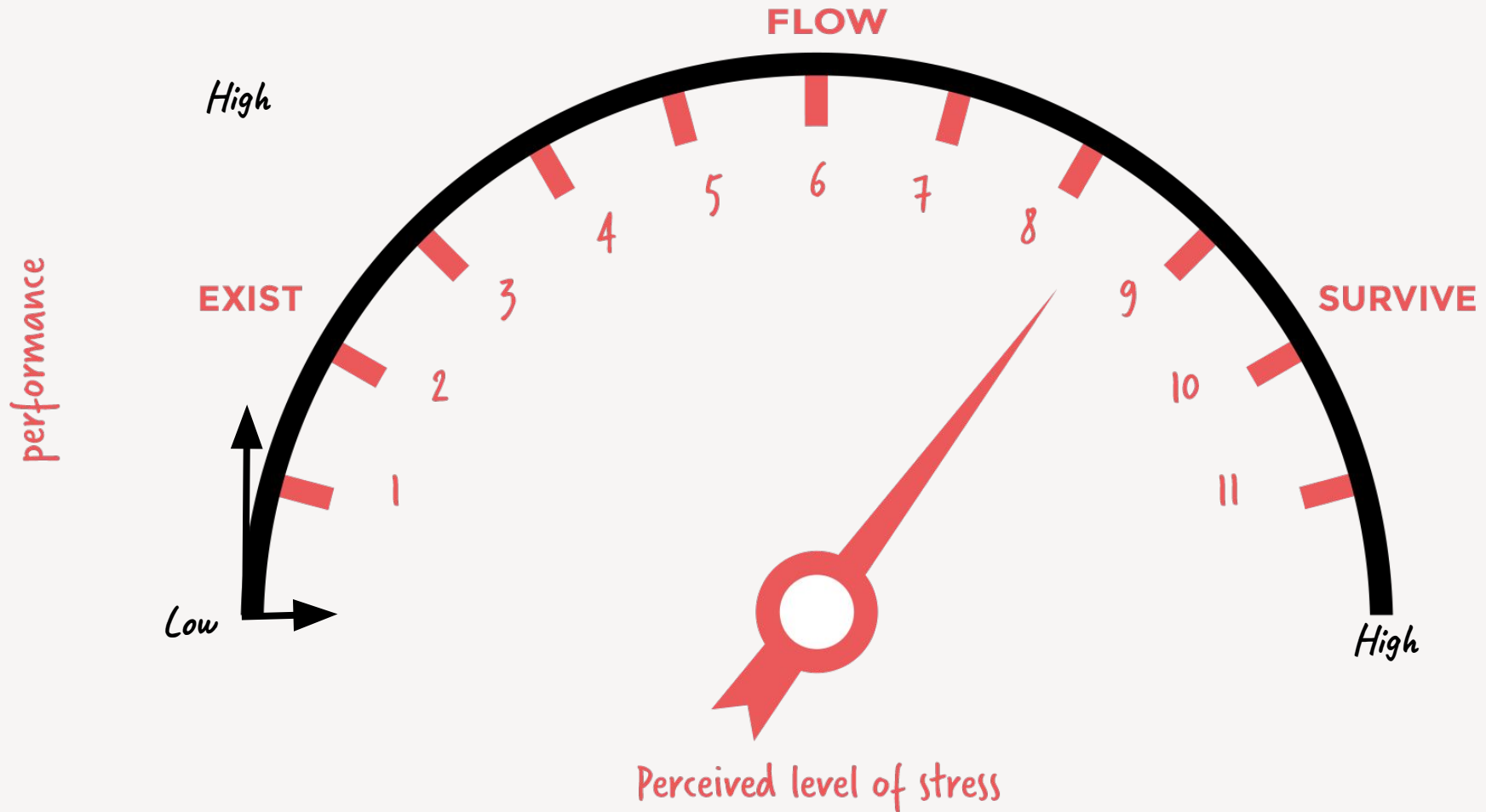
A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

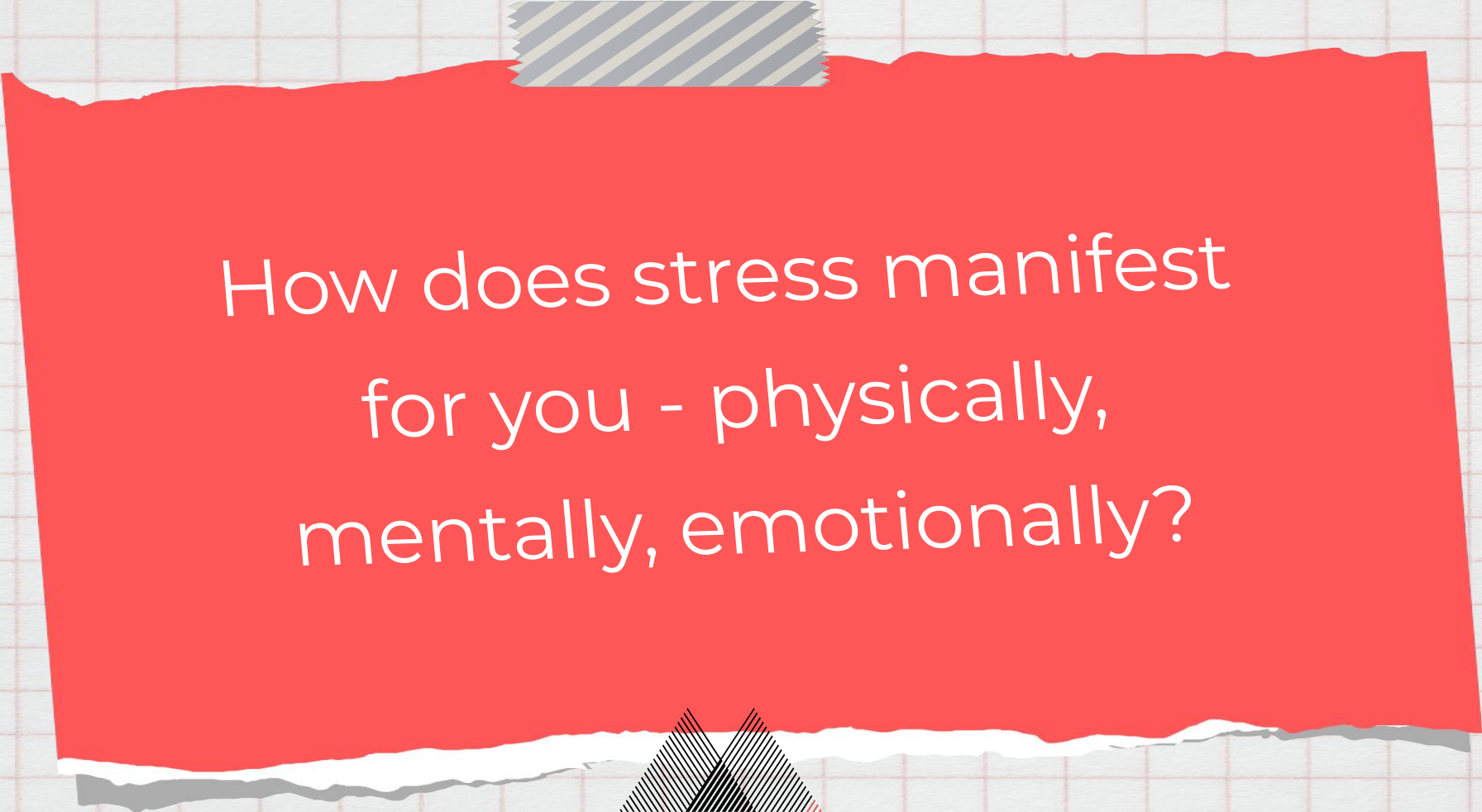
Are we **more stressed**
than ever in 2020?

World Health Organisation
has dubbed **stress the health epidemic**
of the 21st century

Is all stress **bad** stress?

Stress - Performance Counter





How does stress manifest
for you - physically,
mentally, emotionally?





Fight or Flight



Fight or Flight

- Adrenaline and cortisol released
- Heart rate speeds up
- Blood pressure rises
- Breath quickens
- Muscles tighten
- Mind focused on survival

Rest and Digest

A black and white photograph of a man with a beard floating in a pool. He is looking upwards with his eyes closed, appearing relaxed. The pool's edge and some foliage are visible in the background.

- Heart rate slows down
- Muscles relax
- Creative thinking

- Saliva glands stimulated
- Digestion and associated bodily functions return!

A black and white photograph of a person walking on a log in a forest. The person is wearing dark pants and is captured from the waist down. The log is positioned horizontally across the frame, and the person's feet are on it. The background is a dense forest with many trees and foliage, creating a sense of being in nature.

Tools for managing stress

From self-awareness to self-care

#1 What's in your stress container?

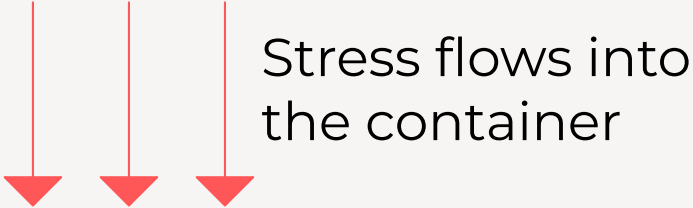


Stress container

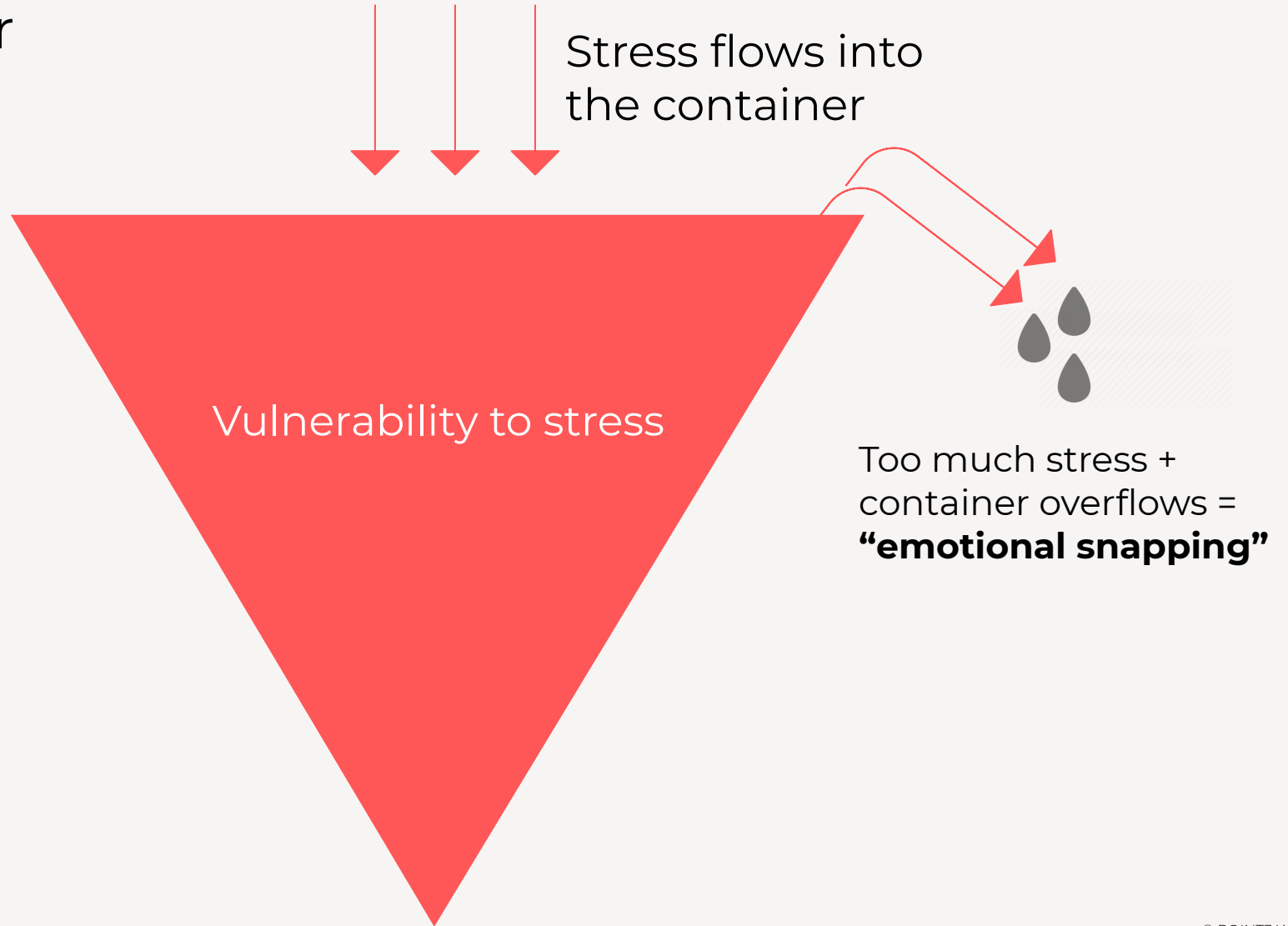


Vulnerability to stress

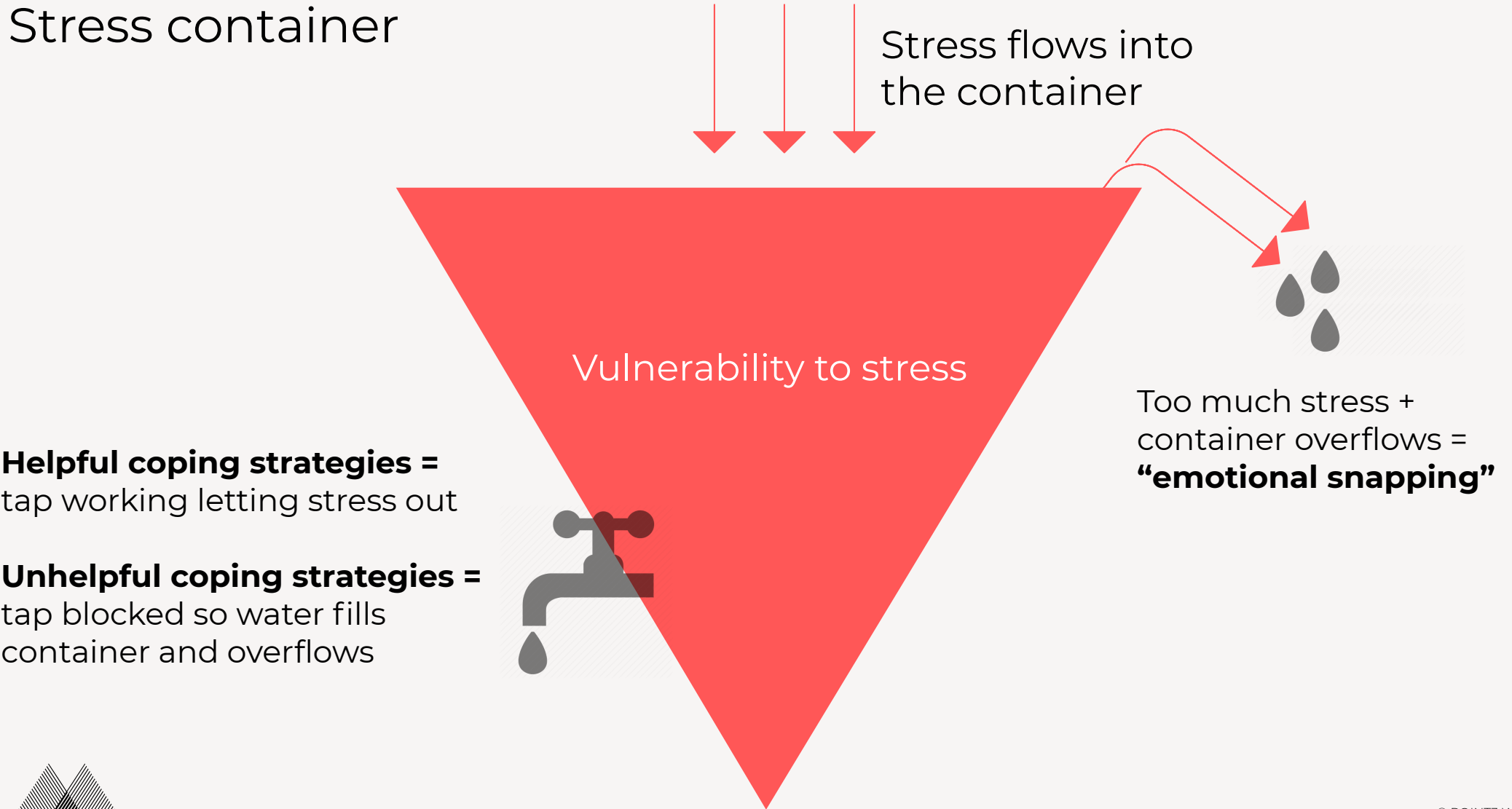
Stress container



Stress container

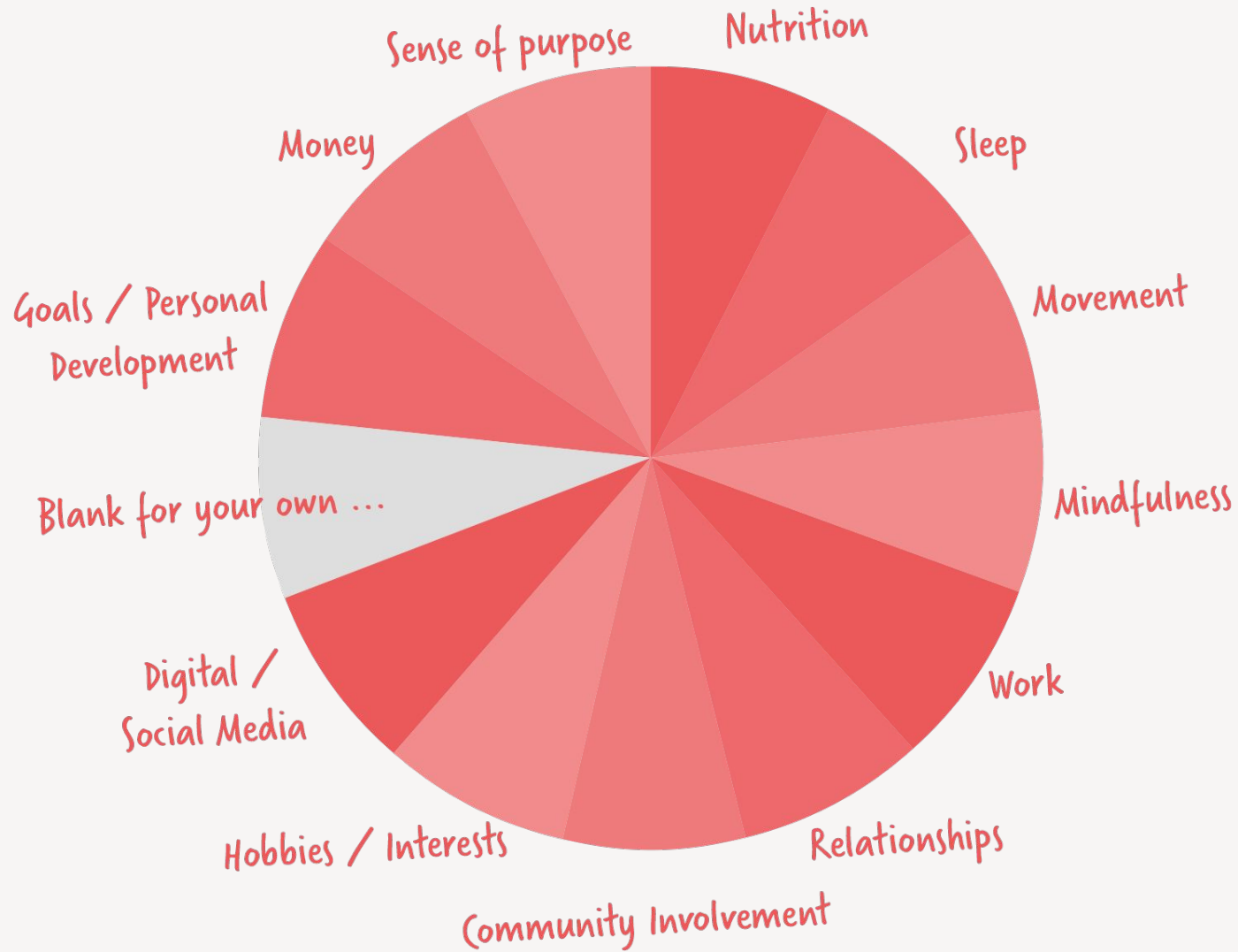


Stress container

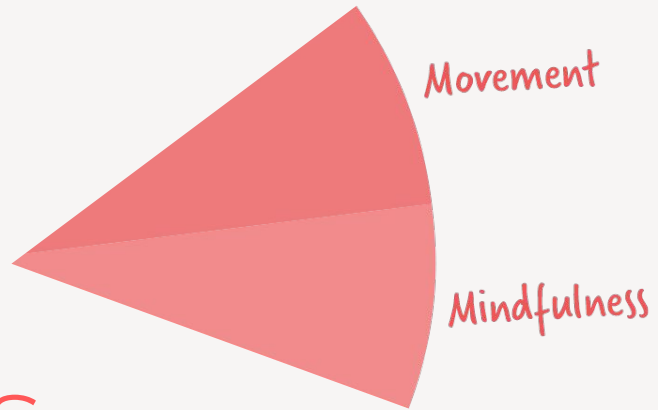


#2 Helpful coping strategies





Natural antidotes to stress





MOVEMENT

MINDFULNESS



Fight or Flight

- Adrenaline and cortisol released
- Heart rate speeds up
- Blood pressure rises
- Breath quickens
- Muscles tighten
- Mind focused on survival

Movement



Movement for mental health

- Increases happiness (endorphins, dopamine, serotonin)
- Increases activity in the hippocampus - associated with creating memories and connecting emotions and senses
- Cuts risk of developing depression
- Reduces depressive symptoms
- Reduces inflammation and increases resilience to stress
- Supports good sleep (GABA neurons)
- Promotes self-esteem, social support and self-efficacy
- Boosts cognitive functions (concentration, creativity, problem solving)

Let's move!



Move more every day...

FIND SOMETHING YOU ENJOY!
REFRAME YOUR DAY.
BE CREATIVE.

Mindfulness

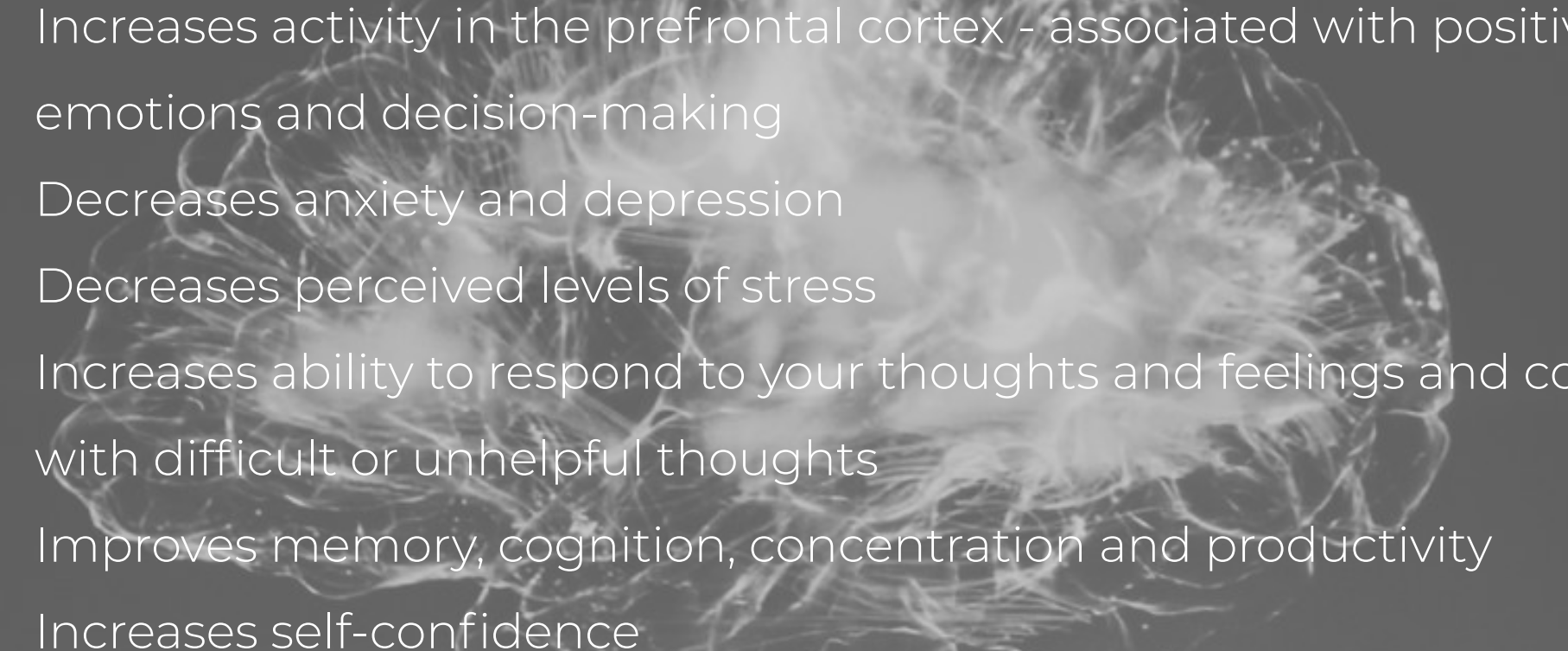




“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. It’s about knowing what is on your mind.”

Jon Kabat-Zinn, founder of MBSR
(mindfulness-based stress reduction)

Mindfulness for mental health

- 
- Increases activity in the prefrontal cortex - associated with positive emotions and decision-making
 - Decreases anxiety and depression
 - Decreases perceived levels of stress
 - Increases ability to respond to your thoughts and feelings and cope with difficult or unhelpful thoughts
 - Improves memory, cognition, concentration and productivity
 - Increases self-confidence

Let's be
mindful



Rest and Digest

A black and white photograph of a man with a beard floating in a swimming pool. He is lying on his back with his head tilted back and eyes closed, appearing to be in a state of relaxation or meditation. The water is calm, and the background shows a pool deck and some foliage.

- Heart rate slows down
- Muscles relax
- Creative thinking

- Saliva glands stimulated
- Digestion and associated bodily functions return!

Be More Mindful every day

FOCUSED BREATHING

MINDFULNESS APPS

MINDFUL EATING / TEA DRINKING

MINDFUL ACTIVITIES (COLOURING / COOKING / JIGSAWS)

#3 Taking action!



Movement

Mindfulness/

Relaxation

Nutrition

Sleep

Media/Social media

Social life (virtual)

Hobbies/Interests

Personal

development

One good coping strategy
I **pledge** to prioritise to help
manage my current stress is...

You become 50% more likely to achieve
your goals simply by writing
them down.

Research from Dominican University of California

Those that share their goals with others,
increase their chances of achieving
them by 75%

Research from Dominican University of California

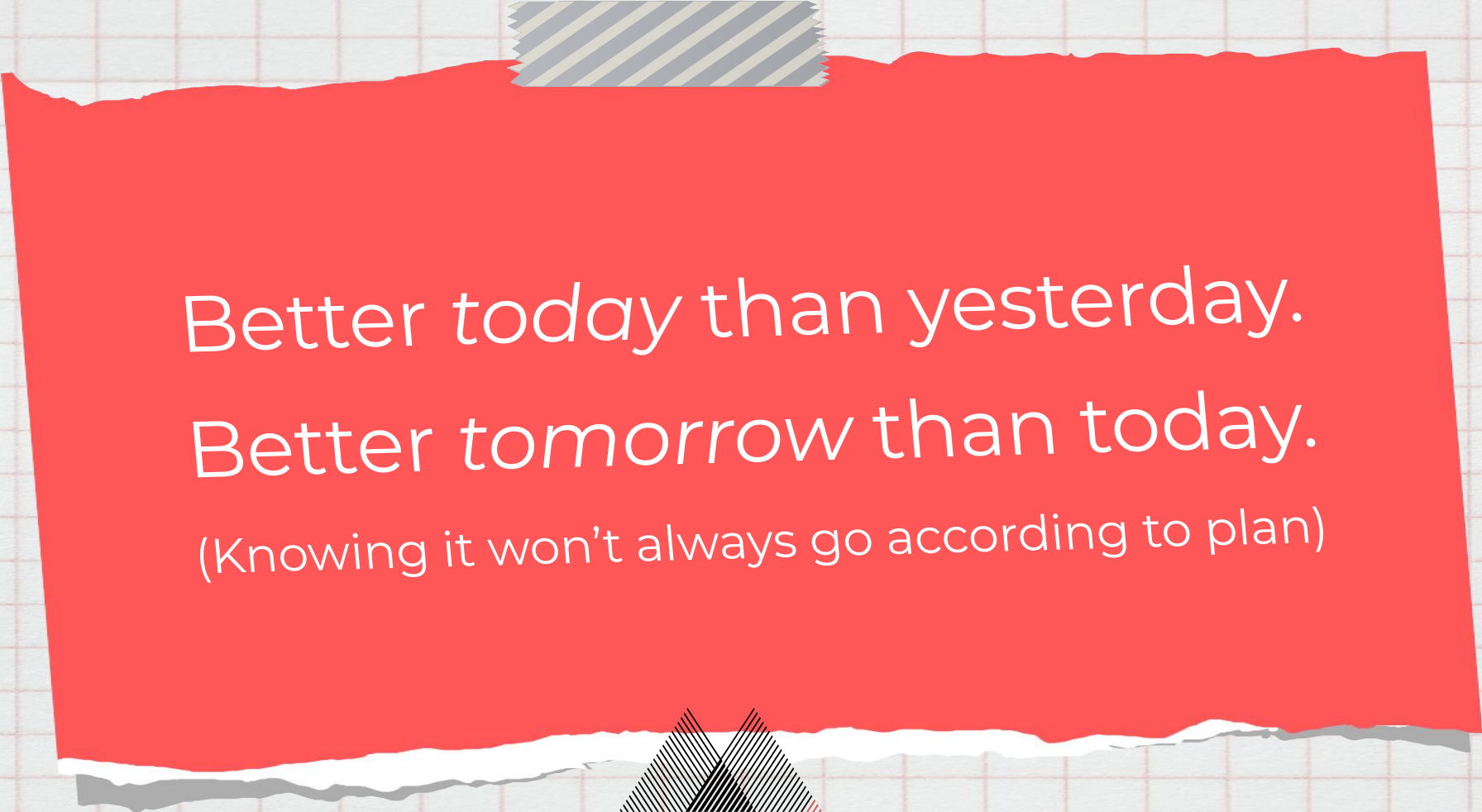
Prioritise good coping strategies

UNDERSTAND & PRIORITISE YOUR MENTAL HEALTH NEEDS
(AND THOSE OF OTHERS)

3 points to summarise

Today's learning outcomes:

- #1 Learnt about the science of stress and tools to help manage mental health + wellbeing
- #2 Raised awareness / understanding of your mental health + personal wellbeing needs through self-reflection
- #3 Set a tangible goal to support your mental health



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Better *tomorrow* than today.
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Thank you!

@MayoGinger

@point3wellbeing

point3wellbeing.com

