



MENTAL HEALTH

STATE OF WELL BEING OF THE
MIND

Stress

- **Stress** – the body's response to a physical or mental demand or pressure.
- **Stressor** – physical or mental demand
- **Coping** – acting to correct a problem





Stress video

- <https://www.youtube.com/watch?v=hnpQrMqDoqE>



What stresses you out?





Coping

- <https://www.youtube.com/watch?v=ofL-pn8os-c>





How do you cope?

Signs of stress

Physical

- Increased blood flow
- Increased body temp.
- Increased muscle strength
- Rapid breathing
- Lump in throat
- Stiff shoulders
- Cold
- Trembling
- Weakness of body
- Sweating
- Nausea or diarrhea

Emotional

- Can't think straight
- Feeling tense or irritable
- Upset by little things
- Afraid to be alone
- Difficulty remembering
- Nightmares
- Afraid of dying
- World is coming apart
- Sense of doom
- Hard to concentrate

Dangers of Prolonged Stress

- Ulcers
- Migraine headaches
- Heart disease
- High blood pressure
- Eating disorders
- Lower back pain
- Constipation/diarrhea
- Rapid weight loss
- Menstrual irregularity
- Diminished sexual drive

Coping

- Exercise
 - Hobbies
 - Yoga
 - Meditation
 - Music
 - Talk about issues
 - Let things out...
- Find what works for you, everyone is different!





Relaxation/Yoga

- <https://www.youtube.com/watch?v=gx3tl81N>
[W3w](#)



Stress can be good...




Death, Grief & Depression

- Death - the end of the life of a person or organism
- Grief – deep sorrow, especially that caused by someone's death
- Depression - severe despondency and dejection, typically felt over a period of time and accompanied by feelings of hopelessness and inadequacy



Grief

- Stage 1 – Denial
 - Stage 2 – Bargaining
 - Stage 3 – Anger
 - Stage 4 – Sorrow
 - Stage 5 - Acceptance
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Reflection

- Think of something you have lost in your life and how you reacted? Did you go through the 5 stages of grief? How did you feel?




Mental Illnesses

- a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning
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- Mental illnesses can affect persons of any age, race, religion or income. Mental illnesses are not the result of personal weakness, lack of character or poor upbringing.
 - Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan



Statistics

- 1 in 4 Americans suffer from a Mental Illness
 - 11.4 million Americans suffer from a Mental Illness
 - Women are more frequently diagnosed (23% to 16.9%)
 - 60% of people seek treatment each year
 - 2 million teens suffered from a major depressive episode in the past year
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Examples

THE NATION'S TOP TEN PHOBIAS

- 1 Arachnophobia – spiders
- 2 Social phobia – social or public situations
- 3 Aerophobia – flying
- 4 Agoraphobia – open or public spaces
- 5 Claustrophobia – enclosed spaces
- 6 Emetophobia – vomiting
- 7 Acrophobia (vertigo) – heights
- 8 Cancerphobia – developing cancer
- 9 Brontophobia – thunderstorms
- 10 Necrophobia – death (your own and others')



“I had people saying to me, ‘It’s all in your head.’ And I’d say, ‘Do you honestly think I want to feel this way?’”

— Sonia Estrada, Nipomo

Mental Health Disorders Chart

- <http://www.nimh.nih.gov/health/topics/index.shtml>

National Institute of Mental Health

<https://www.nami.org/Learn-More/Mental-Health-Conditions>

National Alliance on Mental Illnesses



- Disorders Chart Assignment




<http://www.aetv.com/intervention/video/gina-kaila>

Intervention Video

<https://www.youtube.com/watch?v=iwl93LfJhD>

Hoarding Video

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- Good Deed for the day!
 - Disorders worksheet
 - Hoarding video
 - Current Events: Emily, Hailey, Meggan, Clayton