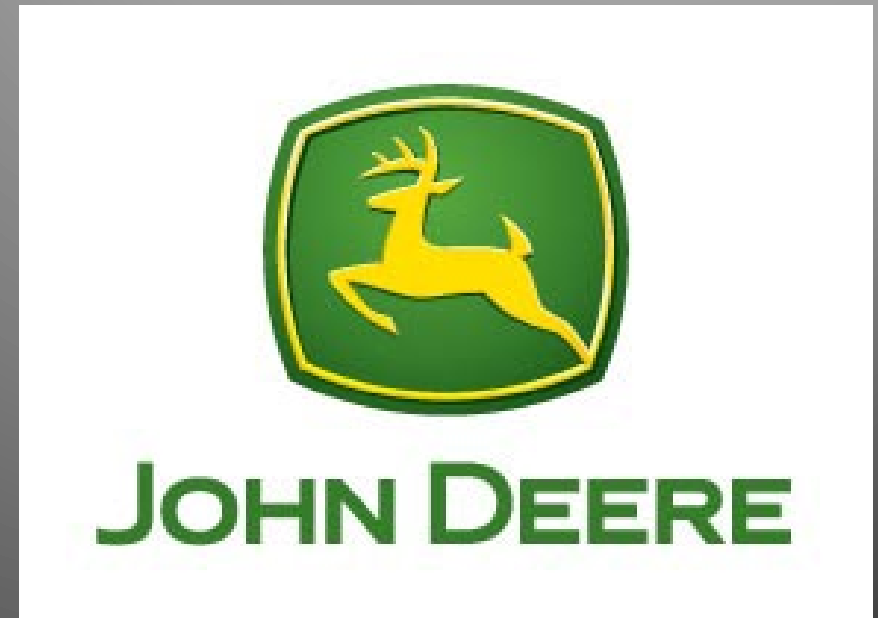


Let's Talk About Mental Health

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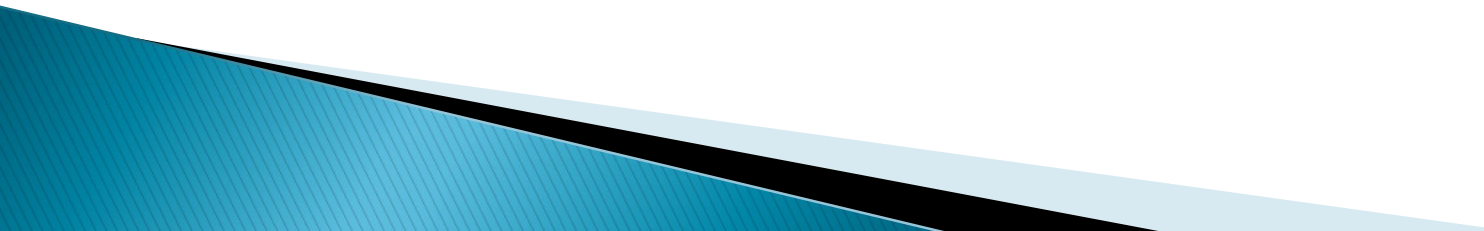
Better Mental Health: What Works; What Doesn't

Lisa Goatley, MS, LPC
Counseling Solutions, LLC
Blacksburg, VA

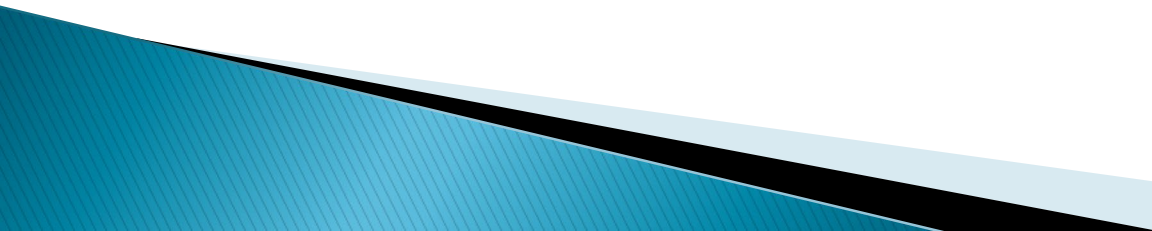
▶ What is Good Mental Health

- A person's psychological, emotional, and social well-being (BetterHealth)
- It is more than the absence of mental illness

▶ Why Address Mental Health?

- Mental health issues cost the global economy \$1 trillion annually in lost productivity, absenteeism, and staff turnover (HelpGuide)
 - There is also the human cost
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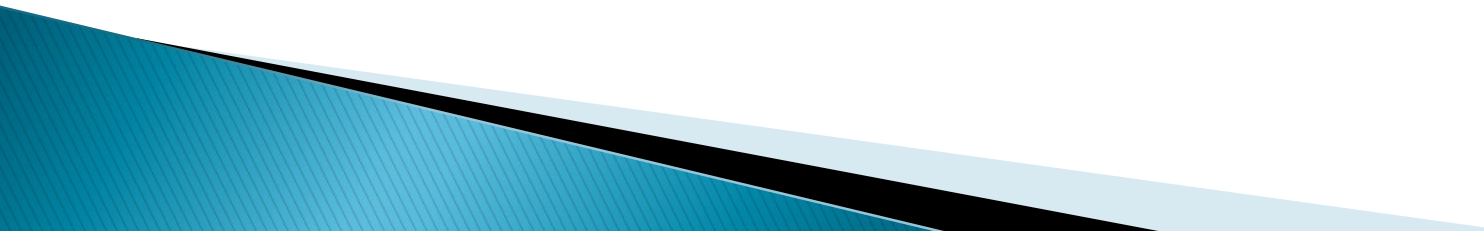
▶ Benefits of Better Mental Health

- Human performance and mental health are significantly intertwined
 - Good mental health facilitates coping with stressors, facing challenges, and managing emotions productively
 - Mentally healthy individuals are more engaged with others and contributors to their families, workplaces, and communities
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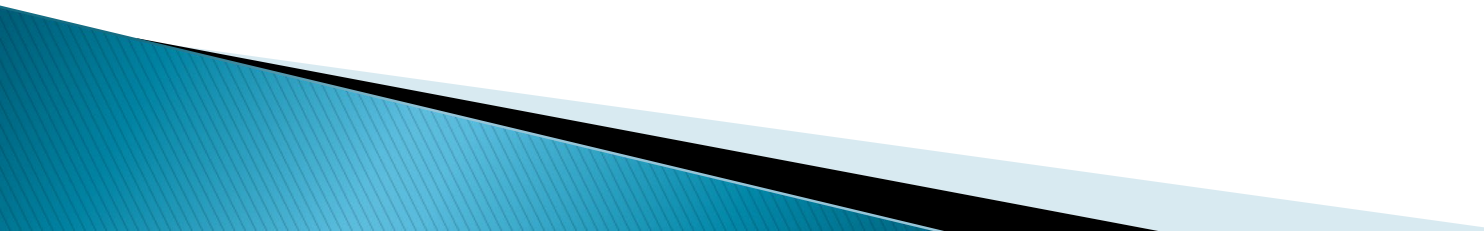
▶ Signs There May Be A Problem

- A decline in your performance (at work or home)
- Changes in sleep or appetite (too little or too much)
- Difficulty with memory or concentration
- Changes in your mood-- feelings of hopelessness or helplessness, increased irritability, “short fuse,” mood swings, feeling on edge

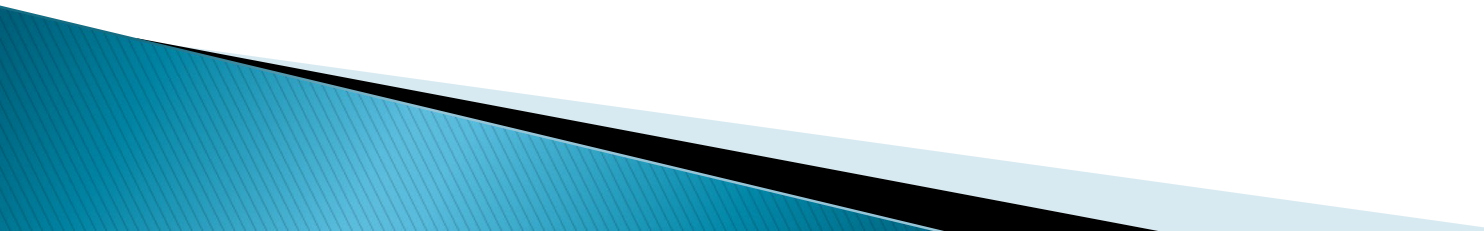
▶ Signs There May Be A Problem

- Loss of interest in activities—–withdrawing
 - Loss of ability to enjoy previously enjoyable activities or relationships (anhedonia)
 - Increased sensitivity—taking things personally, defensiveness, over-reacting
 - Not feeling well physically—tired, general aches and pains, headaches, GI problems
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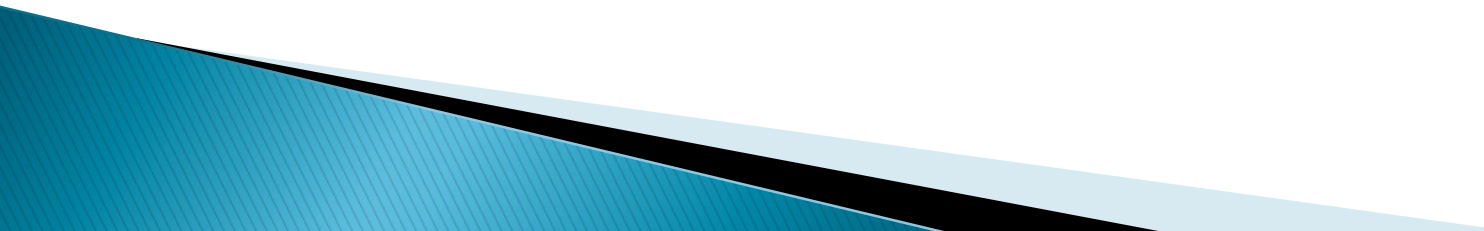
▶ What Doesn't Work

- Ignoring/Denial (not dealing with situations or your emotions)
 - Substance Use (alcohol, nicotine, other drugs)
 - Compulsive Behavior (food, gambling, sex, shopping, work, etc)
 - Trying to control others
 - Approval seeking
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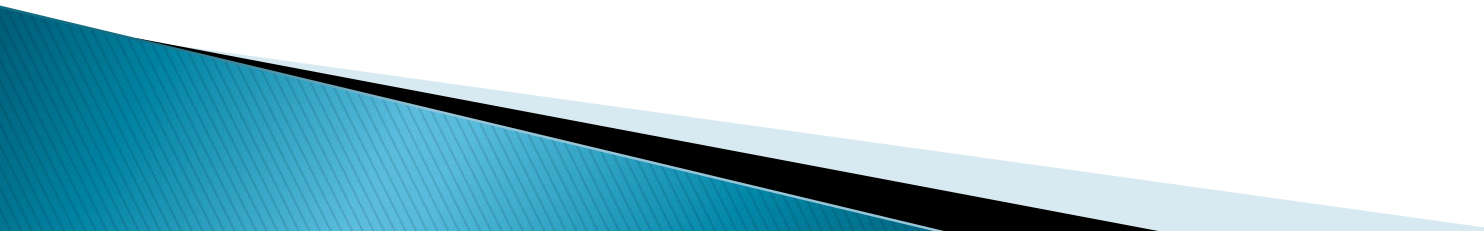
▶ What Doesn't Work

- Taking things out on others
 - Over-reacting
 - Blaming (not taking responsibility for yourself)
 - Not asking for what you need
 - Isolating yourself
- 

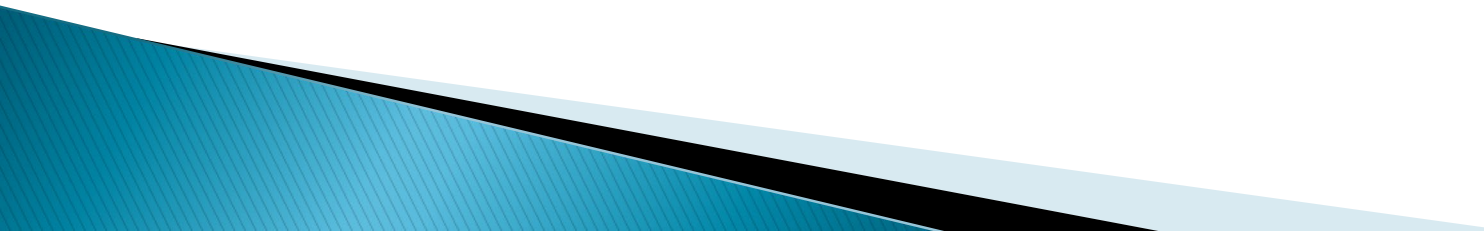
▶ What Works

- Take Good Care of Your Physical Health
 - Good nutrition/hydration
 - Good sleep hygiene
 - Adopt a healthier lifestyle in general
 - Get your annual physical
- 

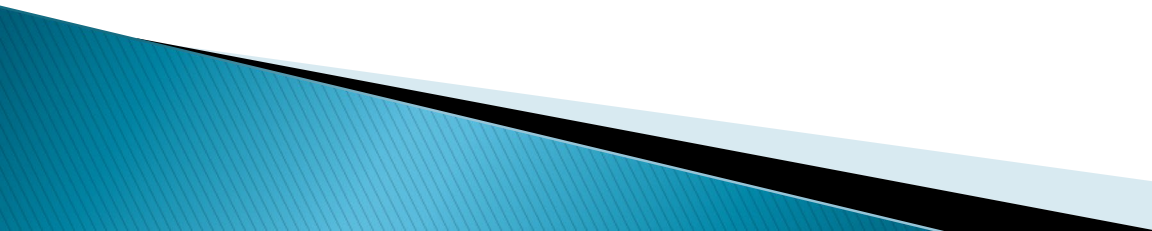
▶ What Works

- Set Good Boundaries Around Work
 - Leave work on time
 - Leave work at work
 - Be mindful about your work schedule
 - When you're off work, be off work—manage your thoughts around work
 - Use your vacation days
- 

▶ What Works

- Set Aside Relaxation Time
 - Making time for relaxation contributes to our physical and emotional health
 - We need time and space for our bodies and brains to recover
 - Remember, we are not machines, we're humans
 - Set aside time for yourself every day
- 

▶ What Works

- Strengthen your social support
 - Manage your electronics (take a break from technology, turn off alerts, don't charge your cell phone next to the bed, don't check email after hours)
 - Learn to let go of perfectionism if it is controlling your life or you are trying to control others with your perfectionism
- 

▶ What Works

- Say “no”
- Get organized
- Accept that life can be unfair
- Find balance in your life—look for meaning and satisfaction in life areas other than work
- Use prayer/spirituality
- Practice “Enlightened Self-Interest”
- Be willing to ask for help (a trusted confidante or health care provider)
- Make a plan and act on it