

healing

RELATIONSHIPS




**VISTA CLINIC**
30 years of reaching caring healing

The Leader in Specialized Psychiatric Care

MENTAL HEALTH

AGENDA:

- * What is Mental Health**
 - * Why is Mental Health important**
 - * What are the key aspects to Mental Health and how do we maintain our Mental Health:**
 - Active Rest**
 - Anger Management**
 - Believing in Myself**
 - Communication**
 - Conflict Management**
 - Destructive Beliefs**
 - Forgiveness**
 - Grief Recovery**
 - Guilt Feelings**
 - Finances**
 - Covid-19 (The Roller Coaster Ride)**
- 

What is Mental Health

Mental health includes **our emotional, psychological, and social well-being**. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



Why is Mental Health important?

Maintaining it is crucial to stabilizing constructive behaviors, emotions, and thoughts. Focusing on mental health care can increase productivity, enhance our self-image, and improve relationships.

Nurturing mental health doesn't just let us perform better in our daily functions. It can also help us control — or at least combat — some of the physical health problems directly linked to mental health conditions. For example, heart disease and stress are related, so managing stress might have a positive outcome on heart disease.

Other benefits of taking care of our mental health can include:

Improving our mood

Reducing our anxiety

Creating an enhanced sense of inner peace

Thinking more clearly

Improving our relationships

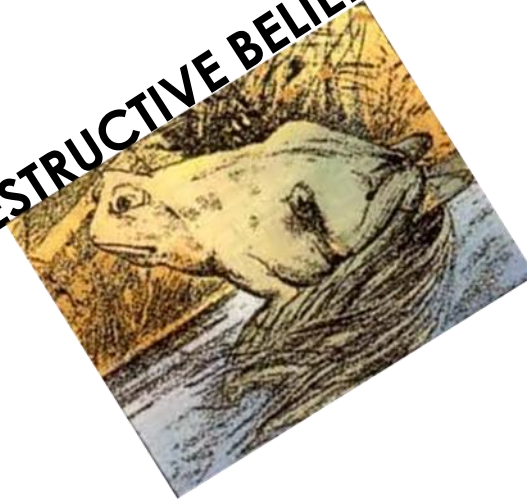
Increasing our self-esteem



BELIEVING IN MYSELF



DESTRUCTIVE BELIEFS



ANGER MANAGEMENT



FINANCES



Grief Recovery



Forgiveness



Guilt Feelings



CONFLICT MANAGEMENT



ACTIVE REST



COMMUNICATION





THEY JUST MAKE THE

MOST

OF EVERYTHING

THE HAPPIEST OF PEOPLE
DO NOT NECESSARILY HAVE
THE BEST OF EVERYTHING.

that comes along
their way.

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Active rest

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ACTIVE REST



- Physical Fatigue** - the body is physically tired
- Mental Fatigue** - the mind is tired
- Emotional Fatigue** - being emotionally drained
- Social Fatigue** - occurs when a person is overwhelmed by participating in too many social situations for their comfort, often resulting in boredom or annoyance of those around them
- Spiritual Fatigue** - when you feel spiritually tired as a result of being confused, disappointed or experiencing a crisis of faith

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Anger Management

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ANGER MANAGEMENT

Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured

– Mark Twain, American author



Know yourself





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Believing in myself

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BELIEVING IN MYSELF

It is how you see yourself, how you feel about your body. It is how much you value yourself and how you feel about your achievements.

CONSEQUENCES OF LOW SELF-ESTEEM

Can create anxiety, stress, loneliness and increased likelihood of depression.

Can cause problems with friendships and relationships

It can seriously impair academic and job performance.

It can lead to drug and alcohol abuse.



SELF-CONCEPT CONSISTS OF FOUR BASIC DIVISIONS

Self-knowledge - How well I know myself.

Self-image - Your opinion about yourself, your looks, skills, status, intelligence.

Self-confidence - The ability to be open, honest, direct and appropriate.

Self respect - The ability to respect yourself, to expect the same from others and to return that respect.



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Communication


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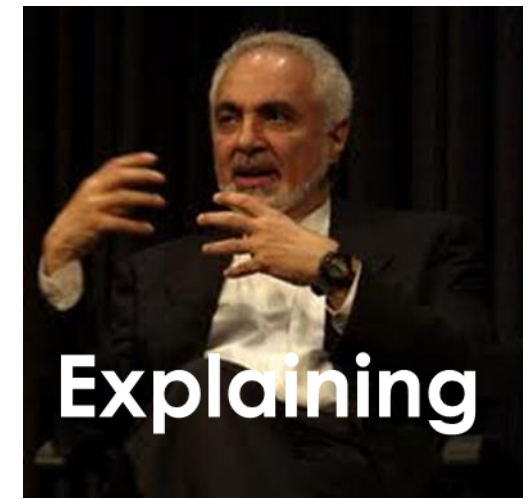
COMMUNICATION

Verbal

vs. Non-verbal



7% verbal
38% vocal elements
55% nonverbal elements



Explaining



Listening
and
acknowledging


Tone



Reflecting



Questioning

A photograph of a woman with long brown hair, wearing a light blue sleeveless top, smiling warmly at a young girl with dark hair in a bun, wearing a white short-sleeved shirt. They are in a kitchen setting, with a sink and faucet visible. The image is overlaid with a green curved banner at the bottom.

DEDICATED TO

you


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Conflict Management

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CONFLICT MANAGEMENT

Conflict becomes about I am right and you are wrong. We do everything we can to proof that you are wrong.



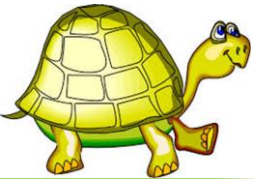
Positive	Negative
<ul style="list-style-type: none"> • When something needs to be decided quickly (i.e. an emergency) • Management positions • know when it is important to be assertive 	<ul style="list-style-type: none"> • Do not take others opinions into consideration • Using it too often will cause disruption in relationships



Competing/Dominating – The Shark
I take charge

Withdrawing – The Turtle

Positive	Negative
<ul style="list-style-type: none"> • Gets you away from dangerous situations • Allows you to cool down if emotions are high 	<ul style="list-style-type: none"> • Don't give your opinion when it is something that matters to you • If you don't deal with any conflict



I'd rather not deal with it now

Accommodating/Soothing – The Teddy Bear



Positive	Negative
<ul style="list-style-type: none"> • You care about people and want to help were you can • you can see the solution • know when it is not worth it to get involved in a fight 	<ul style="list-style-type: none"> • You think it is your responsibility to resolve the problem • If you give in too much you may resent not being able to give your opinion

I give in

CONFLICT MANAGEMENT

Compromising – The Cat



Positive	Negative
<ul style="list-style-type: none">• Cat is very good at negotiating. A decision needs to be made in a timely manner and both give up something• cat can compromise well• Is willing to give	<ul style="list-style-type: none">• uses its negotiation powers for bad. “you can have that if you give me this” it becomes about what the cat can get out of the conflict and not resolving the conflict.• it is time consuming and takes dedication

We meet half-way



Collaborating/Problem solving – The Owl

Positive	Negative
<ul style="list-style-type: none">• Want something that satisfies all sides and works with facts not emotions.• Gets thoughts and feelings out so they don't cause problems later	<ul style="list-style-type: none">• Is sometimes so preoccupied with the facts of a conflict that they do not pay attention to the feelings involved.• over intellectualises• time consuming• Not worth it if it is not a big issue.

Two heads are better than one

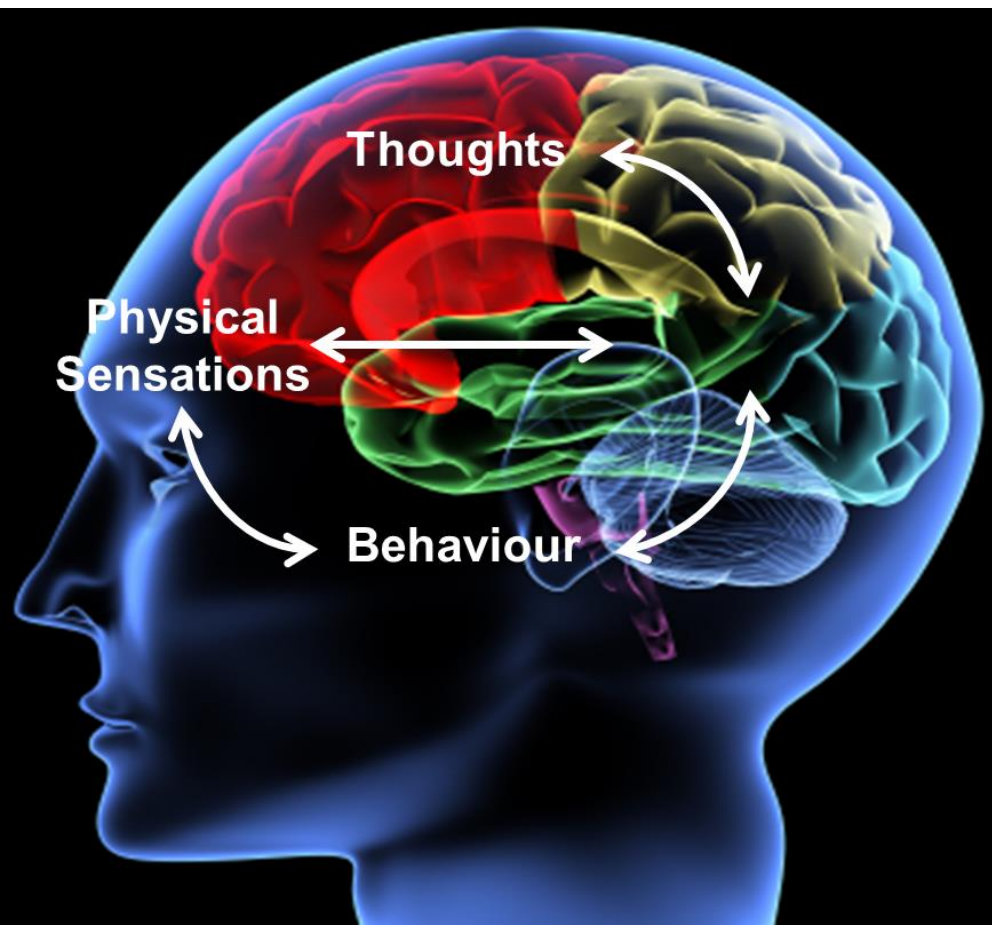
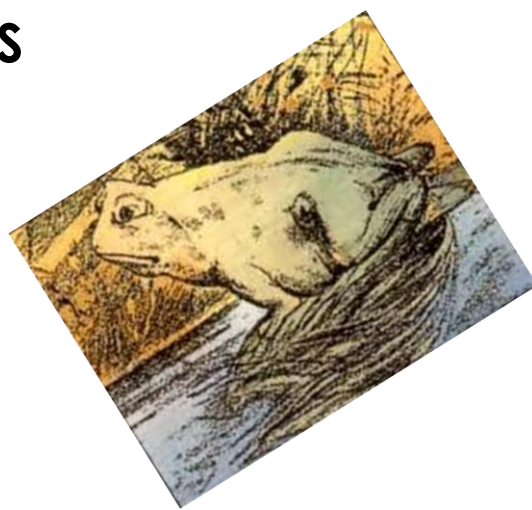



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Destructive Beliefs

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DESTRUCTIVE BELIEFS



CBT 5 column model

- **A** – Activating event
- **B** – Belief system
- **C** – Consequences
- **D** – Dispute
- **E** – Effects

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Forgiveness

What is Forgiveness?

Forgiveness is:-

- *Taking responsibility*
- *Work through problem*
- *Setting free*
- *Finding peace*
- *A choice*
 - **Not to file**
 - **Not to talk**
 - **To look toward new futures**

Forgiveness is not:-

- *Condoning the wrong*
- *Minimizing the offence*
- *Ignoring the event*
- *Forgetting*
- *Necessarily trusting*
- *Removing responsibility*
- *An emotion*

Forgiveness: A Model

- Acknowledge, accept there was a violation
- Identify (Confess)
 - Thoughts — *How dare you?, Who do you think you are?*
 - Emotions — *Guilt, Fear, Rejected, Anger, Hatred*
 - Attitude — *Hostile, Cynical, Aggressive*
- Work through the above
 - Dialogue - Talk to someone
 - Venting - Write letter
 - Revisit Thoughts, Emotions, Attitude
 - Identify “New Emotions & Attitudes - *Journal*
 - Post letter

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Grief Recovery

How does Grief affect us?

- **Emotionally**
 - Shock, Denial, Numbness
 - Sadness, Depression, Vulnerable, Crying
 - Loneliness, Hopelessness, Fear, Anxiety, Apathy
 - Anger, Guilt, Regrets, Frustration, Abandoned
 - Sense of relief
- **Thoughts**
 - Confused, Poor concentration, Suicidal
 - I am bad, Sense of worthlessness, A punishment
 - “If only”, “Why?”, “How will I cope?”
- **Spiritually**
 - Anger, Doubt, Questioning, Disappointed
 - Give up on — Bible reading, Prayer, Church
 - Wake-up call — Reach out to Spirituality
- **Physically**
 - Tightness around chest, and Throat
 - Sleep and Eating patterns disrupted
 - No energy, Muscle weakness, Body pains
- **Behaviour**
 - Withdrawn, Isolating, Avoidance
 - Comfort eating, Substance abuse
 - Risk taking, Reckless, Acting out (Loud, Aggressive)

How to Recover from Grief?

- **Recognize** – Accept
 - Accept reality with Head and Heart
 - Reach out to your “needs”
 - **Reflect** – Remember
 - Think
 - Write
 - Talk
 - Weep
 - **Re-locate** – Saying “Goodbye”
 - Not detaching – knowing no more new memories
 - **Re-orient** – “Newness”
 - Reach out to dignity
 - Rechannelling energy – Set new goals
- 

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Guilt Feelings

The Consequences of “Guilt”?

Very Unhealthy

- **Punishment**
 - **Self-destructive Thoughts & Behaviour**
 - **Recklessness**
 - **Substance Abuse**
- **Increased Stress & Anxiety**
- **Depression**
 - **Isolation**
 - **Suicidal**
- **Over compensation**
- **Damages Self-Concept**
 - **Doubting self**
 - **Mistrust**
 - **Can't say “No!”**

- **Opportunity to learn**
- **Change Behaviour**
- **Re-visit and establish “Boundaries”**
- **Cautious**
- **Awareness of “wrong doing”**

Healthy

How to Deal with “Guilt”?

- **Acknowledge the Guilt Feeling**
 - Name the emotion
 - Identify other corresponding emotions
- **“Time-Out”– You can’t change the past**
 - Identify why you are feeling guilty
 - What is the problem
 - What did you do to cause problem
 - Which Boundaries were overstepped?
 - The effect of other emotions on guilt
 - Is it making things *better* or *worse*?
 - Identify your response behaviour
 - Should — Shouldn’t
- Evaluate the above
 - How *Appropriate* or *Inappropriate*
 - Think it through
 - Get help



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MH and Finances

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[f](#) [t](#) [p](#) [in](#)

Financial Pressures causes stress

What are some of the financial pressures we face?


- Debt, Over spending, Not having savings, Living above our means, High interest rates, Increase in living cost, Medical bills, School fees, etc.
- It has become so important to distinguish between a need and a want

Need vs. Want




	Need	Want
DSTV		✓
Health Insurance	✓	
Medication	✓	
<u>Iphone, Ipad, laptop</u>		✓
Car	✓	✓
House	✓	
Education	✓	✓

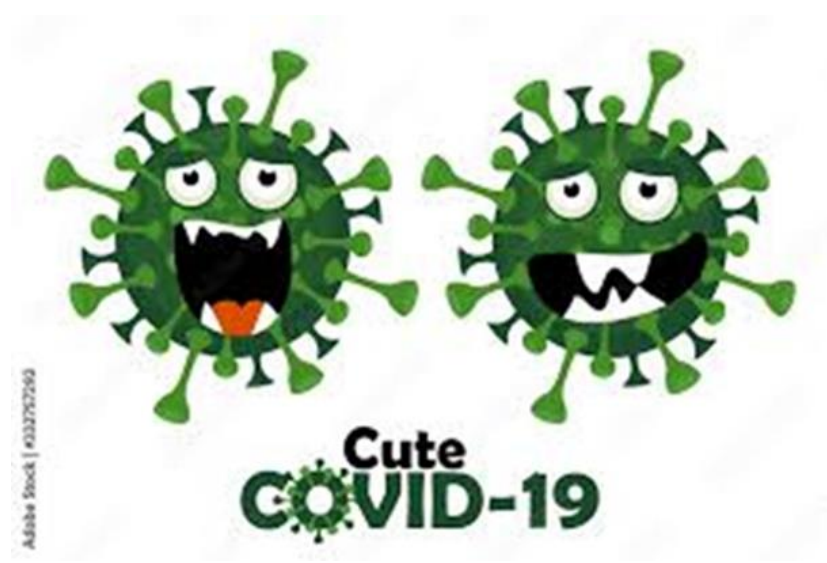
How does financial stress affect us?

- 70% of individuals stress about money on a regular basis and may cause or increase anxiety disorders.
 - Financial stress can lead to Health problems like depression and sleep disorders.
 - Unhealthy coping behaviours like drinking, smoking and overeating just leads to more stress. (possibly more financial stress)
 - Less money for self-care – with less money in the budget people tend to cut corners in areas they could ill afford. Medical aids, food etc. It' a question of price versus cost.
 - Unhealthy emotions: Debt could cause unhealthy emotions like anxiety, frustration and hopelessness. All these stresses compound and just gets too much.
 - Experts say people under prolonged financial pressures continually produce a hormone called cortisol. Over time cortisol can cause weight gain, weaken the immune system and directly affect the heart.
- 

How do I get out of the situation?

- **Financial Planning**
 - **Budgeting**
 - **Credit cards**
 - **Debt Review/ Counselling.**
- 

But what about



Help
others

Exercise

Learn

Play

Spiritual
growth

Happiness
HELPS

————— **Thank You** —————



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