

GET A LIFE: MENTAL HEALTH & WELLBEING

**HONEST
STRESS**

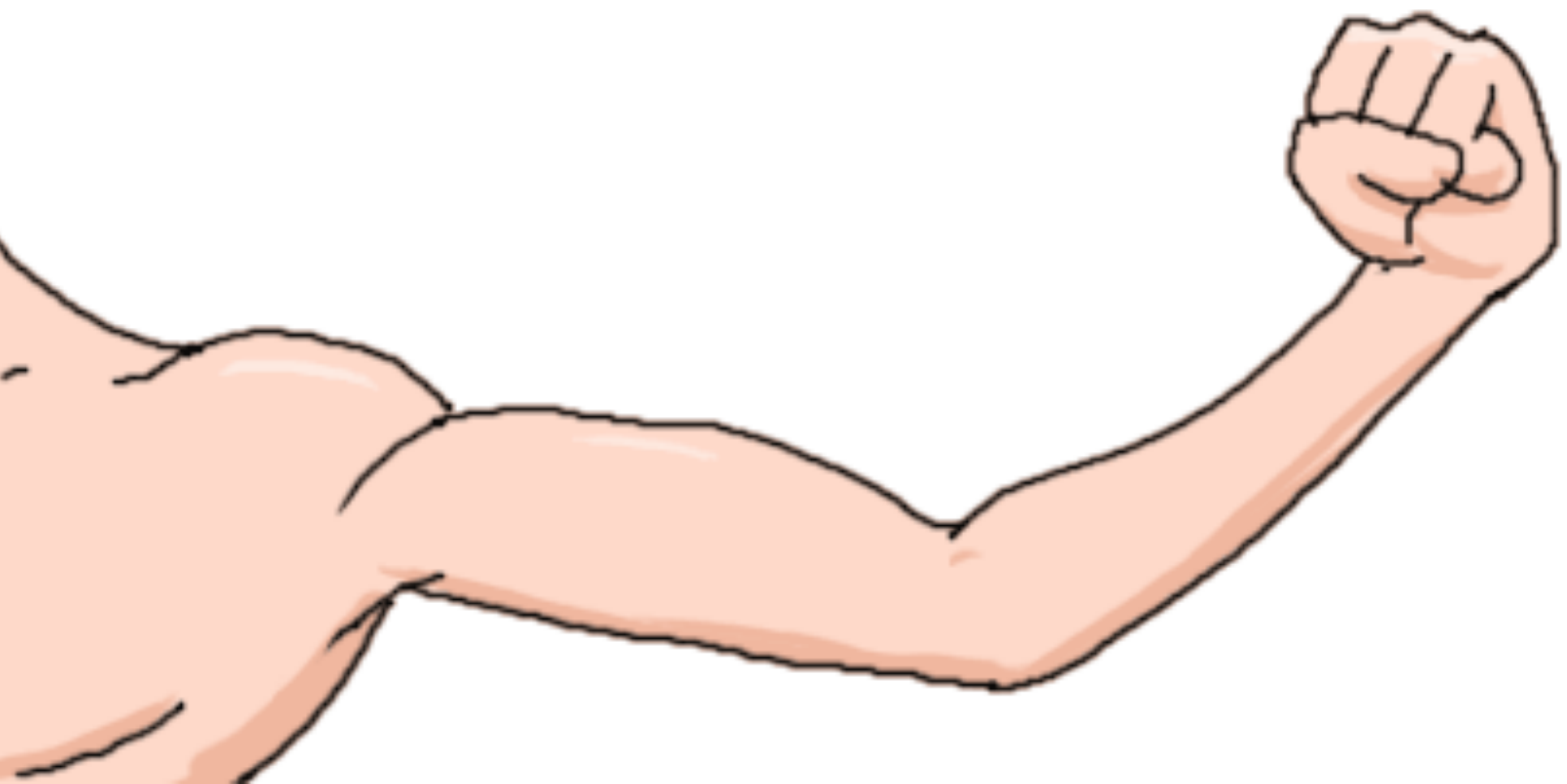
**HEALTHY
COPING**

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**HONEST
STRESS**

CONFIRM VS DISAFFIRM

GROW VS SHRINK



HELP VS HARM

CAUSES – DISABILITY

MENTAL, BEHAVIORAL DISORDERS

CARDIOVASCULAR DISEASES

NEOPLASMS

MUSCULOSKELETAL DISORDERS

DIABETES, BLOOD, ENDOCRINE DISEASES

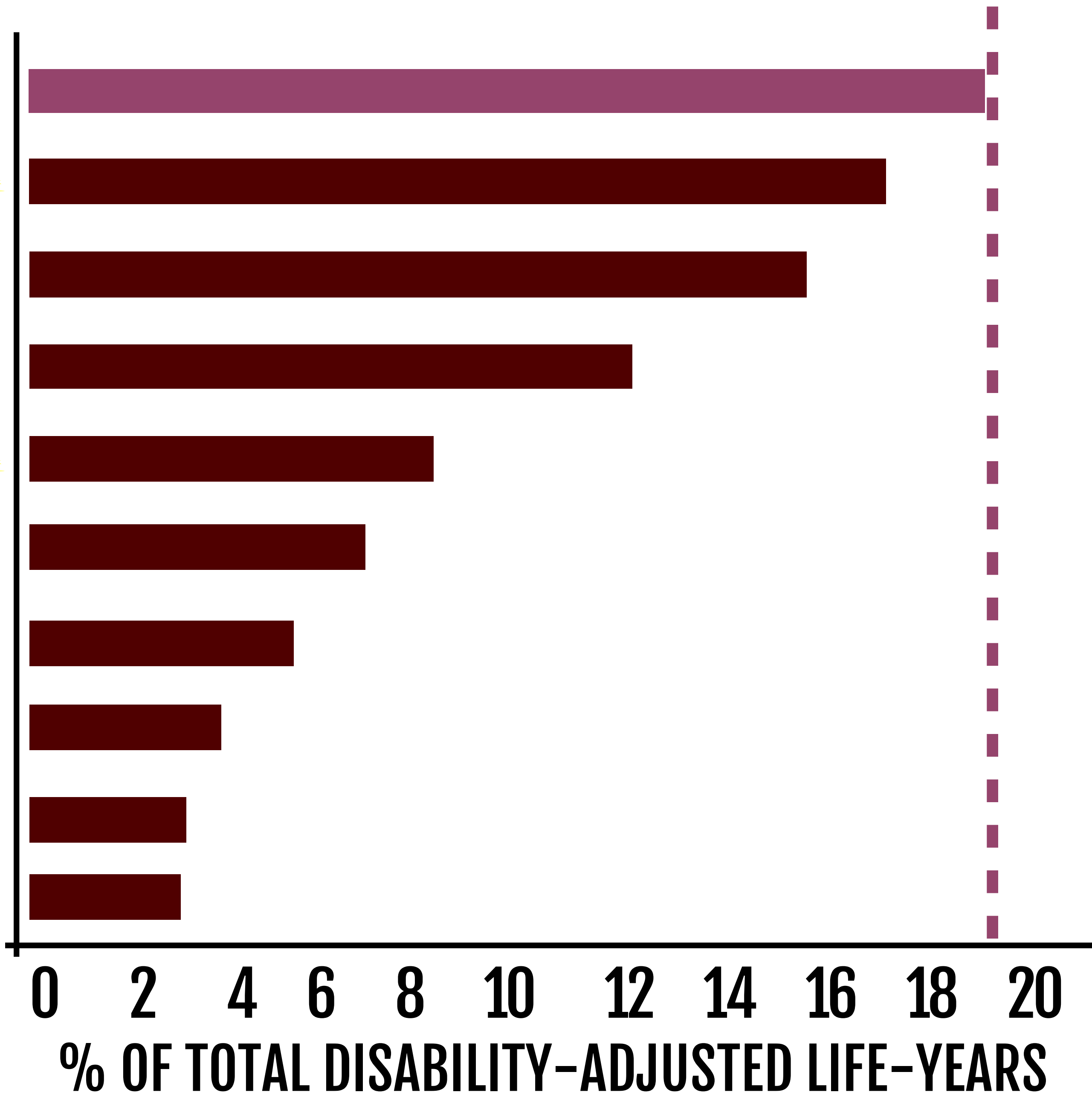
CHRONIC RESPIRATORY DISEASE

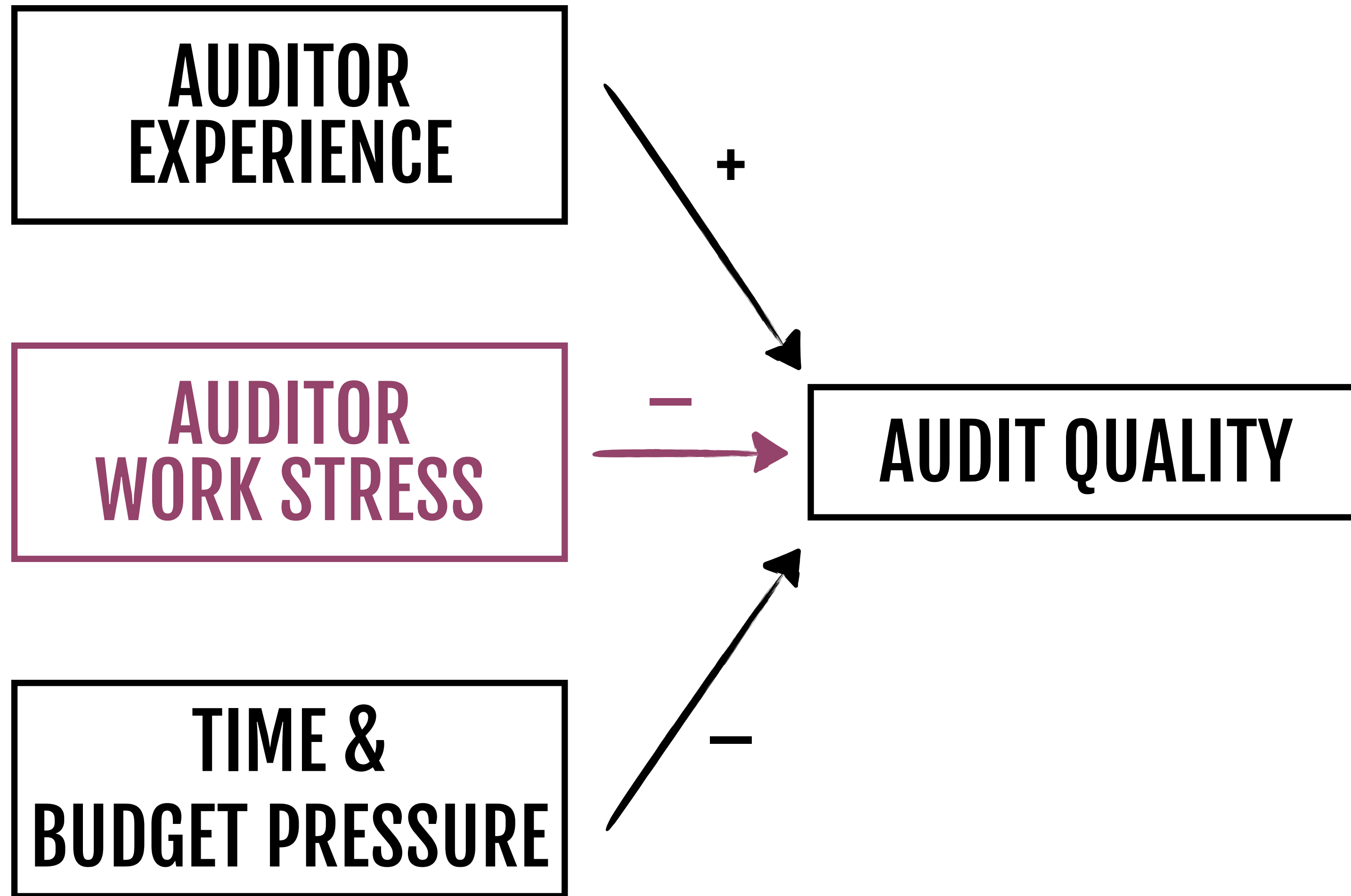
OTHER NON-COMMUNICABLE DISEASES

UNINTENTIONAL INJURIES

SELF-HARM, INTERPERSONAL VIOLENCE

TRANSPORT INJURIES





ID VS EGO

BASAL GANGLIA

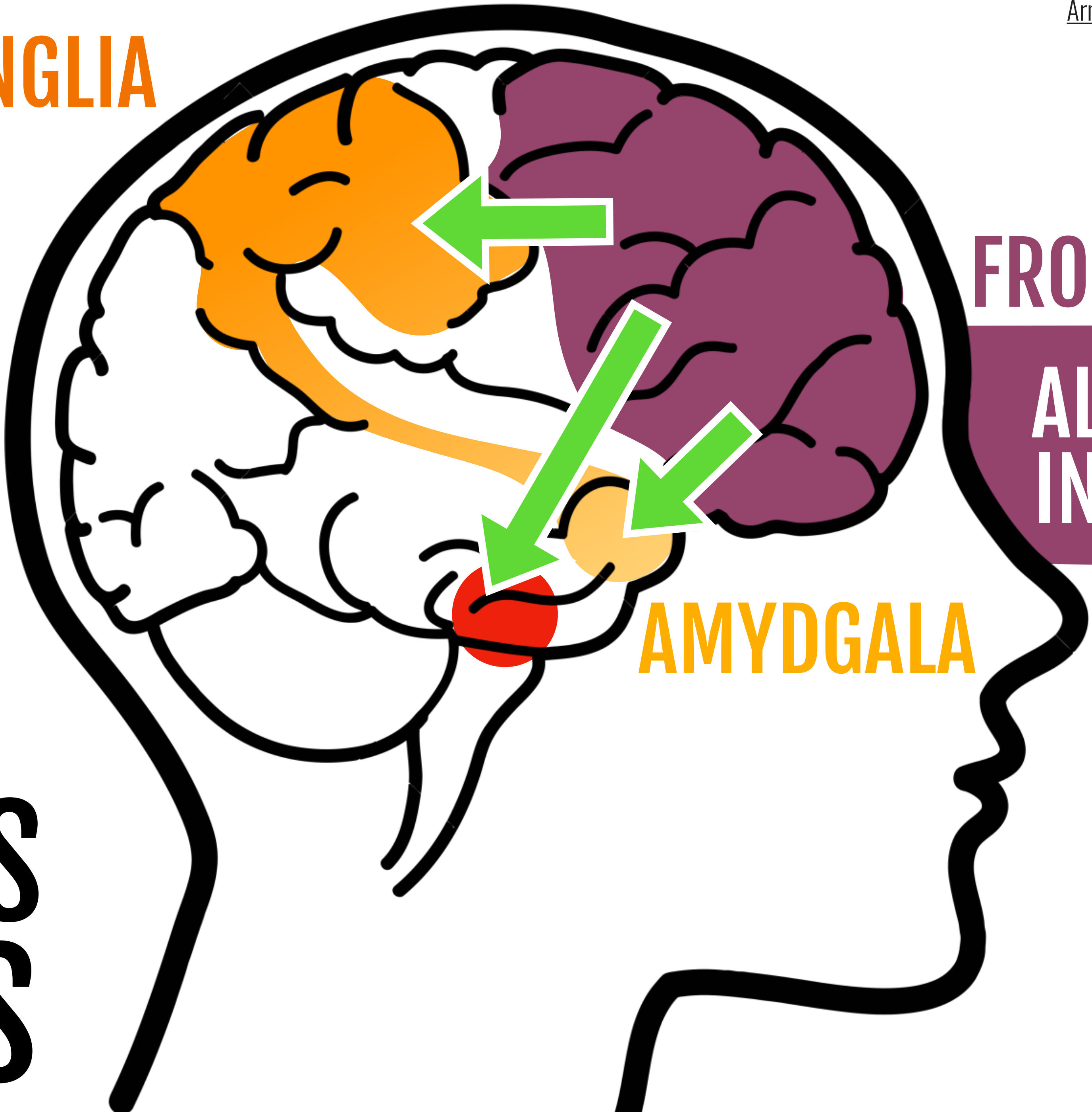
FRONTAL LOBE

**ALERT, SAFE
INTERESTED**

HYPOTHALAMUS

AMYDGALA

**THE EFFECTS
OF STRESS**



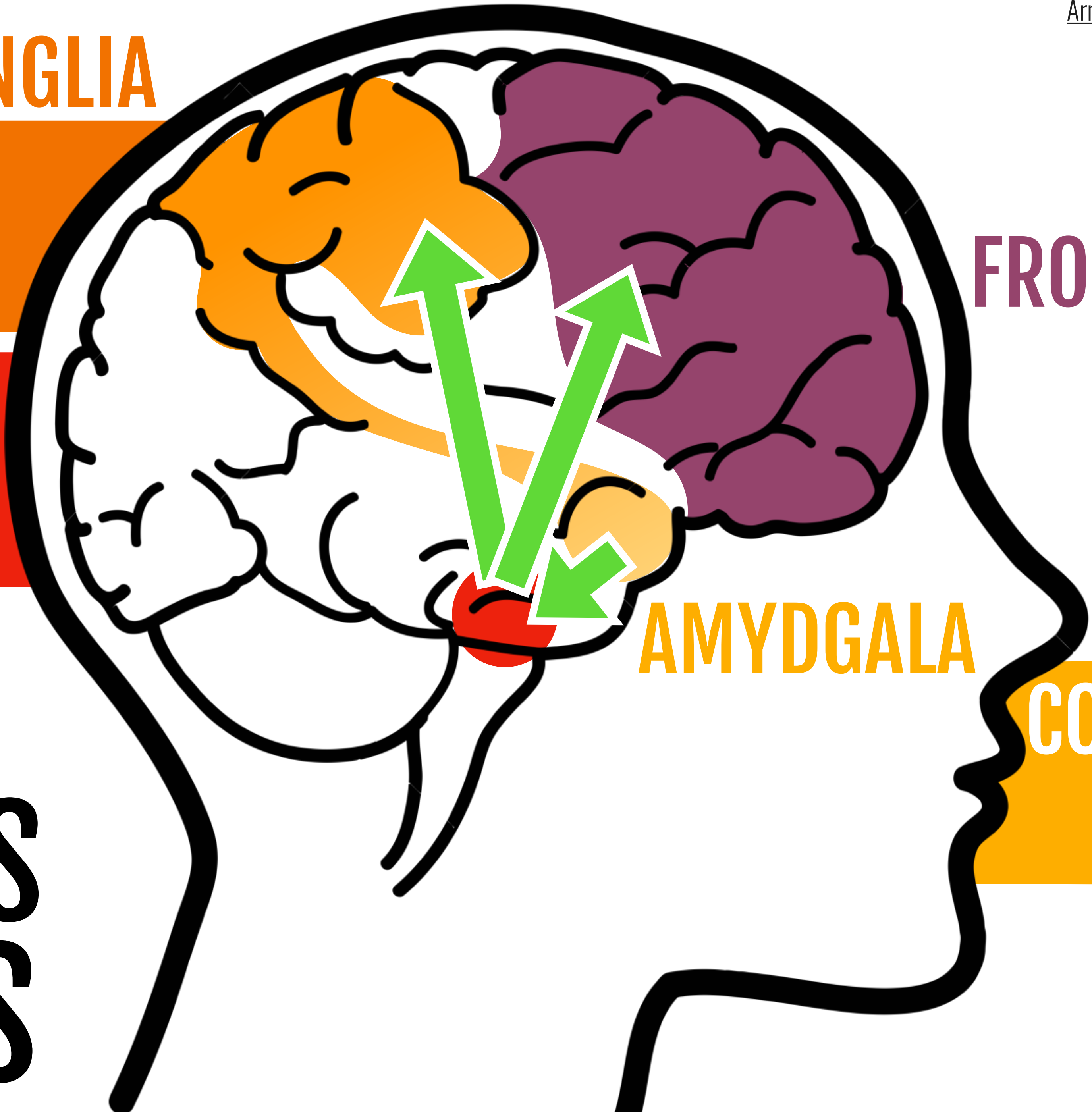
BASAL GANGLIA

**HABITUAL
RESPONSES**

**STRESSED
FIGHT OR FLIGHT**

HYPOTHALAMUS

THE EFFECTS OF STRESS



FRONTAL LOBE

AMYDGALA

**CONDITIONED
EMOTIONS**

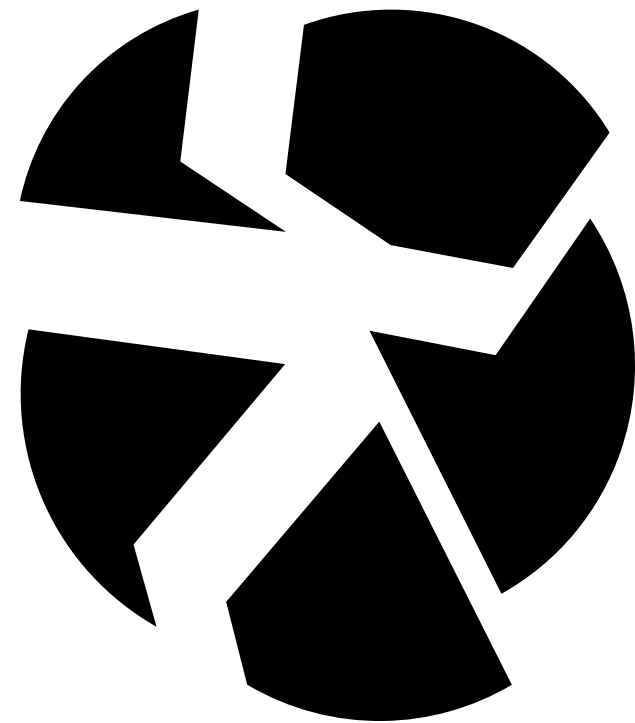
ABLE VS UNABLE

STRESS

Feeling of being overwhelmed; unable to cope

ANXIOUS

From 'merimnao' (μεριμνάω) in Greek
Divided into parts; to go to pieces; pulled apart



HEALTHY COPING

ROLE CONFLICT

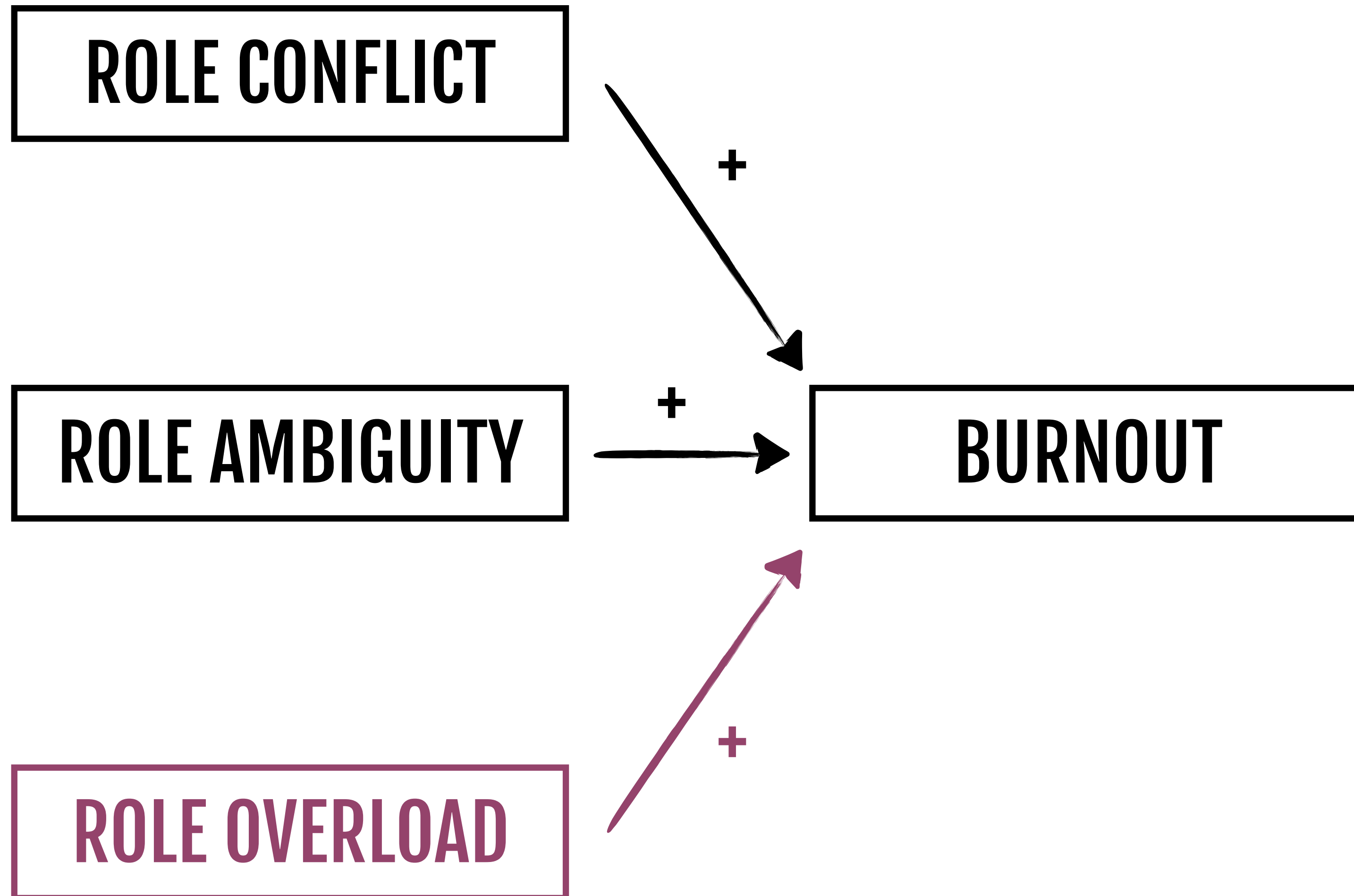
When one is faced with two or more mutually incompatible expectations

ROLE AMBIGUITY

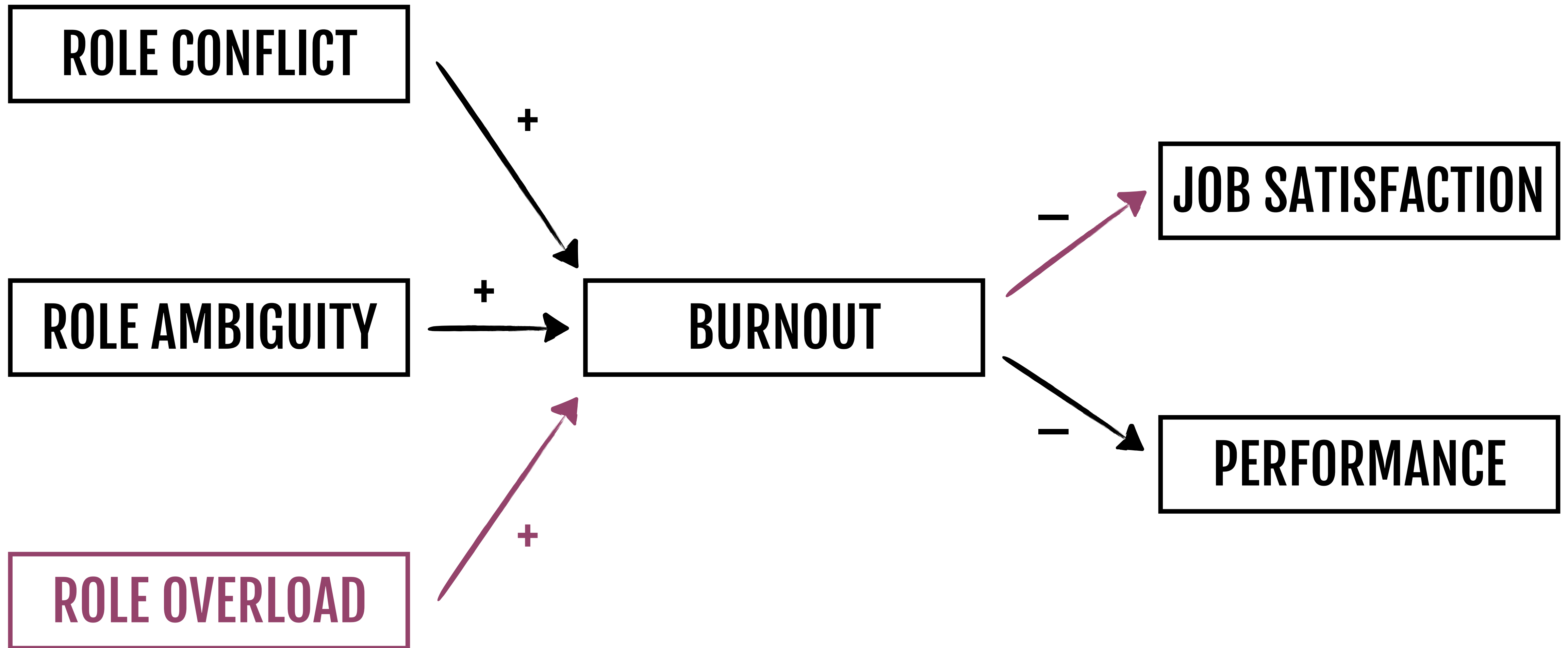
When one is uncertain about the expectations of supervisors and/or clients

ROLE OVERLOAD

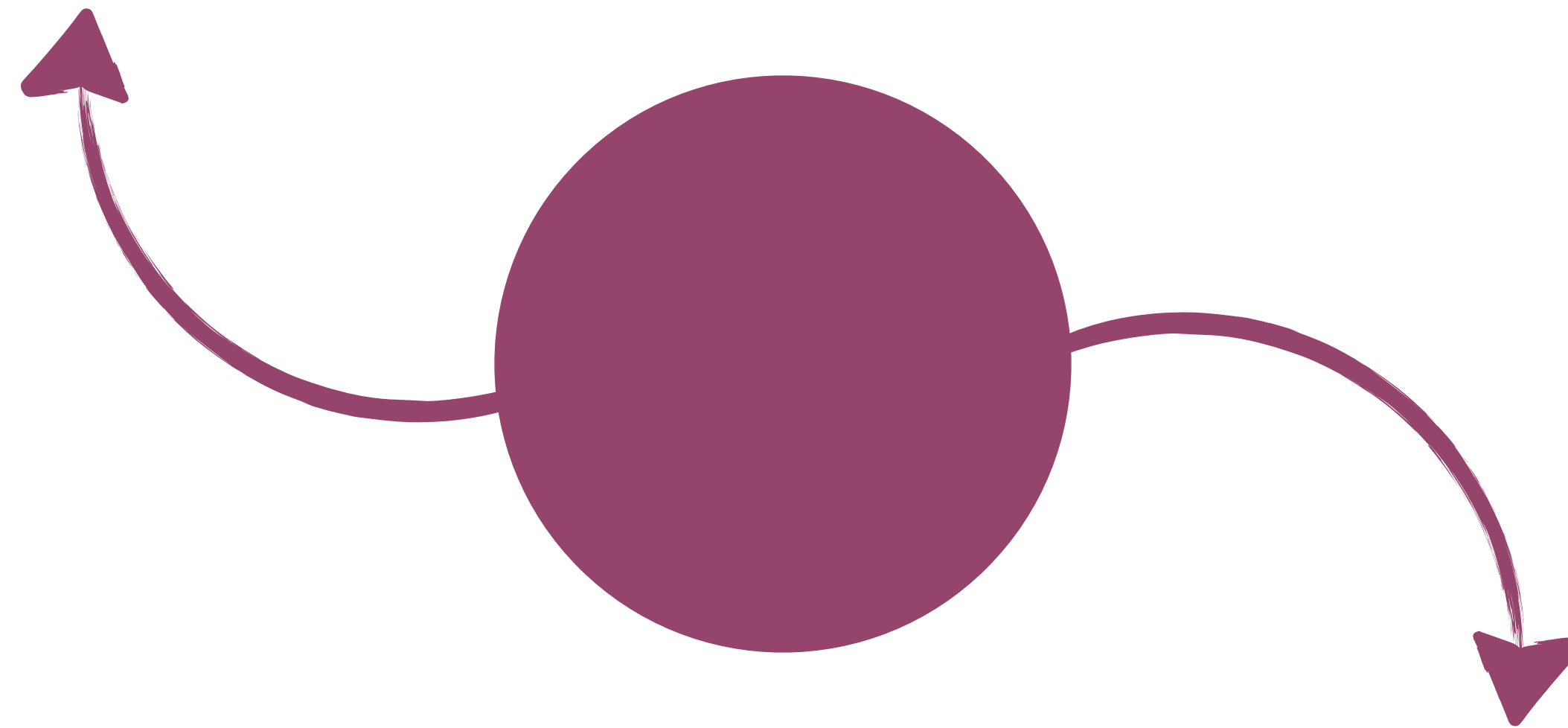
One's perception of the excessive magnitude of work tasks



“When negative psychological response to work demands and/or interpersonal stressors ...and is thought to manifest through repeated or extended exposure to stressors.”



IS THIS A STRESSOR? (APPRAISAL)



WHAT CAN I DO? (COPING)

What
does it
mean?

PRIMARY APPRAISAL

Significance of a
stressor or threatening event.

SECONDARY APPRAISAL

Controllability of and resources for a
stressor or threatening event.

THREATENING EVENT OR STRESSOR

**PERSONALLY
MEANINGFUL?**

YES
→

**CAN I
HANDLE IT?**

NO



**NOT
STRESSED**

NO



THREAT

**MORE
STRESSED**

YES

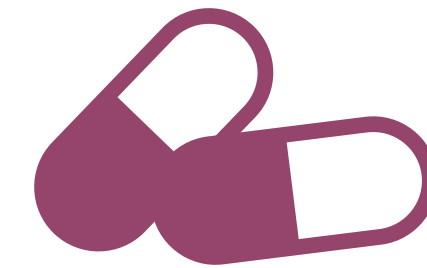
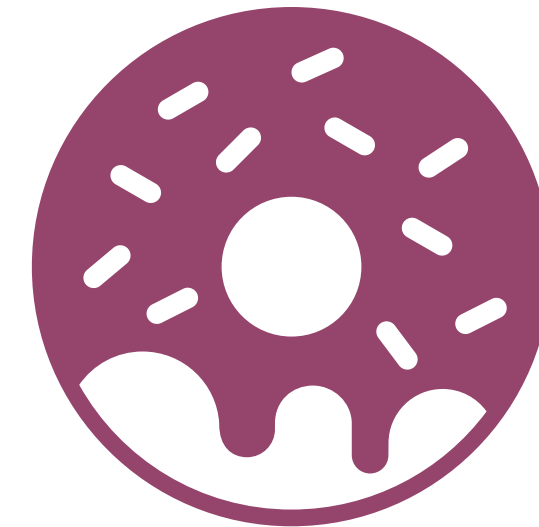
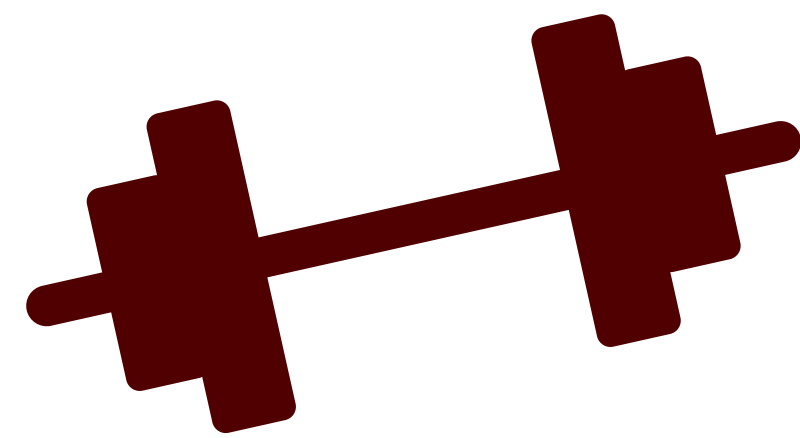


CHALLENGE

~~**CONFIDENCE
GROWTH**~~

PROBLEM-FOCUSED COPING

Aimed at resolving stressor or conflict;
Altering the source of the stressor



EMOTION-FOCUSED COPING

Aimed at changing how stress is attended to;
Managing emotions; changing meaning

SIMPLE RULES TO FOLLOW

IF YOU CAN CHANGE IT

How are you thinking about it?

What resources do you have?

What resources do/will you need?

IF YOU CANNOT CHANGE IT

Acceptance

Looking at it from a distance

Find some meaning

Make sense of it

Reframe it

RESORTATION

Relaxation, Prayer, Thanksgiving

RESORTATION

Relaxation, Prayer, Thanksgiving

Physical Activity, Healthy Lifestyle

Social Support, Community

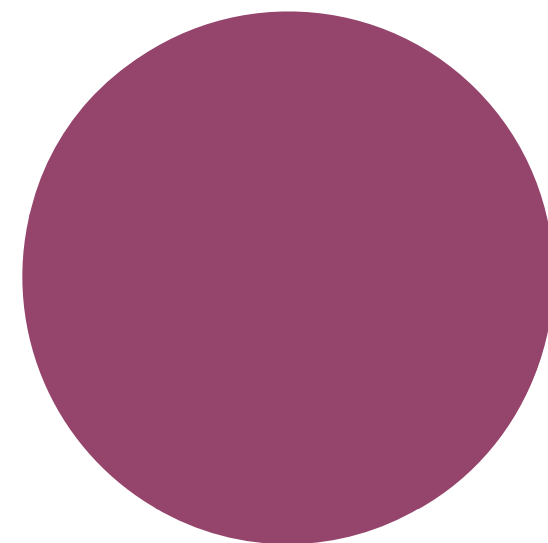
Journaling

Positive Emotions

- ◆ Gratitude, Thankfulness
- ◆ Optimism, Hope, Trust, Faith
- ◆ Giving, Serving

PEACE

From 'eirene' (εἰρήνη) in Greek
To join; tie together into a whole;
Wholeness



WHAT IS 'LIFE'?

“Life is a series of experiences, each one of which makes us bigger, even though sometimes it is hard to realize this.”

Henry Ford

“Life is a struggle.”

“The literal meaning of life is whatever you're doing that prevents you from killing yourself.”

Albert Camus, Philosopher & Author

“And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent.”

St. John the Apostle (John 17:3)

“My Momma always said,
‘Life was like a box of chocolates.
You never know what you’re gonna get.’”

WHAT IS THE MIND?

Mental = of the mind

The brain? If so, what is mental health?
Something more? If so, what is mental health?