



10 Ways to Mental Well-Being The 7 Day Challenge

The Session today

- Introductions
- What is mental health – Facts and figures
- Stress and the stress bucket idea
- SLOPE – conducting a mental health intervention and tip exchange.
- Looking after you, looking after them – a well-being challenge.

We all have mental health

- Everyone moves up and down the scale regularly.
- Stigma can slow movement towards 1





Some facts and figures

- 1 in 4 people will have a diagnosable mental health condition each year.
- 75% of mental ill health starts before the age of 18. 1 in 6 young (5-16) each year have mental illness. A third of 16-24 yr olds. Generation Z (1997-2012) worst. Over 60s best.
- Only 13% of employees feel comfortable discussing their mental health in the workplace. 1 in 3 say their workplace provision is adequate.
- Some studies suggest 51% of work absence is mental health related.
- Do we think the modern world is more stressful that it used to be? Why?

We are still hard-wired cave people

Threat response

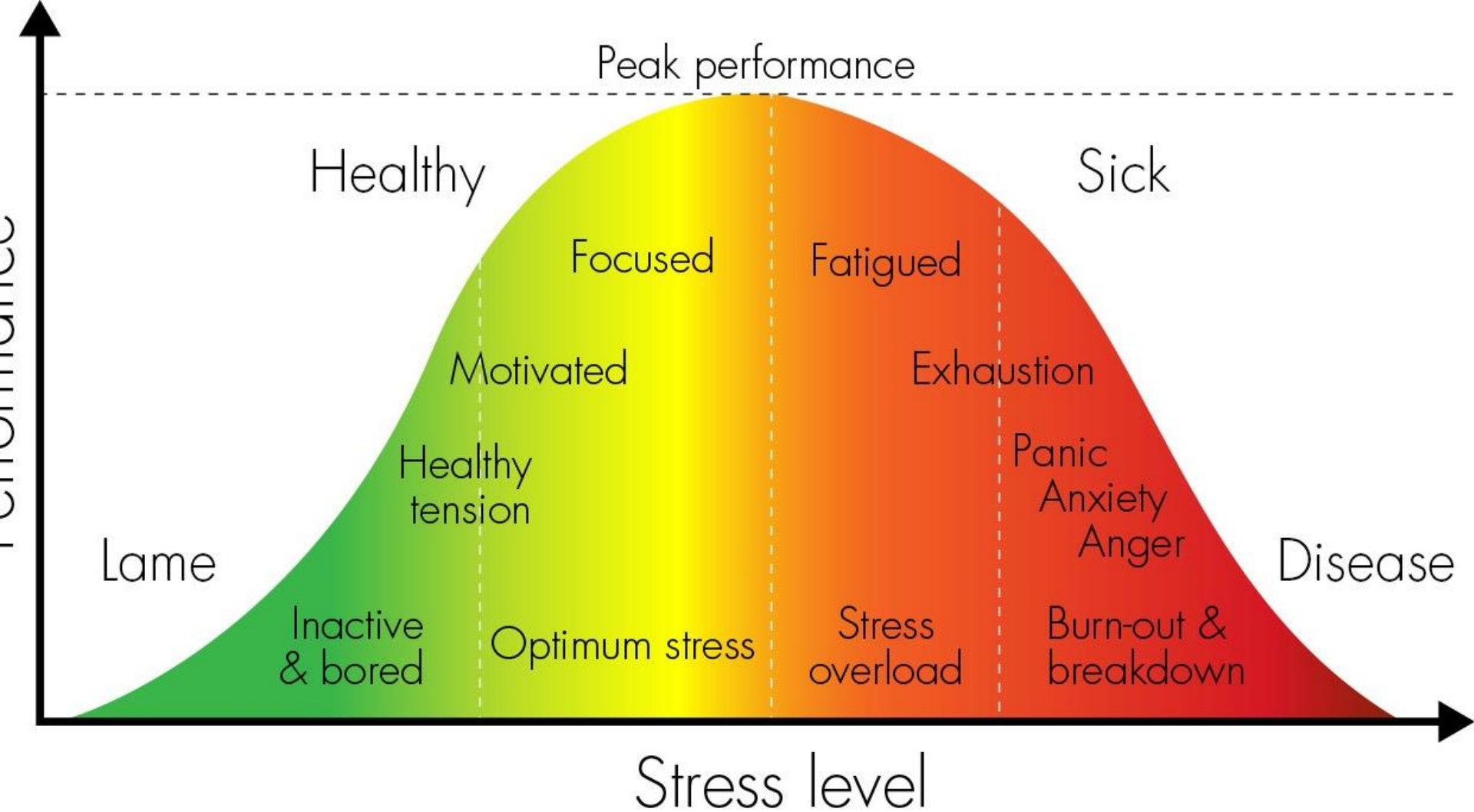


Demand response



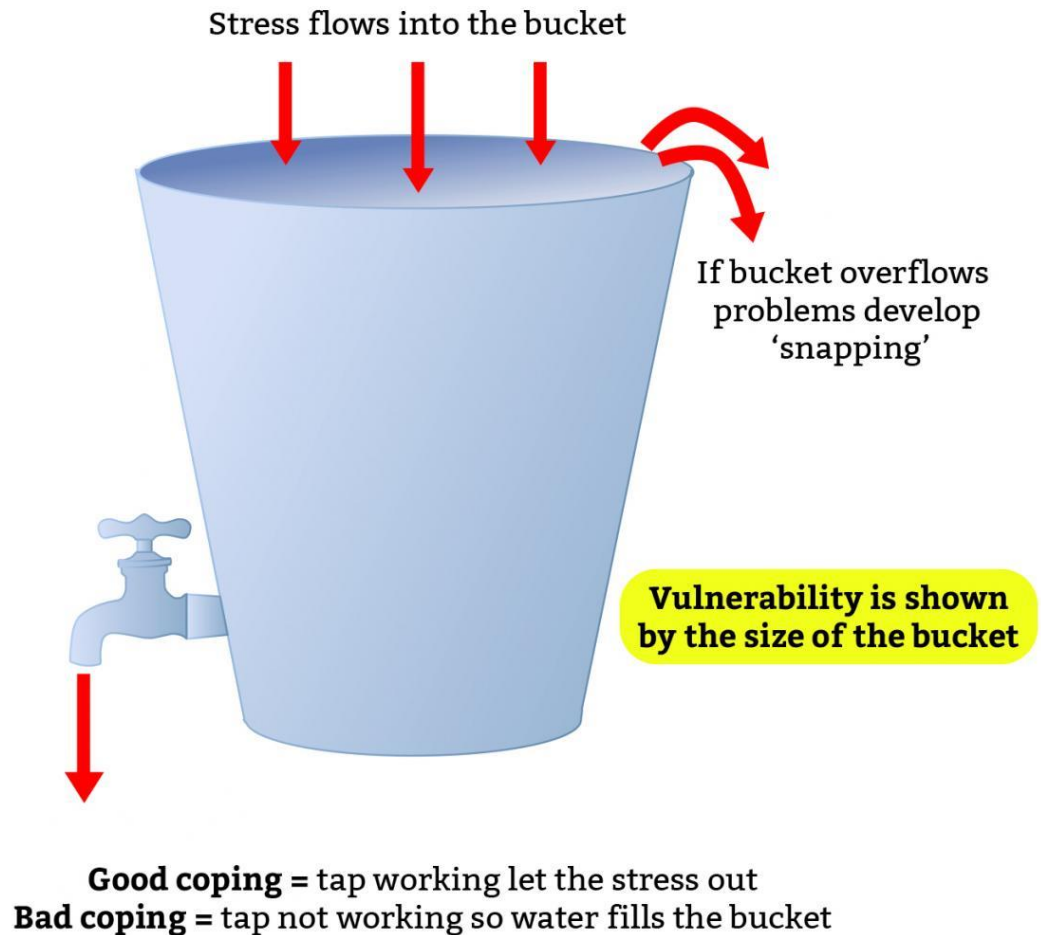
Rest response





The Performance Curve

The Stress Bucket



Personal stress questions

1. Are there aspects in my stress bucket where it is really just me over-thinking?
2. What can I change?
3. What can I not change and need to accept?
4. What needs my urgent attention?
5. Can anyone help me?
6. What unhelpful coping strategies do I have?
7. What are my helpful coping strategies, do more of them? Anything you might like to add?




Tip 1 – calm the mind, be present.



Children live in the present moment





The
present
can
enhance
your life

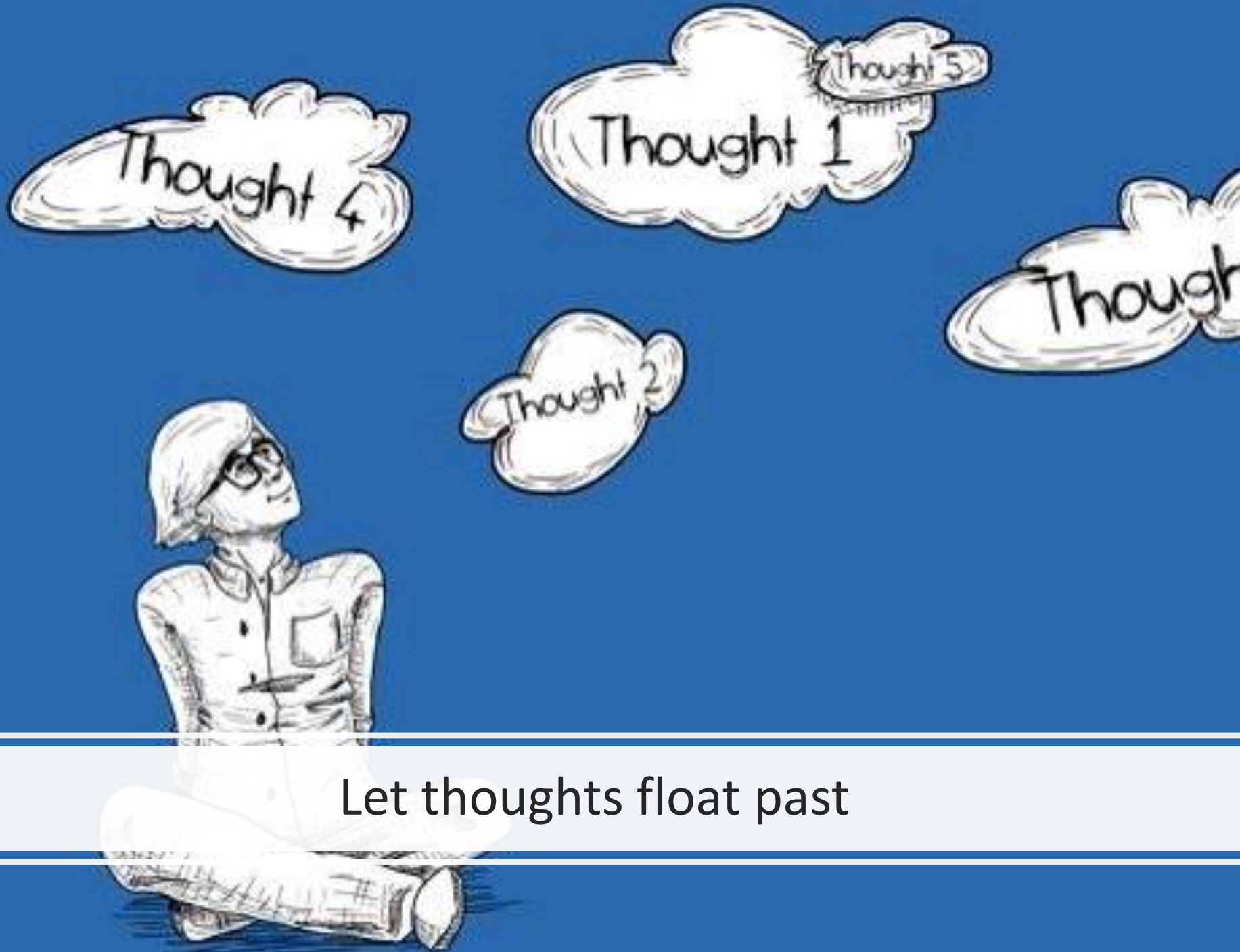
- First cup of tea
 - Taking a moment to stop and look at nature
 - When you shower
 - Watching your children playing
 - That freshly made bed
 - When you finally arrive on holiday
 - Your favourite bit of music
 - Talking to a friend – mindful listening
- 



Meditation and the Calm App

Tip 2 –
Thoughts
are not
facts





Let thoughts float past

Where is the stress coming from?



Learn to trigger --- CALM

Sympathetic nervous system



Parasympathetic nervous system



“Take 5”

3 Minutes breathing

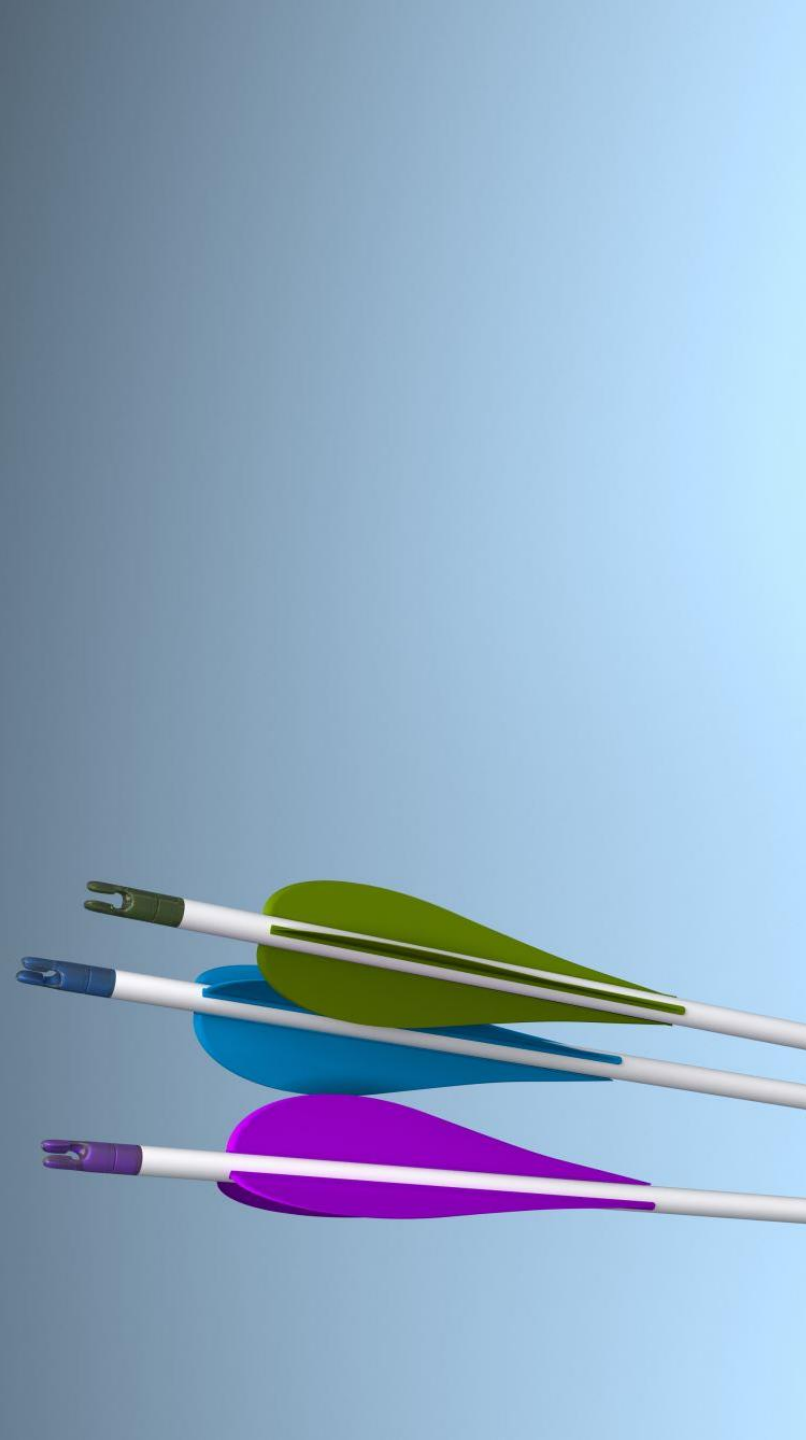


2 Minutes positive emotion



Tip 3 - Goal setting and decisions

- Depression can interfere with decision making and indecision can trigger depression.
- Indecision causes stress, doing 'something' calms the limbic system.
- So do something, focus on the positive outcome not the negative – make a decision!
- Think about your values when decision making

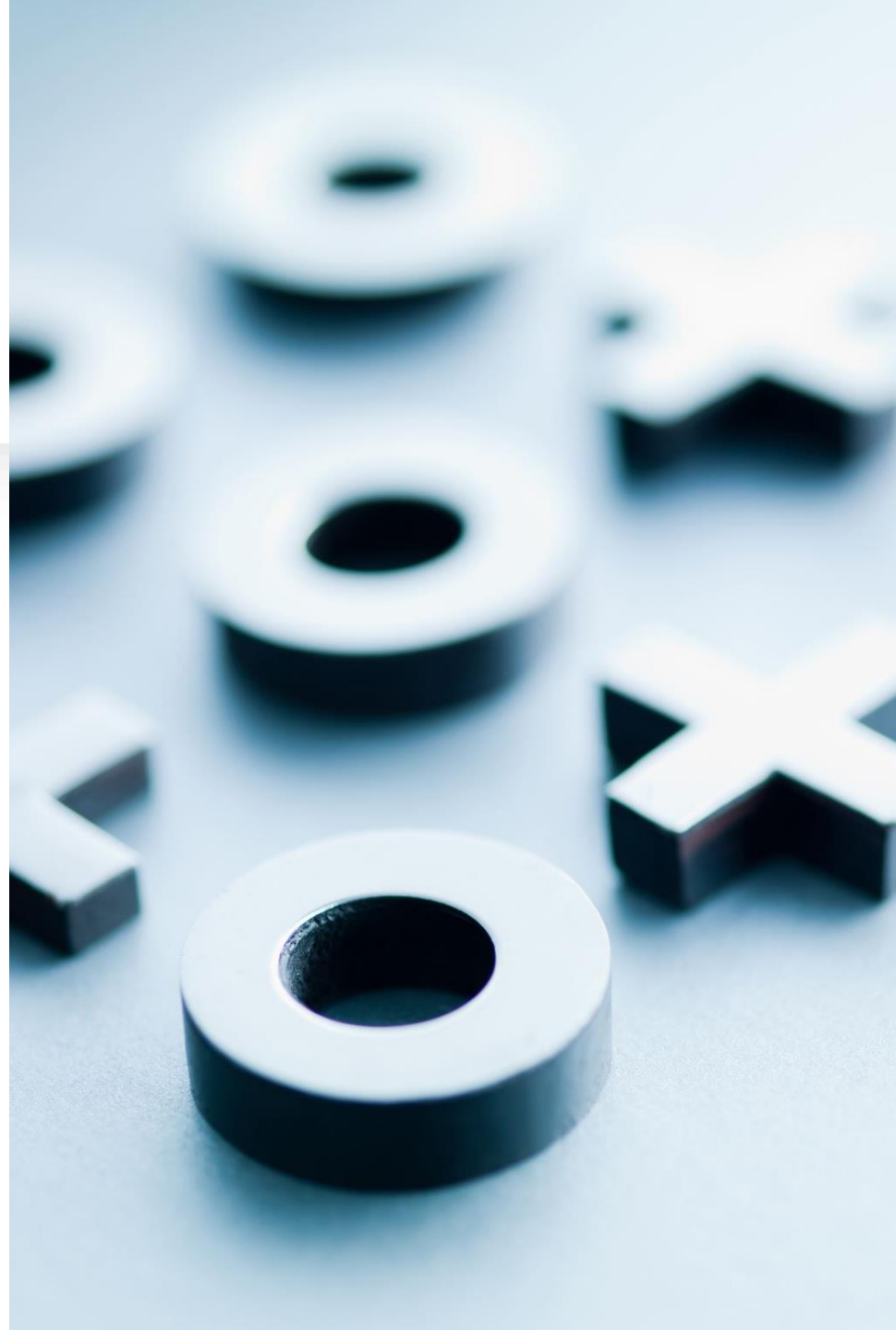


Goals and Decisions Workshop

- Choose one long term goal based on your values with an achievable end
- Map out a series of steps
- Stick with this path
- Choose some short-term decisions
- Decision making is like a muscle, exercise it
- Make 3 decisions about today and/or tomorrow.
- Then do them!

Summary

- Decision making is a 'muscle' we can work on
- Doing *something* reduces depression and anxiety
- Reducing all options reduces worry
- Indecision increases anxiety as you have to constantly process all the likely outcomes
- Do the first step after a decision
- Practise on the small decisions, which can be fun too!





Tip 4 – Compassion for You

Marcus Aurelius

“Think of what you have rather than what you lack. Of things you have, select the best and then reflect how eagerly you would have sought them if you did not have them.”





What does self-compassion look like?

- Recognise it is a choice.
- Knowing when you need self-care; what do I need right now?
- Pick up stress but put it down
- What would a best friend say?
- It is okay to get it wrong
- Practically – take breaks, take holidays, treat yourself sometimes
- A balance of pleasure and productivity

Micro-Lifts

- Lavender oils
- Nice breakfast
- That box set
- Special chocolate
- Chat with friend
- Walking the dog
- Special tea
- Some nature – water a plant
- Walk the dog.
- Science- serotonin.





Giving – compassion for others



It even works with...

Challenge exercise

- Scribble as many micro lifts as you can. Ways of caring for you – treats, kindness, anything. Select 2 from your list.
- Ask yourself what you need - this might help.
- Think of one little act of kindness for others, or someone else and make a note of it.



Tip 5 - Connecting with others

Tip 6 - Meaning





Psychologist Martin Seligman

“Our greatest potential to achieve meaning and well-being is using our signature strengths in the service of something bigger than ourselves.”

Brains that have meaning 2.5 x less likely to get dementia

Each day, or at least week should have a balance of pleasure and purpose (Paul Dolan. Happiness by Design)

Where to find meaning

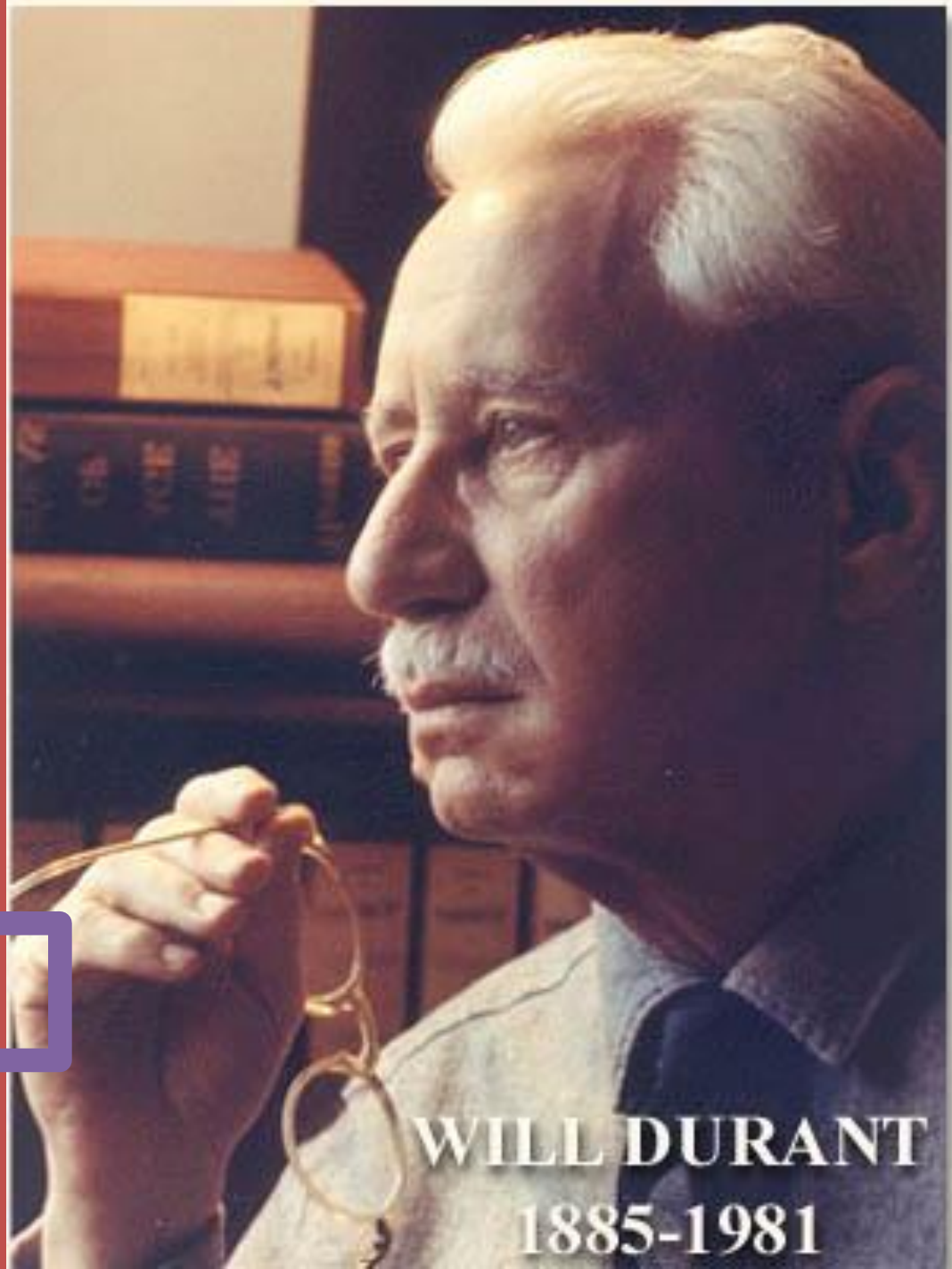
- Good deeds
- Creative work
- Valued or elevating experiences – relationships, art, beauty.
- The attitude we take from suffering or setbacks.
- Increasing knowledge
- Religion
- Volunteering
- Significant work
- Environment
- Nature
- Politics
- Sport
- Making a difference
- Stretching ourselves
- Hobbies
- Passions
- Belonging

Tip 7 – Habit Breaking



Will Durant

“We are what we
repeatedly do.
Excellence, then, is not
an act but a habit.”



WILL DURANT
1885-1981

Habit Break – a fun exercise

- Food
- Hobby
- TV programme
- Films
- Music
- In the evenings
- Book
- Website or game
- Place to visit
- Something you have always fancied trying but not done yet?
- Something you used to do but don't any more and maybe wish you did?

Tip 8 - Looking after your body



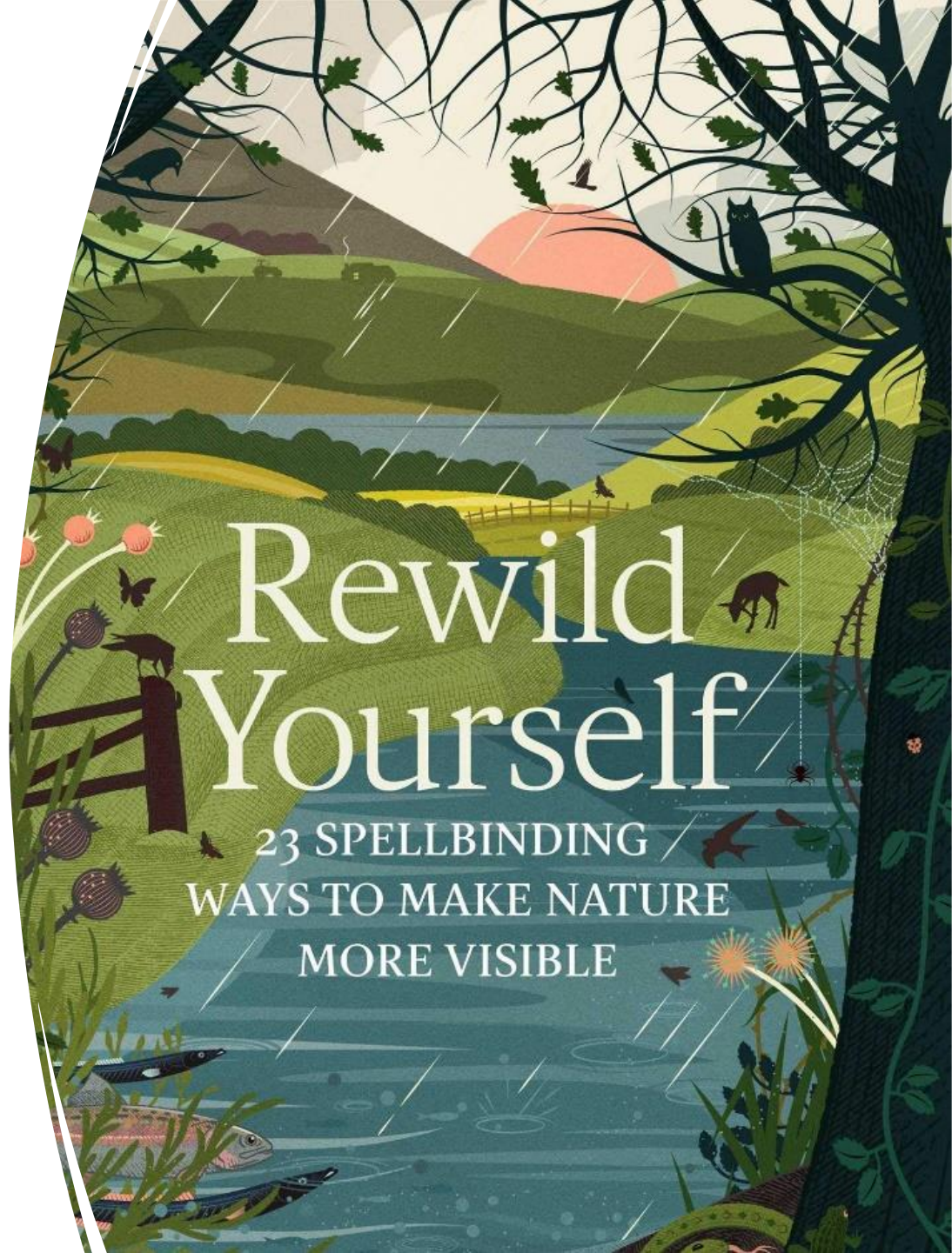
- Healthy eating
- Do not ignore the signs
- Restful sleep
- Exercise
- Drink plenty of water
- Try to limit 'bad coping'

More on exercise

- You brain comes with a body, it needs you to use it. Make exercise fun, or do it outside
- Better sleep, less REM if you exercise
- Serotonin increase with any movement, including hoovering!
- Tick off exercise when done for dopamine hit
- Endocannabinoids. THC - as in marijuana
- Reduces cortisol and burns off adrenaline
- Chairs are the new smoking

Tip 9: Nature – re-wild yourself

- “A walk in nature walks the soul back home.”



Tip 10 – Bits and pieces!

- Focus on what is good – 5 finger positivity each morning
- 3 good things about today. Do at the end of the day
- With the latter, reflect ‘why’ they were good
- Golden particles and connecting to life
- Accept what you cannot change
- And finally...seek help, professional help too

GREAT DREAM

Ten keys to happier living

GIVING



Do things for others

RELATING



Connect with people

EXERCISING



Take care of your body

APPRECIATING



Notice the world around

TRYING OUT



Keep learning new things

DIRECTION



Have goals to look forward to

RESILIENCE



Find ways to bounce back

EMOTION



Take a positive approach

ACCEPTANCE



Be comfortable with who you are

MEANING



Be part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org



ACTION CALENDAR: SELF-CARE SEPTEMBER 2020



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

7 Remember it's ok not to be ok. We all have difficult days

14 Talk kindly to yourself like you would to someone you love

21 Remind yourself that you are loved and worthy of love

28 Accept your mistakes as a way of helping you make progress

8 Notice the things you do well today, however small

15 Find a caring, calming phrase to say to yourself when feeling low

22 Look at photos from a time with happy memories

29 Write down three things you appreciate about yourself today

9 Avoid saying 'I ought to' or 'I should' to yourself

16 Notice what you are feeling today, without any judgment

23 Let go of other people's expectations of you today

30 You matter. Remember that you are enough, just as you are



3 Free up time in your diary by cancelling any unnecessary plans

10 Give yourself permission to say No to requests from others

17 Leave positive messages for yourself to see regularly

24 Ask a trusted friend to tell you what they like about you

4 Forgive yourself when things go wrong. We all make mistakes

11 Aim to be good enough, rather than perfect

18 Don't compare how you feel inside to how others appear outside

25 Release yourself from inner demands and self-criticism

5 Plan a fun or relaxing activity this weekend and make time for it

12 Let go of being busy. Allow yourself to take some breaks today

19 Get active outside and give your mind & body a natural boost

26 Find a new way to use one of your strengths or talents today

6 Focus on the basics: eat well, exercise and go to bed on time

13 Make time today to do something you really enjoy

20 No plans day - make time to slow down and be kind to yourself

27 Take your time. Make space to just breathe and be still

Self-care is not selfish. You can't pour from an empty cup



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/self-care-september

Keep Calm · Stay Wise · Be Kind

Some tools if you want a treat

Six minute diary



Headspace App



Your challenge tips

1. Calm the mind with the present moment
2. Thoughts are not facts – take five
3. Goals and decision making
4. Lots of self-compassion
5. Connecting with others
6. Meaning
7. Try new things – habit break!
8. Look after the body
9. Nature – re-wild yourself.
10. Bits and pieces; positivity, acceptance and seek help.



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- ASIST and SafeTalk
- Mental Health Awareness
- Line Manager
- Mindfulness
- Stress Reduction
- Workplace related
- Courses for schools, colleges, teachers.

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Thank you for listening today



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