

Mental Health and Stress



Guided Meditation



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01

Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.



STRESSED
SAD
LONELY **WORRIED**
OVERWHELMED



Common mental health conditions

Condition	Symptoms	Treatment
Anxiety disorders	Restlessness, panic attacks, irrational fears	Cognitive-behavioral therapy, medication
Depression	Sadness, low energy, changes in sleep	Therapy (cognitive-behavioral, interpersonal), medication
Bipolar disorder	Manic episodes, depressive episodes	Medication, psychotherapy, mood stabilizers
Eating disorders	Distorted body image, restrictive eating	Therapy (individual, family, group), nutrition counseling



Consequences of Mental Health

- ❖ Mental health conditions can cause severe emotional, physical, and behavioral health problems
- ❖ Mental health issues may increase the risk for physical health problems such as heart disease and stroke
- ❖ It can impact our ability to make healthy life decisions
- ❖ Can lead to an overall poor quality of life



Why It's Important to Prioritize Mental Health

Enjoy the
little
things

Have better
relationships
with
family/friends

Reduce
stress



Available mental health resources



MENTAL HEALTH



Discussion Question:

How do you try and prioritize
your mental health?





02

Stress

Stress is a state of worry or mental tension caused by a difficult situation. It's a natural human response to challenges and threats that everyone experiences.





Consequences of Stress

- ❖ Feelings of fear, anger, sadness, worry, or frustration
- ❖ Changes in appetite, energy, and interests
- ❖ Trouble concentrating and making decisions
- ❖ Problems sleeping
- ❖ Physical reactions such as headaches and body pain



Stress Management Tips

Exercise

Exercise is one of the best ways to relax your body and mind + boost your mood!

Deep Breathing

Deep breaths can help relieve pressure immediately.

Eating Well

Maintaining a well balanced diet can help you feel better and more energized.

Take a Break

Giving your mind downtime can be key to getting rid of excess stress on your mind.

Talk to someone

Talking to someone you trust (family/friends/therapist) can help you feel better and focus on what is stressing you out.



Stress management techniques

Choose the most appropriate stress management technique for each situation

Scenario 1

You have a big exam coming up, and you're feeling overwhelmed about studying. You find it hard to concentrate. You just keep stressing out about all the work you have to do instead of actually doing it.

A	Time management
B	Deep breathing
C	Exercise

Scenario 2

You had a disagreement with a close friend. You want to find a way to express your emotions and clear your mind

A	Journaling
B	Meditation
C	Social support



Stress management techniques

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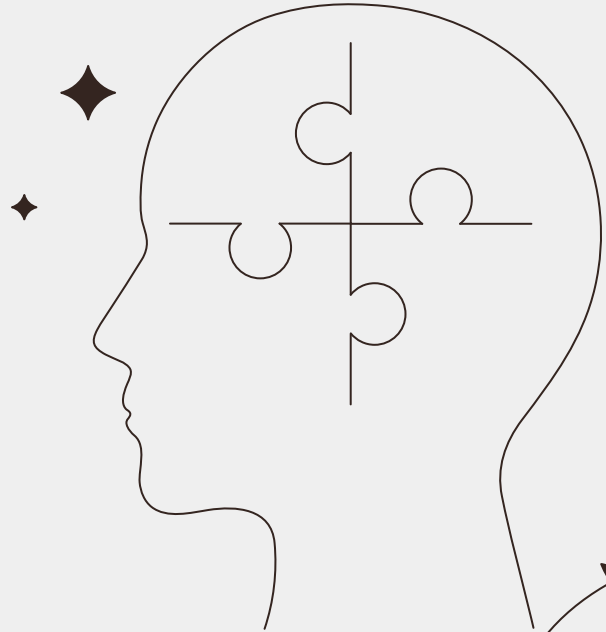
A	Journaling
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03

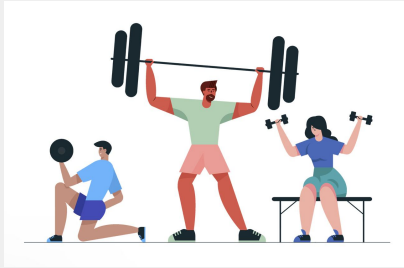
Coping Mechanisms

A coping mechanism is a strategy or behavior that people use to manage stress, anxiety, or difficult emotions.



Emotion-Focused Coping Mechanisms

Exercise



Meditate



Self Care



Self-Guided Meditation

Choose a quiet place



**Be in the present
moment**



**Become aware of
relaxing your body**

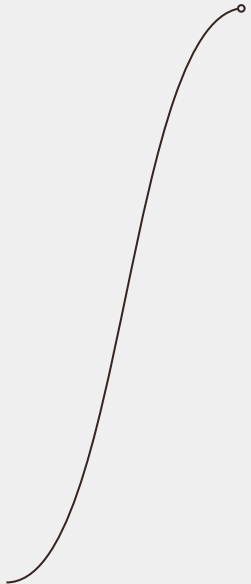
Focus on breathing



**Engage and focus on
the senses**



**End the meditation
with a clear mind**



Exercise examples for well-being



Stretching

Done anywhere at anytime.
Stand up + stretch your arms
to the ceiling and to your toes.

2 minutes



Walking

Walking as much as you can
be very helpful! It gets your
body moving, heart pumping,
and mood boosted.

15 minutes



Sports

Sports is a great way to get
physical activity and boost
your mood and get exercise in.

5 minutes



Yoga

Yoga can help you calm your
nerves and stretch your body.
It also helps you focus on
breathing.

2 minutes



Discussion Question:

How do you mentally feel after
exercising?



Problem-Focused Coping Mechanisms

Create a to-do
list



Work on time
management



Ask for support





Discussion Question:

What are some other ways that
you cope with stress?



04

Art Therapy

Art therapy is a form of psychotherapy that helps one process and understand their emotions by the creation of art.



What Art Therapy Can Help With

- ❖ Aging-related issues
- ❖ Anxiety
- ❖ Cancer
- ❖ Depression
- ❖ Eating disorders
- ❖ Emotional difficulties
- ❖ Medical conditions
- ❖ Psychological symptoms associated with other medical issues
- ❖ Post-traumatic stress disorder
- ❖ Stress
- ❖ Substance use disorder



Benefits of Art Therapy

- ❖ Improves creativity
- ❖ Helps gain clarity
- ❖ Helps achieve deep healing
- ❖ Helps understand emotions
- ❖ Improves well being
- ❖ Helps process experiences



Various types of Art Therapy

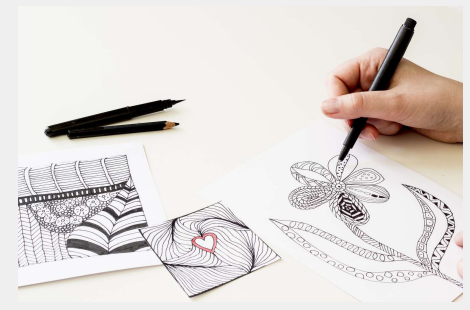
Mandala



Painting



Drawing



Sculpting



Collage



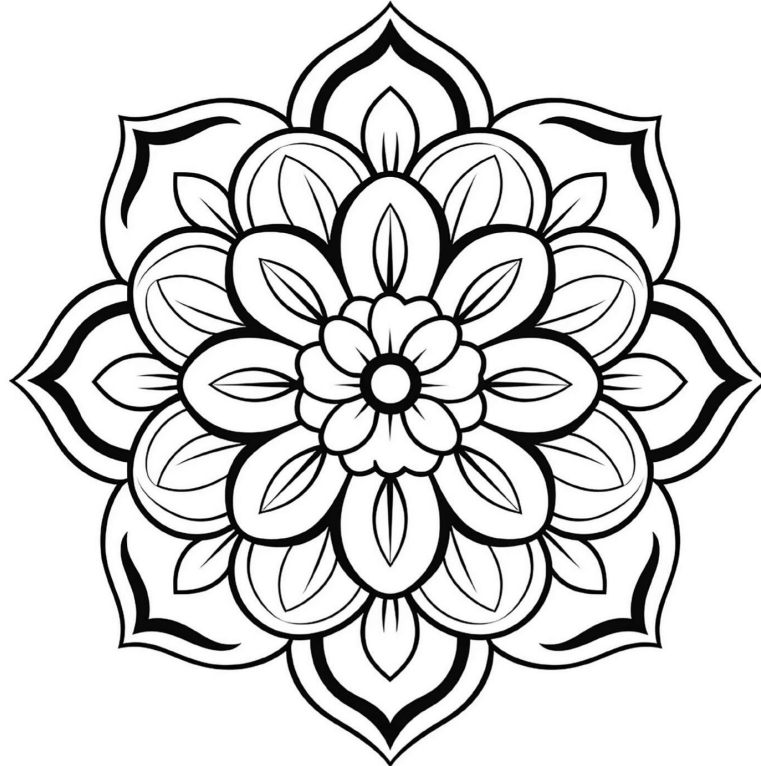


Discussion Question:

What type of art therapy do
you enjoy?



Activity: Mandala Art Therapy



Thank you!

Contact Information:

Email:

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or visit

www.projectmeducate.org



Resources

- <https://www.cdc.gov/mentalhealth/learn/index.htm#:~:text=Mental%20health%20includes%20our%20emotional,childhood%20and%20adolescence%20through%20adulthood.>
- <https://www.cdc.gov/mentalhealth/learn/index.htm>
- <https://www.cdc.gov/mentalhealth/cope-with-stress/index.html#:~:text=Stress%20can%20cause%20the%20following,Trouble%20concentrating%20and%20making%20decisions.>
- <https://arttherapyresources.com.au/8-types-art-therapy-help-clients/>
- <https://www.verywellmind.com/what-is-art-therapy-2795755>

