

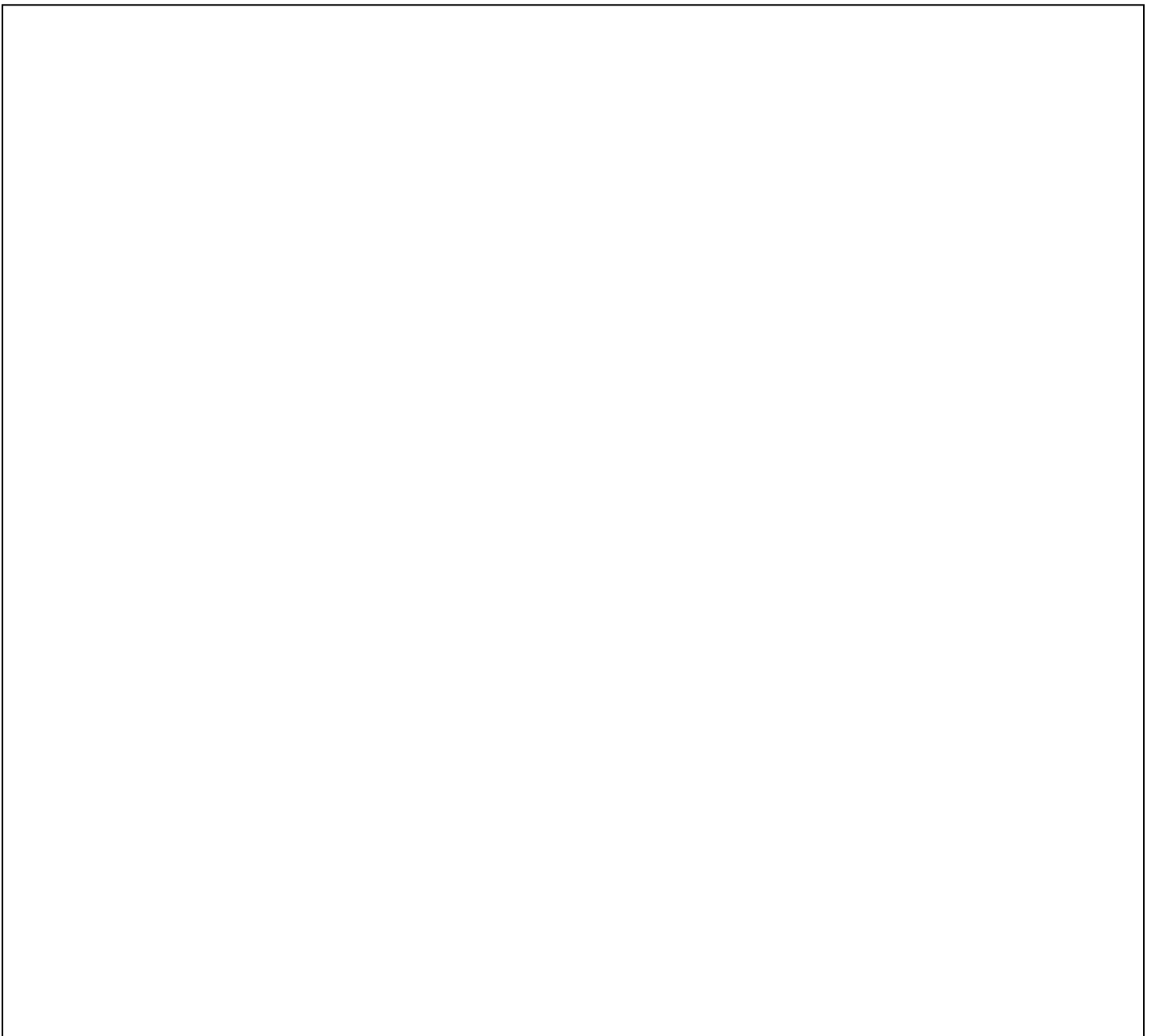
A DISCUSSION ON MENTAL HEALTH

Rebekah Peluszak • Tuesdays Together Lehigh Valley Bucks-Mont • May 13, 2020

DISCLAIMER: I am not a medical or mental health professional. Everything I'm sharing with you today is information I've gained through personal experience, professional help, and outside resources. It is your own personal responsibility to seek professional help and advice before implementing any life-altering practices.

ART THERAPY - *Let your brain sigh.*

Fill the space below with lines, dots, shapes. Each movement of your pen can have an emotion or thought attached to it, or they can mean nothing at all.

A large, empty rectangular box with a thin black border, intended for a drawing or artistic expression as part of an art therapy exercise.

MENTAL HEALTH VS MENTAL ILLNESS - *Are they the same thing?*

“_____” refers to the state of your mind’s wellness, good or bad.

“_____” refers to sickness, disease, or condition directly impacting your mind’s ability to function properly. Self- care is where good physical and mental health begin, including _____, _____, and _____.

CARING FOR YOUR MENTAL HEALTH - *How much are you caring for yourself?*

What are specific methods and techniques you can utilize to increase your mental wellness?

Body - The Basics, Change Your Environment, Deep Breathing

Mind - Meditate, Journal, Unplug, Learn Something New, Accomplish Something, Work Towards a Goal

Soul - Speak Kindly to Yourself, Serve Others, Be Inspired & Get Creative, Sit in Silence, Exercise Religious Practices, Spend Time with People Who Fill You

[Bonus: What’s one thing you need to stop telling yourself?]

What do you know about yourself? How do you react under pressure or stress? When do you feel most relaxed? Are there seemingly-normal situations where you always feel anxious or uneasy?

MORE THAN JUST FEELINGS - Do you pay enough attention to yourself to recognize red flags?

REMEMBER: THOUGHTS OF HARMING YOURSELF OR OTHERS IS A MENTAL HEALTH EMERGENCY. If you are experiencing these feelings, you should immediately seek professional medical or mental health attention.

Are you experiencing any of these BURNOUT red flags? Check the applicable box(es).

<i>Signs of Physical & Emotional Exhaustion</i>	<i>Signs of Cynicism & Detachment</i>	<i>Signs of Ineffectiveness & Lack of Accomplishment</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Chronic Fatigue <input type="checkbox"/> Insomnia <input type="checkbox"/> Forgetfulness/Impaired Concentration and Attention <input type="checkbox"/> Physical Symptoms <input type="checkbox"/> Increased Illness <input type="checkbox"/> Loss of Appetite <input type="checkbox"/> Anxiety <input type="checkbox"/> Depression <input type="checkbox"/> Anger 	<ul style="list-style-type: none"> <input type="checkbox"/> Loss of Enjoyment <input type="checkbox"/> Pessimism <input type="checkbox"/> Isolation <input type="checkbox"/> Detachment 	<ul style="list-style-type: none"> <input type="checkbox"/> Feelings of Apathy and Hopelessness <input type="checkbox"/> Increased Irritability <input type="checkbox"/> Lack of Productivity and Poor Performance

Source: [“The Tell Tale Signs of Burnout... Do You Have Them?”](#) by Sherrie Bourg Carter Psy.D. on PsychologyToday.com

Are you experiencing any of these MENTAL ILLNESS red flags? Check the applicable box(es).

<i>Possible Signs & Symptoms</i>
<ul style="list-style-type: none"> <input type="checkbox"/> <u>Sleep or Appetite Changes</u> - Dramatic sleep and appetite changes of decline in personal care. <input type="checkbox"/> <u>Mood Changes</u> - Rapid or dramatic shifts in emotions or depressed feelings. <input type="checkbox"/> <u>Withdrawal</u> - Recent social withdrawal and loss of interest in activities previously enjoyed. <input type="checkbox"/> <u>Drop in Functioning</u> - An unusual drop in functioning, at school, work, or social activities, such as quitting sports, failing in school, or difficulty performing familiar tasks. <input type="checkbox"/> <u>Problems Thinking</u> - Problems with concentration, memory, or logical thought and speech that are hard to explain. <input type="checkbox"/> <u>Increased Sensitivity</u> - Heightened sensitivity to sights, sounds, smells, or touch; avoidance of over-stimulating situations. <input type="checkbox"/> <u>Apathy</u> - Loss of initiative or desire to participate in any activity. <input type="checkbox"/> <u>Feeling Disconnected</u> - A vague feeling of being disconnected from oneself or one’s surroundings; a sense of unreality. <input type="checkbox"/> <u>Illogical Thinking</u> - Unusual or exaggerated beliefs about personal powers to understand meaning or influence events; illogical or “magical” thinking typical of childhood in an adult. <input type="checkbox"/> <u>Nervousness</u> - Fear or suspiciousness of others or a strong nervous feeling. <input type="checkbox"/> <u>Unusual Behavior</u> - Odd, uncharacteristic, peculiar behavior.

Source: [“Warning Signs of Mental Illness”](#) on Psychiatry.org

Keeping in mind the tools and methods we discussed, use the statement below as a personal commitment to your mental wellness.

"By May 31, 2020, I promise to take one step towards caring for my mental health by _____."

RESOURCES - "Why are we so hesitant to discuss a mutual trait of all humanity?"

Below are some recommended reads and resources. If you have any others, please share them in the Tuesdays Together Facebook group!

Well Body Reset
WellBodyReset.com

Body Love
by Kelly Leveque
KellyLeveque.com

Yoga with Adriene
YogaWithAdriene.com
or on [YouTube](#)

Refit Revolution
RefitRev.com
or on [YouTube](#)

"The Tell Tale Signs of
Burnout... Do You Have
Them?"
on PsychologyToday.com

"What Being in a
Devastating Creative
Burnout Taught Me
About Life"
by Nathalie Sejean
on CreativeLive.com

"How to Survive
Creative Burnout"
by Scott Berkun
on ScottBerkun.com

"Warning Signs of
Mental Illness"
on Psychiatry.org

The Holderness Family Podcast - <https://theholdernessfamily.com/category/podcast/>

["How to Cope with Seasonal Affective Disorder"](#)

["The Antidote to Depression + Living a Meaningful Life with Em Sexton"](#)

["How to Cope with Anxiety in Children"](#)

["Shutting Down Social Media and Booze"](#)

Wandering Aimfully: The Show - <https://wanderingaimfully.com/podcast/>

[Ep. 23: "What to Do When You Experience Creative Burnout"](#)

[Ep. 26: "An Extremely Honest Conversation About Anxiety"](#)

CRISIS CALL CENTERS - Mental health counseling or crisis intervention. Speak to a real person 24/7.

- National Crisis Center: 1-800-273-8255
- Lehigh: 610-782-3127
- Northampton: 610-829-4801
- Berks: 610-236-0530
- Bucks: 800-499-7455
- Carbon/Monroe/Pike: 570-992-0879

- Lackawanna: 570-348-6100
- Luzerne/Wyoming: 570-829-1341
- Montgomery: 855-634-4673
- Schuylkill: 877-993-4357
- Susquehanna: 570-278-6822
- Warren (NJ): 908-454-5141