

MENTAL HEALTH & MENTAL WELLNESS SERIES

I. BASIC FUNDAMENTAL IDEA

According to SAMHSA, Substance Abuse and Mental Health Services Administration;

WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, it can affect you over the course of your life from childhood and adolescence through adulthood, you're thinking, mood, and behavior could be affected.

WHAT IS A MENTAL HEALTH CONDITION (S)?

Mental illnesses are disorders, ranging from mild to severe, that affect a person's thinking, mood, and/or behavior. According to the National Institute of Mental Health, nearly one-in-five adults live with a mental illness.

MANY FACTORS CONTRIBUTE TO MENTAL HEALTH CONDITIONS, INCLUDING

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

SOME MENTAL HEALTH TOPICS INCLUDE:

Antisocial Personality Disorder

Anxiety Disorders (including generalized anxiety, panic disorders, obsessive-compulsive disorder (OCD), phobias, and social anxiety)

Depression

Post-Traumatic Stress Disorder (PTSD)

Seasonal Affective Disorder (SAD)

Suicide and Suicidal Behavior

Self-Harm

A SERIOUS MENTAL ILLNESS (SMI): is a mental illness that interferes with a person's life and ability to function. Despite common misperceptions, having an SMI is not a choice, a

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weakness, or a character flaw. It is not something that just “passes” or can be “snapped out of” with willpower.

EARLY WARNING SIGNS & SYMPTOMS

Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

Eating or sleeping too much or too little

Pulling away from people and usual activities

Feeling numb or like nothing matters

Feeling helpless or hopeless

Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared

Yelling or fighting with family and friends

Having persistent thoughts and memories you can't get out of your head

Hearing voices or believing things that are not true

Thinking of harming yourself or others

Inability to perform daily tasks like taking care of your kids or getting to work or school

*****Do you think someone you know may have a mental health problem? Do you find talking about mental health difficult? Do you know a way or have an idea how to start a healthy mental health conversation?**

TIPS FOR LIVING WELL WITH A MENTAL HEALTH CONDITION

Having a mental health condition can make it a struggle to work, keep up with school, stick to a regular schedule, have healthy relationships, socialize, maintain hygiene, and more.

However, with early and consistent treatment—often a combination of medication and psychotherapy—it is possible to manage these conditions, overcome challenges, and lead a meaningful, productive life.

TODAY, THERE ARE NEW TOOLS, EVIDENCE-BASED TREATMENTS, AND SOCIAL SUPPORT SYSTEMS THAT HELP PEOPLE FEEL BETTER AND PURSUE THEIR GOALS. SOME OF THESE TIPS, TOOLS AND STRATEGIES INCLUDE:

Stick to a treatment plan. Even if you feel better, don't stop going to therapy or taking medication without a doctor's guidance. Work with a doctor to safely adjust doses or medication if needed to continue a treatment plan.

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Keep your primary care physician updated. Primary care physicians are an important part of long-term management, even if you also see a psychiatrist.

Learn about the condition. Being educated can help you stick to your treatment plan. Education can also help your loved ones be more supportive and compassionate.

Practice good self-care. Control stress with activities such as meditation or tai-chi; eat healthy and exercise; and get enough sleep.

Reach out to family and friends. Maintaining relationships with others is important. In times of crisis or rough spells, reach out to them for support and help.

Develop coping skills. Establishing healthy [coping skills](#) can help people deal with stress easier.

Get enough sleep. Good sleep improves your brain performance, mood and overall health. Consistently poor sleep is associated with anxiety, depression, and other mental health conditions.

NEED HELP?

CALL **911** FOR EMERGENCY SERVICES

GO TO THE NEAREST HOSPITAL OR EMERGENCY ROOM OR CALL YOUR DOCTOR

IF YOU OR SOMEONE YOU KNOW IS STRUGGLING OR IN CRISIS, HELP IS AVAILABLE. CALL OR TEXT [988](#)

VETERANS CRISIS LINE [988+1](#) OR TEXT [838255](#)

CALL 24-HOUR NATIONAL SUICIDE PREVENTION LIFELINE AT [1-800-273-8255](#)

CALL NATIONAL DOMESTIC VIOLENCE HOTLINE AT [1-800-799-7233](#) OR TEXT "START" TO [88788](#)

CALL NATIONAL HUMAN TRAFFICING HOTLINE AT [1-888-373-7888](#) OR TEXT "HELP" OR "INFO" TO [233733](#)

CALL THE STRONGHEARTS NATIVE HELPLINE AT [1-844-762-8483](#)

NATIVE CRISIS TEXT LINE- SIMPLY TEXT "NATIVE" TO [741741](#)

TO LEARN HOW TO GET SUPPORT FOR MENTAL HEALTH, DRUG, AND ALCOHOL ISSUES, VISIT [FINDSUPPORT.GOV](#).

TO LOCATE TREATMENT FACILITIES OR PROVIDERS, VISIT [FINDTREATMENT.GOV](#) OR CALL SAMHSA'S NATIONAL HELPLINE AT [800-662-HELP \(4357\)](#)

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Source: <https://www.samhsa.gov/mental-health>

A BREAK IN THE CLOUDS—A MOMENTARY CLEARING IN THE SKY OR A FIGURATIVE OPPORTUNITY THAT MAY ARISE IN A DIFFICULT SITUATION

CHRISTINE MISERANDINO IS AN AWARD-WINNING WRITER, BLOGGER, SPEAKER AND LUPUS PATIENT ADVOCATE. HER WRITING ABOUT LUPUS AND HER "SPOON THEORY" OF COMMUNICATING ABOUT CHRONIC ILLNESS HAS BEEN FEATURED IN NUMEROUS NEWSPAPERS, MAGAZINES, MEDICAL NEWSLETTERS AND TELEVISION MEDIA AROUND THE WORLD, AS WELL AS ON HER WEBSITE BUTYOUDONTLOOKSICK.COM.

THE SPOON THEORY- THE SPOON THEORY IS A CREATIVE METAPHOR TO EXPLAIN TO HEALTHY FAMILY AND FRIENDS WHAT IT'S LIKE LIVING WITH A LIMITED AMOUNT OF PHYSICAL AND/OR MENTAL ENERGY, THAT WE EACH HAVE A DAY AVAILABLE FOR TASKS AND ACTIVITIES AND HOW IT CAN BECOME LIMITED.

MENTAL WELLNESS WITH GLOBAL INSTITUTE WHAT IS THE WELLNESS ECONOMY?

MENTAL WELLNESS INITIATIVE

The Mental Wellness Initiative of the Global Wellness Institute aims to understand those pathways that help people stay well and thrive mentally as well as physically. The lens of mental wellness extends from the very inner aspects of individual experience through to the influence and condition of what is sometimes called the 'social mind' – i.e. the mental condition of the surrounding society and its effect on &/or contribution to mental wellness.

We believe in empowering and communicating mental wellbeing for people around the world. Through the exchange of knowledge, we can promote and support lifelong growth, happiness, creativity, inner peace, compassion and wisdom.

***Do you think you already understand how mental wellness relates in your life?

What Is Mental Wellness?

Mental wellness is an internal resource that helps us think, feel, connect, and function; it is an active process that helps us to build resilience, grow, and flourish.

Mental wellness is a **resource** because it is dynamic, renewable, and positive.

Mental wellness is a **process** that we must engage in proactively, it is not a static state of being.

Mental wellness is not only “mental” but has several dimensions:



THINKING
Mental Dimension



CONNECTING
Social Dimension



FEELING
Emotional Dimension



FUNCTIONING
Psychological Dimension

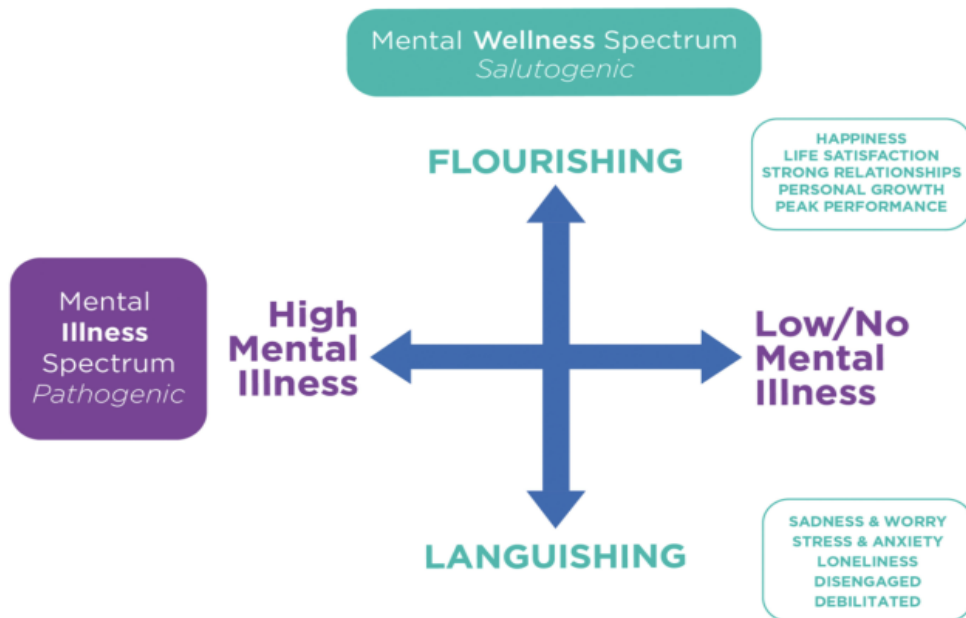
FIVE KEY THINGS TO KNOW ABOUT MENTAL HEALTH

1. Mental wellness is more than just the absence of mental illness.
2. Mental wellness is an active process of moving from languishing to resilience to flourishing.
3. Mental wellness helps to shift the perspective away from stigma to shared humanity.
4. Mental wellness grows out of a grassroots, consumer-driven movement.
5. Mental wellness is multi-dimensional, holistic and personal.

1. MENTAL WELLNESS IS MORE THAN JUST THE ABSENCE OF MENTAL ILLNESS.

THE COMPLEX RELATIONSHIP BETWEEN MENTAL ILLNESS AND MENTAL WELLNESS IS BEST UNDERSTOOD BY ENVISIONING THEM SITTING ON TWO SEPARATE CONTINUUMS (SEE FIGURE BELOW). The horizontal axis measures mental illness from high to low, while the vertical axis measures mental wellness from languishing to flourishing. About 85% of the world's population does not have a diagnosed mental illness, but these people are not all "mentally well" or thriving because of pervasive stress, worry, loneliness and other challenges. On the other hand, those who have a diagnosed mental disorder can still have moderate or positive mental wellness (e.g., having good relationships, feeling happy, or functioning well at a job). Practices that increase our mental wellness are increasingly recognized as protective factors for our mental health, as well as helping reduce the severity and symptoms of mental illness (alongside conventional treatment regimens).

Dual Continuum Model of Mental Wellness and Mental Illness



The dual continuum model was adapted by GWI from concepts developed by Keith Tudor (1996) and Corey L.M. Keyes (2002). Source: Global Wellness Institute

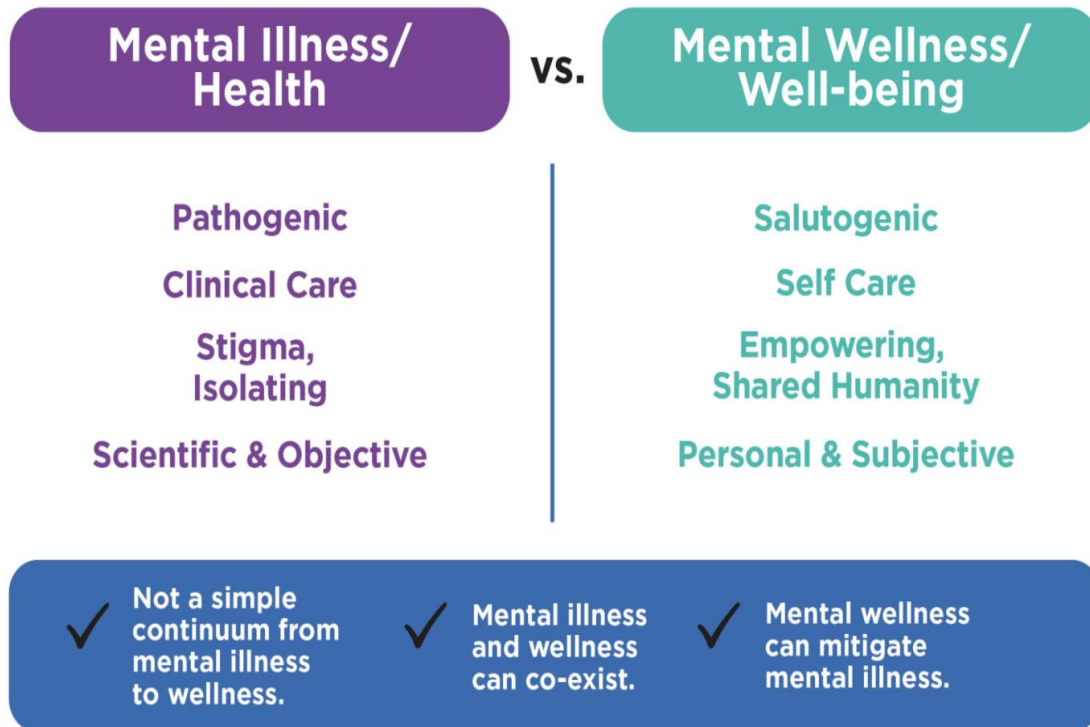
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2. MENTAL WELLNESS IS AN ACTIVE PROCESS OF MOVING FROM LANGUISHING TO RESILIENCE TO FLOURISHING. On one level, mental wellness is about prevention; coping with life's adversity; and being resilient when we face stress, worry, loneliness, anger and sadness. On another level, mental wellness moves us toward a deeper, richer and more meaningful human experience, which is often described as flourishing.

3. MENTAL WELLNESS HELPS TO SHIFT THE PERSPECTIVE AWAY FROM STIGMA TO SHARED HUMANITY. Mental wellness can help shift our focus toward a more positive and empowering approach (how we can feel, think, connect and function better), rather than just avoiding or coping with illness. It emphasizes our capacity to build resilience; to reduce suffering; to find inner peace and joy; and to seek meaning, purpose and connection—a universal longing shared by all people.

4. MENTAL WELLNESS GROWS OUT OF A GRASSROOTS, CONSUMER-DRIVEN MOVEMENT. Evidence shows that improving our mental wellness can even reduce our risk of developing mental illness, but not enough attention is paid globally to mental illness *prevention* and mental wellness *promotion*. Consumers, practitioners and businesses have led the charge in seeking self-directed,

alternative solutions outside of the established fields of medicine, psychiatry and psychology. They are bringing centuries-old natural and holistic mental wellness modalities into the mainstream, pushing science into areas where it has not gone before to consider the efficacy of ancient practices and emerging solutions.

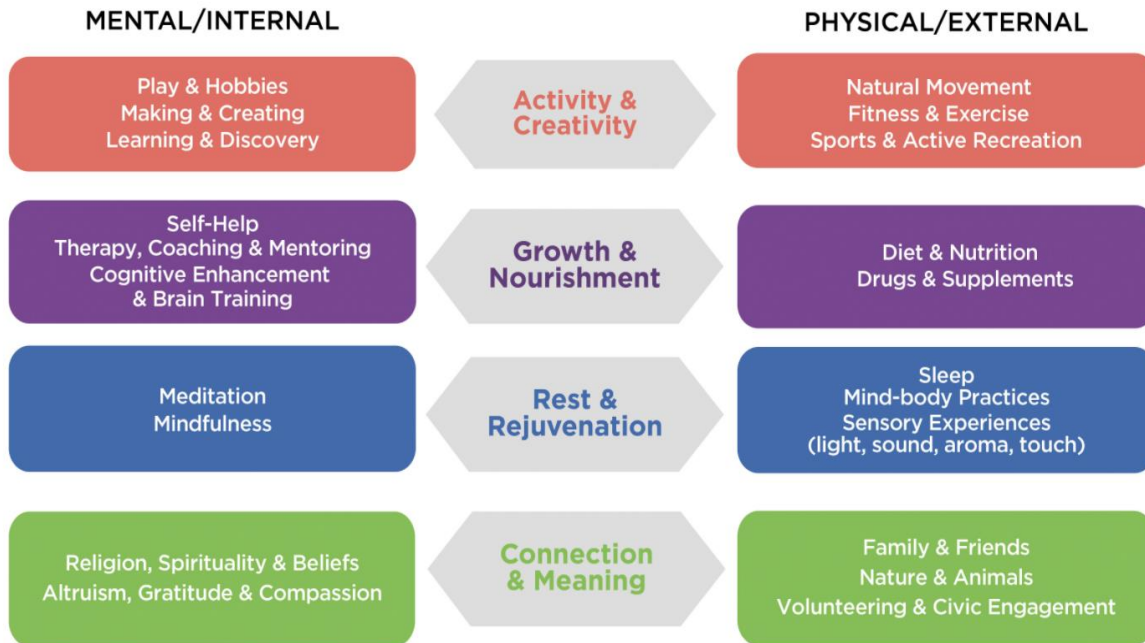


Source: Global Wellness Institute

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5. MENTAL WELLNESS IS MULTI-DIMENSIONAL, HOLISTIC AND PERSONAL. Mental wellness recognizes the integrated and holistic nature of our health and wellbeing. The state of our mind affects our body and vice versa. Sometimes, when our circumstances change, we need to adopt new practices or strategies to handle stress, improve resilience, and deal with adversity. In this study, we segment the key strategies for mental wellness into four main pathways: **activity and creativity, growth and nourishment, rest and rejuvenation,** and **connection and meaning.** Each of these has mind-body and internal-external dimensions (see figure below). Together, they represent a menu of options for pursuing mental wellness; there is no set path, and people can choose the strategies and activities that are the most important or effective for them.

Pathways to Mental Wellness



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Source: Global Wellness Institute

THE MENTAL WELLNESS ECONOMY

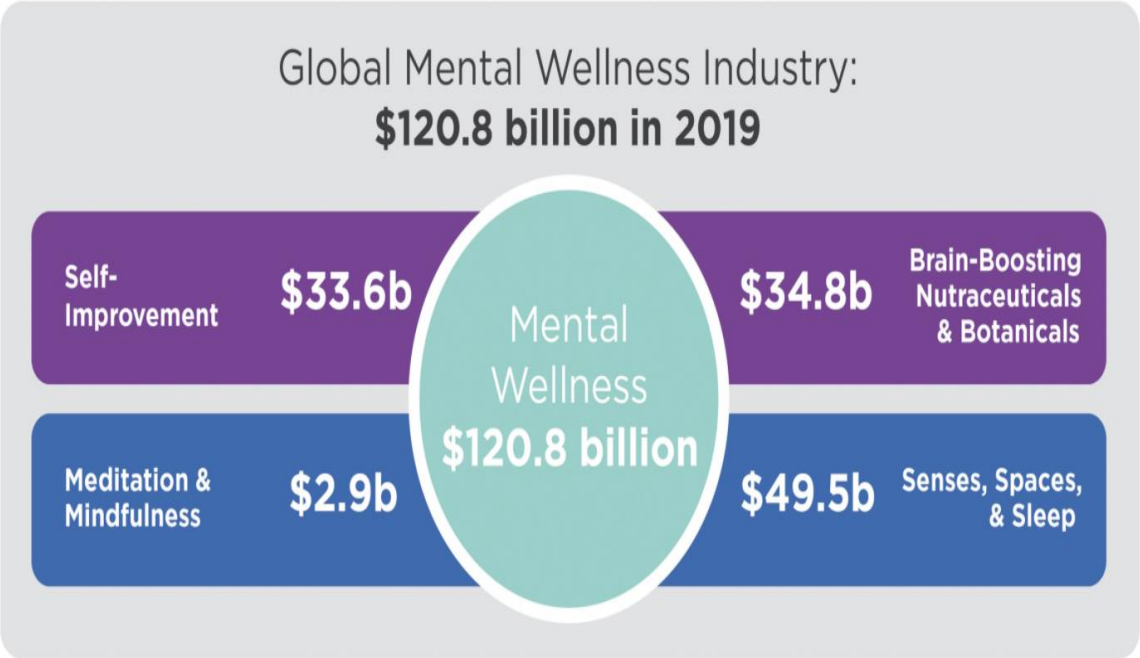
GWl defines the mental wellness economy as consumer spending on **activities, products and services whose primary aim is to help us along the mental wellness pathways of growth and nourishment and rest and rejuvenation.**

IT ENCOMPASSES FOUR SUBSECTORS:

- Self-improvement**
- Brain-boosting nutraceutical and botanicals**
- Meditation and mindfulness**
- Senses, spaces and sleep**

GWl estimates that the global mental wellness industry was worth \$120.8 billion in 2019 (see figure below). This estimate represents consumer expenditures on the four subsectors that we have defined as part of the mental wellness industry; it focuses on proactive, wellness-focused, consumer- and private sector-driven activities (that is, things outside of the psychiatry, psychology and clinical/medical spheres). These figures are broad, global estimates that we aggregated based on a wide range of secondary data sources. [Note that the data presented here were extracted from GWl's

2020 report, ***Defining the Mental Wellness Economy***. Updated mental wellness data can be found at: **Wellness Economy Data Series**.]



*Note: Numbers do not sum to total due to overlap in segments.
Source: Global Wellness Institute*

GLOBAL WELLNESS ECONOMY: **\$5.6 trillion in 2022**



Note: Numbers do not add to total due to overlap in sectors.
Source: Global Wellness Institute

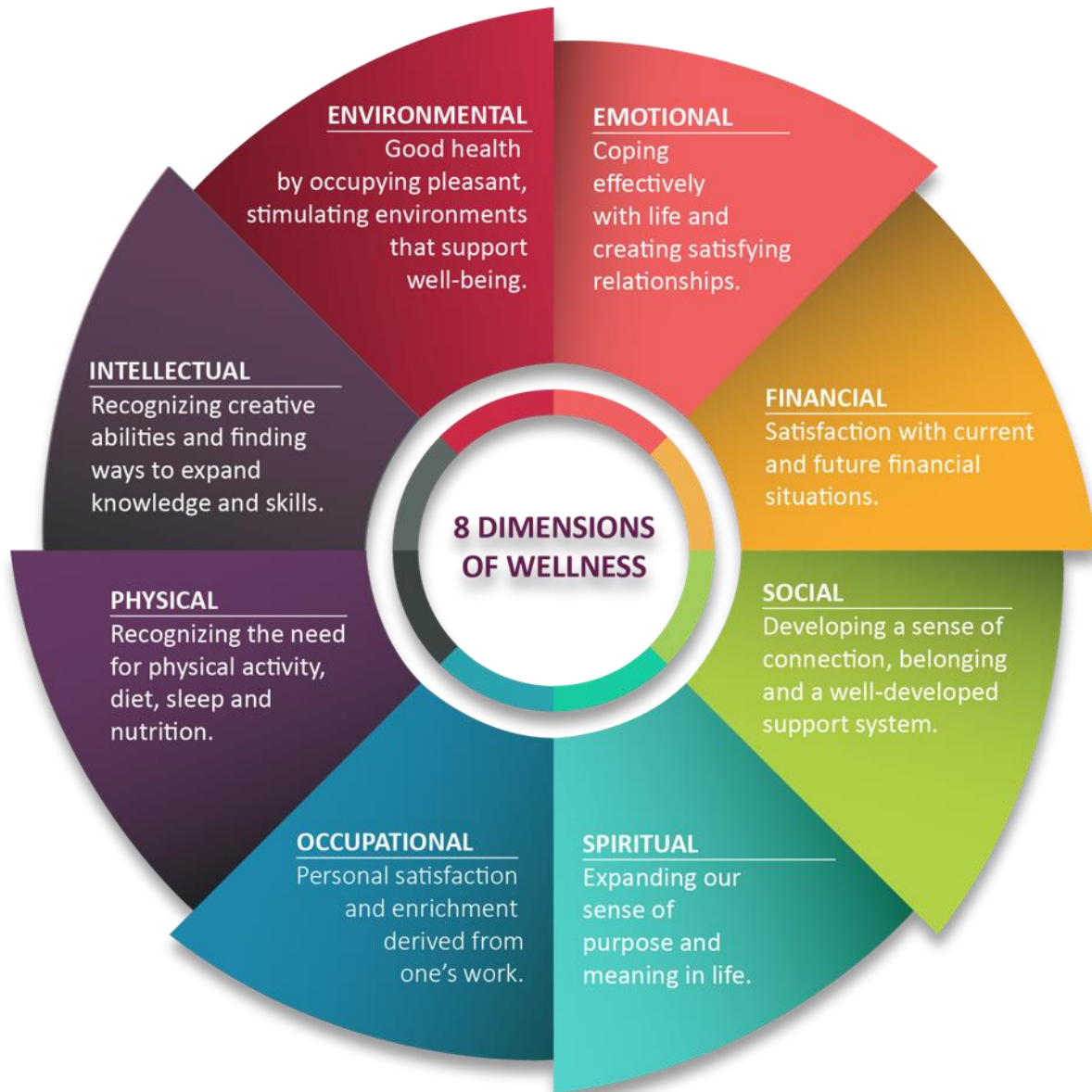


CONCLUSION

If the market was worth a record \$4.9 trillion in 2019, and then shrank 11% to \$4.4 trillion in the pandemic year of 2020, the research indicates that the wellness economy has seen recent, economy-defying momentum. It grew 27% since 2020 to reach \$5.6 trillion, with 7 of the 11 wellness sectors now surpassing their 2019, pre-pandemic values. With consumers, the medical world, and governments now placing a much bigger value on prevention and wellness, the GWI forecasts that the wellness economy will grow at an impressive 8.6% annual pace through 2027, when the market will reach \$8.5 trillion—nearly double its 2020 size.

“We are surprised by the resiliency of the global wellness economy, and how quickly it has bounced back from the pandemic. It has exceeded our own expectations and forecasts,” said Katherine Johnston, GWI senior research fellow. “If the pandemic disrupted industry momentum in the short term, it has simultaneously created a dramatic shift in the long-term opportunities and trajectory for wellness.”







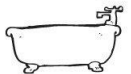
















On a short note of my own I will say that though my work here may be a bit out of source date because I found more research on this topic when was doing some polishing before presentation Then, while I continue to work on my own mental health, I find everyday when I am open to my surroundings, remembering my healthy values, and moving in a positive direction continuously I am not far behind.



THE SPOONIE CHALLENGE

You have been given this challenge by a spoonie, someone who identifies with the spoon theory. Your challenge today is to get through the day with at least 1 spoon remaining. You will need the remaining spoon to get a good night's sleep, something which is hard for a spoonie to do.

YOUR STARTING NUMBER OF SPOONS: _____

	Get out of Bed 1 Spoon		Instant Meal 1 Spoon		Read 1 Hour 1 Spoon
	Get Dressed 1 Spoon		Cook a Meal 3 Spoons		Study 30 min 2 Spoons
	Bathe 2 Spoons		Makeup 1 Spoon		Conversation 20 min 1 Spoon
	Hair/Shave 1 Spoon		TV/Internet 1 Hour 1 Spoon		Chores 15 min 2 Spoons
	Shave Legs 2 Spoons		Play Video Games 30 min 2 Spoons		Drive (Each way) 2 Spoons
	Shopping 4 Spoons		Take Meds 1 Spoon		Exercise 10 min 2 Spoons
	Hang out with Friends 1 Hour 3 Spoons		Hobby 30 min 2 Spoons		Work/School 4 Hours 5 Spoons
	Pick up Item 1 Spoon		Emotional Stress 2 Spoons		

HOW TO RECHARGE YOUR SPOONS

To recharge your spoons choose one of the 3 options below.

Use a random number generator to decide how many spoons you will receive from doing this. For someone with chronic health issues (AKA Spoonie) it is impossible to tell if they will get more spoons (or lose any) by doing these activities.

	Nap 1 Hour 1-3 Spoons		Caffeine 1-2 Spoons		Sit and Relax 30 min 1 Spoon
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If you exceed the number of spoons you have this will take away from tomorrow's spoons, therefore you will be able to do less tomorrow. A chronically ill person could do everything right and have plenty of spoons left the night before but still wake up with little or no spoons the next day.

THIS DOCUMENT WAS MADE BY SPOON CULTURE.