

MENTAL HEALTH AND WELLBEING

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KEEPING SAFE

- Talking about mental health and wellbeing could bring up some things for you that you may be finding difficult to deal with or manage.
- Think about where you can access support if you need to.

MENTAL HEALTH

Mental health is defined as a state of well-being in which every individual

Realises his or her own potential

Can cope with the normal stresses of life

Can work productively and fruitfully

Is able to make a contribution to her or his community.

WHO - World Health Organisation 2003

MENTAL HEALTH IS:

- “...the emotional and spiritual resilience which allows us to enjoy life and survive pain, disappointment and sadness. It is a positive sense of wellbeing and an underlying belief in our own, and others’, dignity and worth.”

(Health Education Authority. Mental Health Promotion: A quality framework. London: Health Education Authority; 1997.)

WHAT OUR MENTAL HEALTH GOVERNS



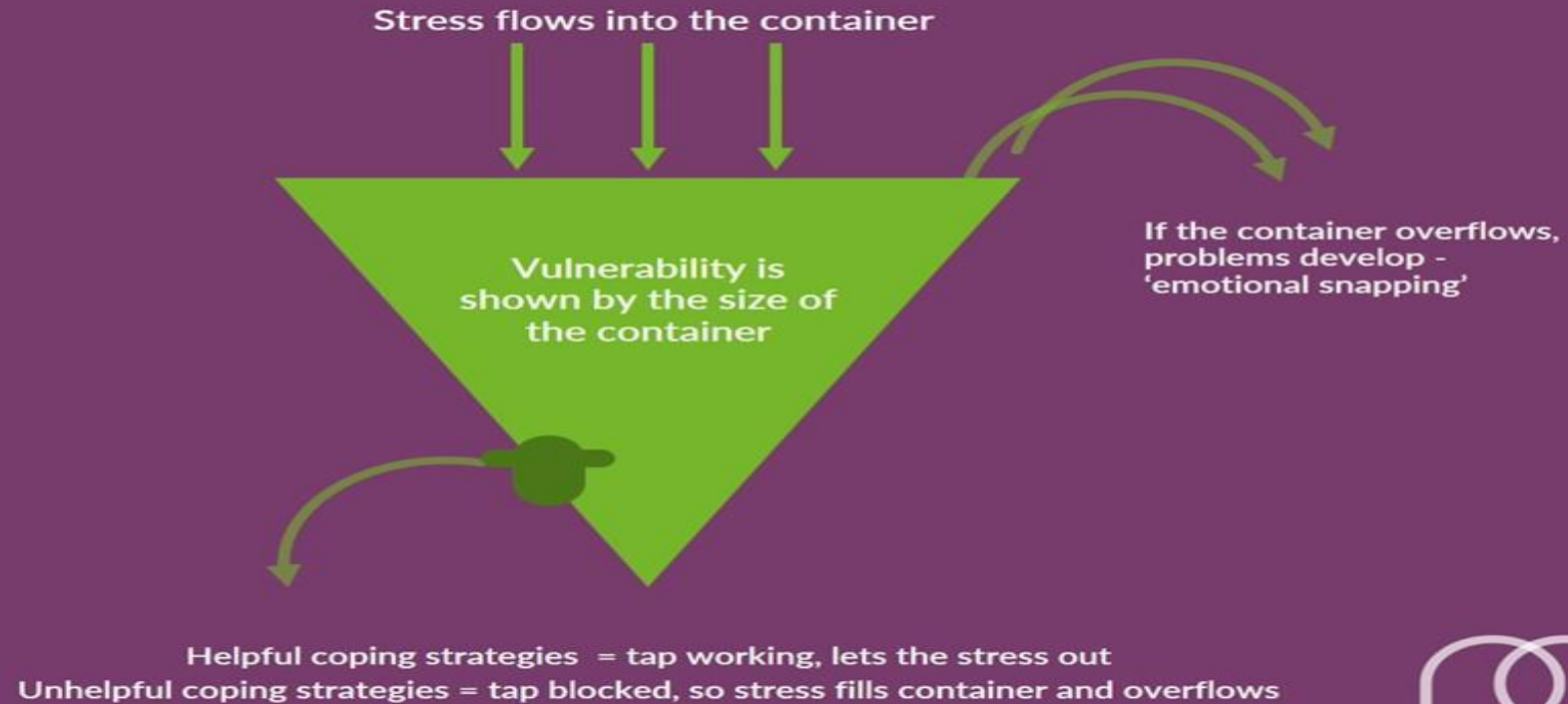
WHAT CAN IMPACT ON OUR MENTAL HEALTH?

- Isolation
- Diagnosis of a chronic health condition
- Money
- How the world feels
- Relationships
- Having a baby or getting married
- Expectations
- Abuse / Neglect
- Stress

POLL

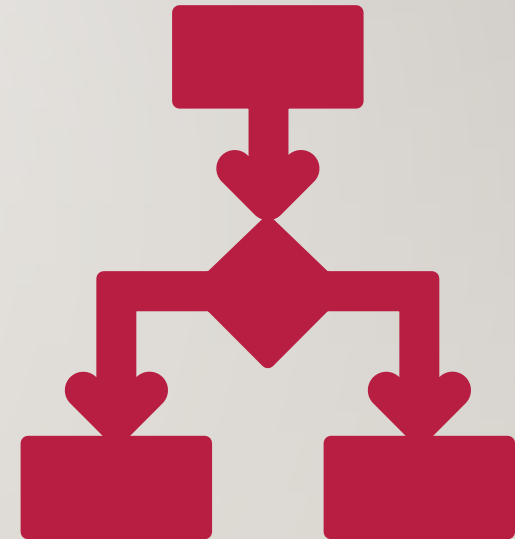
- In times of stress, how easy is it for you to manage the symptoms of your MS?

What's in your Stress Container?



WHAT IS YOUR STRESS SIGNATURE?

- We all have our own unique stress signature when we are stressed.
- Take a minute to reflect on the symptoms you experience when you are feeling stressed.



UNHEALTHY WAYS OF COPING WITH STRESS

Smoking

Becoming angry

Withdrawing

Gambling problems

Working too much

Using substances

Not eating / overeating

Over exercising

Taking risks with health

Criticising yourself



HEALTHY WAYS OF COPING WITH STRESS

Talking - Joining a
peer support group
Our circles

Nourishing
ourselves with
healthy food

Being able to say no
Taking a break to rest

Hobbies
Creative time

Asking for help

Alternative
Therapies
Meditation / Yoga
Massage

Being in nature
Having bare feet
on natural stone /
grass

WHAT IS SELF CARE?



Overcoming
MS
Programme



Diet – Plant based
with fish



Meditation



Medication where
appropriate



Exercise



Vitamin D



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The Five Ways to Wellbeing - The New Economics Foundation

THE POWER OF LISTENING

What is the best way to ease someone's pain and suffering? In this beautifully animated RSA Short, Dr Brené Brown discusses the difference between sympathy and empathy

<https://www.youtube.com/watch?v=KZBTYViDPIQ>





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