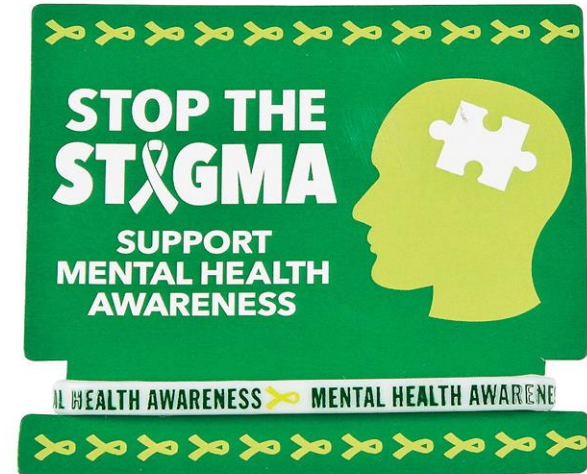




MENTAL HEALTH AWARENESS

02/11/2022





Introduction

- **Health** is state of **complete physical , mental and social** wellbeing, and not merely the absence of disease or infirmity ([WHO](#))
- No health without mental health.
- **Mental health** refers on how we think , feel , and behave.



Introduction



- Approximately one in five children display signs of poor mental health, at any given time (WHO)
- About of half of all mental illness begin in childhood and adolescence (WHO)

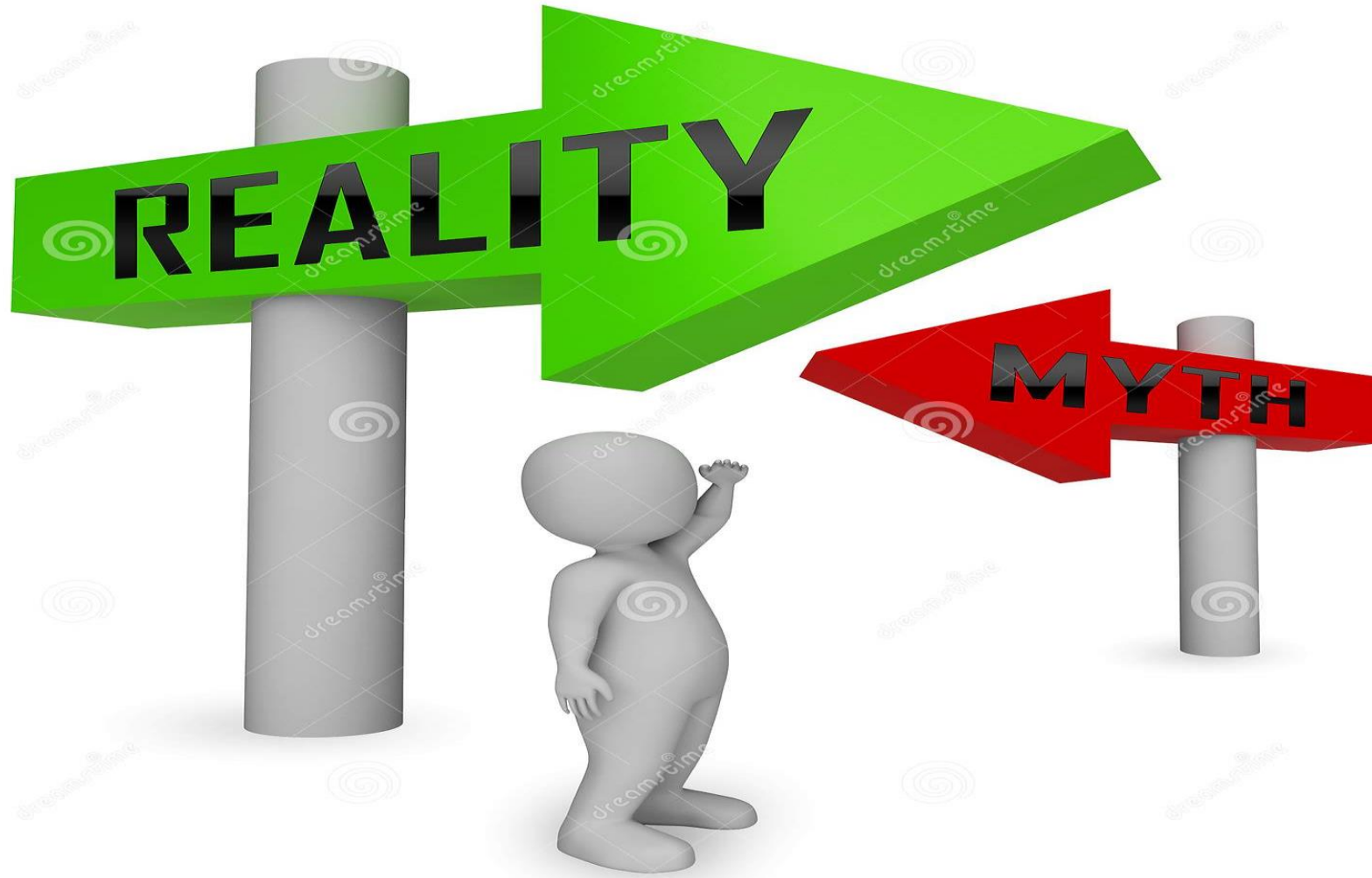


Introduction




❖ AIMS:

- To raise awareness about mental health conditions
- To remove the stigma related to having a mental illness
- To encourage student to seek help when they needed
- To prevent



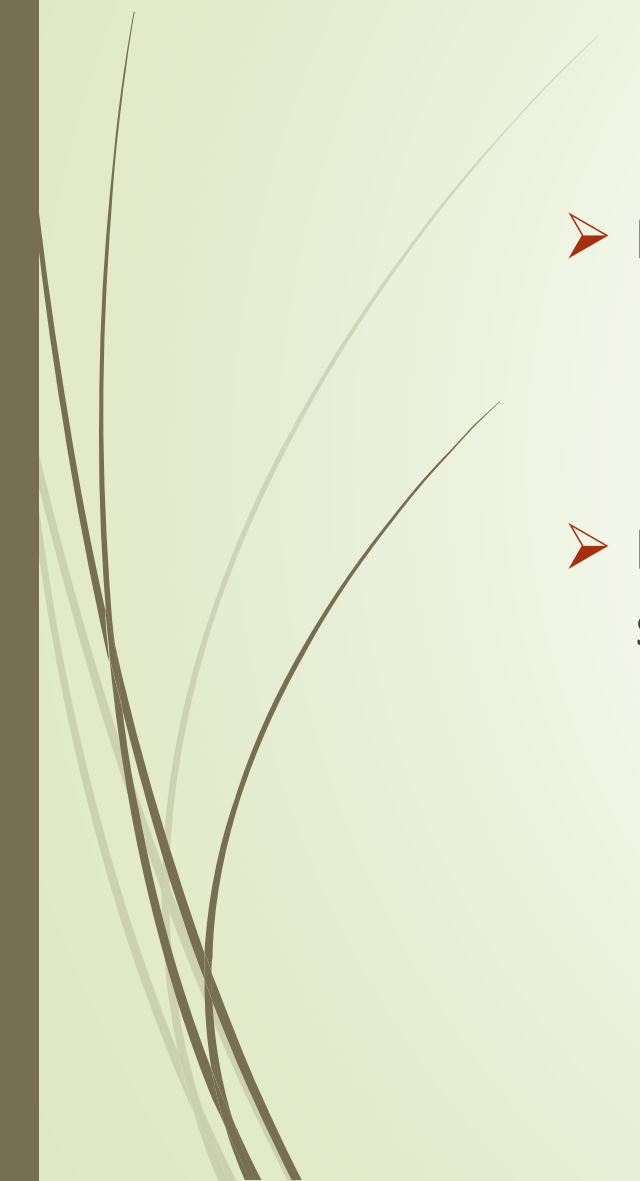


Myth and reality ?

- **MYTH:** Mental health disorders are rare
 - **REALITY:** One in five people will face a mental health problem in course of his life
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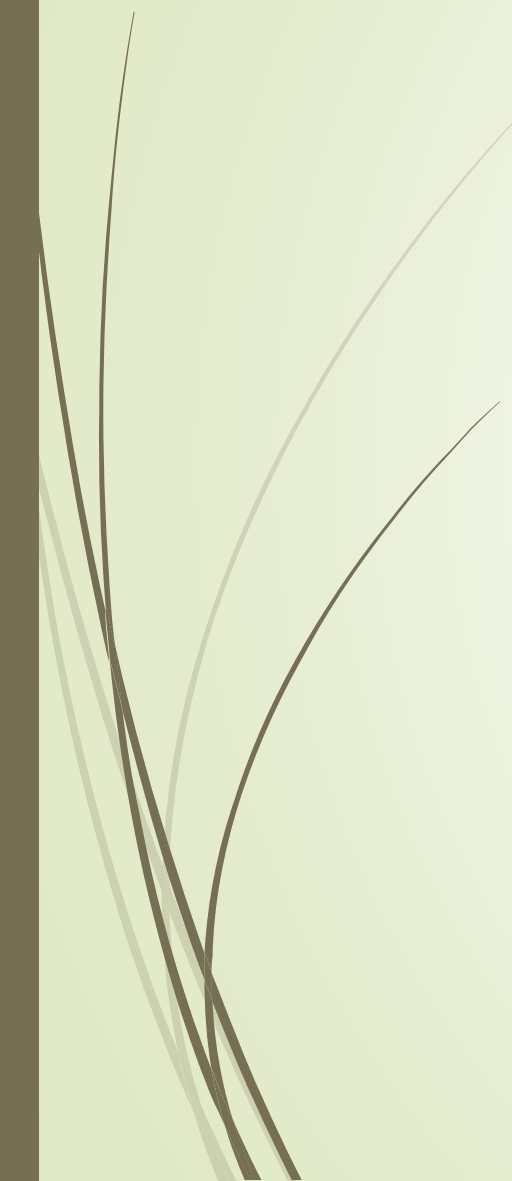


Myth and reality ?

- **MYTH:** People with a mental health problem never recover.
 - **REALITY :**With the appropriate resources, the majority of people struggling with mental health issues are recovering.
- 



Myth and reality ?

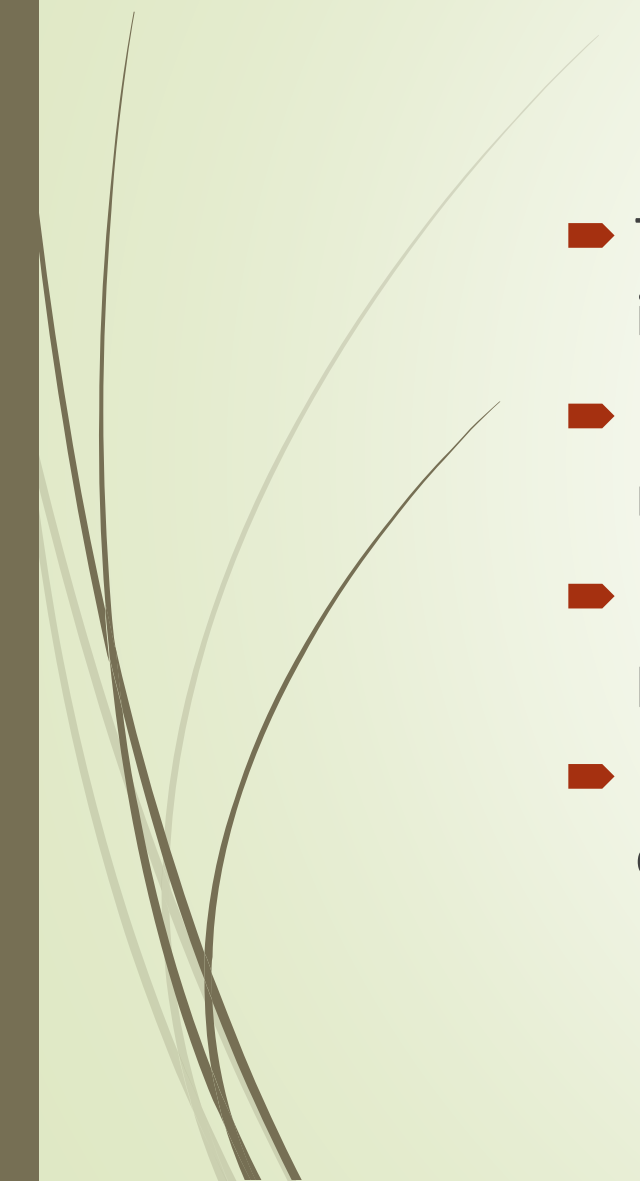
- **MYTH** : people with depression can get out of it if they really want to
 - **Reality** : People with depression have serious symptoms that are beyond their control.
- 



Mental health and violence



Mental health and violence

- The percentage of murders committed by people with mental illness has dropped in the past 50 years
 - You are more likely to be struck by lightning than killed by a mentally ill stranger (chances are 1 in 10 million)
 - People with mental illness are more often victims than perpetrators of violent crime.
 - People with mental illness are more likely to harm themselves than others
- 



Mental illness



Depressive disorder





Depressive disorder

❑ What is depression ?

- All children feel low or down at times, it's a natural part of growing up. But these emotions can be worrisome when felt **intensely over long periods of time**, particularly if they affect the **child's social, family and school life**.
- Depression is one of the most common types of mental health conditions.
- Depression can be mild and short-lived or severe and long-lasting. Some people are affected by depression only once, while others may experience it multiple times.



Depressive disorder

- Depression can lead to suicide, but this is preventable when appropriate support is provided. It's important to know that much can be done to help young people who are thinking about suicide.
- ❑ **What causes depression?**
- Depression can happen as a reaction to something like abuse, violence in school, the death of someone close or family problems like domestic violence or family breakdown. Someone might get depressed after being stressed for a long time. It can also run in the family. Sometimes we may not know why it happens.

Signs and Symptoms of Depression



Persistent feelings of sadness



Loss of interests in activities



Trouble sleeping or oversleeping



Appetite or weight changes



Fatigue or decreased energy



Difficulty thinking clearly or quickly



Irritability, frustration, or pessimism



Physical aches and pains



Recurrent thoughts of death or suicide



Normal anxiety vs pathological anxiety

□ Normal anxiety

- Is related to a specific situation or problem
- Lasts only as long as the situation or problem
- Is proportional to the situation or problem
- Is a realistic response to a realistic problem or situation



□ When someone experiences an anxiety disorder.

- Anxiety may come up unexpectedly, for seemingly no reason
- The anxiety response to a situation or problem may be much stronger than they would expect
- They may experience a lot of unrealistic anxiety, such as fear of a situation that likely will never happen
- Anxiety may last for a long time, even when the situation or problem has been resolved
- Anxiety may feel impossible to control or manage
- They may avoid situations or things that they believe to trigger anxiety symptoms

Generalized Anxiety Disorder

The main symptom of GAD is excessive worry about everyday things. It can also be accompanied by these physical symptoms:



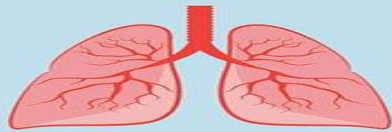
Restlessness.



Feeling on edge or irritable.



Being easily fatigued.



Shortness of breath.



Heart palpitations.



Difficulty concentrating.



Muscle tension.



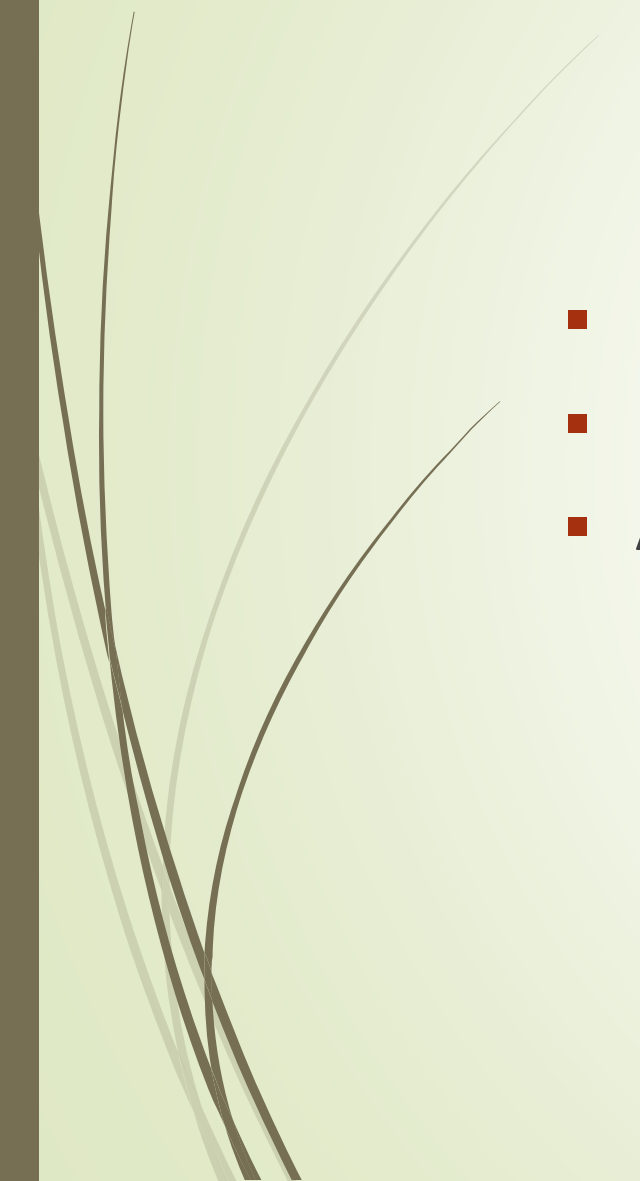
Difficulty falling asleep and/or staying asleep.



Headaches, muscle aches, stomachaches or unexplained pains.



Panic disorder

- Recurrent and unexpected **panic attacks**
 - Persistent concern about additional attacks or their consequences
 - A significant maladaptive change in behavior related to the attacks
- 



□ **Panic attack :**

- A discrete period of intense fear or discomfort developed abruptly and reached a peak within 10 minutes



**UPSET STOMACH
AND NAUSEA**
abdominal distress



SWEATING
abnormal perspiration



DIZZINESS
feeling faint



ANGINA PECTORIS
chest pain or
discomfort



HEART ATTACK
rapid pulse or
heart palpitations



HOT AND COLD
hot flashes or chills

PNIC DISORDER



HAND/ARM/LEG VIBRATION
numbness, tingling, shaking,
or trembling



SHALLOW BREATHING
shortness of breath or
trouble breathing



FEAR OF DEATH
feeling of impending doom,
of losing control; detached from reality

Social phobia





Social phobia

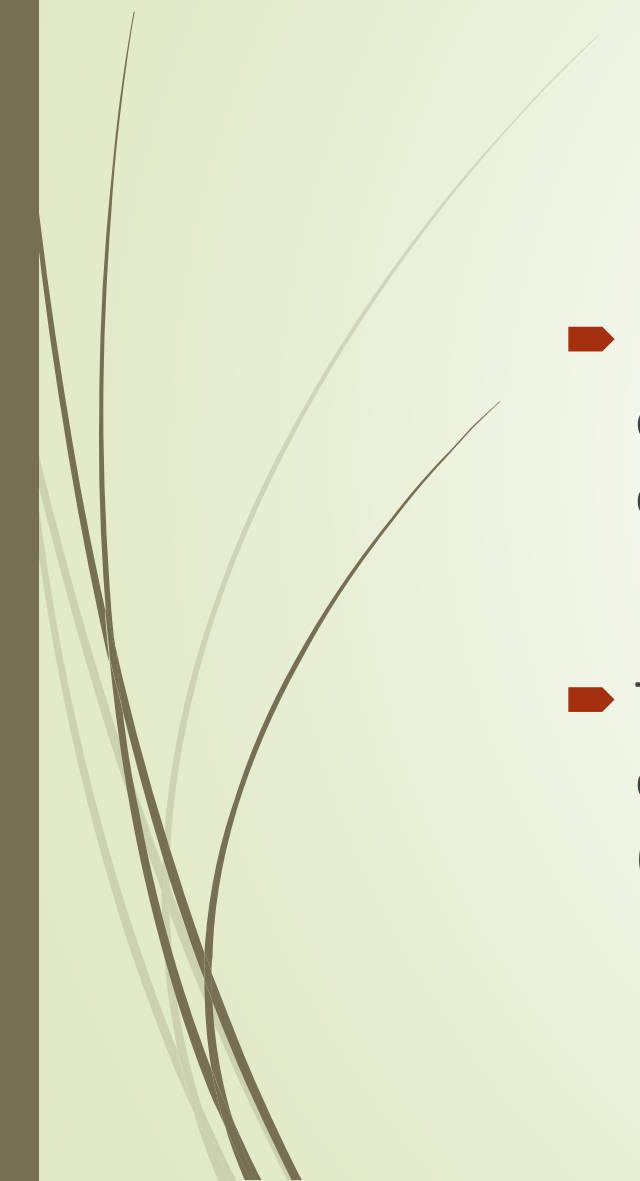
- Persistent, intense fear or anxiety about **specific social situations** because he believe he may be judged negatively, embarrassed or humiliated
- Avoidance of anxiety-producing social situations or enduring them with intense fear or anxiety



Obsessive compulsive disorder





Obsessive compulsive disorder

- Recurrent and persistent thoughts, urges, or impulses that are experienced, as intrusive and unwanted, and cause marked anxiety or distress.
 - The individual attempts to ignore or suppress such thoughts, urges, or images, or to neutralize them with some other thought or action (i.e., by performing a compulsion).
- 

- 
- 
- The obsessions or compulsions are time-consuming (e.g., take more than 1 hour per day) or cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.



Addiction

- Addiction is an inability to stop using a substance or engaging in a behavior even though it is causing psychological and physical harm.

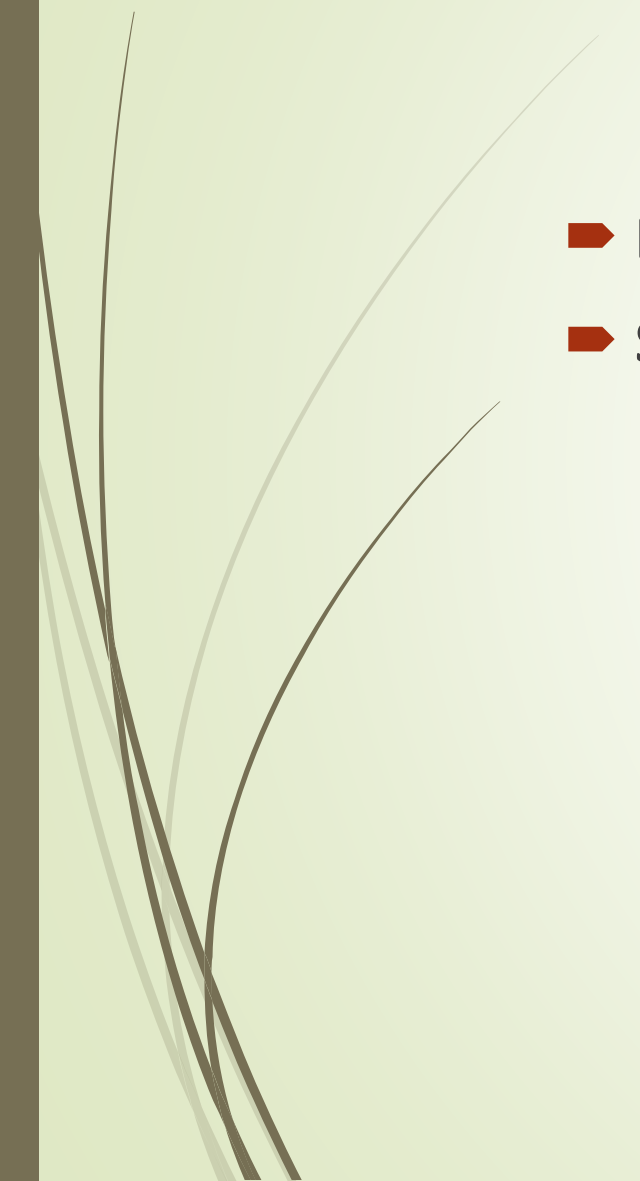


Addiction

- Using more of a substance than intended or using it for longer than you're meant to.
- Trying to cut down or stop using the substance but being unable to.
- Experiencing intense cravings or urges to use the substance
- Spending more time getting and using drugs and recovering from substance use.
- Neglecting responsibilities at home, work or school because of substance use.



Other mental disorders

- **Bipolar affective disorder**
 - **Schizophrenia**
- 

MENTAL HEALTH PROMOTION AND PREVENTION



Regular Physical activity





Regular Physical activity

- Reduce anxiety and stress
- Increase self esteem
- Improve the quality of sleep

Nutrition





Nutrition

- Vitamin (B,C,D,E) and mineral deficiencies(calcium ,iodine , iron, magnisium) affect cognition and the ability to learn and retain
- Avoid stimulants
- Eat healthy
- Balanced calorie intake
- Avoid alcohol, smoking

Sleep hygiene





Sleep hygiene

- Regular hours
- Sufficient hours
- Avoiding certain activities in the bedroom (such as watching TV)
- Avoid activities requiring a lot of concentration 2 hours before sleep
- Promote relaxation activities before sleep(warm bath, book..)
- Get Daylight Exposure
- Cut Down on Caffeine in the Afternoon and Evening
- Restrict In-Bed Activity: To build a link in your mind between sleep and being in bed, it's best to only use your bed for sleep .
- naps relatively short and limited to the early afternoon.
- Dinner : not late , light

Relaxation





Relaxation

- Breathing technic
- Jacobson , shultz ...
- Warm bath
- Meditation
- Yoga
- Music
- Sport

Laugh /humor





Laugh /humor

- ▶ Laugh releases and provides muscle relaxation
- ▶ Take some distance from events, play them down
- ▶ Buy tapes of comedians you love and listen to them when you need a boost
- ▶ Read joke books or funny books
- ▶ Watch your favorite comedy on TV
- ▶ Don't take yourself too seriously


Time management





Time management

- **Objectives:** Avoid being overwhelmed, disorganized , under permanent time pressure
- **Terms:**
 - Establish priorities
 - A = urgent and important (must be done this week)
 - B = urgent (can wait until next week)
 - C = important (to be done soon)
 - D=not important not urgent (cancel it)

- 
- **Plan activities:** Insert activities in time,
 - **Sufficient and regular rest time** (relaxation, sport, leisure, etc., music, reading, etc.)
 - **Social support** (friends, family)



Problem resolution



➤ Modalities:

- Definition and Formulation of PB
- Solution creation
- Advantages/Disadvantages of each solution
- Decision making (choice of solution)
- Implementation and Evaluation of the chosen solution



Thank you

