



Mental Health

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01

Introducing Mental Disorders

+ Mental health



Intro: What is Mental Health?

>Mental health is how healthy our mind is.

>Our mental health can be impacted by:

Mindset

Thoughts

Family

Friends

Environment

Lifestyle choices

>Our mental health can also affect how we, in turn, interact with these factors in our life.

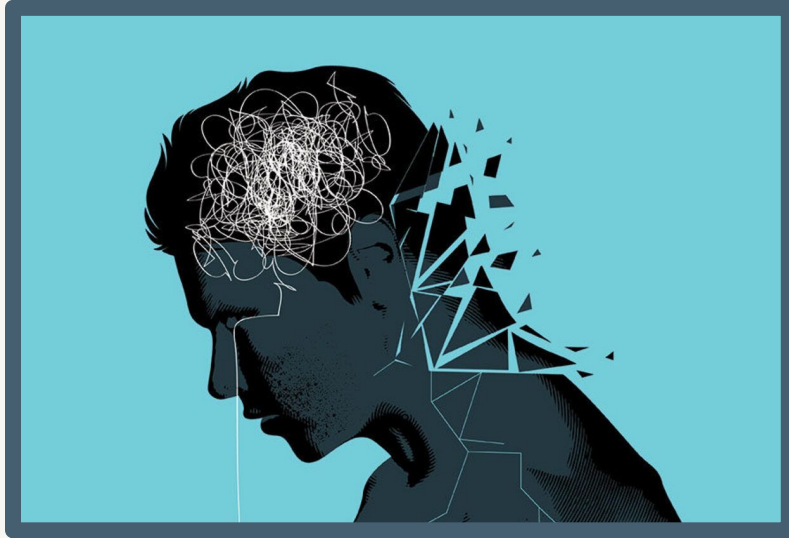


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What is a Mental Disorder?



>An issue that is in someone's mind that can affect how they think, act, and/or feel.

>Some people can be born with mental disorders and discover them later on in their life.

>Others develop them as a result of their life and the things that happen in it.

>Anyone could have a mental disorder, even if they don't 'look' like they do.





02

Different Types of Mental Disorders

Although there are a ton of different mental illnesses that people face, we'll be focusing on the most prevalent (common) ones in our generation.

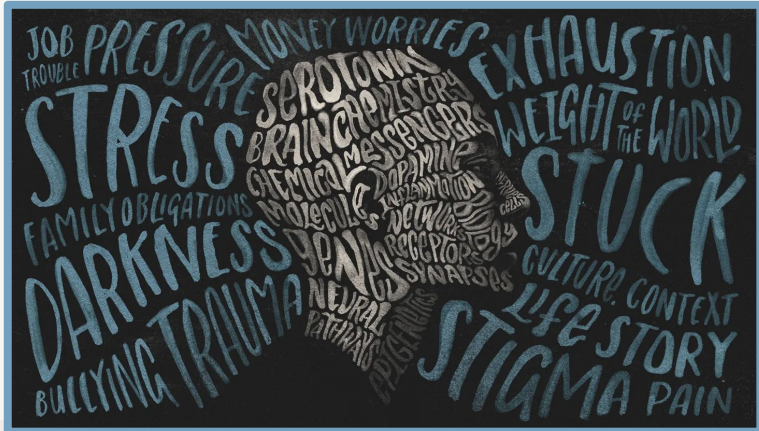


Depression

> An extreme, non-stop sadness that changes someone's mindset to be more negative.

> Makes it difficult for people to live normally and enjoy their life.

> A very common disorder that can lead the way for other disorders to develop.



Depression can make someone feel constantly...

- Alone/Isolated
- Guilty/Worthless
- Tired/Restless
- Angry/Irritable
- Nervous/Anxious
- Suicidal



Depression can cause someone to consistently...

- Experience difficulty making decisions
- Not sleep enough/ Oversleep
- Not eat enough/ Overeat
- Not exercise enough/ Over-exercise
- Loose interest in once joyful experiences
- Withdraw from socializing
- Use drugs or alcohol to cope
- Act irrationally or aggressively
- Engage in acts of self-harm



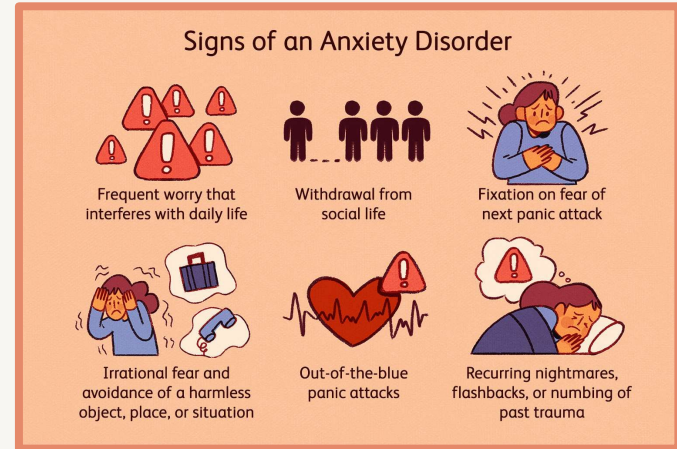
Anxiety Disorders

> Feeling constantly anxious for seemingly little or no reasons

> Type of Anxiety disorders:

- Generalized Anxiety Disorder (GAD)
- Panic Disorder
- Phobias
- Social Anxiety

> Similar to depression, anxiety disorders can lead the way for other disorders to take place



Anxiety disorders can make someone experience...

- Feelings of unease, dread, and fear
- Increased heart rate
- Dizziness
- Physical aching and pain
- Difficulty breathing
- Negative and nerve-wracking thoughts

...even when there may not be a clear reason or trigger for it.

ADHD (Attention-Deficit Hyperactivity Disorder)

- > Difficulty with focusing, doing things without considering consequences, and being “hyper”
- > It’s normal for kids to act this way, but those with ADHD don’t grow out of them.
- > Makes it difficult to...
 - Focus on things
 - Behave properly
 - Make friends with others
 - And so much more



PTSD (Post-Traumatic Stress Disorder)

> Develops when something traumatizing happens in someone's life.

> Makes it difficult for people to move on from difficult situations and continue to live their lives normally



Symptoms of PTSD

- Intense, disturbing thoughts or nightmares of traumatic experience after it has occurred
- Feelings of extreme anger, sadness and fear
- Feelings of detachment from people in their lives
- Avoidance of situations that remind one of traumatic experiences
- Extreme reactions to events that remind them of traumatic experiences (loud noises, accidental touching etc.)

Potential causes of complex PTSD



BPD (Borderline Personality Disorder)

- > Makes it difficult to...
 - Manage emotions
 - Develop a clear identity
 - Look at situations logically
 - Maintain relationships with others

> People with BPD often feel like they don't know who they are because their personality can change so quickly.

> Having BPD feels like being on a rollercoaster; going through many ups and downs, loops and swirls, all in a short period of time.



Symptoms of BPD

- Fear of abandonment; terrified of being abandoned or left alone.
- Unstable relationships.
- Unclear or shifting self-image.
- Impulsive, self-destructive behaviors.
- Self-harm.
- Extreme emotional swings.
- Chronic feelings of emptiness.
- Explosive anger.

Eating Disorders: Anorexia Nervosa

> Causes someone to have an extreme and illogical fear of gaining weight.

> Divided into two types:

- Restrictive type: Avoids eating food altogether.

- Binge/purge type: Eats a large amount of food at one time, then feels guilty and tries to lose the weight gained through over-exercise or forced vomiting.



Symptoms of Anorexia

- Restrictive eating habits
- Viewing oneself as overweight even when one is a healthy weight or even underweight (distorted body image)
- Never-ending pursuit of losing weight and becoming thinner
- Low self-esteem
- Obsession over food-consumption and calorie-intake
- Inability to eat or enjoy eating in social settings
- Over-exercising in order to lose weight

Eating Disorders: Bulimia Nervosa




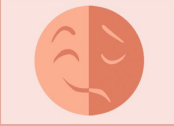


- > Similar to the binge/purge subtype of anorexia
- > Causes individuals to eat excessive amounts of food in one sitting, then feeling overwhelmingly guilty and trying to get rid of the food through unhealthy means.
- > Different from anorexia: someone can have bulimia and be a healthy weight, or even overweight.
- > Makes it difficult for people to stop eating once they have started

Symptoms of Bulimia

- Fear of gaining weight, despite being at a healthy weight
- Repeated cycle of binge eating followed by unhealthy purging techniques
- Self-esteem issues connected to weight
- Lack of control when eating



Some Signs of Bulimia

 <p>Consuming large quantities of food</p>	 <p>Noticeable absence after meals</p>	 <p>Extreme devotion to fitness</p>
 <p>Mood swings</p>	 <p>Laxative or diuretic abuse</p>	 <p>Bleeding gums</p>



03

Factors Contributing to Mental Disorders

Physical Environment

Our physical environment, no matter where that may be- school, work, home- can have a huge impact on our mental well-being. Here are just a few aspects of a physical environment and how they can influence our emotions.

> Cleanliness:

Clean, organized, = calm and relieved

Dirty, disorganized, messy = stressed and overwhelmed

> Natural Environment:

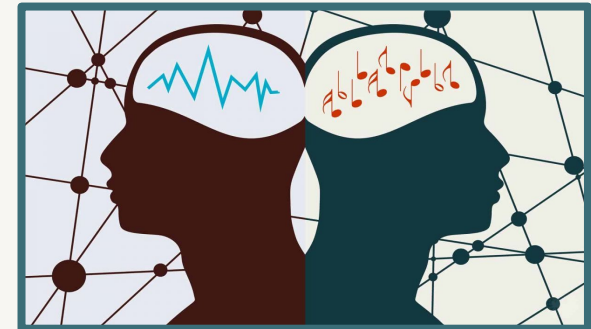
Healthy, thriving, growing= optimistic, positive

Polluted, unclean = pessimistic, negative

> Sounds:

Loud room = excited or scared?

Quiet room = calm or bored?



Social Environment



There are so many different social factors of one's environment that can affect a person's mental well-being. Here are just a few:

> Crime rate: Higher crime = more stress + less likely to go outside.

> Poverty: stress about money + difficult to discover and treat mental disorders

> Belonging: having one = feeling strong, happy, and reassured. Not having one = feeling lonely and isolated

> Bullying: Being made fun rudely can make someone feel singled out and alone.



Lifestyle

An individual's lifestyle plays an enormous part in their mental state. It can also be a reflection of how their mental state is.

> Sleep: 8-10 hours every night. Sleeping too little or too much can cause one to feel restless, unfocused and unmotivated.

> Exercise: Exercising everyday helps with reducing stress and fatigue.

> Diet: Consuming the proper amount and types of food lead to you feeling energized.



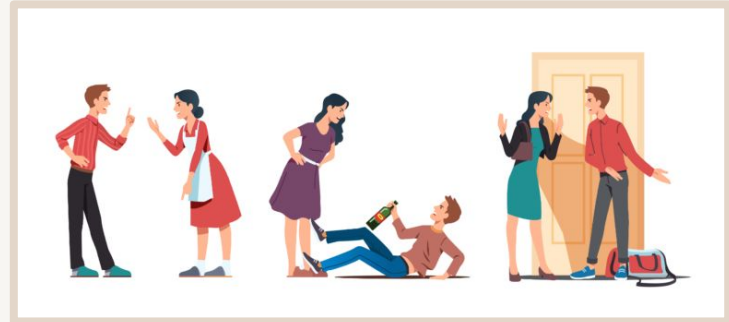
Lifestyle (Continued)

- > Stress: There are certain lifestyles and choices that promote stress. For example, living with younger siblings that you are in charge of taking care of, or procrastinating school work until the night before.
- > Habits: Positive habits can boost your mental state, whereas negative ones can make it worse.
- > Again, there are certain aspects of our lifestyles that we have no control over. However, we can try our best to improve the ones we can and have a positive outlook on the ones we don't.



Relationships

- > Parents, grandparents, relatives, siblings, friends etc.
- > They have a huge impact on our mental health because we spend a lot of time around them and care a lot about them
- > They can improve or damage your mental health depending on how they treat you
- > Patience, understanding, advice, support = better mental health
- > Ignorance, toxicity, abuse, = worse mental health



Social Media



> It is everywhere; everyone uses it in one way or another

> While it can help us to connect with others, it should never replace real-life human interactions.

> In person contact is what truly makes us happier, healthier, and more positive

> Social media has other negative effects too, like...

- Insecurity about one's life and body
- Cyberbullying; rumours and fake news
- Loneliness ⇔ anxiety and depression

> You don't have to ditch it completely; set a healthy balance



04

Taking Care of Mental Health

Understanding the 5 stages of grief, How we can help those with mental disorders and maintaining our own mental health



5 Stages of Grief: What are they?

> The 5 stages of grief are the mind's way of comprehending a negative life event

DENIAL

- Feeling numb (emotionless)
- Pretending as if nothing happened
- Pretending that things are still the same when they are not

ANGER

- Blaming oneself, others, and life in general
- Feeling on-edge and short-tempered
- Lashing out at others
- Acting without thinking

BARGAINING

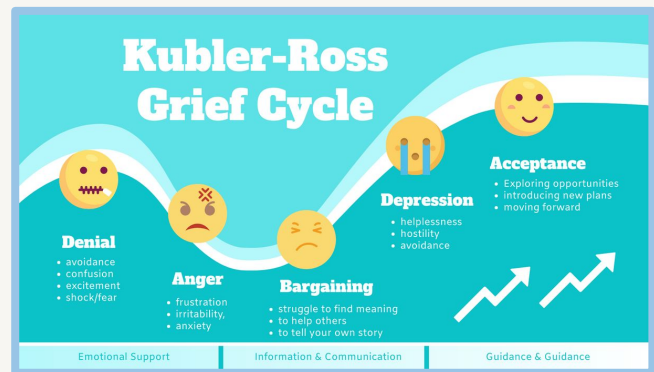
- Going over the situation over and over again
- Asking "what if" questions
- Wishing to go back and change events
- Longing for things to have turned out differently

DEPRESSION

- Intense emotional pain and sadness
- Feelings of meaninglessness
- Thinking nothing will ever be right again
- Can last very long
- May come in waves over months or years

ACCEPTANCE

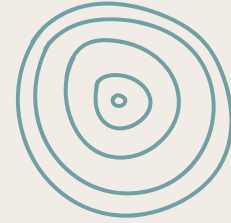
- Pain eases
- Learning to live again
- Growing from the experience



Healing

- > Healing means to put behind and grow from something negative that happened in your life
- > Big or small, the goal is to heal from it and continue living
- > There are a lot of different ways of healing, and some work better than others for certain people
- > Ways of healing include:
 - Talking to a medical professional
 - Cutting off the source of the pain (person, habit, etc)
 - Eating and sleeping properly and enough
 - Having a positive attitude and outlook on life
- > Healing is all about improving not just physically, but also mentally, emotionally, and spiritually.
- > Even after one has healed from a past trauma, there are days when the memories come back and still sting. It's normal and it's okay.





“Even the moon passes through the phases
to return to full, healing takes time”

- The moon (idk :/)



Taking care of our Mental Health



- **Spending time with those that bring you happiness** (family, friends, etc)
- **Picking up or continuing to develop a hobby** (writing, drawing, reading, playing sports etc.)
- **Getting enough sleep** (8-10 hours every night)
- **Eating enough healthy food** (but also allowing yourself to enjoy it and eat foods you crave from time to time, even if they are unhealthy. All in moderation, of course)
- **Getting enough exercise regularly** (going out for walks or runs, playing sports, etc.)
- **Positive thinking/mindset** (allowing yourself to see the good in your life, gratefulness, optimism, etc.)
- **Cutting negative people and habits out of your life** (People who lower your self-esteem and habits that harm you)
- **Improving your deen** (Making your daily 5 prayers, fasting more often, making du'aa etc.)

Do's and Don'ts of Interacting with people who have mental disorders



- Provide them proper accommodations when they need or ask for them
- Allow them to speak about their experiences if they are comfortable
- Try to understand their unique situation that their disorder creates
- Be kind and patient with them when their disorder is having an effect of them (especially when it is something they cannot control)
- Continue to include them
- Treat them like a human being



- Ignore them if they are asking for accommodations
- Make assumptions about their disorder
- Force them to speak about their disorder when they are uncomfortable
- Make fun of their disorder when they are not comfortable with jokes being made about it
- Treating them rudely because of their disorder
- Exclude them because of their disorder
- Embarrass them in front of others using their disorder

CLASS ACTIVITY!



01 Get into groups

Choose your groups, at least 4-6 per group depending on the number of students

02 Choose a scenario

Each group will create their own scenario and present two outcomes. 1 in which an individual's mental health is being considered, and another in which it is not. You will also explain why each course of action was correct or incorrect.

03 Lights, camera, action!

Each group will go up and act out their scenarios! P.S you will be provided with props!