

Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

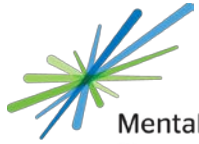
Mental Health
First Aid Canada



Business to Bruce

April 13, 2021





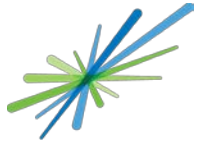
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MH Awareness/Mentally Healthy Workplace

Denise Waligora B.S.
Training & Delivery Specialist



OVERVIEW

- Health/Mental Health
- MH Continuum
- Depression & Anxiety
 - Signs/Symptoms
- Six Basic Actions of MHFA
 - Importance of Listening/Communicating Non-Judgmentally
- Working from Home/Mentally Healthy Workplaces
- Self-Care





Definition of Health

WHO defines Health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity



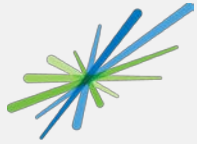


Public Health Agency of Canada

Definition of Mental Health:

Mental Health is “the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity.”

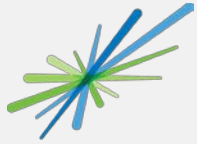




Perceptions of Mental Health and Mental Illness

HEALTHY	ILL
Mental health Normal functioning Recovery from mental illness	Diagnosable mental illness Severe and persistent functional impairment





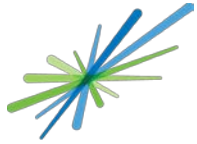
Our Mental Health Sits on a Continuum

An individual's mental health can move from good to poor mental health along a gradient on a daily basis

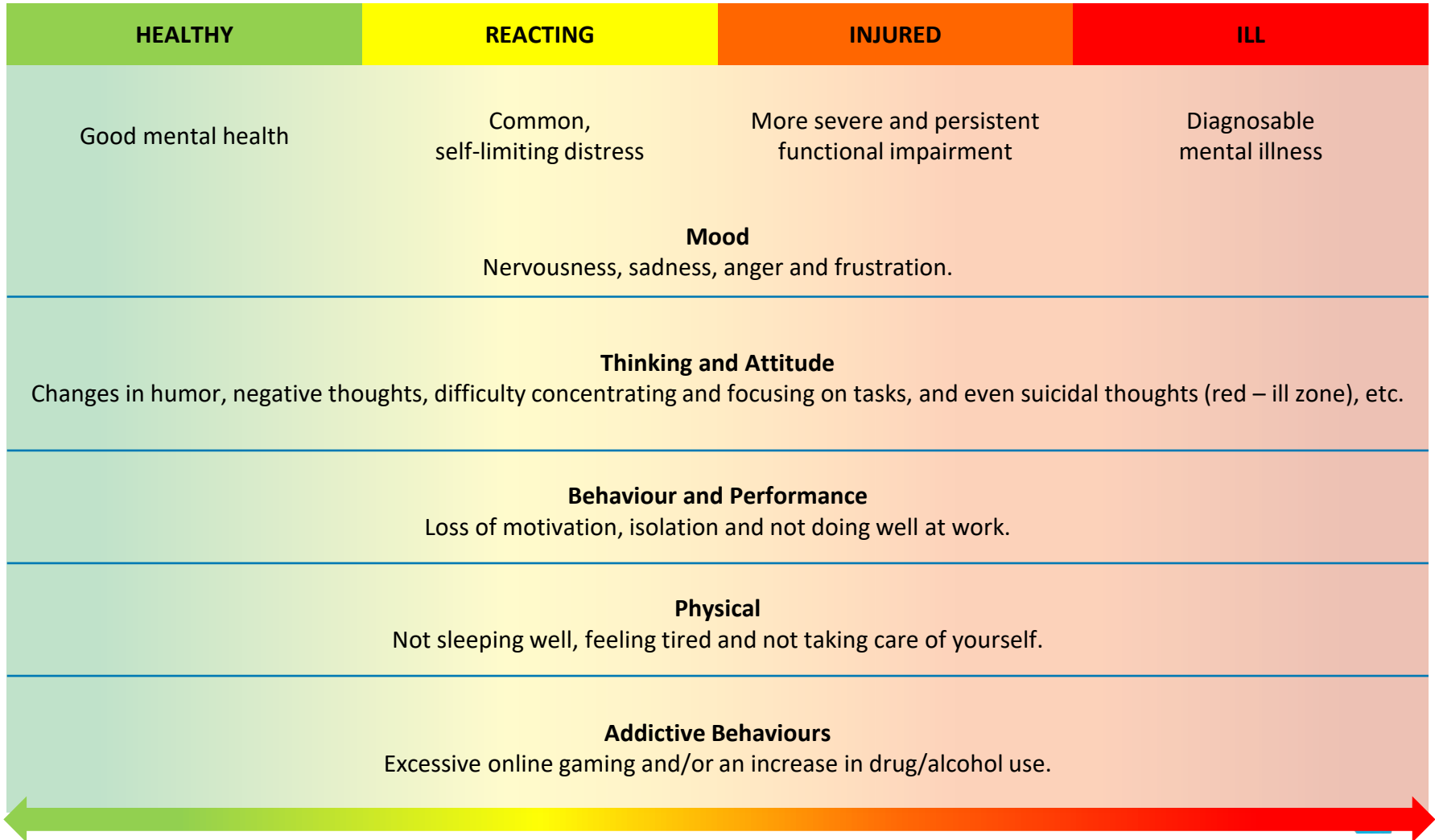


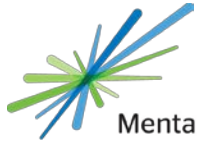
Functional
impairment





Changes we might notice during the pandemic





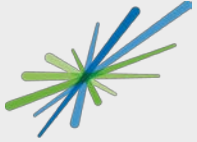
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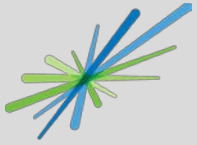
Common MH Problems



Depression

- Not the same as feeling “sad”
- Most common of mood disorders
- Affects 13% of Canadians at some point in their life
- Characterized by either a depressed mood or the loss of interest/enjoyment in nearly all activities for a period of 2 weeks as well as other additional symptoms
- Recurrent





Signs/Symptoms of Depression



Effects on **emotion**: sadness, guilt, anger, mood swings



Effects on **thinking**: frequent self-criticism, self-blame, pessimism, indecisiveness

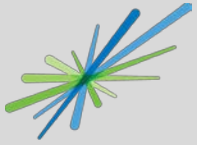


Effects on **behaviour**: crying spells, withdrawal from others, neglect of responsibilities, no motivation



Physical effects: chronic fatigue, lack of energy, weight loss or gain, unexplained aches/pains





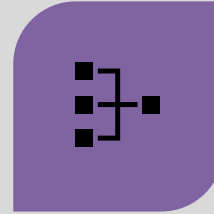
Depression in the Workplace



DECREASED
PRODUCTIVITY



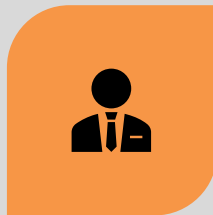
MORALE PROBLEMS



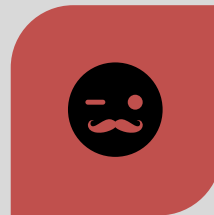
LACK OF CO-
OPERATION



SAFETY PROBLEMS



ABSENTEEISM,
PRESENTEEISM



COMPLAINTS OF
BEING TIRED, HAVING
ACHES/PAINS



ALCOHOL AND/OR
DRUG ABUSE

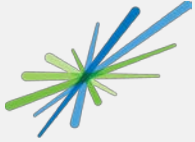


The logo for 'Anxiety' features a stylized starburst or sunburst graphic composed of several thin, radiating lines in shades of blue and green. To the right of this graphic, the word 'Anxiety' is written in a clean, blue, sans-serif font.

Anxiety

- Normal feeling we all experience
- Most common MH problem in Canada
- Anxiety Disorders vs Normal Anxiety
 - is more severe and intense
 - long-lasting
 - interferes with person's ability to function
 - occurs when a person isn't in a state of danger





Signs/Symptoms of Anxiety

Psychological

- Fear, trepidation, sense of impending doom
- Excessive inappropriate worry
- Decreased attention and concentration
- Environment feels unreal and unfamiliar
- Feeling detached from oneself
- Speeding or slowing of thoughts
- Easily distracted, irritability, insomnia, vivid dreams

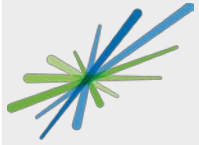
Physical

- Heart palpitations, chest pain, rapid HR, flushing
- Hyperventilation, shortness of breath
- Dizziness, headache, vertigo, tingling or numbness of the skin
- Choking, dry mouth, nausea, vomiting, diarrhea
- Muscle ache and tension, restlessness





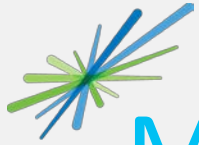
You already know about physical first aid,
now find out about the importance of
Mental Health First Aid Training



What is Mental Health First Aid?

MHFA is the help provided to a person developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis is resolved.



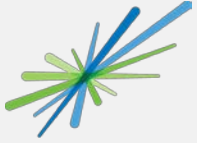


Mental Health First Aid Does Not

Train participants to become therapists or
counselors

Provide participants with the skills to diagnose





ALGEES

The foundation of the MHFA course: Learning how to have a confident and productive conversation about mental health

Assess the risk of suicide and/or harm

Listen and Communicate Non-judgmentally

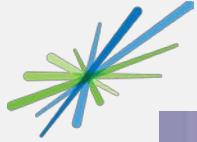
Give reassurance

Encourage professional support

Encourage other support

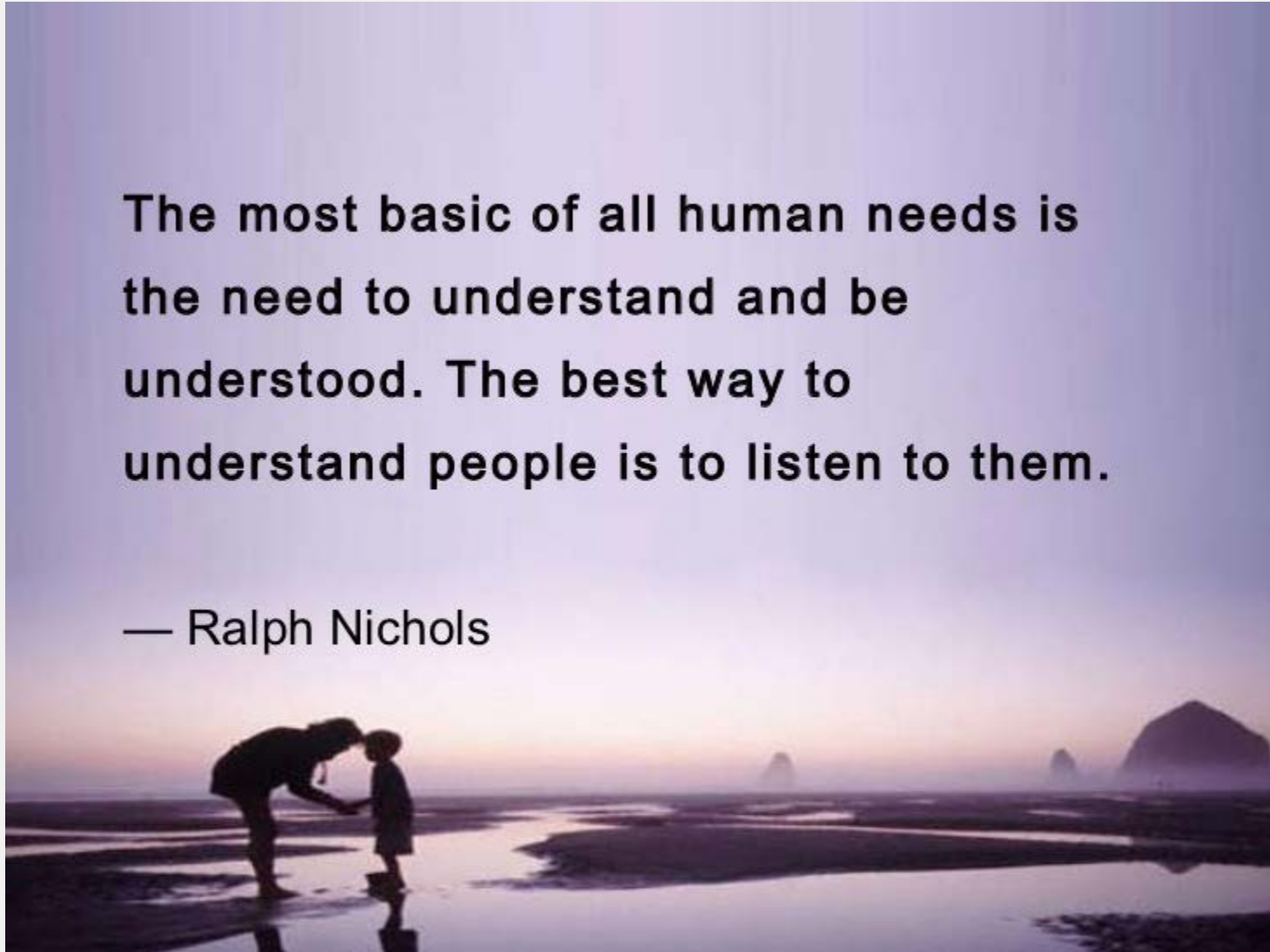
Self-care for the first aider

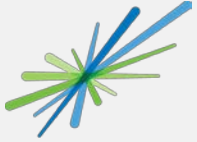




The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them.

— Ralph Nichols



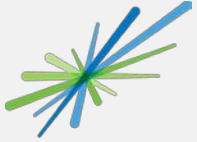


Empathy



Be the listener you would want someone to be for you





What can I say to help?

- Use 'I' statements, e.g. "I noticed that you seem down lately. I'm a little worried about, you. Would you like to talk about it?"
- Reassure them that it is safe to be honest about how they feel.
- Do not comment positively or negatively on what is described.
- Focus on showing empathy and understanding, e.g. "I see", "I understand." "This is a difficult time."
- Communicate to "meet the person on their own terms".

Remember!

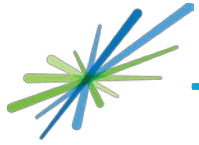
How you say something is as important what you say.

- Approach in private.
- Pay attention to your tone of voice, rate of speech, and body language.
- Give the person plenty of time to discuss their feelings.



Tips for Working from Home

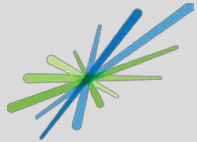
- Get dressed
- Designate a workplace/home office
- Learn the difference between negative and positive stress
- Build Transitions Into (and Out of) Work
- Don't Get Too Sucked in by the News—or Anything Else
- Communicate, Communicate, Communicate
- Don't Forget to Socialize
- Take steps to manage work/life balance
 - Give yourself a cut-off for answering emails and phone calls
 - Say no if you need to
 - Get into a routine



Tips for a Mentally Healthy Workplace


1. Speak candidly about mental health
2. Keep the conversation going
3. Include all levels of staff
4. Encourage employees to take mental health days off
5. Pay attention and be ready to help
6. Make sure the tools and resources are relevant
7. Facilitate access to these resources
8. Prioritize confidentiality and anonymity
9. Design a mentally healthy work space
10. Focus on the positive





Lavender Reduces Stress

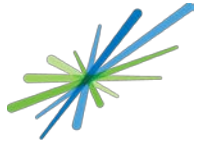




*...We can't practice
compassion with other
people if we can't treat
ourselves kindly.*

— Brené Brown

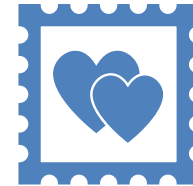
happify.com

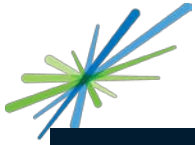


Self Care Tips

“restore yourself”

- Exercise
- Sleep/Naps
- Eat
- Coffee: make it an event of comfort
- Comfy shoes
- Decompress time
- Grooming, aka “me time”
- Educating
- Family/friend time
- Spiritual fill-up

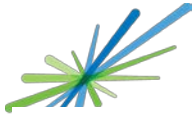




Q&A

When? Why? How? WHAT? WHERE? WHEN? What? HOW? Why? When? WHAT? WHEN? WHERE? Why? When? WHO? WHERE? WHAT? WHEN? Why? When? WHERE? WHAT? WHEN? What? HOW? WHO? WHERE? What? WHEN? WHERE? Why? When? HOW? WHERE? What? WHEN? HOW? WHEN? What? WHERE? When? WHEN? HOW? WHAT? Why? WHEN? HOW? WHERE? What? WHEN? HOW? WHEN? What? WHERE? When? WHEN? HOW? WHAT? Why?





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