

# The Biggest Asset is You

---

**A Person-Based Approach to Mental Health**

# The Biggest Asset is YOU.

**If he had a piece of machinery he was working on in his shop fall and break his leg, and pin him under it, he'd call a neighbor to come with his big loader and lift the machine up to free him. He'd call his wife to get an ambulance coming. He'd call family or helpers to take over while he went for medical care. But in the midst of a financial, marital, or emotional crisis, he could be paralyzed from calling for help. -Brad Nelson**

# Class Overview

- What is stress?
- Signs & Symptoms
- Mental Health versus Stress
- Anxiety
- Living with Mental Health Struggles
- Depression & Suicide
- Response & Resources

# Why?

- 20% of the nation's population lives in rural areas
- Greater isolation
- Elevated stress levels
- Community mentality - 1 person gaining knowledge is 1 more person who can help

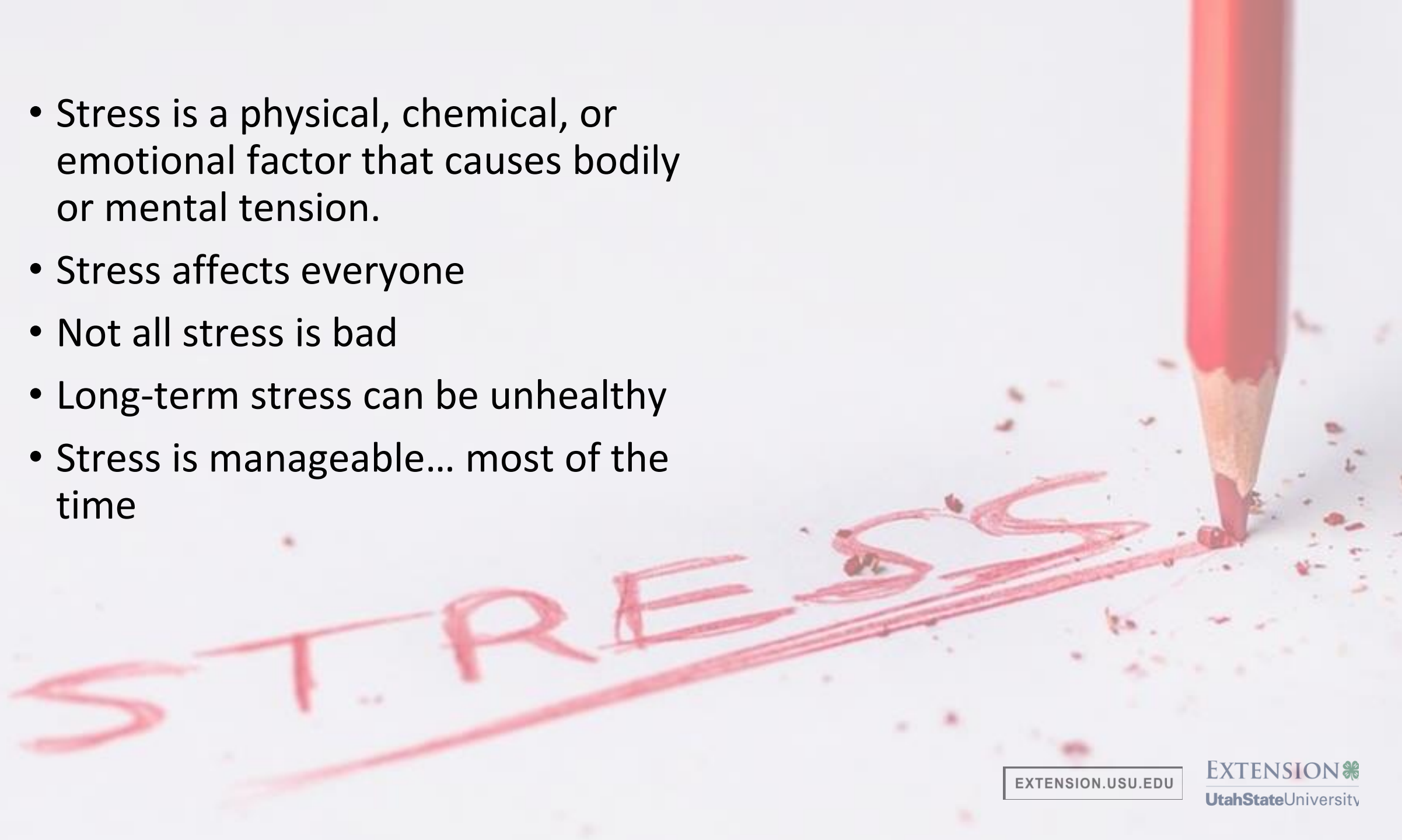
# Barriers to Better Mental Health

- What do you think are some barriers to better mental health?
  - Access to Services
  - Availability of Services
  - Acceptance of illness
  - Stigma

# What is Stigma?

- “a mark of disgrace associated with a particular situation”
- What leads to stigma regarding mental health in your community?
- How can you overcome stigma?
  - knowledge
  - resources
  - sharing stories

- Stress is a physical, chemical, or emotional factor that causes bodily or mental tension.
- Stress affects everyone
- Not all stress is bad
- Long-term stress can be unhealthy
- Stress is manageable... most of the time



# How do you manage stress?

- Healthy Habits - The biggest asset is you
  - What do you need to build these habits?
  - How can/ do you “re-set” for stress?
    - Exercise
    - Relationships
    - Hobbies
    - Quality sleep



- When does someone need to seek professional/ other help?



# Stress vs. Mental Illness

Stress signs are signals to slow down and take steps to check for difficulty

- When stress isn't managed, or triggers more than a "normal reaction" seek help

# Signs & Symptoms of MH Issue

- Physical
  - Head aching, tense/aching muscles, fatigue, low energy
- Emotional
  - Irritable, withdrawn, difficulty concentrating, frustration or anger, feeling hopeless
- Behavioral
  - Easily angered, sleep troubles, overeating or loss of appetite, increased use of drugs and/or alcohol
- Relationships
  - Conflict, strained interactions, avoiding others, hard time communicating

# Stress vs Mental Health Illness

## Stress

- Response to an *external* cause
- Manageable with coping skills
- Can be positive
- Everyone has stress
- Self-treated

## Mental Health Illness

- Specific reaction to stress that originates *internally*
- Diagnosable by a professional

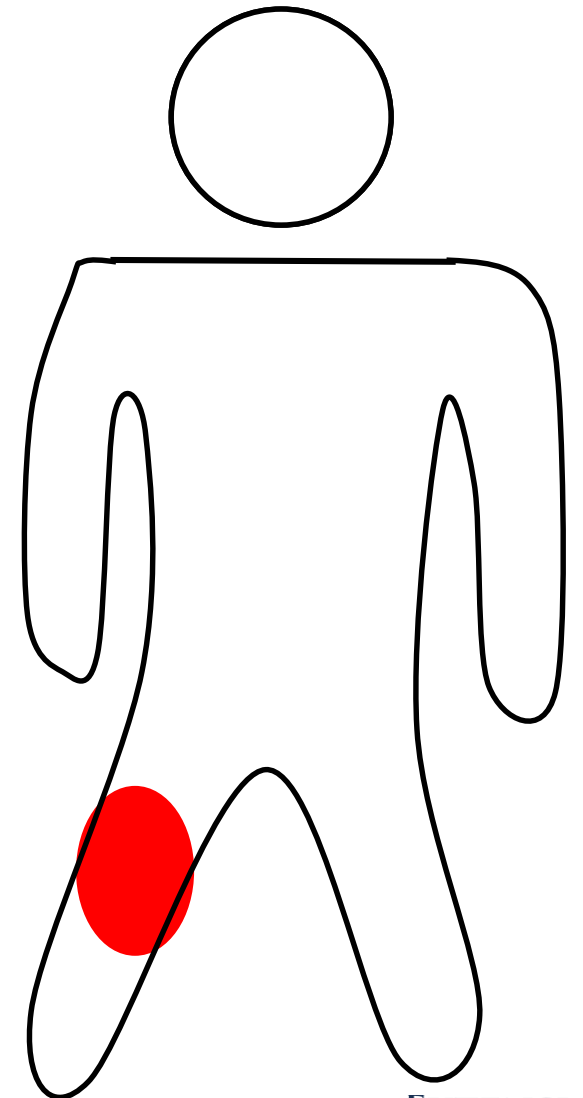
27% of adults experience the onset of a mental health illness each year, but less than 25% of adults each year seek treatment for mental health.

# Anxiety



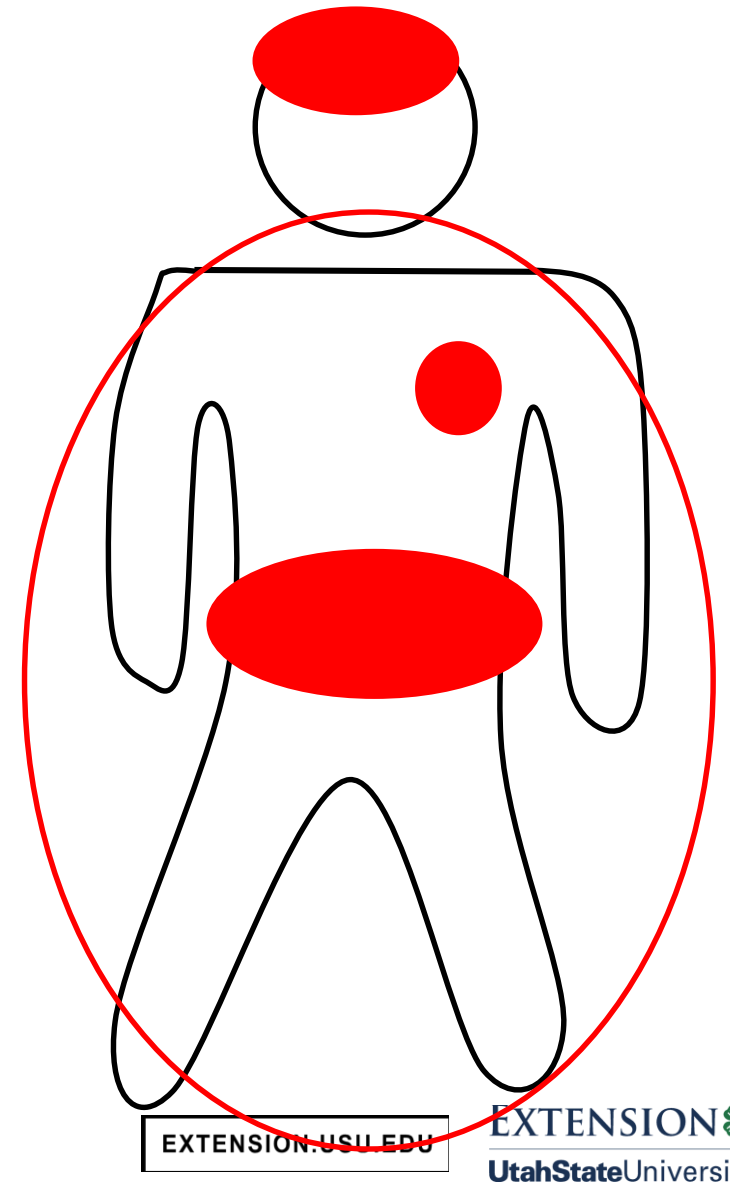
# Anxiety

- Where do symptoms occur



# Anxiety

- Where do symptoms occur



# Signs and Symptoms

- Physical
  - Pounding heart, fast breathing, dizziness, nausea, upset stomach, muscle aches and pains
- Behavioral
  - Avoidance, obsessive or compulsive behavior, phobic behavior, distress in social situations
- Psychological
  - Unrealistic fear or excessive worry, mind racing, going blank, decreased concentration and memory, irritability, fatigue, vivid dreams

# Mental Illness in Everyday Life

- How does having a mental health issue effect your life, love, and work?
- How would someone who is effected by paraplegia be treated differently than someone who is effected by PTSD?



# Mental Illness in Everyday Life

List illnesses in order from most amount of effect on daily life to least amount of effect

- Severe Asthma
- Moderate Depression
- Epilepsy
- Non-invasive Breast Cancer
- Uncomplicated Diabetes
- Low Back Pain
- Severe PTSD
- Severe Vision Loss
- Severe Depression
- Severe Dementia
- Severe Schizophrenia
- Paraplegia

# Mental Illness in Everyday Life

Correct order of illnesses by most effect on daily life to least effect

1. Severe Dementia
2. Severe Schizophrenia
3. Severe depression
4. severe chronic bronchitis or emphysema
5. severe PTSD
6. paraplegia
7. severe vision loss
8. severe asthma
9. moderate depression
10. non-invasive breast cancer
11. epilepsy
12. low back pain
13. uncomplicated diabetes
14. gingivitis

# Depression

- Various forms of depression
  - Major Depressive Disorder
  - Bipolar Depression
  - Postpartum Depression
  - Seasonal Depression
- Signs and symptoms lasts for more than 2 weeks & affects ability to live, work and love

# Depression Signs & Symptoms

- Physical
  - Lack of energy
  - Changes in weight & eating behaviors
  - Unexplained aches and pains
- Behavioral
  - Crying
  - Withdrawal
  - Lack of interest
- Psychological
  - Sadness
  - Irritability
  - Pessimism
  - Thoughts of death or suicide

# Suicide

- Risks
  - Age
  - Means
  - Gender
  - Previous attempt
  - Organized plan
  - Use of alcohol
  - Lower social support

# Suicide

- Warning signs
  - Threats to kill oneself
  - Seeking access to means
  - Researching suicide methods
  - Talking about death and suicide
  - Reckless behavior
  - Withdrawing
  - Dramatic change in mood
  - Giving away items
- Rural suicide facts
  - Higher rates of completion
  - Men living in rural areas are two times more likely to complete suicide
  - Most suicides in rural areas continue to be completed by firearms

# Responding to Suicide

- Ask directly
  - “Are you having thoughts of suicide?”
  - “Are you thinking about killing yourself?”
- If they answer yes...
  - Keep them safe, stay with them, assist them through the crisis
  - Ask them if they have decided how they will kill themselves
  - Ask them if they have decided when they will kill themselves
  - Ask them if they have collected the means to kill themselves

**PRACTICE MAKES PREPARED**

# How to Help – Your Role

- Ask
  - Ask how someone is doing, how you can help, if you can help, what they may be going through
- Respond
  - Respond to them appropriately, delving further into what may be happening, calling appropriate services, following up as necessary
- Connect
  - Connect them to resources, helps, and others so there is a plan for how they will receive help



# Resources

- Primary Care Physician
- Mental Health Professionals
- MHFA Curriculum...
- <https://www.nimh.nih.gov/health/publications/stress/index.shtml>
- [Thenationalcouncil.org/providers/](http://thenationalcouncil.org/providers/)
- Crisis Text Line
  - Text HOME to 741741
- National Suicide Prevention Lifeline
  - 1-800-273-8255 (TALK)
- FarmAid