



Mental Health During COVID

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How has COVID
impacted you?



Mental Health	Mental Health Problem	Mental Illness
<ul style="list-style-type: none">- Thoughts, emotions & behaviours- Regular ups and down- Ability to handle stress/challenges and bounce back- Taking care of it daily	<ul style="list-style-type: none">- Situation, challenge or event that affects your mental health- Examples: Loss, job interview, big life changes, COVID- Challenging emotions eventually go away- Does not impact day-to-day life	<ul style="list-style-type: none">- Diagnosable Illness/Disorder- Debilitating signs & symptoms that impact a persons day-to-day life for longer periods of time



Unhealthy Impacts of Isolation

- Increased feelings of anxiousness and sadness
- Aggressive behaviours
- Poor sleep quality
- Cognitive Decline
- Altered memory
- Poor self-care or self-neglect
- Unhealthy choices
- Physical health declines

What happens when we don't adapt to/or resist change?

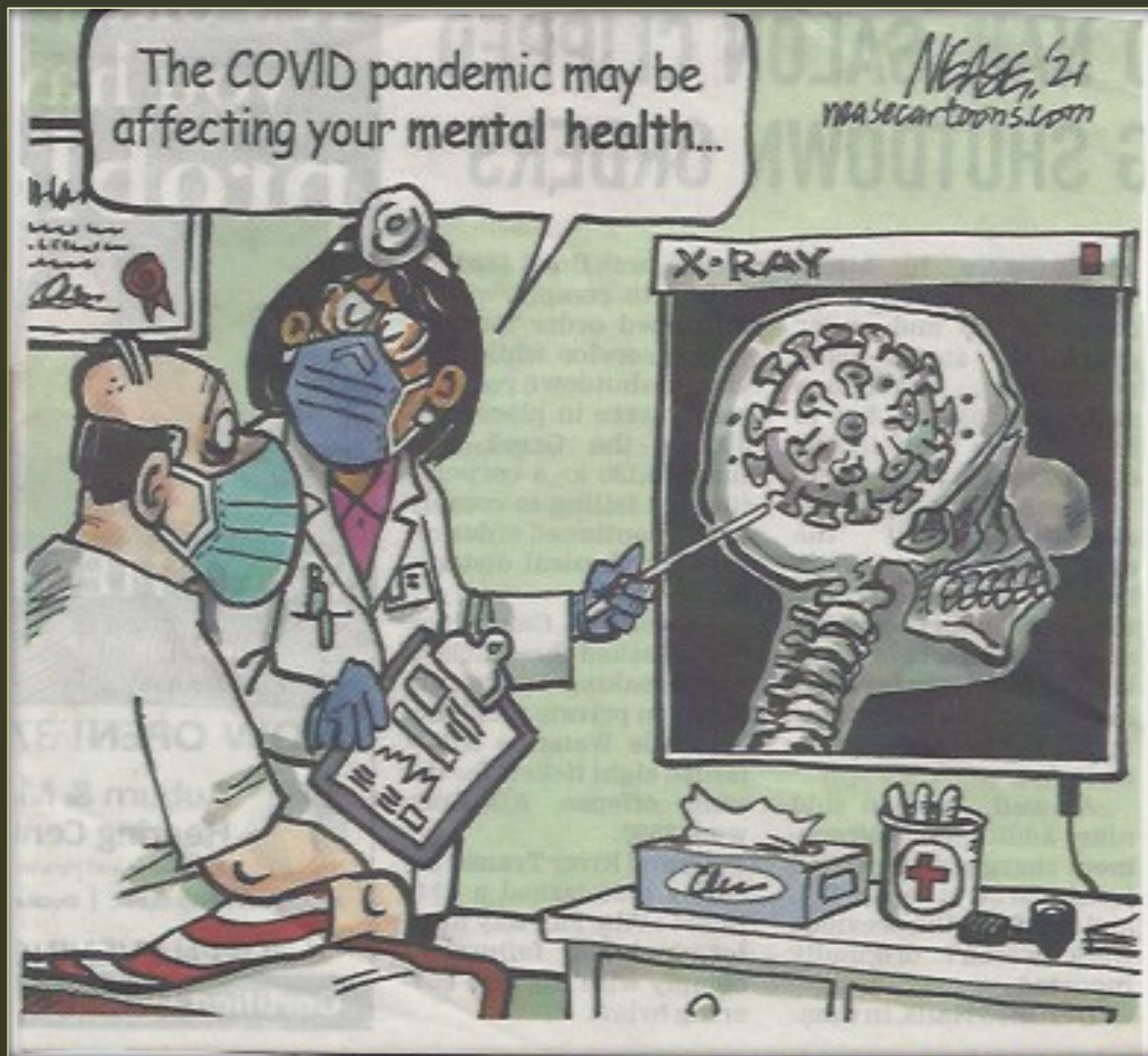
- Increased amounts of stress
- Increased conflicts
- Misdirecting negative energy
- Relationships hurt
- Ability to do Job is affected
- And many more.....



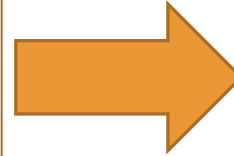


Energy Flows
Where
Attention Goes

Your
perspective
can have a
major impact
on your mental
well being




- When is this going to end?
- I can't do..
- What if..
- This always happens..
- You never do....
- I should be..



- I don't know when it will end, but I will do everything I can to get through it
- What can I do?
- If it happens, I will figure it out and handle it
- Prove it wrong, what are the times it has not happened? Have they done it?
- Reduce the pressure on yourself. Its okay to be where I am right now

Focus on what you can control, not what you can't



How do you take
care of your
mental health?

Physical Health

- Walking
- Bike Rides
- At home exercises
- Sports
- Yoga
- Golfing
- Eating

Social Health

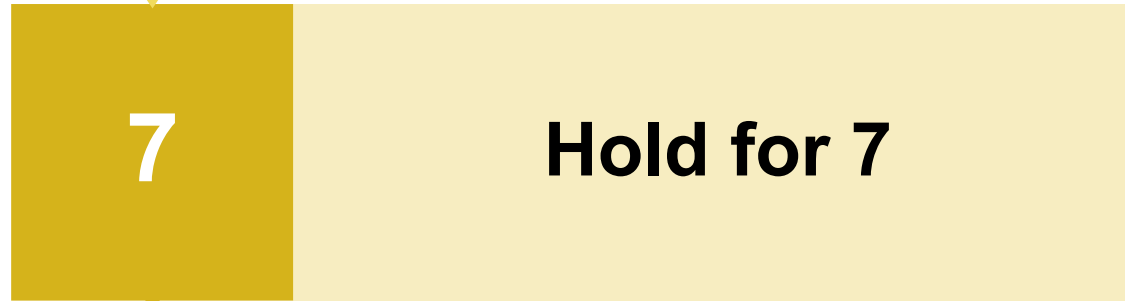
- Calling, texting & video calls
- Game nights
- Join a local club/ group
- Get involved in your community
- Family time
- TALK about it

Individual Health

- Gardening
- Art
- Knitting
- Reading
- Hobby you enjoy
- Sleeping
- Bubble Baths
- Cooking / baking

If it is adding to your stress it is not helping!

Be intentional with your self- care



4-7-8 Breathing

5-4-3-2-1 Grounding Technique

- 5 things you can see
- 4 things you touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

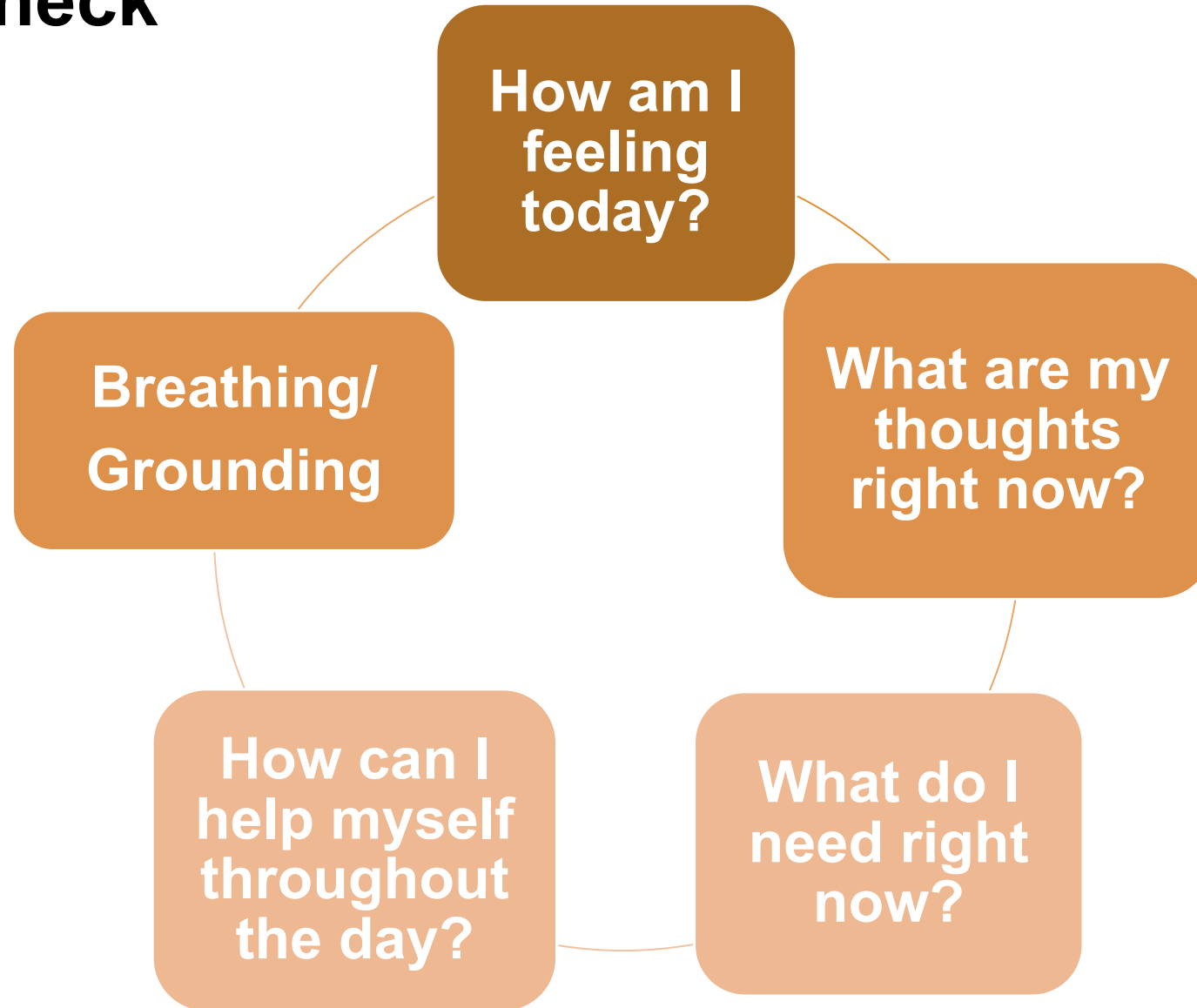




What is Support?

- In order to support someone else, you must have proper supports for yourself
- Support does not always mean a medical professional
- Support should not only be for crisis or large problems
- Support should be something maintained and utilized regularly
- Support is something/someone that assists you in maintaining, relieving or helping your mental health

Circle Check



Thank you