Priority!

Mental Health
Exercise

1. What have you done in the last 24 hours to promote good mental health?

2. What did you do to promote good mental health with the last patient you saw?
The Problem....

• Assumption that patients do well once anxiety and depression symptoms remit

• Absence of symptoms ≠ Presence of mental health
What is the goal?

- Symptom Remission?
- Relapse Prevention?
- Good Mental Health and Resilience
What does it mean to be mentally healthy and resilient?
Be like a bamboo

Persevering through tough times and bouncing back
Components of Good Mental Health

- Compassion
- Good Exercise
- Good Nutrition
- Community
- Purpose
- Gratitude
- Good Humor
Compassion
Gratitude
Good Humor
Purpose

WHAT'S MY PURPOSE?
WHY AM I HERE?
Community
Good Nutrition
Foods to Avoid
Good Exercise
Compassion
No-one has ever become poor by giving.

~Anne Frank
Subtotal: $100.00
Tip: $102.80
Total: $202.80 (Signature)

Tips for Jesus

I agree to pay the above total according to my credit card.
Random acts of kindness

- Let the person behind you jump the que at the bank
- Hold the door
- Give up your seat for someone
- Help someone with their groceries
- Donate to a local charity
- Write a letter
- Pay a genuine compliment
- Send a thank you note to someone who has helped you
- Buy a great book for a friend
- Walk your friends dog
- Pick up litter on the street
- Buy a lottery ticket for a stranger

Smile a lot

Give a hug

Volunteer some of your time to someone in need

Make someone smile
35. Preparing Thanksgiving dinner with love and heart.

36. The beauty of earth and ocean waves.

37. Buying a bouquet.

38. The nip of fall in the air.


40. Coffee with an old friend.

41. The smell of sweet soap on my hands.

42. Baseball!! 😊

43. Pumpkin spice latte.

44. Clouds moving swiftly across a gentle morning sky....
Gratitude Diary
May 16th, 2011

- Getting out of work a "2-hour early"
- Comfortable shoes
- Peacefulness in my car during my lunch break
- My seeds growing! (I think...)
- Hearing funny stories from babies
- Listening to the rain on the skylight
- Clean sheets on my bed
- Ginger-peppermint tea at night
- Taking the time to journal what I'm grateful for
- Mrs. crinkle cookies
- Goddess leaves
Stop Global Whining!
A day without laughter is a day wasted.

CHARLIE CHAPLIN
Purpose
Community
Social Media

'I've always wondered why you decided to go into social media.

'was fooled by the job description...
Sometimes, it’s not positive...
Not so helpful
Doesn’t lead to community feelings
Some things aren’t as bad as you might think: Video games!
Meetup
Hobbies! Varied groups
Reenactments
Religious affiliations
Boy and Girl Scouts
Mission: To create community!
Group Exercise

1. When did you last ask your patients what they ate that day (if you are not an eating disorders therapist)?

2. Do you ask about your patients’ eating habits when they do not have eating disorders or have stopped eating due to depression?
Good Nutrition!
“I try to eat healthy. I never sprinkle salt on ice cream, I only eat decaffeinated pizza and my beer is 100% fat-free.”
Eat well, think better.
Better food, better mental health
There are good ways for everyone
Good, reasonable, simple nutrition sources are everywhere

Green Bean Chickpea Curry

Ingredients & Directions

- 2 Tablespoons olive oil
- 1 cup chopped red onion
- 4 medium tomatoes, diced
- 2 cans chickpeas, rinsed
- 3 cups fresh green beans
- 2 Tablespoons curry powder
- 2 teaspoons garlic powder
- 1 teaspoon cumin

Directions:

1. Over medium heat, heat olive oil 30 seconds then add onion, cook 1 minute.
2. Add everything else.
3. Let cook 10 minutes until tomatoes have cooked down, green beans are tender, and everything is golden yellow!

- 200 calories
- 5g fat
- 33 carbs
- 9g protein
- 6 servings

Serve this over a bed of healthy grains like quinoa or barley or even over mixed salad greens!

The whole dish only costs $8. That's $1.34 per serving!!
Group Exercise!
Exercise, and its necessity for good MH
“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”
Encourage fun and enjoyment
How do we add it in? Teach and model skills
Of course, fish for alternatives
“Wow, now that’s what I call self-help! Has it helped your wife’s depression, too?”