



Let's talk about your Mental Health

wellways

November 2020



Acknowledgement of Country

I would like to acknowledge and pay respect to the
Traditional Custodians of the land on which we meet
today;

I pay my respects to Elders, past and present;

I extend that respect to all Aboriginal people here today;

I recognise Aboriginal People as the First Peoples of this
continent;

I recognise their strength, resilience, continuing culture
and connection to Country;

I acknowledge that Sovereignty was never ceded.

There's lots of talk about Mental Health

- Social and print media
- Stereotypes about mental health and illness
- Community attitudes

IT'S IMPORTANT
TO BE ABLE TO
RECOGNIZE
WHEN
CHANGES
OCCUR.

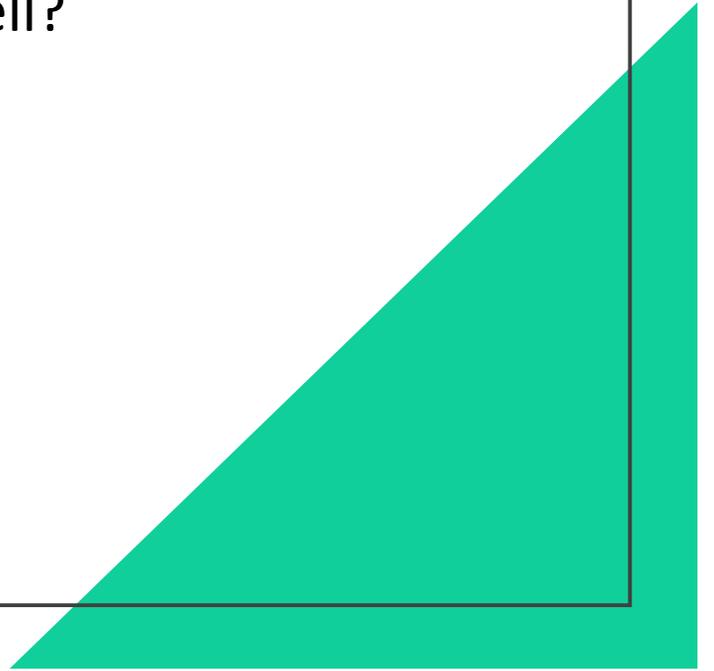
WE ALL
EXPERIENCE
SITUATIONS
THAT ARISE IN
OUR LIVES.

WE CAN
BECOME SAD,
STRESSED,
FRUSTRATED
AND DOWN.



Let's talk about your mental health

How do you identify your signs
when you're not doing well?



What do you do when you're not doing well?

health as:

“A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.”

Develop a wellness kit

- supports you when things are not tracking well
- allows the opportunity to take action

What to do if things are getting worse or breaking down

- You may be feeling terrible
- Others may be concerned about you
- You can still do the things you need to help yourself feel better and keep yourself safe.

Signs that things are getting worse or breaking down

- Sleeping all the time or not sleeping much
- Avoiding eating or overeating
- Quite or withdrawn
- Emotional outbursts
- Feeling depressed or unhappy
- Feeling anxious or worried
- Feeling guilty or worthless

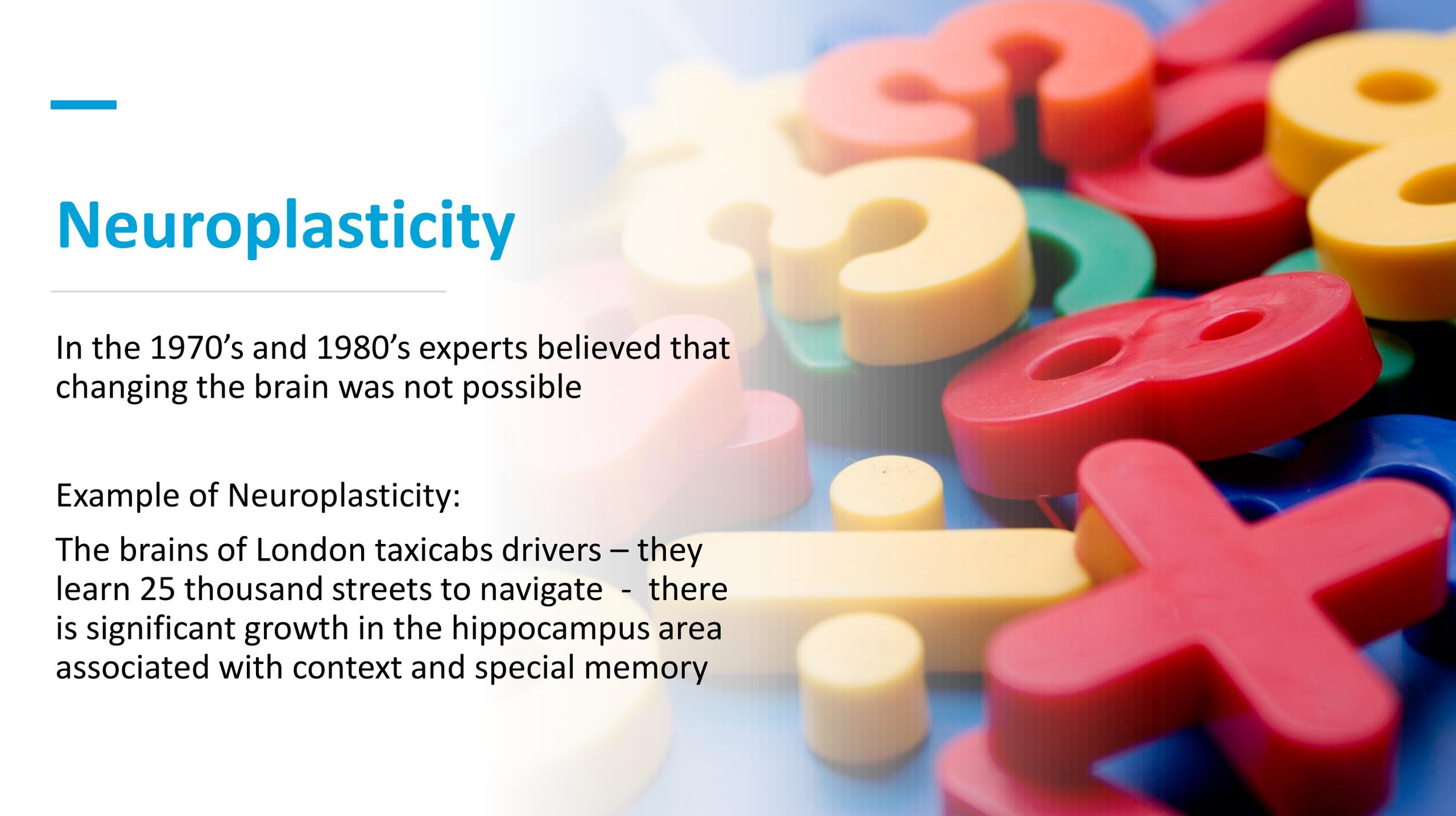
What to do when you symptoms have progressed

- Have a direct and simple plan with a few choices
- Call your doctor or another health care provider such as a psychologist or counsellor



What else might help your mental health?

Neuroplasticity has some surprising simple and helpful clues to support our mental health and wellbeing.



Neuroplasticity

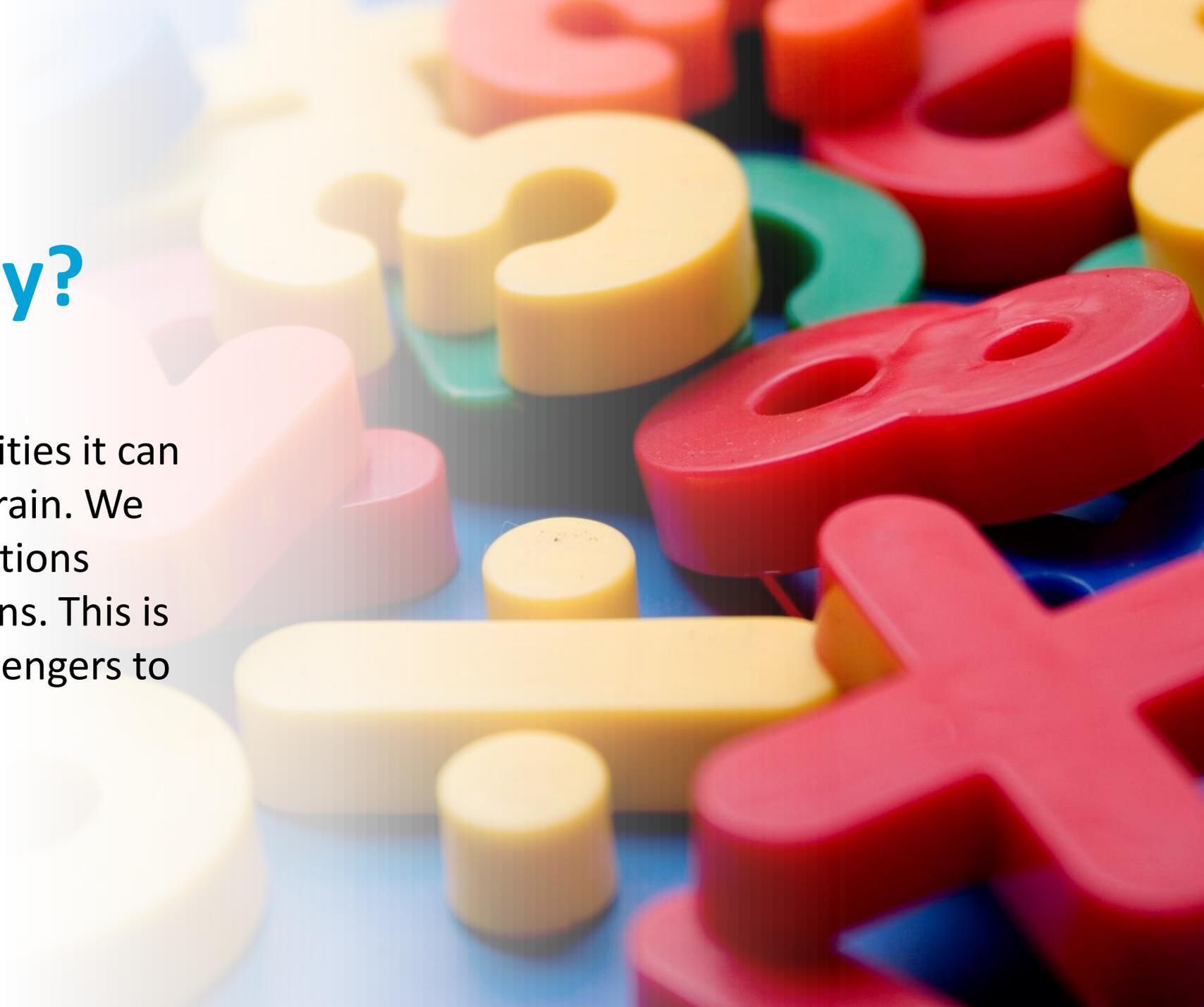
In the 1970's and 1980's experts believed that changing the brain was not possible

Example of Neuroplasticity:

The brains of London taxicabs drivers – they learn 25 thousand streets to navigate - there is significant growth in the hippocampus area associated with context and special memory

Why Neuroplasticity?

If we do certain types of activities it can change specific parts of the brain. We strengthen or weaken connections between different brain regions. This is done by neuro chemical messengers to the various parts of the brain



Why Neuroplasticity is important for your mental health



We can influence our brain and support our wellbeing through what we think and our emotions.



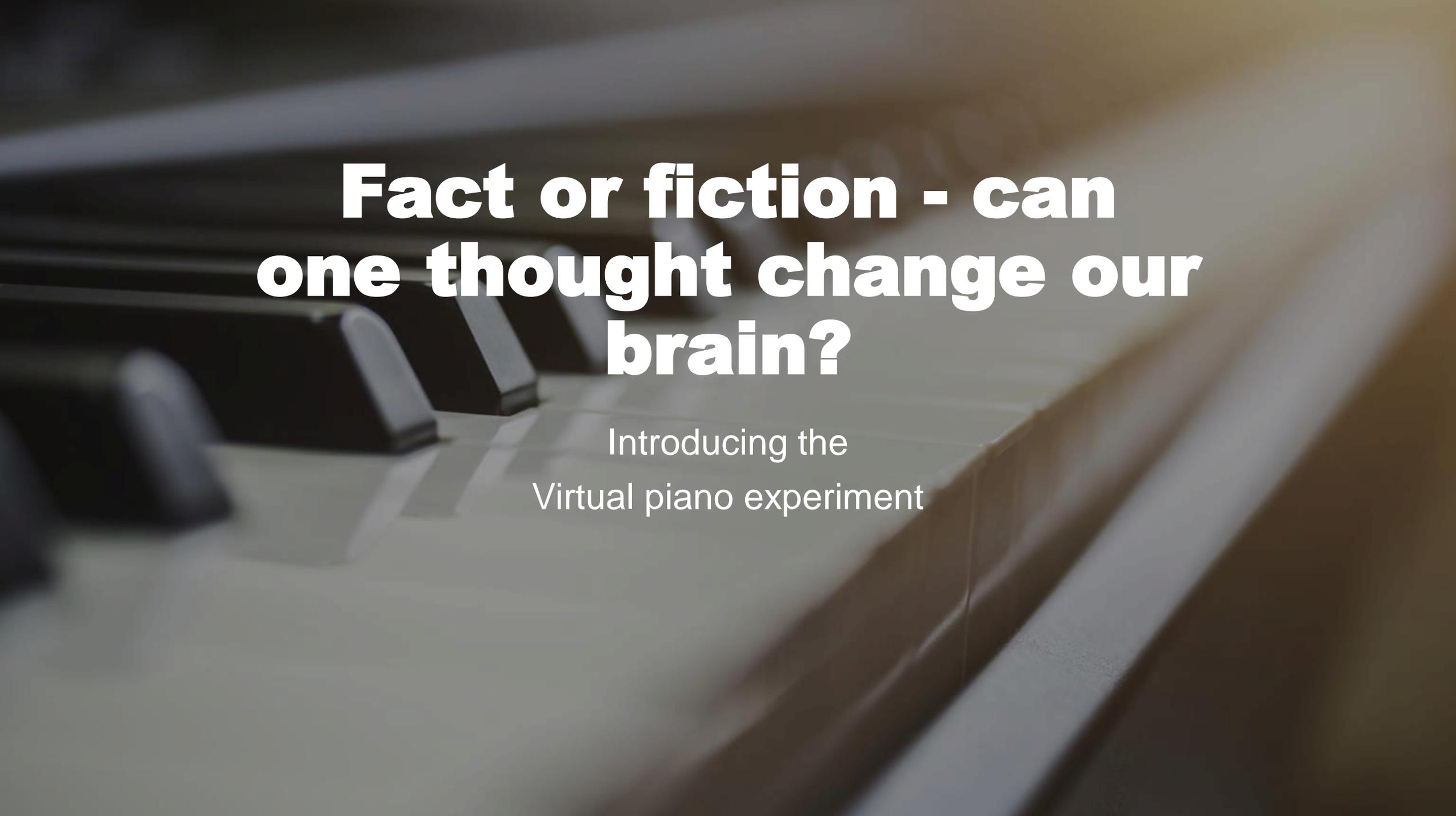
It can help us with how we respond to setbacks



How to nurture your capacity to feel joy



How to influence positive emotions



Fact or fiction - can one thought change our brain?

Introducing the
Virtual piano experiment

So!!

- Your thoughts matter
- Your thoughts can help with your mental and emotional health



How does this help you with your mental health?

- Research evidence suggests that there are practical and effective ways to modify your mental and emotional approach
- Today we will focus on our negative outlook and improving your resilience



So what helps with negative outlook in your life?

Intentional gratitude

Every day for a week do these 3 exercises:

1. Write down one positive characteristic of yourself and one positive characteristic of someone you regularly interact with. Do this three times a day



2. Express gratitude regularly.

Pay attention to times you say, "thank you." When you do, look directly into the eyes of the person you are thanking and muster as much genuine gratitude as you can. Keep a journal; at the end of the day, note the specific times you felt a genuine, even if brief, connection with another person during the act of expressing gratitude.

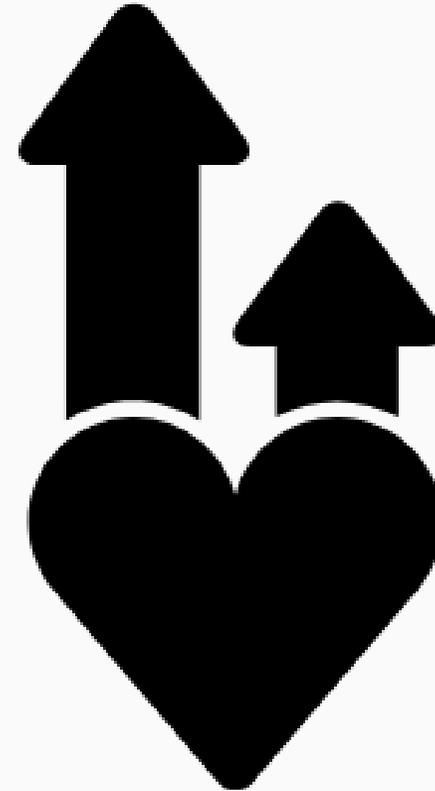


3. Compliment others regularly. Keep an eye out for opportunities to do so, such as a job well done at work, a beautiful garden a neighbor created, or even a stranger's gorgeous coat. Look directly into the eyes of the person you are complimenting. In your journal, note the specific times you felt a genuine connection with someone you complimented.



So what helps with negative outlook in your life?

- After a week of this, spend a little time reflecting on what changes you noticed.
- You may find that positive emotions stick around a little longer and that your sense of optimism and possibility swells.
- As with physical exercise, you'll probably need to spend some time working on your 'positive outlook muscle'.



Improving your resilience

There's a lot of buzz about mindfulness

We can think that mindfulness is difficult and requires time and commitment

So less keep it simple

Your mind it bit like a pinball going from one thought to the next.



What is mindfulness?

- Mindfulness is about choosing to pay attention to the present moment in a curious and nonjudgmental way
- Mindfulness is simply noticing your thoughts that drift past.
- You might notice you are regretting something or worrying about something, feeling down.
- This takes us away from the present moment



Mindfulness to Resilience

- We all forget to pay attention and can all be distracted by what is going on within us or around us
- There is no way to fail at mindfulness



A Simple Mindfulness Approach

1. Usually people get interested in mindfulness when they are stressed or there is a difficult situation in their life. Instead start with noticing in your thoughts pleasant moments. This way you will be ready when life challenges come your way.

2. Pay attention to something you do everyday. For example pick one or two activities you do every day - brushing your teeth, riding on the bus or patting a pet. Remember your mind will wander. Just bring your attention back to for example cleaning your teeth.



3. Notice your thoughts with curiosity
You can't hold 2 thoughts at the same time,
example frustration and interest
Curiosity creates space to give a bit of clarity

4. Practice coming back to the present moment
We do lots of activities in a day
Come back to the present moment with a couple
of deep breathes in between activities



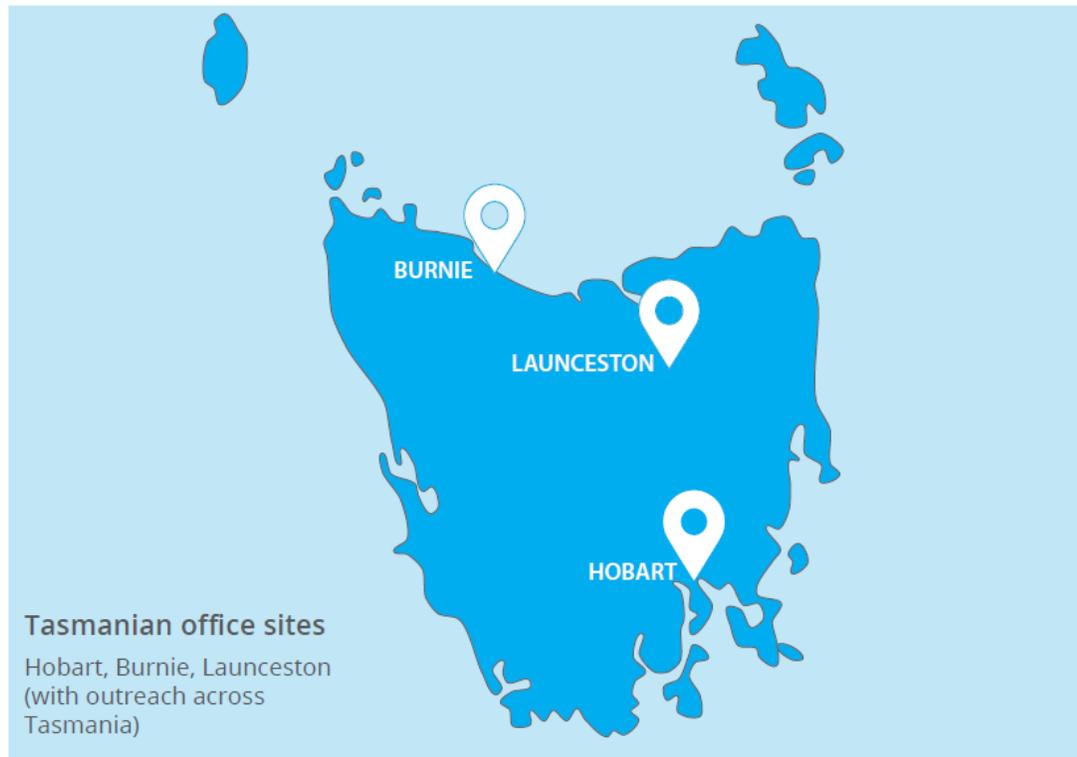
5. We are breathing all the time and we don't notice it. Take a moment to notice your breathing with a couple of deep breathes. Its calming and can help you to focus

6. Ground yourself

- Notice how you are sitting in a chair
- Or standing on the floor
- Notice how your feet feel
- Or put your hands on a hard surface and notice how hard it is or cool the surface is



Wellways Services in Tasmania



Southern Tasmania

- Rehabilitation and Recovery Program (DHHS)
- Promotion Prevention and Early Intervention (DHHS)
- National Disability Insurance Scheme (NDIS)
- Grassroots Neighbourhood House Program (DHHS)
- Peer led Community Education

North West Tasmania

- Rehabilitation and Recovery Program (funded by DHHS)
- Promotion Prevention and Early Intervention (DHHS)
- National Disability Insurance Scheme (NDIS)
- Grassroots Neighbourhood House Program (DHHS)
- Child Youth Family Engagement (DSS)
- Peer led Community Education

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- Promotion Prevention and Early Intervention (DHHS)
- National Disability Insurance Scheme (NDIS)
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- Peer led Community Education

Contact us

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Thankyou.

