Graduating to Better Mental & Physical Health

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Today's Discussion

What Is Mental Health?
What is Physical Health?
How To Improve My Mental Health
How to Improve My Physical Health
Working on Both Simultaneously
Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.
Signs You May Be Struggling With Your Mental Health

INABILITY TO DO DAILY TASKS
Trouble Completing Assignments or Showering

NUMBNESS
Feeling like nothing matters. Being Indifferent

MOOD SWINGS
From Very High to Very Low

THOUGHTS OF SELF HARM
Wanting to or considering hurting yourself physically

https://www.mentalhealth.gov/basics/what-is-mental-health
Why Should I Focus On My Mental Health?

- Increased Productivity
- More Positive View of Self
- Better Personal Relationships
- More Meaningful Life

https://www.mentalhealth.gov/basics/what-is-mental-health
What Is Physical Health?

Physical Health is your overall physical condition at a given time. Good physical health is the freedom from disease or abnormality. It is when the body is functioning as it was designed to function.
Signs You May Be Struggling With Your Physical Health

**MUSCLE PAIN**
Feeling aches and pains in your joints

**SICKNESS**
Getting sick often and for long periods of time

**LACK OF ENERGY**
Feeling tired often even after little activity
Why Should I Focus on My Physical Health?

**IMPROVED MOOD**

Things like depression, anxiety, and stress can be reduced.

**PHYSICALLY FIT AND ABLE**

Physical Activity can make you stronger, increase stamina, and increase the functionality of your limbs.

**LIVE LONGER**

Good Nutrition and Exercise prevent chronic illnesses and diseases associated with aging.
The Connection Between Mental & Physical Health

Taking care of your physical health is scientifically shown to improve mental wellbeing, and vice versa. If one declines, the other can be affected too.

Improving Your Mental Health
Seek Professional Help

Therapy Benefits

Learn Coping Skills
Discover Unknown Trauma
Process Emotions
Learn Healthy Ways to Communicate

Psychotherapy can improve symptoms of depression, general anxiety disorder, social anxiety, bipolar disorder, OCD, phobias, and panic disorders when used as either the sole treatment or in conjunction with pharmacological treatments (Hunsley, Elliott & Therrien, 2013).
Learn to Set Boundaries

Boundaries can be defined as the limits we set with other people, which indicate what we find acceptable and unacceptable in their behavior towards us.

Be Authentic
Be Honest With Yourself and Others about Your Needs
Share your Opinions

Be Aware
Saying "No" is Allowed
You Are In Control
"I am not in control of your actions"
"That is not my responsibility"

Be Assertive

Get Creatively Reflective

**JOURNALING**
With Insight And Understanding Comes Mental Clarity

**ART**
Creating art can help you acknowledge and recognize feelings that have been lurking in your subconscious

**CREATIVE WRITING**
- Poetry
- Short Story Writing
- Letters

https://www.lifehack.org/articles/communication/journal-writing-5-smart-reasons-why-you-should-start-doing-today.html
Face-to-face contact releases a whole cascade of neurotransmitters.

Giving somebody a high-five is enough to release oxytocin, which increases your level of trust, and lowers your cortisol levels and therefore lowers your stress.

Human contact generates dopamine, makes us feel happier and kills pain.
INCREASE YOUR ATTENTION SPAN

Most People report that they have better attention span after 4 days of practice

IMPROVES ANXIETY LEVELS

After meditating for 6–9 months, almost two-thirds of those prone to anxiety managed to reduce their anxiety levels 60% of the time

HELPS WITH STRESS DISORDERS

Mindfulness meditation can reduce symptoms of post-traumatic stress disorder 73% of the time

https://www.healthline.com/nutrition/12-benefits-of-meditation#section5
Improving Your Physical Health
Focus on Nutrition

- Reduce your sodium (salt intake)
- Dedicate half your plate to fruits and vegetables
- Reduce sugar intake
- Eat less processed foods

GET ACTIVE

Walk instead of drive, whenever you can
Exercise at least 30 minutes per day

Start with simple activities that build your confidence
Some libraries have yoga and pilates videos you can check out
Have a friend hold you accountable

https://www.nhlbi.nih.gov/health/educational/wecan/get-active/getting-active.htm
Improving Your Physical and Mental Health Simultaneously
Hydrate

70% of the brain is water. Water increases circulation, cleanses our organs, decreases mood swings and headaches

Sleep

Sleep gives time for our bodies to repair themselves, improves our immune system, and decreases symptoms of depression and anxiety

Take Advantage of Technology

Food Tracking Apps
- Apple Health
- MyFitnessPal
- GalaxyHealth

Meditation Apps
- Calm
- Headspace
- Meditation on Spotify

Learn New Things
- Listen to Podcasts
- Skillshare.com
- Masterclass.com
- Youtube

Digital Books
- Apple Bookstore
- Kindle
- Library Downloads
Have A Few Moments of Silence

- Limit your news intake
- Turn off notifications
- Set a time to check email
Sources


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https://www.school-for-champions.com/health/what_is_health.htm#.XrrXv2hKhyw
Questions?