

# 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





# SO, WHAT IS MENTAL HEALTH?



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



# Why Should I Focus On My Mental Health?



Increased Productivity  
More Positive View of Self  
Better Personal Relationships

More Meaningful Life



# 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?

## 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

## IMPROVED MOOD

Things like depression, anxiety, and stress can be reduced



# 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



A male therapist with short dark hair, wearing a maroon sweater over a white collared shirt, is sitting and smiling while holding a small notepad and pen. He is facing a client whose back is to the camera. The client has long, curly brown hair. They are in a bright, modern office setting with a white bookshelf in the background.

# 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 Aware

Saying "No" is Allowed

You Are In Control

## Be Assertive

"I am not in control of your actions"

"That is not my responsibility"

## Be Authentic

Be Honest With Yourself and Others about Your Needs

Share your Opinions



# 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



# Focus on Human Connection

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

# Practice Meditation







# 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





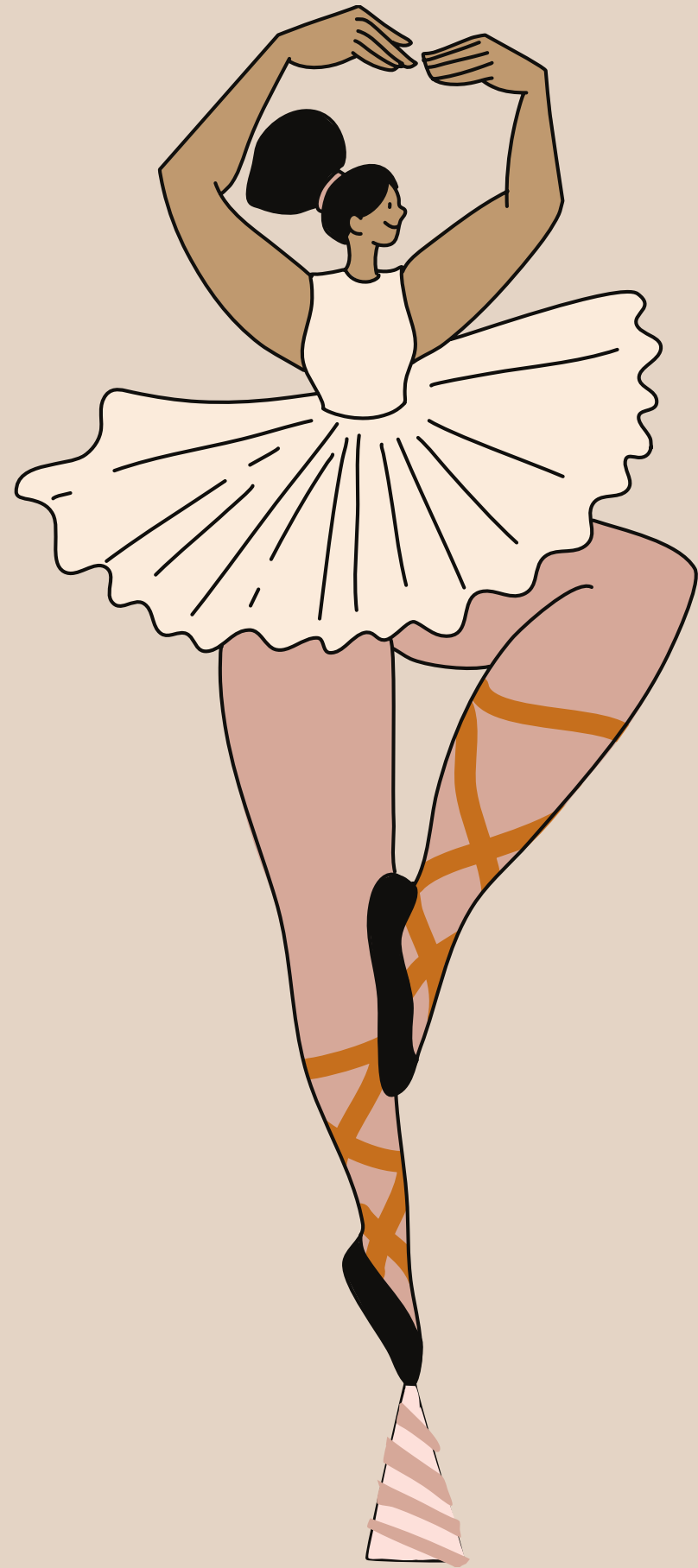
# GET ACTIVE

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

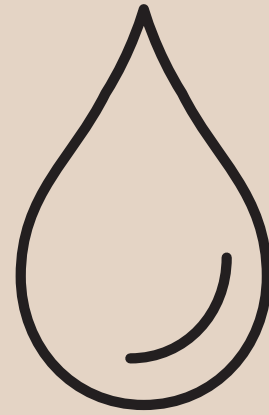




Improving Your  
Physical and  
Mental Health  
Simultaneously



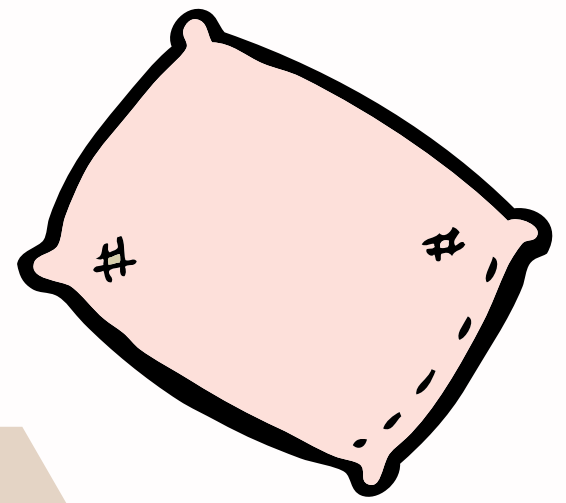
## Hydrate



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\_





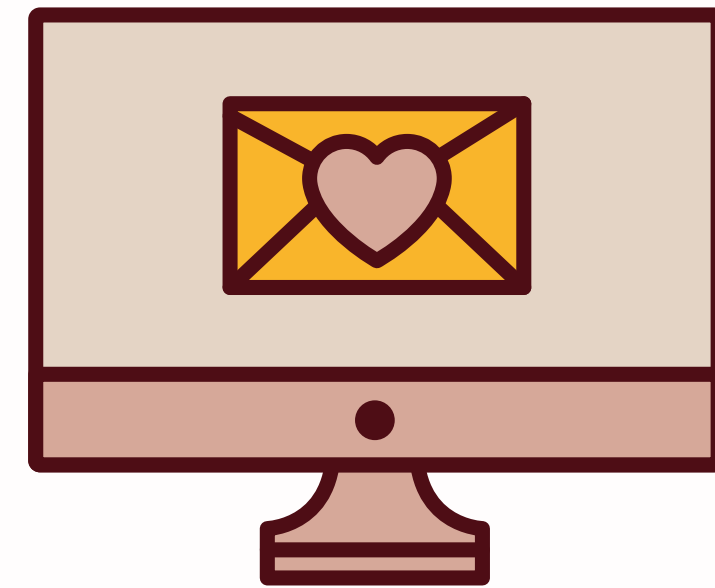
# Have A Few Moments of Silence



LIMIT YOUR  
NEWS INTAKE



TURN OFF  
NOTIFICATIONS



SET A TIME  
TO CHECK  
EMAIL

# Sources



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**Questions?**

