

Healthy Me with the GNPLC

Presented by Georgian Nurse Practitioner Led Clinic

Tips & Tricks for Maintaining / Improving Mental Health

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Symptoms of mental health changes include:

- A. Sleeping too much
- B. Loss of Appetite
- C. Insomnia / not sleeping
- D. All of the above



Do you experience any of these symptoms?

If you experience any of the things listed in this list, it could mean a variety of things. It's important that you talk to your NP or health care provider.

- Concerns with appetite and diet (either overeating or not eating enough)
- Issues with sleep (waking up in the night, unable to fall asleep, or sleeping too much)
- Loss of interest in activities
- Irritability
- Feeling down, depressed, or hopeless

This is not an exhaustive list

How to Cope

It's ok not to be ok!



Celebrate the Little Things

This can be as small as the weather being nice or a funny picture of an animal.

Gratitude:

“We hold the key to lasting happiness in our own hands. For it is not joy that makes us grateful; it is gratitude that makes us joyful.”

- Brene Brown

What are you grateful for?

Caring for Self

NESTS

How are you doing taking care of you?

- NUTRITION
- EXERCISE
- SLEEP
- TIME FOR SELF
- SUPPORTS

<http://www.pediatricnursesbc.ca/Documents/Guidelines-Standards/Maternal/MentalHealthDisordersGuideline.pdf>

Good Sleep – Easier said than done?

- Get up at the same time 7 days/ week
- Don't take your problems to bed
- Train yourself to use the bedroom only for sleep and sexual activity
- Cut down on all caffeine products
- Avoid alcohol, especially in the evening

Still laying awake? If you are awake for 15 min in bed – GET UP

Go somewhere else to do something non-stimulating.

Tell yourself – I do not need to sleep

Believing you MUST sleep only makes it harder to fall asleep.

Social Interaction

Being safe is the top priority, but as humans, we're social creatures.

Combining activities and social interactions can be helpful for our self care, such as going for walks, doing virtual game nights with friends, and more.



Brainstorm!

What have you been doing that keeps you social?

How can I change how I think...

To Change How I feel?



Cognitive Behavioural Therapy

Common Thinking Traps

Unhelpful Thinking Styles

<p>All or nothing thinking</p> <p>Sometimes called black and white thinking</p> <p>If it isn't perfect I have failed</p> <p>Either it's right or it's all wrong</p>	<p>Over-generalizing</p> <p>Seeing a pattern based upon a single event, or being overly focused on the coordination of details</p>
<p>Mental filter</p> <p>Only paying attention to certain types of evidence</p> <p>Missing our failures but not seeing our successes</p>	<p>Disqualifying the positive</p> <p>Discounting the good things that have happened or that you have done for other reasons or another person's benefit</p>
<p>Jumping to conclusions</p> <p>There are two key types of jumping to conclusions:</p> <ul style="list-style-type: none"> • Mind reading - Imagining we know what others are thinking • Fortune telling - Predicting the future 	<p>Magnification (catastrophizing) & minimization</p> <p>Blowing things out of proportion (catastrophizing), or ignoring worry (minimizing something to make it seem less important)</p>
<p>Emotional reasoning</p> <p>Assuming that because we feel a certain way that we think must be true</p> <p>I feel embarrassed so I must be an idiot</p>	<p>should</p> <p>Using critical words like "should", "must", or "ought" can make us feel guilty, or like we have already failed</p>
<p>Labeling</p> <p>Assigning labels to ourselves or other people</p> <p>I'm an idiot</p> <p>I'm completely useless</p> <p>That's such an idiot</p>	<p>Personalization</p> <p>Blaming yourself or taking responsibility for something that wasn't completely your fault</p> <p>Completely blaming other people for something that isn't your fault</p>

What are you doing to
cope right now?

Group Exercise

Energetic Massage