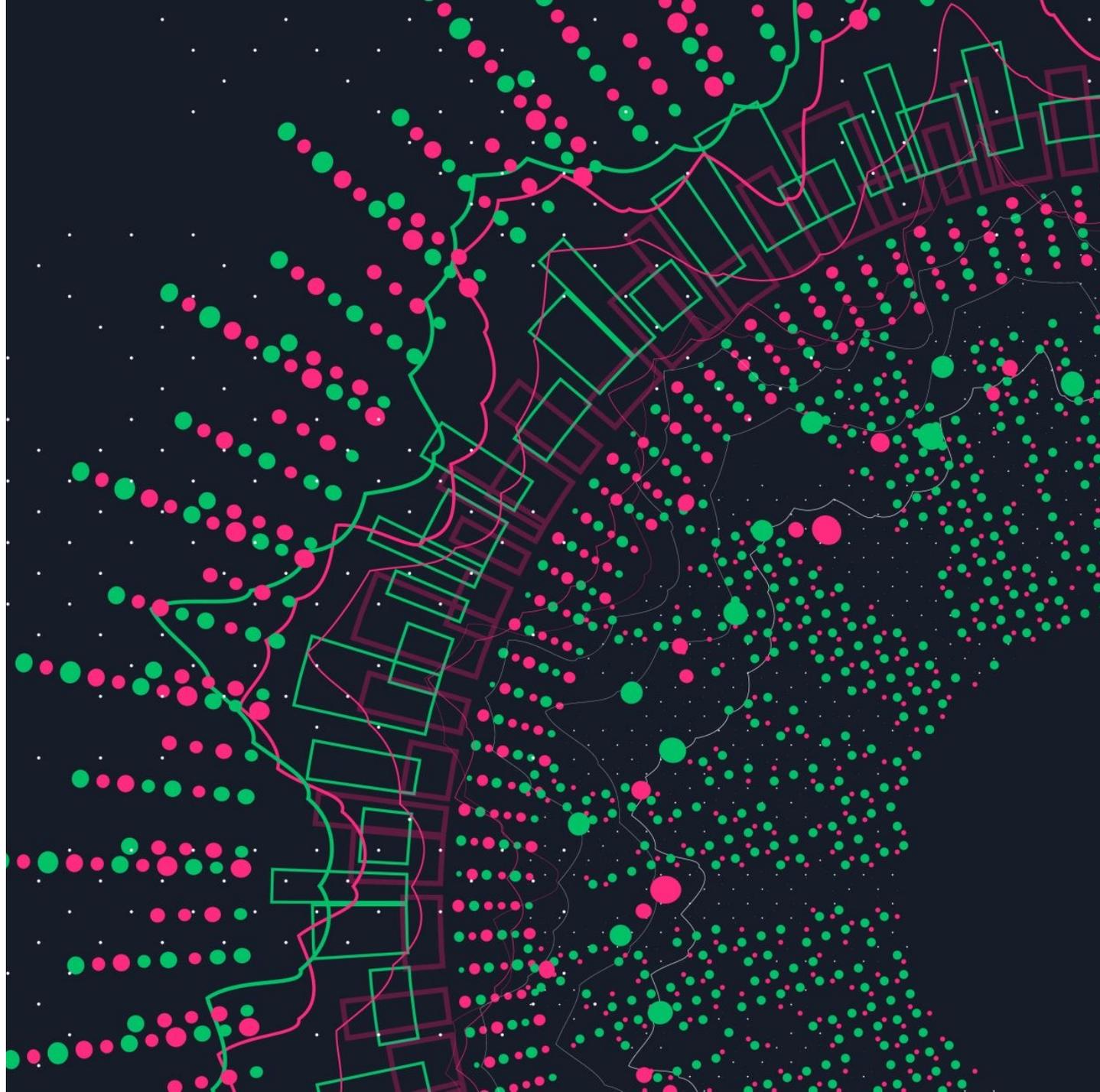


# Mental Health and Wellness

Jason Seals



# Land & Ancestral Acknowledgement



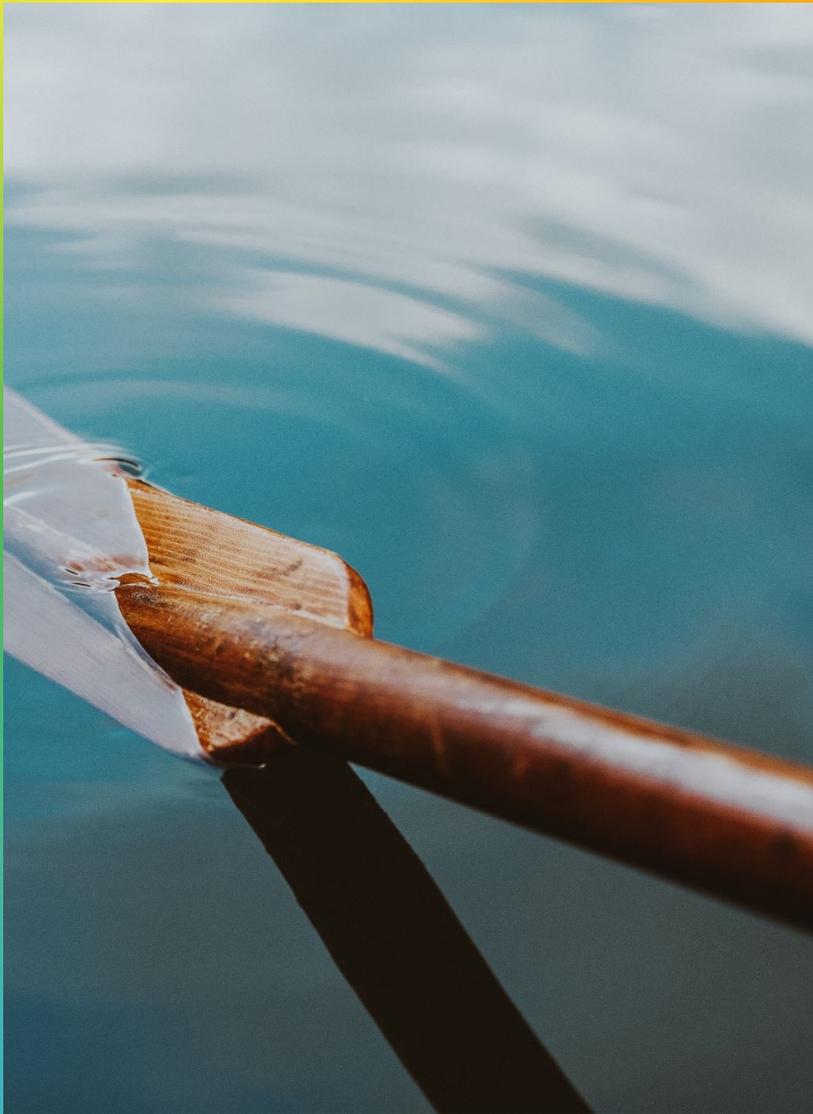
EMMETT TILL - ERIC GARNER - JOHN CRAWFORD III - MICHAEL BROWN - EZELL FORD - DANTE PARKER - MICHELLE CUSSEAU - LAQUAN MCDONALD - TANISHA ANDERSON - AKAI GURLEY - TAMIR RICE - RUMAIN BRISBON - JERAME REID - GEORGE MANN - MATTHEW AJIBADE - FRANK SMART - NATASHA MCKENNA - TONY ROBINSON - ANTHONY HILL - MYA HALL - PHILLIP WHITE - ERIC HARRIS - WALTER SCOTT - WILLIAM CHAPMAN II - ALEXIA CHRISTIAN - BRENDON GLENN - VICTOR MANUEL LAROSA - JONATHAN SANDERS - FREDDIE BLUE - JOSEPH MANN - SALVADO ELLSWOOD - SANDRA BLAND - ALBERT JOSEPH DAVIS - DARRIUS STEWART - BILLY RAY DAVIS - SAMUEL DUBOSE - MICHAEL SABBIE - BRIAN KEITH DAY - CHRISTIAN TAYLOR - TROY ROBINSON - ASSHAMS PHAROAH MANLEY - FELIX KUMI - KEITH HARRISON MCLEOD - JUNIOR PROSPER - LAMONTEZ JONES - PATERSON BROWN - DOMINIC HUTCHINSON - ANTHONY ASHFORD - ALONZO SMITH - TYREE CRAWFORD - INDIA KAGER - LA'VANTE BIGGS - MICHAEL LEE MARSHALL - JAMAR CLARK - RICHARD PERKINS - NATHANIEL HARRIS PICKETT - BENNI LEE TIGNOR - MIGUEL ESPINAL - MICHAEL NOEL - KEVIN MATTHEWS - BETTIE JONES - QUINTONIO LEGRIER - KEITH CHILDRESS JR. - JANET WILSON - RANDY NELSON - ANTRONIE SCOTT - WENDELL CELESTINE - DAVID JOSEPH - CALIN ROQUEMORE - DYZHAWN PERKINS - CHRISTOPHER DAVIS - MARCO LOUD - PETER GAINES - TORREY ROBINSON - DARIUS ROBINSON - KEVIN HICKS - MARY TRUXILLO - DEMARCUS SEMER - WILLIE TILLMAN - TERRILL THOMAS - SYLVILLE SMITH - ALTON STERLING - PHILANDO CASTILE - TERENCE CRUTCHER - PAUL O'NEAL - ALTERIA WOODS - JORDAN EDWARDS - AARON BAILEY - RONELL FOSTER - STEPHON CLARK - ANTWON ROSE II - BOTHAM JEAN - PAMELA TURNER - DOMINIQUE CLAYTON - ATATIANA JEFFERSON - CHRISTOPHER WHITFIELD - CHRISTOPHER MCCORVEY - ERIC REASON - KIONTE SPENCER - MICHAEL LORENZO DEAN - TRAYVON MARTIN - BREONNA TAYLOR - AHMAUD ARBERY - TONY MCDADE - GEORGE FLOYD

# Life Acknowledgement



# *Check In Question*

How does wellness feel?



# Reflection Question

What are challenges to wellness?

THE SKIN DEEP

PRESENTS

{ MIA & KHALIL }

- FATHER/DAUGHTER -

9 YRS



# Stress

**A feeling of emotional or physical tension.** It can come from any event or thought that makes you feel frustrated, angry, or nervous.

# Effects of Stress

Depression

Anxiety

Sadness

Panic Attacks

Aches and  
pains

Chest pain or a  
feeling like your  
heart is racing

Exhaustion or  
trouble  
sleeping

Headaches  
dizziness or  
shaking

High Blood  
Pressure

Muscle tension  
or jaw  
clenching

Stomach or  
digestive  
problems

# Depression

According to the DSM-IV, a person who suffers from major depressive disorder must have depression symptoms such as either have a depressed mood or a loss of interest or pleasure in daily activities consistently for at least a two week period.

# Symptoms

- Irritability
- Misplaced aggression or anger
- Addictive Behaviors (i.e. excessive drinking, drug use)
- Escaping Behaviors (i.e. self medicating, promiscuity, sleeping)
- Complaints of Stress
- Guilt
- Pessimistic
- Withdrawn
- Hopelessness (even thoughts of suicide)

# Trauma

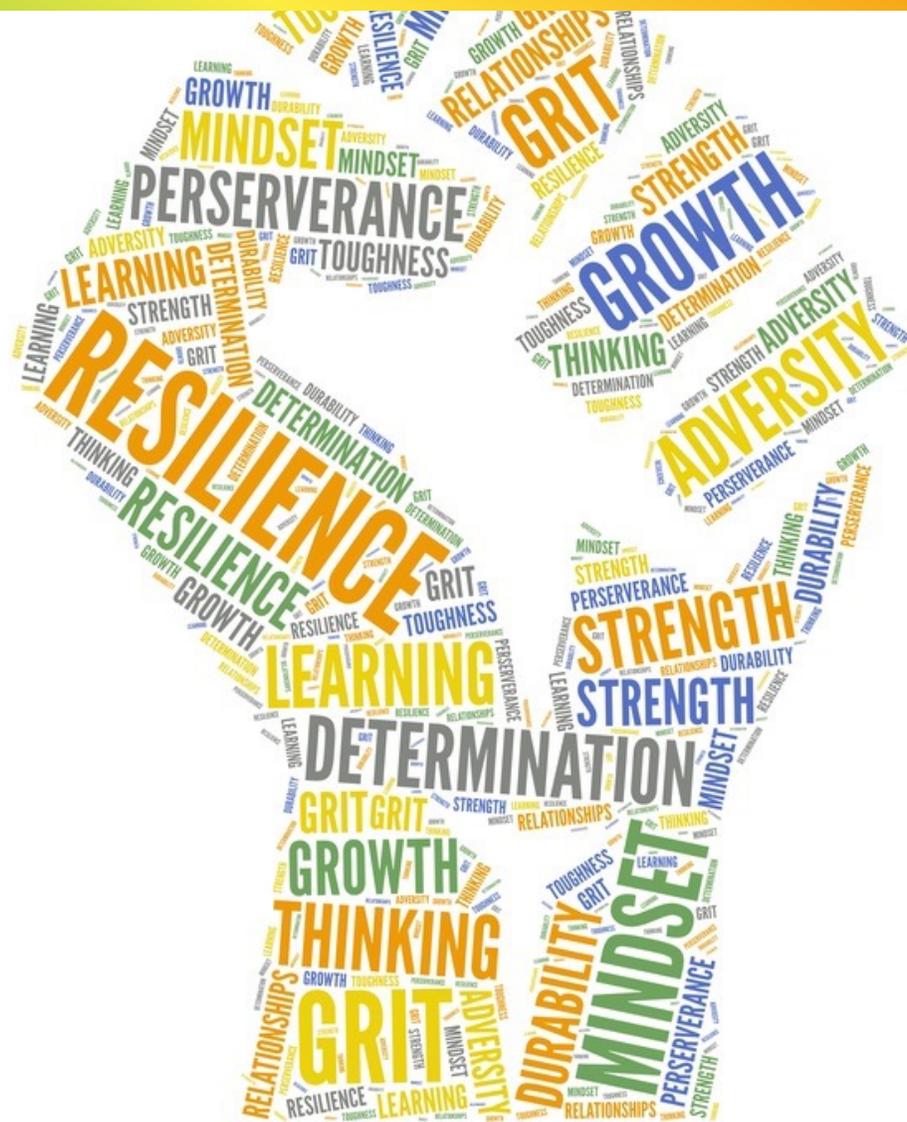
Is an *injury* caused by an external usually violent, force, event or experience.

Injuries can be physical, emotional psychological, or spiritual.

If a trauma is *severe* enough it can distort an individual's attitude and beliefs.

# Possible Causes...of Trauma

- Racism
- White Supremacy
- Discrimination
- Poverty
- Economic Hardship
- Life Stressors



# Resilience

is the capacity to deal constructively with change or challenges, allowing a person to maintain or re-establish their social and emotional wellbeing in the face of difficult events.

# Mindfulness

It's a pretty straightforward word. It suggests that the mind is fully attending to what's happening, to what you're doing, to the space you're moving through, **here and now**.

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.



Health and wellness is **more than just the absence of an illness**. It includes our physical health and safety, social and emotional health, spiritual wellness and subjective sense of wellbeing.



# Mental and Emotional Well-Being

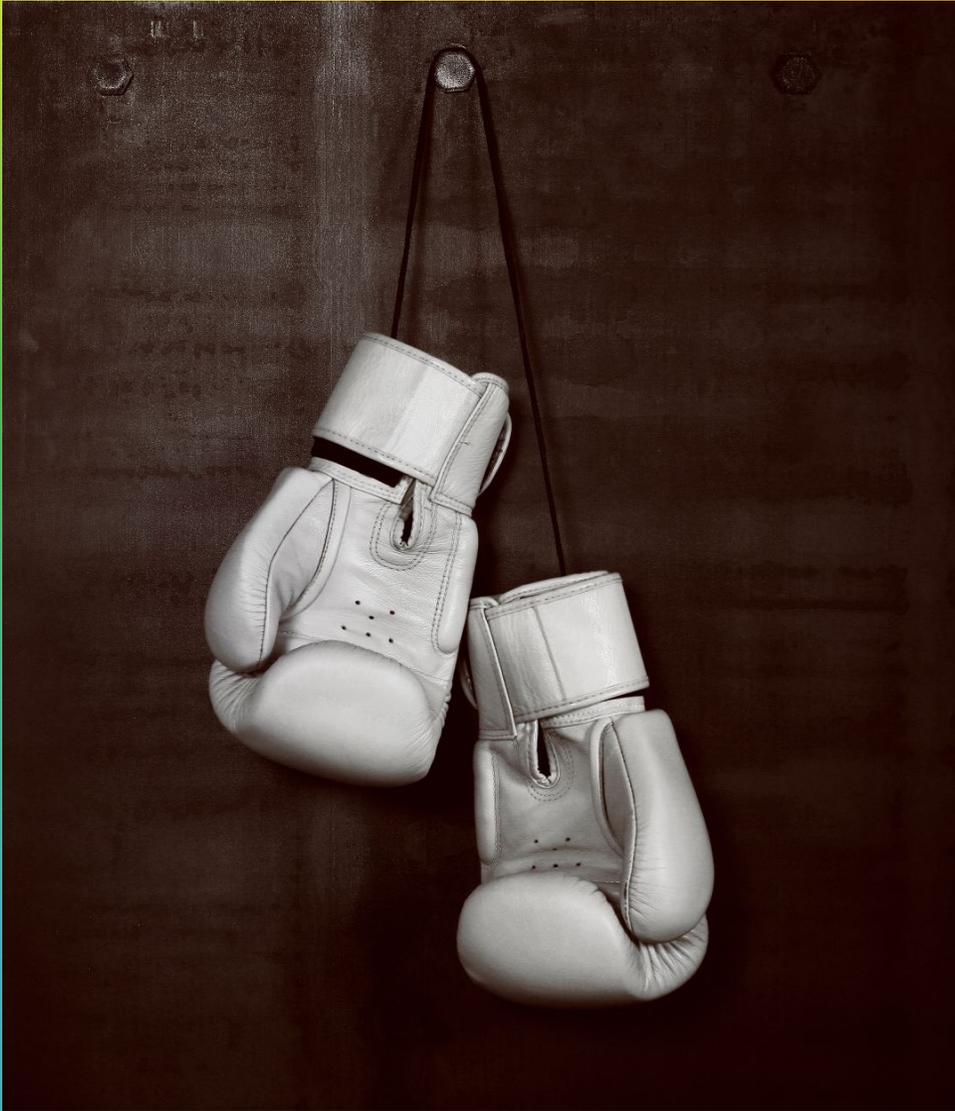


**Mental and emotional well-being is essential to overall health.** Positive mental health allows people to realize their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities.



# Healthy Coping Skills

- Write, draw, paint, photography
- Play an instrument, sing, dance
- Take a shower or a bath
- Enjoy nature (hike or garden)
- Take a walk or go for a drive
- Watch television or a movie
- Play sports
- Play video game
- Read
- Pray or Meditate
- Make Music
- Develop a Community of Support



# Cont.

## **Tension Releasers**

- Exercise or play sports
- Yelling in the bathroom or pillow, punching a punching bag
- Cry
- Laughter

## **Physical activities that support well-being**

- Get enough sleep
- Eat healthy foods
- Get into a good routine
- Limit caffeine
- Deep/slow breathing

# Support

- Develop emotional awareness, esteem and confidence
- Skills Building Groups, establish and practice improvement of pro-social behavior and social skills
- Develop Healthy Coping Skills
- Psycho Social educational groups
- Develop and maintain communal support
- Grief counseling
- Meditation
- Create wellness spaces