

Mental Health Awareness

How to Promote Positive
Mental Health & Resilience



Resources



<https://qrco.de/bfLbad>



An Absurd Metaphor

Stigma

- Cultural (including Military Culture)
- Gender-based
- Mental health issues viewed as weakness
- Generational differences



Stomp Out Stigma

Having mental health issues is:

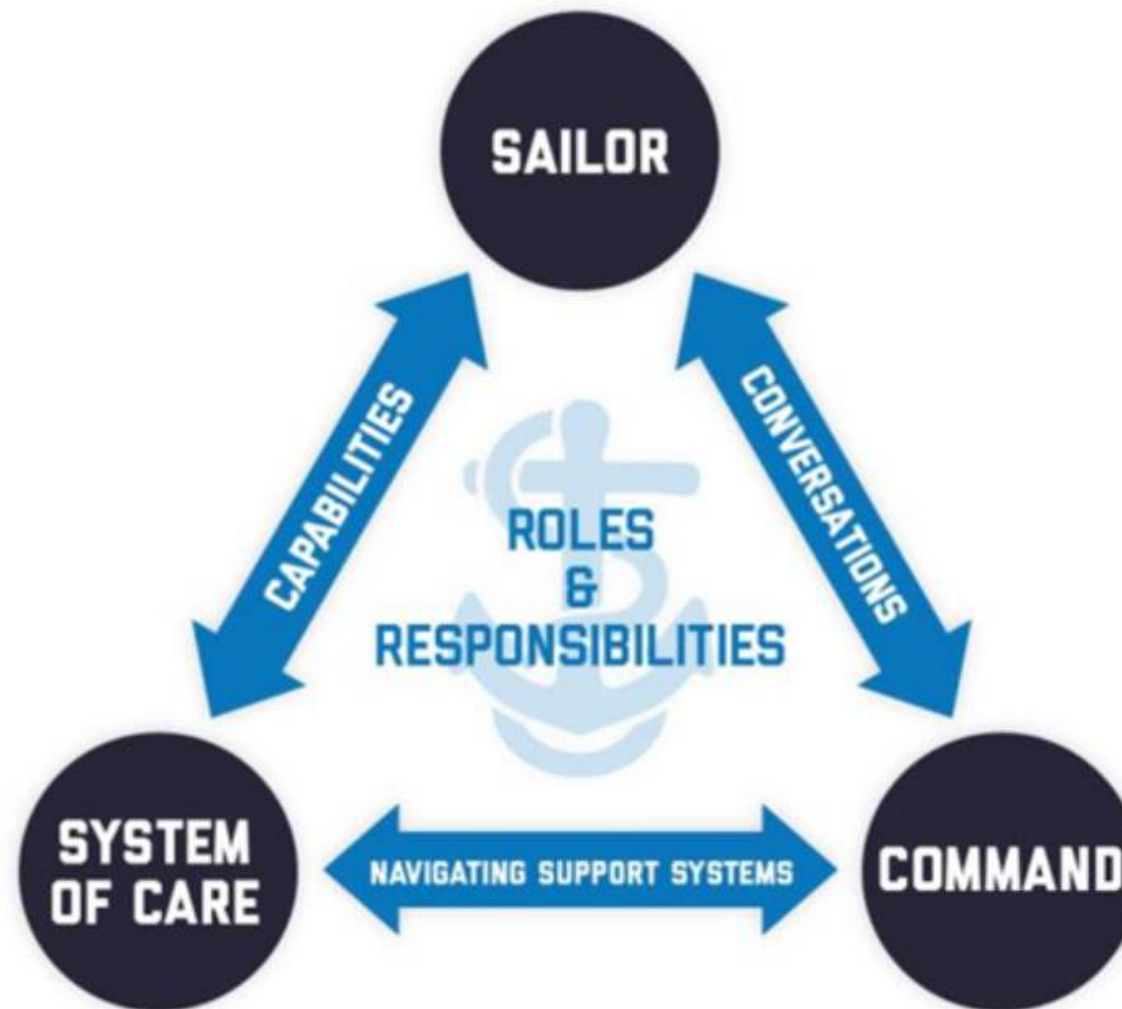
- Not our fault
- Not a weakness
- Not something you just “get over” or “push through”

Treatment is available & effective

- Therapy is a routine form of healthcare
- Life changing & life saving



MENTAL HEALTH PLAYBOOK OVERVIEW



From the Navy's Mental Health Fact Sheet

Sailors wrongly fear that seeking mental health care could adversely impact their security clearance eligibility.

This is not the case.

Seeking mental health services does not in and of itself affect one's ability to gain or hold a security clearance eligibility.

Adjudicators regard seeking necessary mental health treatment as a positive step in the security clearance process.

Mental Health Continuum



Words Matter

- Be mindful of language related to mental health, substance misuse & addiction
- Avoid use of these terms in a negative connotation:
 - Bipolar, alcoholic, etc.
 - Refrain from terms that foster shame & stigma:
 - Crazy, wacko, insane, unhinged, mental case, psycho

SEE PEOPLE MATTER, WORDS MATTER
ON LANDING PAGE



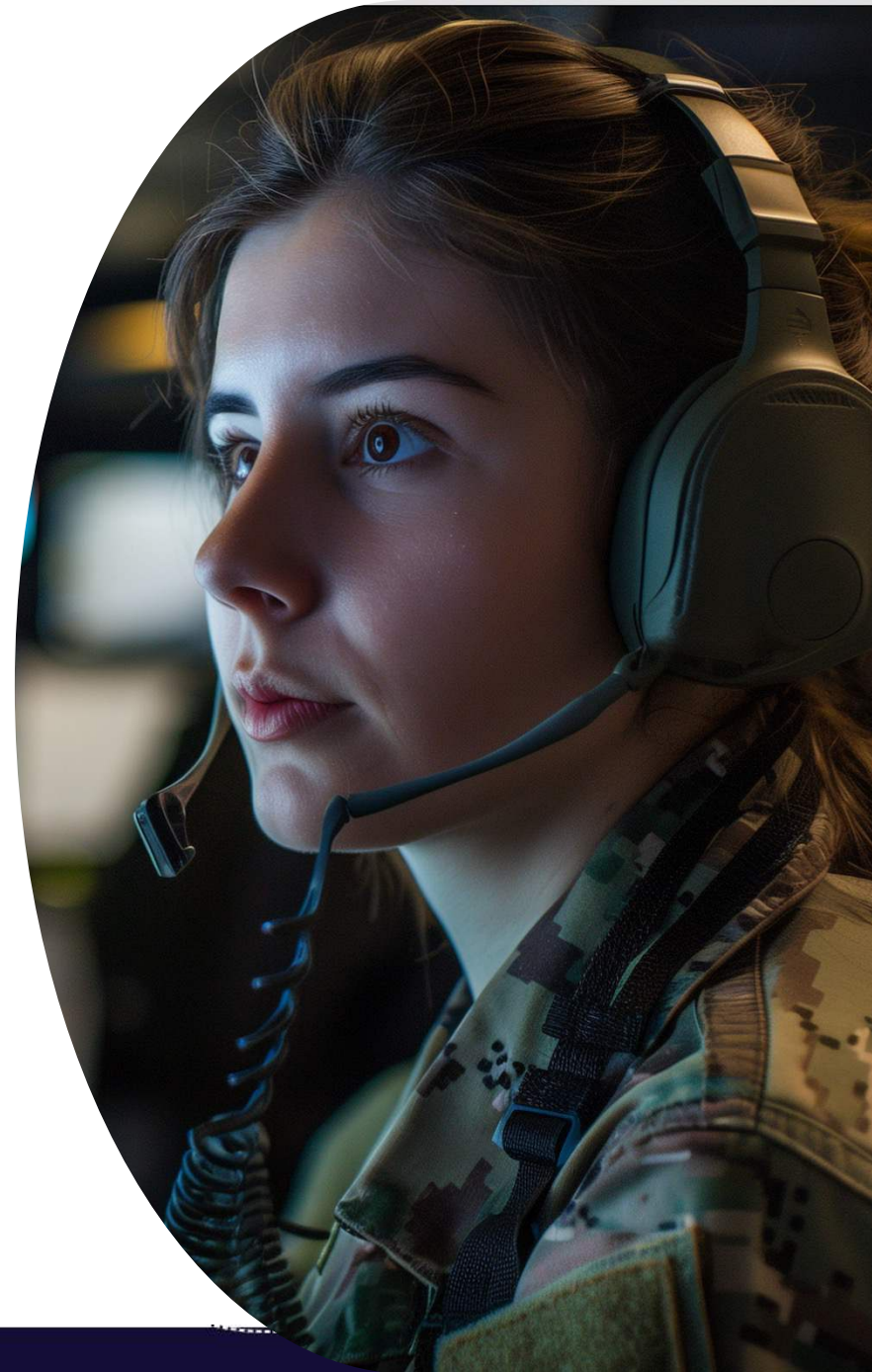
One's MH is Determined By

- Genetics
- Trauma history (intergenerational)
- Levels of support
- Self-care practices
- Coping skills
- Stressors



Current Stressors

- Collective trauma/personal trauma
- Economic uncertainty/financial stress
- Racial injustice issues coming to the forefront
- Political divide and unrest globally
- Challenges managing uncertainty& change
- Personal challenges/life events
- Deployment/military service



Signs & Symptoms of Stress

- Physical
- Emotional
- Cognitive
- Relational
- Financial



Navy Mindset on Stress

Stress is not the enemy

Stress is motivating

Growth mindset

Cultivate mental resilience

Mental Health by the Numbers

1 in 4 Americans experience a mental health condition (per year)

1 in 25 live with a serious mental health condition

42 million deal with an anxiety disorder

16 million deal with major depression

Over 6 million are managing bipolar disorder



Common Mental Health Conditions

- Anxiety Disorders
- Depressive Disorders
- Bipolar Disorders
- Substance Use & Addictive Disorders
- Attention Deficit Disorders
- Trauma & Stressor-Related Disorders
- Eating Disorders
- Clinical Burnout



Burnout

A state of emotional and physical exhaustion caused by excessive and prolonged stress



Symptoms of Burnout

Feelings of:

- Powerlessness
- Hopelessness
- Detachment
- Isolation
- Irritability
- Frustration
- Failure

- Despair
- Cynicism
- Anger
- Depression
- Angst
- Boredom
- Exhaustion

Decrease in:

- Self-esteem
- Concentration
- Memory
- Motivation
- Effort
- Investment
- Productivity

Increase in:

- Errors
- Absenteeism
- Physical complaints
- Sleep disruption
- Conflict
- Illness
- Outbursts

Persons at Higher Risk of MH Conditions Due to Discrimination

- BIPOC
- LGBTQIA+
- Women
- Members of minority religious & cultural groups
- People with lower socioeconomic status
- Disabled persons & caregivers



Substance Misuse Awareness Statistics*



1 out of 10

Americans have a drug
or alcohol problem



1 out of 7

of us have a family
member with a problem

* According to the [National Institute on Drug Abuse](https://www.nida.nih.gov/)

Dual Diagnosis Statistics*



* According to the [National Institute on Drug Abuse](https://www.samhsa.gov/mental-health/addiction)

Early Detection of Mental Illness

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating/learning
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding/relating to other people
- Changes in sleeping habits or feeling tired

Early Detection of Mental Illness

- Changes in eating habits
- Difficulty perceiving reality
- Inability to perceive changes in one's own feelings, behavior or personality
(lack of insight)
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

SEE SIGNS AND SYMPTOMS ON LANDING PAGE

Substance Use Issues: Signs & Symptoms

- Inconsistency
- Relational problems
- Denying responsibility
- Physical complaints
- Lying/secretcy
- Sleep disturbance
- People around who enable
- Financial/legal consequences
- Problems handling conflict
- Performance problems
- Denial/rationalization/. minimizing
- Not morning people/high absenteeism



Mental Health Risk Factors

- High Stress (Deployment)
- Low Support/Isolation
- Poor Coping Skills
- Self-Harm Behaviors
- Substance Misuse
- Trauma History



Suicide Awareness

- Suicide completion rates have surged to a 30-year high.
- Globally, over 800,000 suicides are reported each year, with many more going unreported.
- In the US, over 121 people complete suicide a day.
- Suicide is the 10th leading cause of death in the US
- Risk of suicide for people aged 18-24 highest during these challenging times



Suicide Warning Signs

- Hopelessness
- Despair
- Isolation
- Lack of engagement
- Avoiding future talk
- Passive statements as clues
- Cries for help
- Increased use of drugs or alcohol
- Sleep disturbance
- Acting anxious, agitated or restless
- Talking about having no purpose
- Tying up loose ends
- Saying goodbye to people
- Giving possessions away
- Prior attempts
- Having a plan

Questions to Ask to Assess Risk of Suicide

- Are you having thoughts about hurting yourself or somebody else?
- Are you having thoughts of killing yourself or somebody else?
- Do you have a plan? If so, what is it?
- Have you decided when you would do it?
- Have you collected the items you would need to carry out your plan?
- Have you been using alcohol or other drugs?
- Have you made a suicide attempt in the past?



Suicide Prevention

- Tell someone
- Call 988 (988-1 for Veterans)
- Call 911
- Go to ER
- Err on the side of caution; don't minimize or delay



Have Conversations that Matter

- **A**ssess for mental health issues, risk of suicide or harm
- **L**isten non-judgmentally
- **G**ive reassurance and information
- **E**ncourage appropriate professional help
- **E**ncourage self-help and other support strategies



Practice Compassion

- Don't assume you know what others are feeling
- Ask how they are doing
- Listen actively
- Don't minimize or argue with feelings
- Avoid judgment
- Ask for what they need



Mental Health Tips

- Prioritize your mental health & wellbeing
- Create structure to your day
- Daily mindfulness practices



The Navy's Warrior Tough Mindset

1. Understand your "why" — Sense of Purpose
2. Develop your body, mind, and soul
3. Execute at the highest level, showing a mindful response instead of an emotional reaction
4. Reflect at the individual & organizational level on how to improve

“

Acceptance
**If you don't like
something, change
it. If you can't
change it, change
your attitude.**

Maya Angelou

”



Control what you can, let go of the rest

What you can control:

- Your own thoughts
- Your own emotions
- Your own behaviors
- Your own choices

What you can't control:

- Other people's thoughts
- Other people's emotions
- Other people's behaviors
- Other people's choices
- Outcome
- Military commands

Overview of Mindfulness

- Maintain a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment
- Noticing our thoughts and feelings without judging them
- Allows us to respond, rather than react



Benefits of Mindfulness

- Enhances relationships
- Improves job performance
- Reduces chronic pain
- Increases focus and attention, and improves decision-making skills
- Improves creativity, memory, and cognitive flexibility
- Improves mood, empathy, and overall quality of life
- Boosts immune system

Source: Glomb, T. M., Duffy, M. K., Bono, J. E., & Yang, T. (2012). Mindfulness at work. *Research in Personnel and Human Resource Management*, 30, 115-157.

Int J Yoga. 2015 Jul-Dec; 8(2): 128–133. Effectiveness of mindfulness meditation on pain and quality of life of patients with chronic low back pain

Benefits of Mindfulness, cont

- Decreases anxiety, stress, depression, tiredness, and irritability
- Increases emotional intelligence
- Encourages healthier eating habits
- Improves heart and circulatory health
- Aids in recovery from substance use
- Improves sleep
- Increases financial well-being

Source: Glomb, T. M., Duffy, M. K., Bono, J. E., & Yang, T. (2012). Mindfulness at work. Research in Personnel and Human Resource Management, 30, 115-157.

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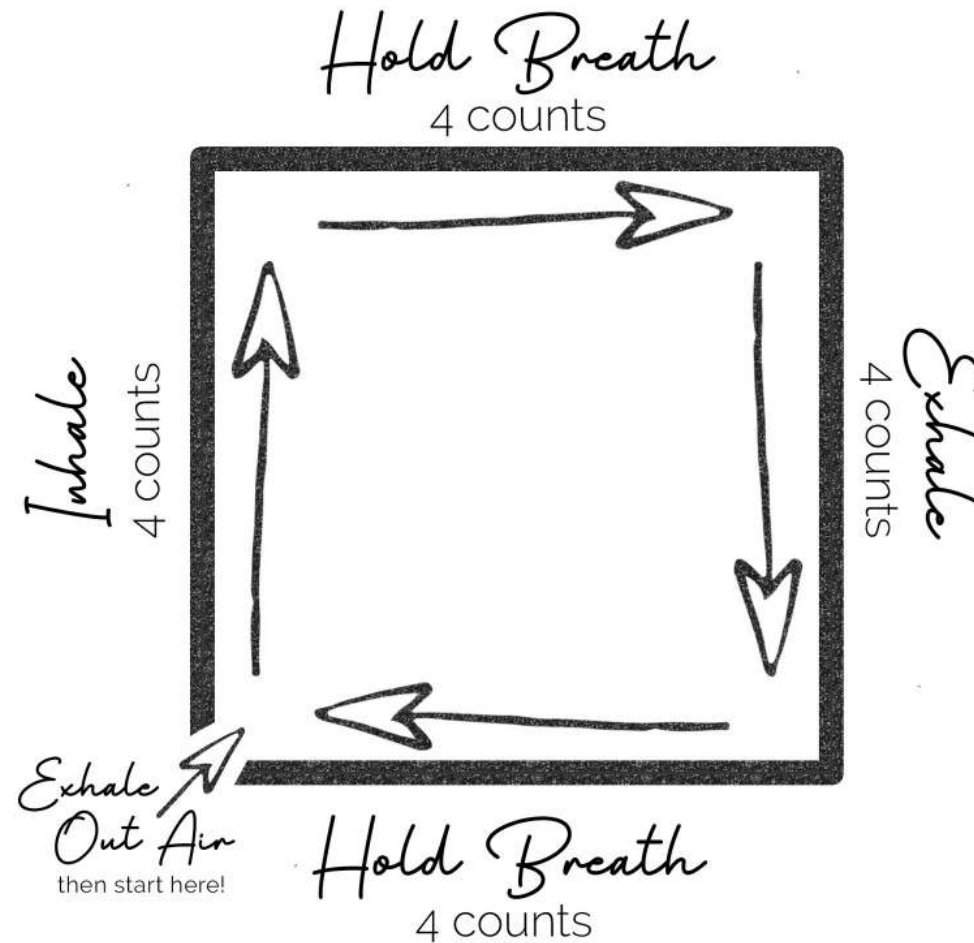
Presence

Be as least as interested in what goes on inside you as what happens outside. If you get the inside right, the outside will fall into place.

ECKHART TOLLE



Square Breathing



Strategies to Increase Mindfulness

- Progressive muscle relaxation
- Unplugging from technology
- Listening & using your senses
- Mindful eating & spending
- Yoga
- Breathing
- Body scan
- Positive mantra
- Connection to nature
- Meditation
- Morning routine



Mindfulness & Emotional Intelligence



KNOW YOUR EMOTIONS



MANAGE YOUR
EMOTIONS



MOTIVATE YOURSELF



RECOGNIZE &
UNDERSTAND THE
OTHER PEOPLE'S
EMOTIONS



MANAGE
RELATIONSHIPS
(MANAGE THE
EMOTIONS OF OTHERS)

Positivity

**A man is but the
product of his
thoughts...what he
thinks, he becomes.**

MOHANDAS GANDHI



Keep Your Thinking Positive

- Paying attention to self-talk
- Silence your Inner Saboteur
- Avoid catastrophizing
- Thought stopping
- Identifying irrational belief systems
- Thought records



“

Practice Gratitude

**He is a wise man who does
not grieve for the things
which he has not,
but rejoices for those
which he has.**

EPICETETUS

”



Detachment

Feelings are waves of energy which we can choose to surf, rather than allowing them to overcome us.

ARLENE ENGLANDER



Detach From:

- Your own negative emotions like fear, anxiety, anger and sadness
- The negative emotions of others
- Expectations
- Outcome (embrace uncertainty)



Detachment Strategies

Visualization of protective barrier

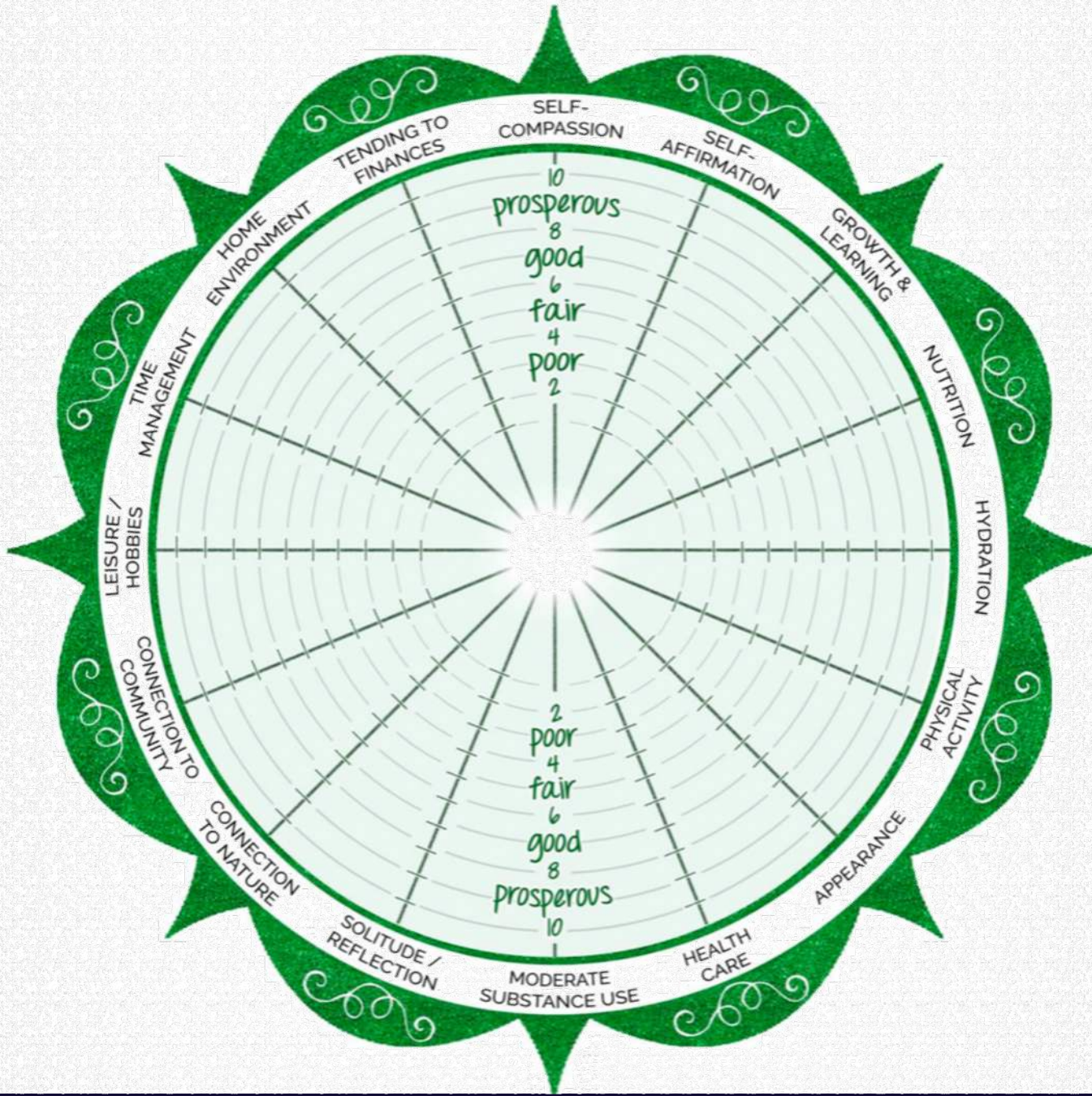


Unhook from conflict

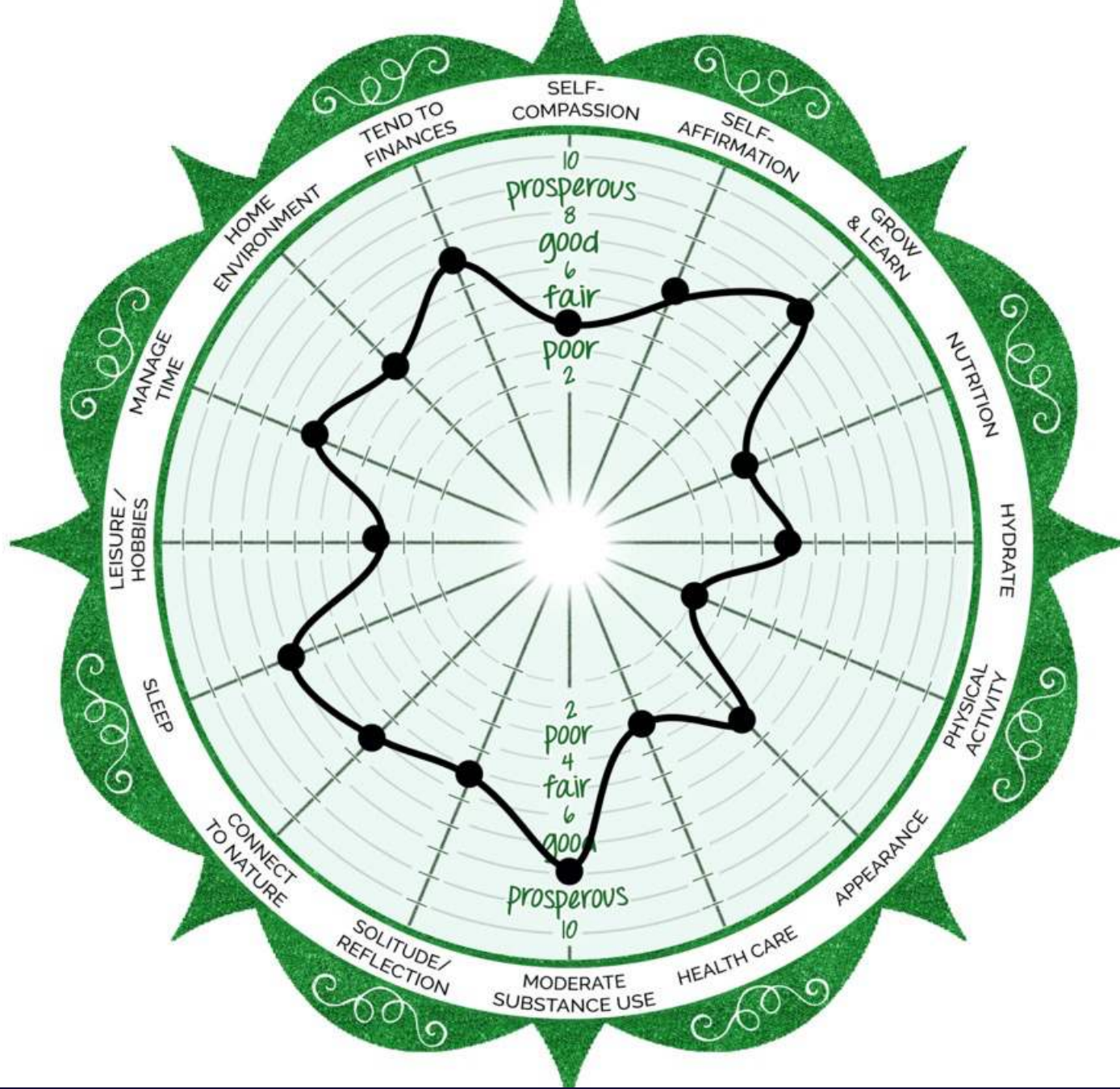
The Container Exercise

Zoom out for greater perspective

Lifeguard analogy



Self-Care Wheel



Sample Completed Self-Care Wheel

Holistic Mental Health Practices

- Check Vitamin D Levels
- Assess Thyroid Functioning
- Exercise 3x/week
- Promote sleep & relaxation
- Mediterranean Diet



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Support

**Alone we can do so
little, together we can
do so much.**

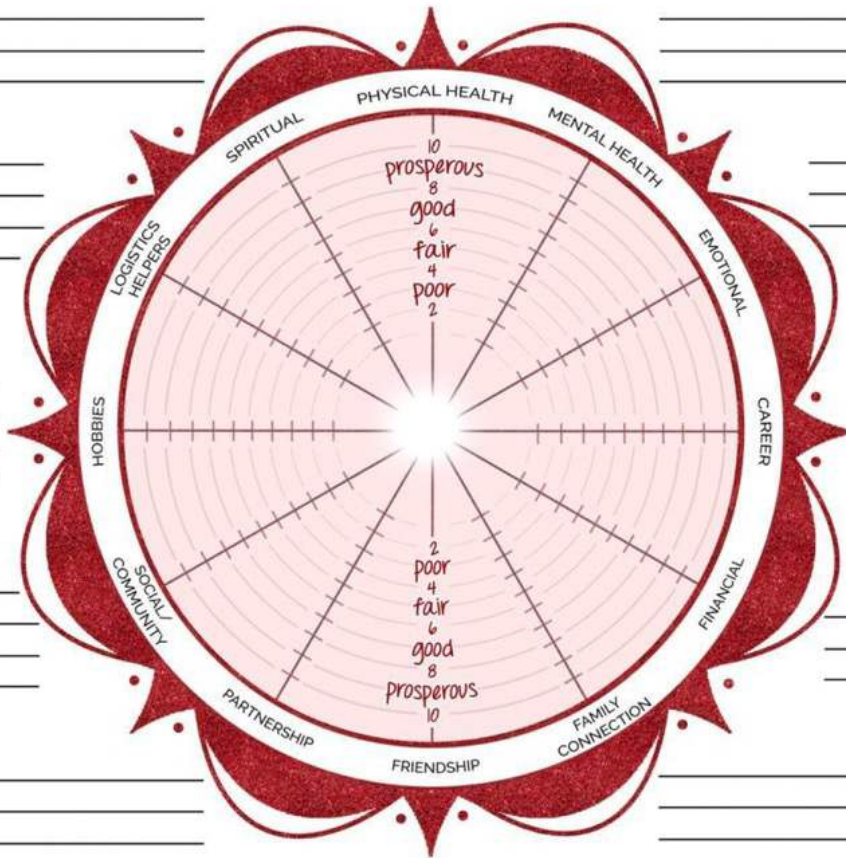
HELEN KELLER

”

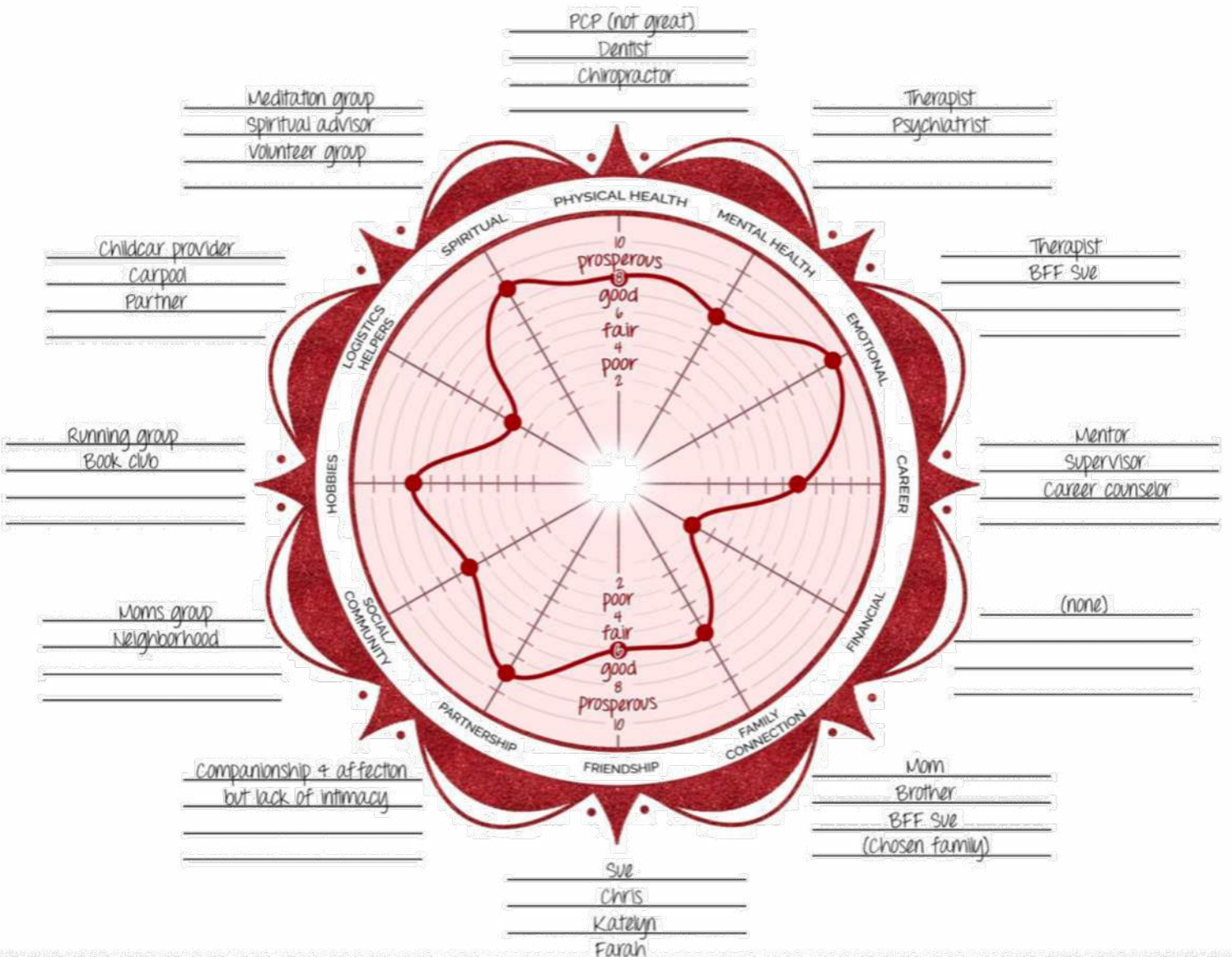


Barriers to Accessing Support

- Fear (difficulty trusting)
- Pride
- Shame or stigma
- Guilt
- Fear of imposition
- Low self-esteem, not feeling deserving
- Learned helplessness
- Hopelessness
- Loss of power and control (ego)
- Loss of credit (ego)
- Early life messages
- Expense
- Introversion or shyness



Support Network Wheel



Sample Support Network Wheel

Access Support

- Avoid isolating with your feelings
- Connect with loved ones
- Ask for what you need from people who can provide it
- Access community
- Seek professional counseling preventatively



Resilience

**Life will give you
whatever experience is
most helpful for the
evolution of your
consciousness.**

EKHART TOLLE







Mental Health Roadmap

- Talk to your peers and supervisor
- Contact your Expanded Operational Stress Control (E-OSC Team Leader)
- Contact your Chaplain
- Military OneSource for Services Through Tri-Care
- Contact your Fleet & Family Support Center
- Contact Military & Family Life Counseling

Utilize Your Benefits

TriCare covers
100% of mental
healthcare
through Military
One Source



Call. Click. Connect.

1-800-342-9647 • MilitaryOneSource.mil

Provided by the Department of Defense at no cost to
service members or their families.

Free Self Test Tools

- psychologytoday.com/us/tests
- psychcentral.com/quizzes/



Meditation Resources

- [Calm: 30 Days Free](#)
- [Headspace: Free Trial](#)
- [Jack Kornfield: Compassion in the Time of Coronavirus](#)
- [Eckhart Tolle](#)
- [Jon Kabat-Zinn](#)
- [Tara Brach](#)





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“DYSINGER AWARD FOR OUTSTANDING PUBLICATION IN COUNSELING”

Illinois Counseling Association



“CATEGORY FINALIST”

The Eric Hoffer Book Awards!



“RUNNER-UP IN NON-FICTION”

San Francisco Book Festival



“HONORABLE MENTION - GENERAL NONFICTION”

Southern California Book Festival
Hollywood Book Festival
New York Book Festival
London Book Awards
Los Angeles Book Festival
Paris Book Awards

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