Resilience - Mental Health

“Before the art of medicine comes the art of belief”
- Deepak Chopra
Resilience - Mental Health

“Before the art of medicine comes the art of belief”
- Deepak Chopra
Mental Health and Wellbeing
Statistics in Australia

Mental ill-health describes a number of diagnosable disorders that can significantly interfere with a person's cognitive, emotional or social abilities.

Relevant Statistics

20% of adults suffer from some form of mental ill-health

25% of adolescents suffer from some form of mental ill-health

1 in 7 primary school students suffer from some form of mental ill-health
Key attributes to resilience

Positive emotion shows cognitive change!

GRATITUDE

MINDFULNESS

EMPATHY

Emotional Literacy
Positive emotion builds cognitive capacity?

Positive emotion shows cognitive change!

- broader attention span
- increased working memory
- enhanced verbal fluency
- increased openness to information
- increased creativity
- increased engagement
Mood Changers

What three things can change your mood instantly?

MUSIC
EXERCISE
LAUGHTER
happo potamust
Gratitude

Write down 3 new things you are grateful for everyday

21 days in a row rewires your brain to retain a pattern of scanning the world not for the negative but for the positive.

42 days- depression, anxiety decrease and wellbeing increases.
The Science Behind Gratitude Journal

The Evidence from University of Massachusetts

• get sick less
• feel happier
• feel more optimistic about their life
• higher levels of alertness
• higher levels of enthusiasm
• higher levels of determination
• higher levels of attentiveness
• higher levels of energy
• greater sleep duration and better quality of sleep
• lower levels of depression and stress
Gratitude

• write down three things that went well for you today
• what are you looking forward to most tomorrow?
• write a list of the things in your life you are grateful for? (30+)
• write down three things in your daily life that you take for granted
• write down all the things that you can appreciate about your present moment.
• write a list of the simple pleasures in your life- the inconsequential, the everyday things that make you happy, like the feel of clean sheets, the smell of coffee, the tilt of your dogs head etc.
• go out of your way to thank someone for something
• describe the happiest day of your life
• compliment a stranger
• what are your three favourite activities? List them, how often do you do them?
• put some time into someone that you don’t usually make time for
WHAT IS SMILING MIND?

SMILING MIND IS MODERN MEDITATION FOR YOUNG PEOPLE.
You've completed your session.

How are you feeling now?

- Stormy ☁️ → Calm ☀️
- Energised ☀️ → Tired 🌴
- Curious 🦊 → Disinterested 😞
- Tuned in 🎧 → Tuned in 🎧
- Negative 🙅‍♀️ → Positive 😊
- Connected 🎨 →Disconnected 🕯

Submit ⬤

Or skip evaluation

Wednesday, 22 April 15
Smiling Mind

Mental
• reduce depression
• reduces anxiety
• improves decision making
• improves ability to focus
• reduce substance abuse
• cures eating disorders

Physical
• relieves stress
• prevents heart disease
• lower blood pressure
• reduce chronic pain
• improve sleep
• makes you less nervous
Mindfulness!

How does Smiling Mind make you feel?

Is it hard?
“I approached it with mindfulness…as much as we pump iron and build physical strength, we need to build our mental strength. We did this for focus, to have one pointed attention – so that we can be in concert with one another. So when things go wrong, you sit on the bench, you take a breath and you reset yourself. You do this through mindfulness…It’s also about being **authentic** and being who you are, and what you think is important. You have to put spirit back into things.”
Empathy
Oxytocin

Research

1000 participants aged 34-93. How much stress have you experienced in the last year? How much time have you spent helping other people? They measured death rates.

Results

People who spent time caring for and helping other people showed absolutely no stress-related increase in dying.

Caring creates RESILIENCE!!
Promoting Oxytocin

• go out of your way to thank someone for something
• write someone a gratitude letter. Tell them why you are grateful for them?
• can you remember when you last did an act of kindness for someone? what was it? How did it make you feel?
• put some time into someone that you don’t usually make time for
• who is someone that could really do with an act of kindness from you? what could you do for that person?
• who is someone you have a difficult relationship with? could you do something kind for them?
Causal analysis

This means the ability to think comprehensively about the problems you confront. Folks who score high in resilience are able to look at problems from many perspectives and consider many factors.
Emotional Literacy
Extra Reading