



**Canadian Mental
Health Association**
Windsor-Essex County

Community well-being is our sole focus.

Healthy Mind in a Healthy Body

Presentation by Carrie Davis

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Health Association**
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Community well-being is our sole focus.

Mante Sana En Cuerpo Sano

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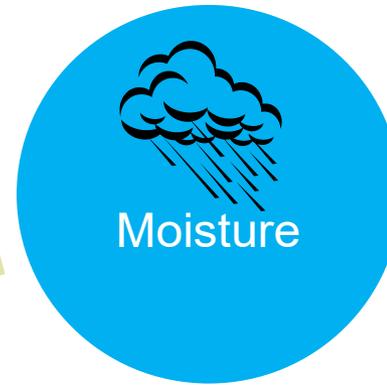
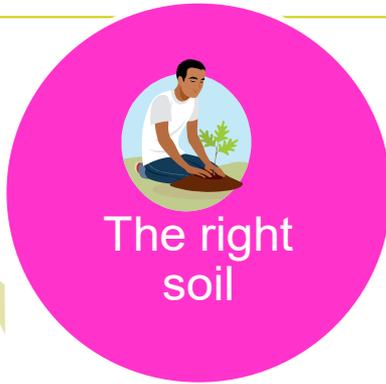
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What does a healthy garden need?



Que necesita un jardin saludable ?





Insectos
que ayuden
al jardín



Tierra
saludable



Alguien
para
desmalezar,
azadonar y
cultivar



humedad



Sol



Nutrientes –
fertilizantes

**The garden that
has all those
elements in
balance will
need less
medication
(pesticides,
herbicides)**



**and will produce the most
bountiful harvest.**

**El jardin que
tenga todos
estos elementos
en equilibrio,
necesitara
menos
medicamentos,
(pesticidas,
herbicidas)**



**Este jardin
producira la
cosecha mas
abundante.**

Just like a garden needs balance,
as human beings we are at our
best when all aspects of wellness
are part of our daily lives.



Justo como un jardín necesita su equilibrio, los humanos necesitan que su bienestar sea un aspecto de su rutina diaria.



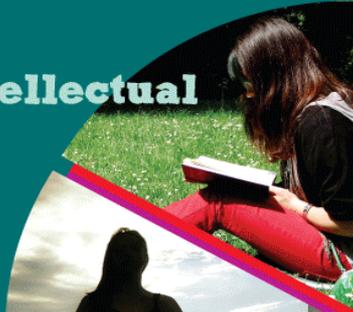
What are the most important components of wellness?



Cuales son los componentes mas importantes de tu bienestar?

Intelectual

intellectual



social

Social



physical

Fisico



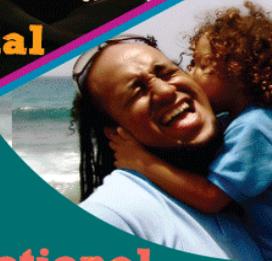
Espiritual

spiritual



emotional

Emocional



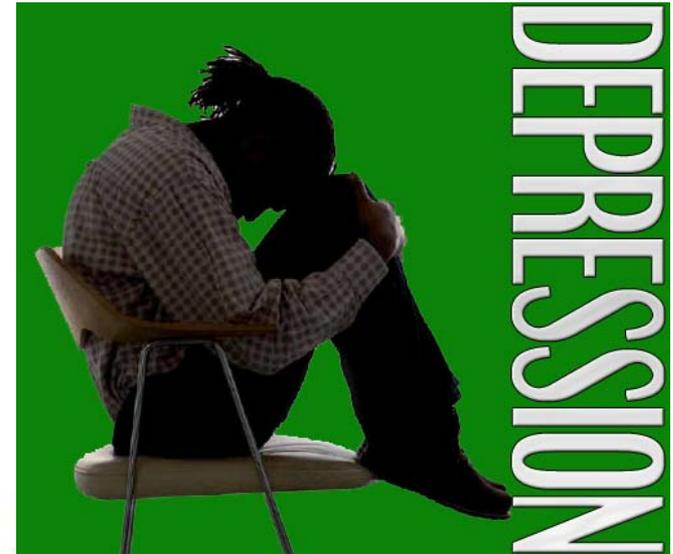
environmental

Medio ambiente



Emotional Health

Anxiety
Disorders





Depresion

Desorden de
ansiedad

**Anxiety
Disorders**



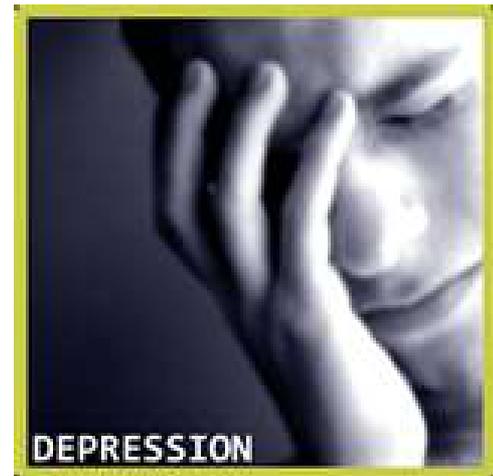
Estres



Creo que es
estres

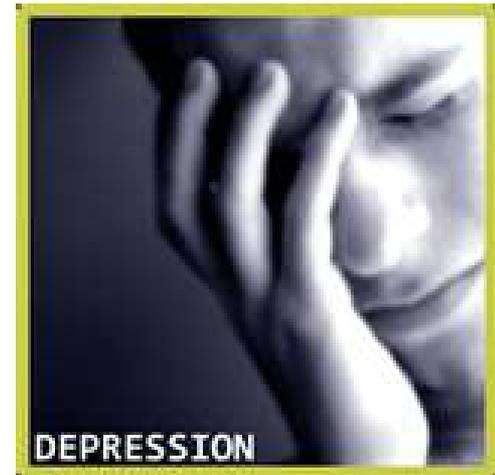
Signs of Depression

- Sense of sorrow or despair
- Tension
- Lack of energy
- Loss of interest or pleasure in one's usual activities
- Feelings of worthlessness, or guilt



Signos de depresion

- Sentido de tristeza o desesperacion
- Tension
- Falta de energia
- Falta de interes o placer en nuestras actividades diarias
- Sentido de inutilidad, o culpa





Physical Symptoms of Depression

- Body aches and pains
- Muscle tension
- Always tired – no matter how much sleep you get
- Appetite changes
- Moving or thinking slower than normal
- Chronic headaches
- Upset stomach



Sintomas fisicos de depresion

- Dolores de cuerpo
- Tension muscular
- Cansancio excesivo– sin importar cuanto duermas
- Cambios de apetito
- Sentir que te mueves o piensas mas despacio de lo normal
- Dolores chronicos de cabeza
- Dolores de estomago

What is anxiety?

- Anxiety is a **NORMAL EMOTION** – it helps us cope with difficult, challenging or dangerous situations.
- Anxiety is **COMMON** – there are times when we all feel worried, anxious, uptight or stressed.
- Anxiety becomes a **PROBLEM WHEN IT STOPS YOU** from enjoying normal life by affecting work, school, family relationships, friendships or social life.
- This is when **ANXIETY TAKES OVER** and you have lost control.

Que es la ansiedad?

- Ansiedad es una **emocion normal**
- Ansiedad es **comun** – es normal sentirse preocupado, ansioso o estresado.
- Ansiedad se hace un **problema cuando no deja** que disfrutes tu trabajo, escuela, relaciones familiares, amistades o tu vida social.
- Es en este momento que la **ANSIEDAD TOMA CONTROL** y tu lo haz perdido.



Anxious feelings

- shortness of breath
- tight chest
- dizziness or light-headedness
- palpitations
- muscle pain, especially head and neck pain
- wanting to go to the toilet
- shakiness
- sweating
- dry mouth
- difficulty swallowing
- blurred vision
- butterflies or feeling sick.

Sensaciones de ansiedad

- Complicaciones de respiracion
- Pecho apretado
- Mareos o aturdimiento
- Palpitaciones
- Dolores musculares, especialmente de cabeza o cuello
- Demasiadas ganas de ir al baño
- Inestabilidad
- Sudar excesivamente
- Boca seca
- Dificultad con tragar
- Vision borrosa
- Sentirse enfermo



Stressful Life Events

- Moving to a new country (culture shock)
- Missing family and friends
- Finances, money, bills
- Illness



Eventos estresados

- Moverte a un nuevo País (choque de cultura)
- Nostalgia sobre familia y amigos que estan lejos
- Finanzas, dinero, gastos
- Enfermedades

Signs and Symptoms of Stress

- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying
- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation
- Depression or general unhappiness
- Aches and pains
- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heartbeat
- Frequent colds
- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)

Signos y síntomas de estrés

- Problemas de memoria
- Inabilidad de concentrarte
- Falta de juicio
- Ver solo lo negativo
- Pensamientos ansiosos
- Preocupado constantemente
- Mal humor
- Irritabilidad o mal genio
- Agitación, inabilidad de relajarte
- Sentirse agobiado
- Sentirse solo y aislado
- Depresión o sentirse infeliz
- Dolores de cuerpo
- Diarrea o estreñimiento
- Náusea, Mareos
- Dolores de pecho, palpitaciones
- Resfriados frecuentes
- Comer mucho o no suficiente
- Dormir mucho o no suficiente
- Aislarte de los demás
- Aplazar o negligencia de tus responsabilidades
- Usar bebidas alcohólicas, cigarrillos o drogas para relajarte
- Hábitos nerviosos (comerte las uñas, caminar de un lado para otro constantemente.)

It is important to find balance in your life over time and in a wide range of situations.

It is natural to feel off balance at times; sad, worried, scared or suspicious.

These kinds of feelings may become a problem if they get in the way of your life over a long period of time.



Es importante encontrar equilibrio en tu vida sobre la pasada del tiempo y sobre diferente situaciones.

Es natural sentir que pierdes tu equilibrio aveces si sientes; tristeza, preocupaciones o sospechas.

Estos sentimientos pueden hacerce problemas si no dejan que vivas tu vida en tranquilidad





Handling difficult emotions

Negative Coping:

- Lashing out
- Over eating / under eating
- Excessive smoking or drinking
- Using drugs



Controlar emociones difíciles

Forma negativa:

- Agredir
- Comer mucho / no comer suficiente
- Fumar o beber alcohol excesivamente
- Usar drogas



Excessive alcohol use

- Lowers our immune system
- Sleep problems
- Affects long and short term memory
- Stomach problems and heartburn
- Kidney and Liver problems
- Dependency



Uso excesivo de bebidas alcohólicas

- Baja nuestro sistema inmunológico
- Problemas para dormir
- Afecta la memoria corta y larga
- Problemas de estómago y acidez
- Problemas de riñones y hígado
- Dependencia



Handling Emotional Difficulties

- Recognize when your emotions affect your body
- Focus on things you can control
- Laugh as much as possible
- Breathe slowly
- Mistakes are okay
- Face your problems – one at a time
- Talk to someone
- Allow yourself to feel sad
- Sunlight and fresh air



Controlar emociones difíciles

- Reconoce cuando tus emociones afectan tu cuerpo
- Concéntrate en lo que puedes controlar
- Ríete lo más posible
- Respira despacio
- Errores son normales
- Arregla tus problemas – uno a la vez
- Platica con alguien
- Déjate sentir triste
- Sol y aire libre ayuda



Seeking help

- You need not face these problems alone and let them overwhelm you
- It is not necessary to suffer.
- Everyone needs help at some point in their life
- There are resources and people who can help you



Busca ayuda

- No tienes que enfrentar estos problemas solo. No dejes que te agobien.
- No es necesario sufrir.
- Todos necesitamos ayuda en un punto de nuestras vidas.
- Existen recursos y personas que te pueden ayudar.



Windsor-Essex Community Health Centre- Leamington

- FREE services
- Doctors and nurses for physical health concerns
- Social workers and counsellors
- Addiction support workers
- Nutritionist
- Foot care



Telehealth Ontario

- FREE healthcare assistance over the phone
- 1-866-797-0000
- 24/7
- Multiple languages available

HubConnect App



- Download the HubConnect App on your smart phone
- Information about local resources for healthcare, food, community events, health and safety etc
- Specific to migrant workers and temporary foreign workers



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Health Association
Windsor-Essex County

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Thank you!



<https://windsor-essex.cmha.ca/>



Canadian Mental Health Association - Windsor



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