



**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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partenariat local d'immigration
windsor essex
local immigration partnership



Land Acknowledgement

- While it is a well-traveled land, I respectfully acknowledge and express my sincerest gratitude to be able to gather, work, learn, and reside today in the traditional territory of the Three Fires Confederacy of First Nations, comprised of the Ojibwe, the Odawa, and the Potawatomi Peoples.
- I identify as a settler and acknowledge the importance of the Treaties and am commit to the calls to actions in The Truth and Reconciliation Commission of Canada.
- Indigenous Peoples continue to experience trauma caused by colonial violence. At CMHA, we are committed to advocating for and reconciling with Indigenous communities across Canada.



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Today we will

- Wellness
- Depression, Anxiety, and Stress
- Coping Strategies
- Resources



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Health and wellness

- **Health** is not just the absence of disease but a state of complete physical, mental, and social well-being.
- **Wellness:**
 1. Self-directed and changing.
 2. Wellness is multidimensional and holistic, it includes lifestyle, mental and spiritual well-being, and the environment.
 3. Wellness is positive and supporting.



Stoewen D. L. (2015). Health and wellness. *The Canadian veterinary journal* = *La revue veterinaire canadienne*, 56(9), 983–984.



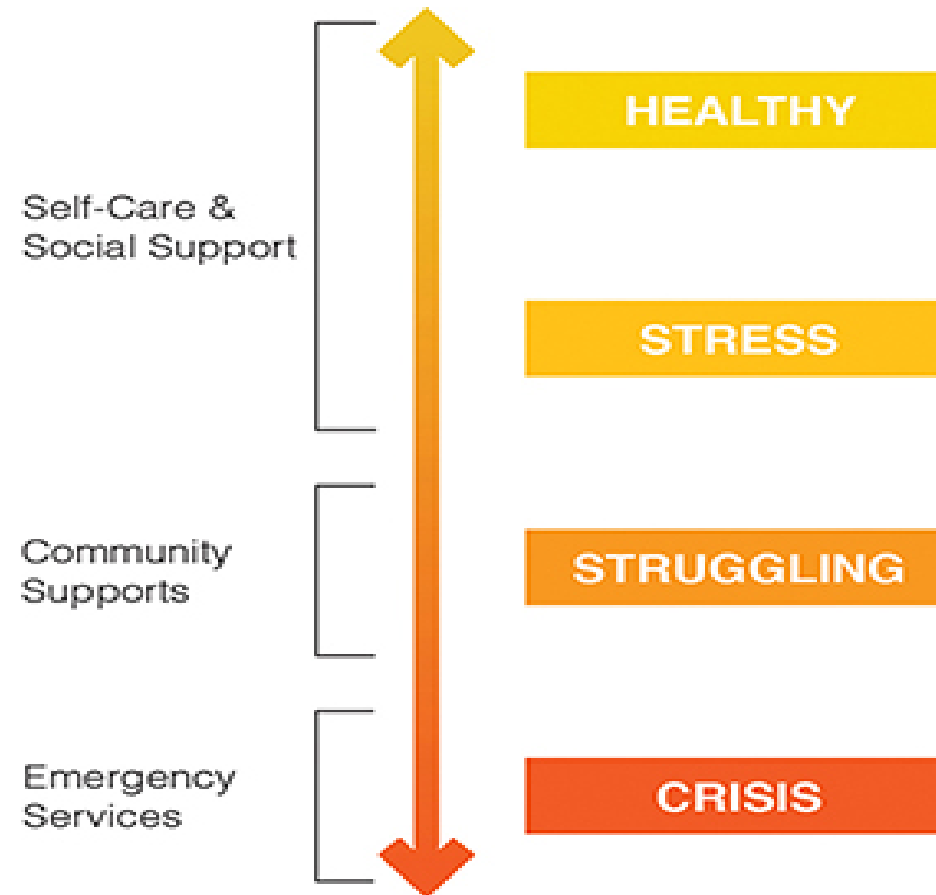
What are the most important components of wellness?



Emotional Health



Mental Health Continuum



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Depression

1. Low/ Depresses mood
2. Lack of interest, pleasure in activities
3. change in appetite or weight
4. Sleep Changes
5. Restlessness and slow moving or thinking
6. Fatigue or loss of energy
7. Worthlessness or guilt
8. Lack of concentration / indecision
9. Thoughts about death



Depression

Mood

- hopelessness, sad, guilt, worthlessness, helpless
- disconnected with others.

Activities

- Avoiding people, work, or school.
- Tearfulness
- slower movements.
- activities of daily living.
- Substance use.



Thoughts

- Difficulty concentrating and remembering.
- Focused on negative thoughts.
- Hopeless about outcomes and the world.
- suicide/death.

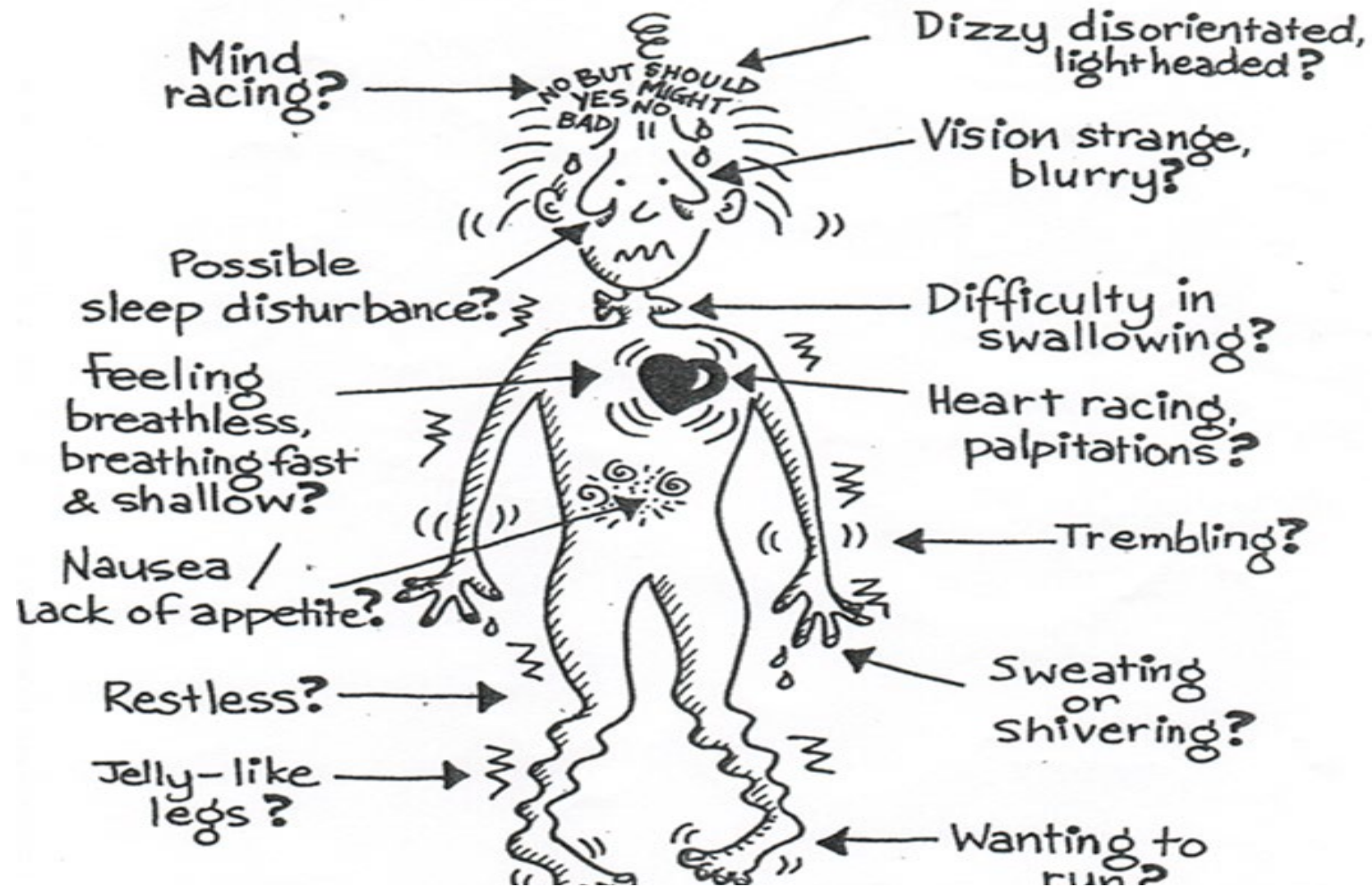
Physical Symptoms

- Change in sleeping patterns.
- Change in appetite – weight loss or weight gain
- tired
- aches and pains or upset stomach.
- Muscles tension, headaches.

What is anxiety?

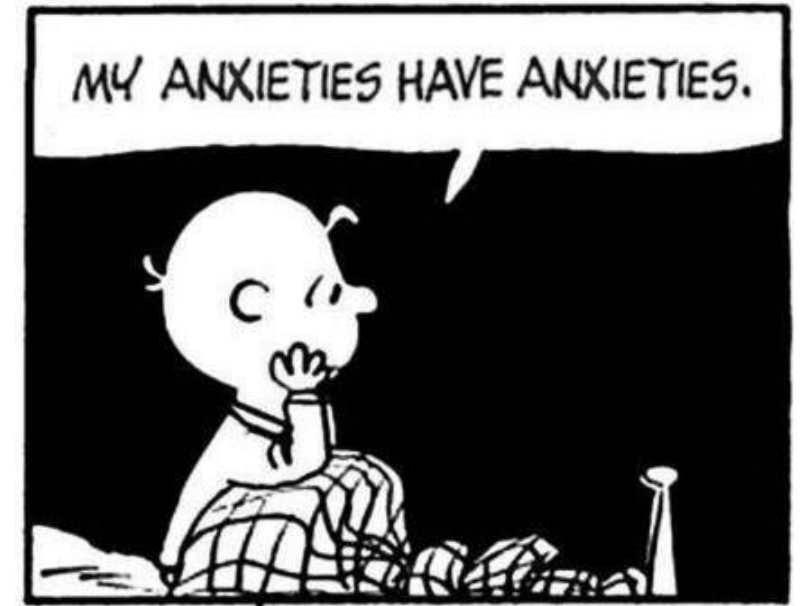
- Anxiety is a **NORMAL EMOTION** – it helps us cope with difficult, challenging or dangerous situations.
- Anxiety is **COMMON** – there are times when we all feel worried, anxious, uptight or stressed.
- Anxiety becomes a **PROBLEM WHEN IT STOPS YOU** from enjoying normal life by affecting work, school,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

Symptoms?



Anxiety & Stress: The Difference

- “With stress, we know what’s worrying us, but with anxiety you become less aware of *what* you’re anxious about [in the moment] and the reaction becomes the problem. You start to feel anxious about being anxious”
- Comes from a place of fear, unease, and worry



Overcoming Avoidance

- When you avoid a difficult situation you feel less anxiety however the more you avoid the more anxious you become about facing it in the future.
- Avoidance feeds anxiety.
- Learning to cope and face the situation is a long lasting way of get rid of anxiety
- Same thing with depression, if we feel depressed and do not engage in an activity then we feel worse. We must push our selves to do the activity

Stressful Life Events



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



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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)



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.



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Handling difficult emotions

Negative Coping:

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



Excessive alcohol use

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



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Handling Emotional Difficulties

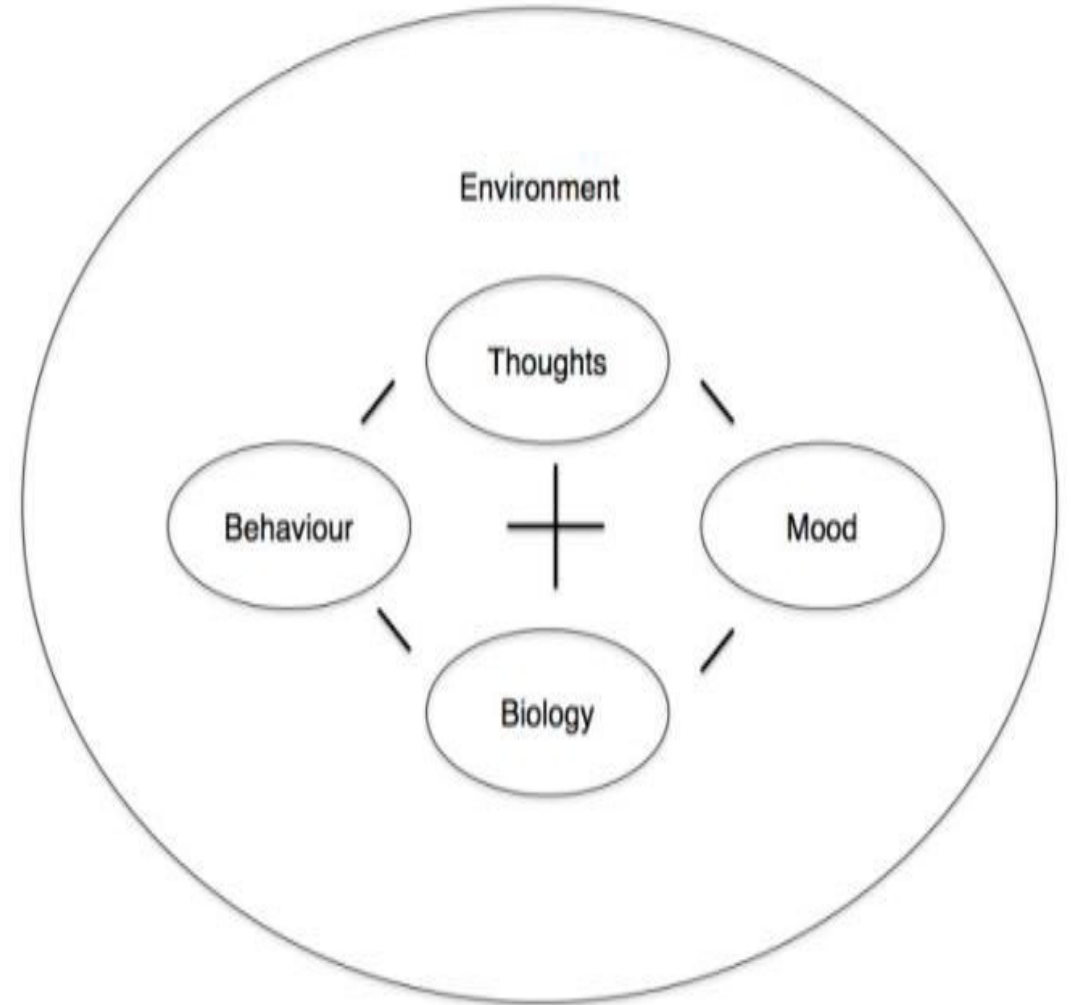
- Recognize when your emotions affect your body
- Focus on things you can control
- Laugh as much as possible
- Breathe slowly
- Mistakes are okay
- Face your problems – one at a time
- Talk to someone
- Allow yourself to feel sad
- Sunlight and fresh air

Treatments For Anxiety and Depression

- Medications (Drug Therapy)
- Cognitive-Behavioural Therapy
 - CBT is the most widely-used therapy for anxiety and depression disorders. While it is often difficult to manipulate our moods directly, CBT helps us to control our thoughts and behaviours, which impact our mood
- Acupuncture
- Aromatherapy
- Breathing Exercises
- Exercise
- Meditation
- Nutrition & Diet
- Vitamins
- Self care

Use a Cognitive Approach

- Use self-talk to lower anxiety
- Change your self-talk from negative to positive, from despairing to realistically hopeful.
- The average person has 6000 thoughts a day – most are repetitive and automatic. Choosing your thoughts can have a major impact on your wellbeing.



Behaviour Activation before Motivation

- Create a goal
- Scheduling time for the goal and pleasurable activities
- Written visual as a reminder
- Recognize achievement

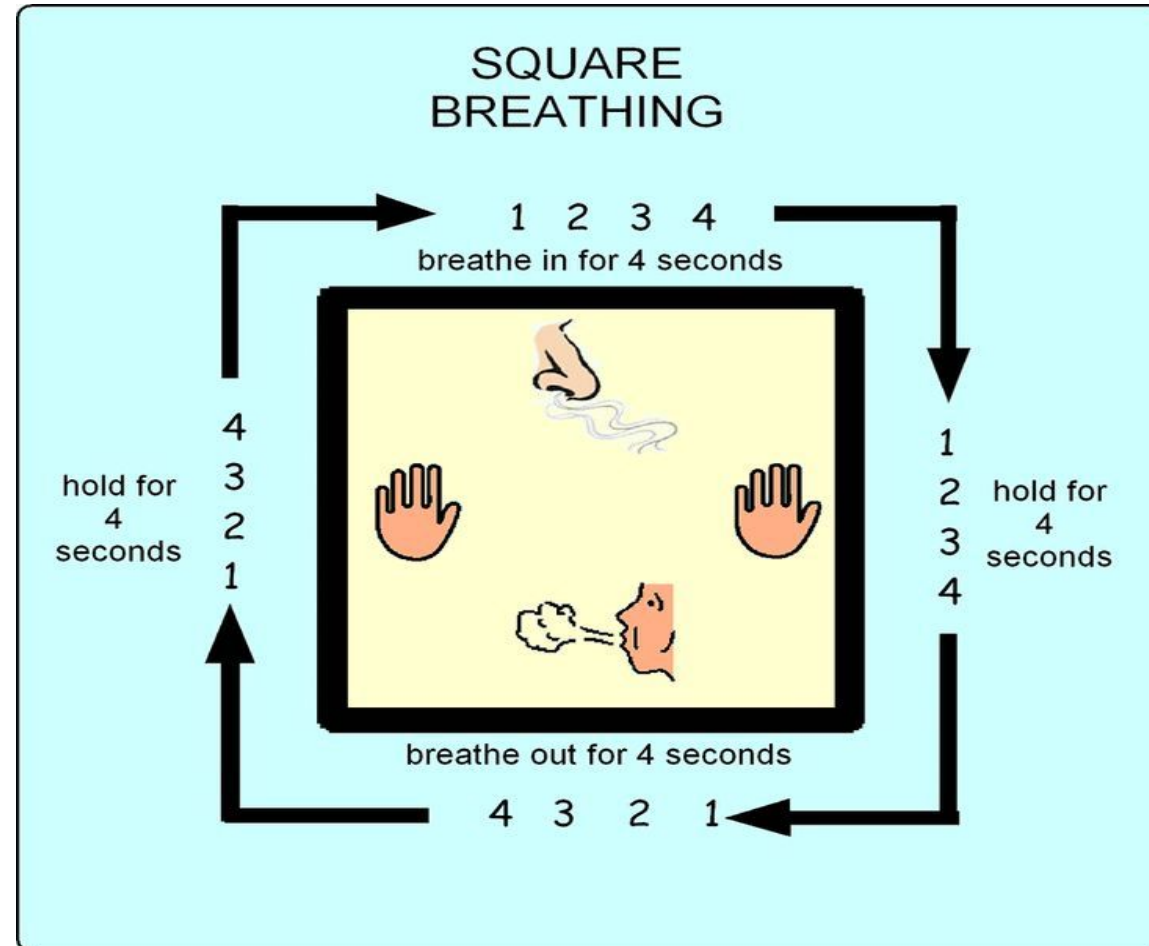
Exercise

- Benefits: symbolic meaning of the activity, the distraction from worries, mastery of a sport, effects on self image, biochemical and physiological changes associated with exercise, symbolic meaning of the sport
- Helps by expelling negative emotions and adrenaline out of your body in order to enter a more relaxed, calm state to deal with issues and conflicts

Meditation

- cultivates calmness to create a sense of control over life
- improve an individual's core psychological capacities, such as attentional and emotional self-regulation
- helps to uplift mental health and causes healthy changes in the brain

Square Breathing



Self Love

- The most important holistic treatment of all
- Laugh: be able to laugh at yourself and with others; increases endorphin levels and decreases stress hormones
- Let go of frustrations
- Do not judge self harshly: don't expect more from yourself than you do others
- Accept your faults – practice makes progress!

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

Canadian Mental health Association – WECB: Workplace outreach worker

- Available on-site at various workplaces
- Provide information and referral to resources
- One-on-one confidential counselling
- Mental health and well-being workshops



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CMHA Specialized Programs



The Canadian Mental Health Association, Windsor-Essex County Branch (CMHA-WECEB) is the lead provider of community mental health services.

- Intensive Case Management (Concurrent Disorders, Addiction Counselling, Dual Diagnosis)
- Supportive Housing
- Community Treatment Orders
- Early Intervention (1st Episode Psychosis)
- Complex Grief
- Justice (Court Support & Release from Custody)



TSC Crisis & Mental Wellness Support

8 am to 8 pm 7 days/week

519-973-4435*

744 Ouellette Ave:

After 8 pm WRH Emergency Dept. 1030 Ouellette Ave.

- Community crisis line is available 24 hrs
- Mental health and addiction urgent care centre
- CMHA 8:30 AM to 8:00 PM Monday to Friday

HOW TO GET HELP



CMHA-WECB no longer accepts "walk-in" clients. For immediate mental health services visit the Hôtel-Dieu Grace Healthcare's Transitional Stability Centre (TSC).
519.973.4435 | 736-744 OUELLETTE AVE. | 8 AM - 8 PM | 7 DAYS A WEEK

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windsoresex.cmha.ca

hdgh.org

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Feeling low? Stressed? Anxious?

BounceBack® can help!

Visit bouncebackontario.ca or call 1-866-345-0224 for more information.

BounceBack® can help!

A FREE self-help program designed to help adults and youth 15+ tackle depression and anxiety.



Telephone coaching with
skill-building workbooks



Available in multiple languages



Online videos with practical tips



Mental Health Apps

- Mindshift
- Be Safe by MindYourMind
- Calm
- Moodie
- Moods
- Headspace
- HealthyMinds





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Thank you!



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