

Managing Your Mental Health

For those you care about

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Babies in orphanages had a high mortality rate*¹ (30%-100%)

Overview



- You do not deserve to be mistreated
- Not a conscious a choice
- Attachment Theory – safety and security
- Empathy
- Active listening – accompanying in suffering
- Unhelpful things to say
- Abnormal psychology
- At work – as a boss
- Spiritual
- Practical things
- References
- Questions

Be kind and gracious

- Please treat my stories with respect



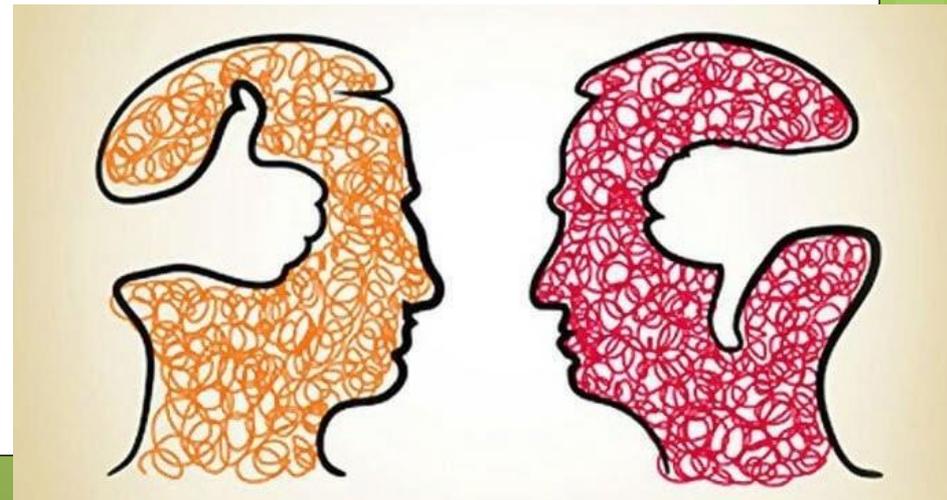
You do not deserve to be mistreated

- You don't need to accept anyone in your life treating you poorly based on their mental health.
- Having a conscious has nothing to do with a flourishing or a languishing mental health



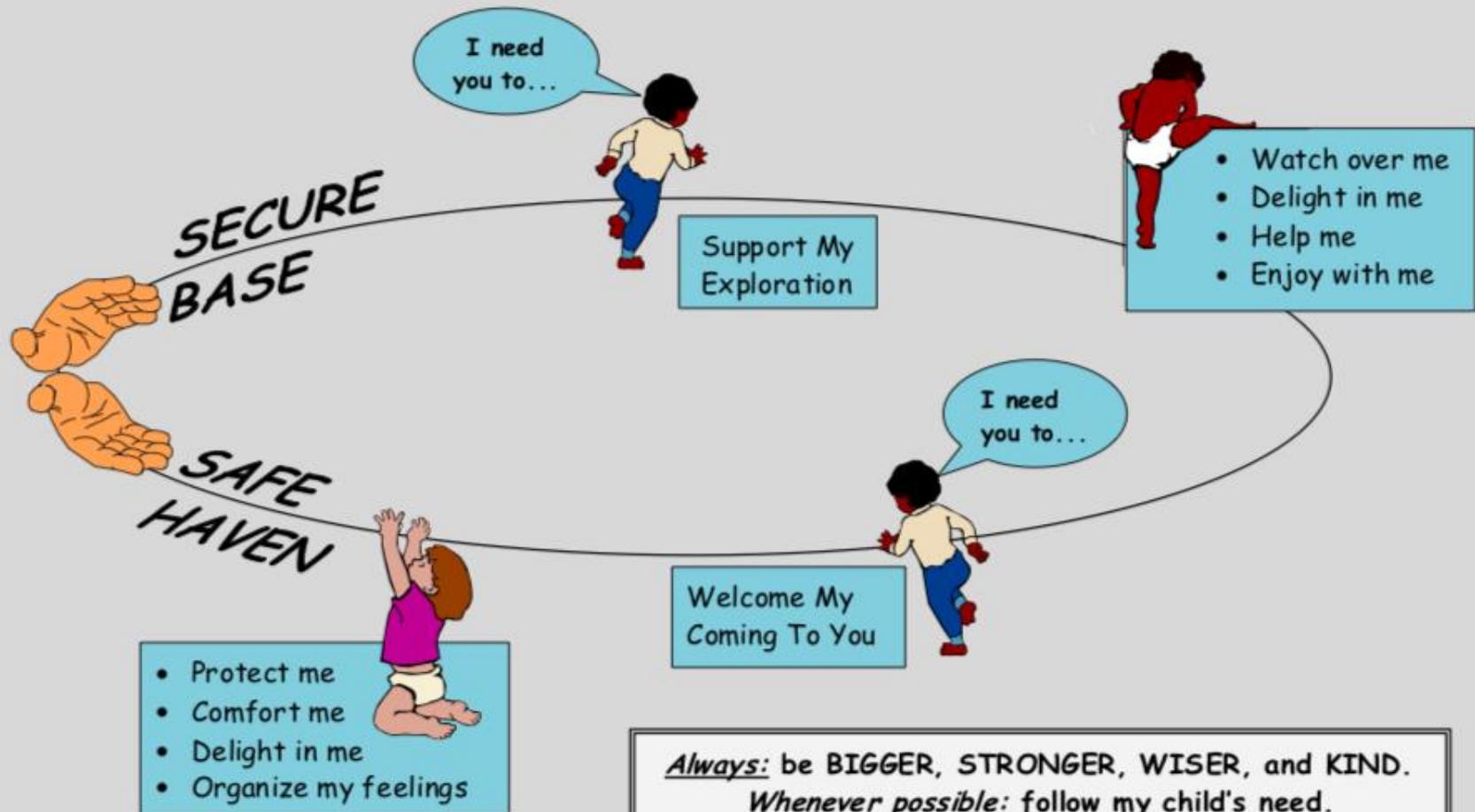
Not a conscious choice

- You cannot reason someone out of their languishing mental health
- Someone does not choose to cry all day, if they could reason themselves out of it, they would have done it already.



CIRCLE OF SECURITY[®]

PARENT ATTENDING TO THE CHILD'S NEEDS



Always: be **BIGGER, STRONGER, WISER, and KIND.**
Whenever possible: follow my child's need.
Whenever necessary: take charge.

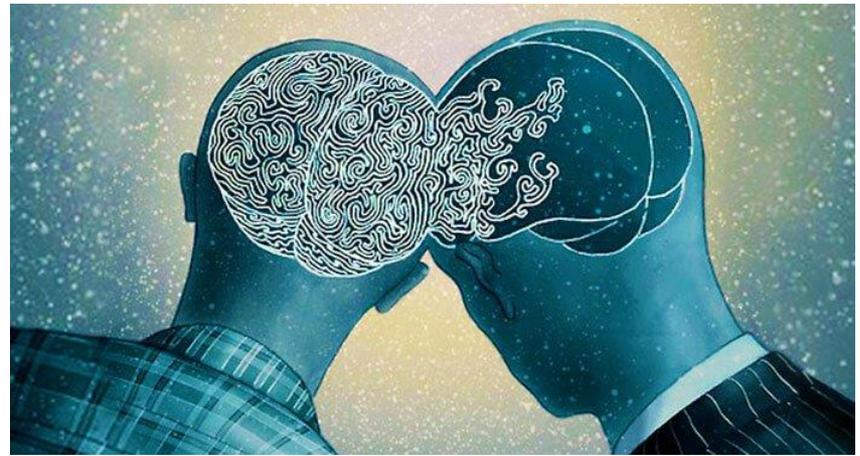
Attachement Theory

- As adults, we have the same needs as children.
- If someone is feeling distressed, try and make them feel emotionally safe.
- Try and find out what is making them feel emotionally unsafe.
- Try and provide comfort



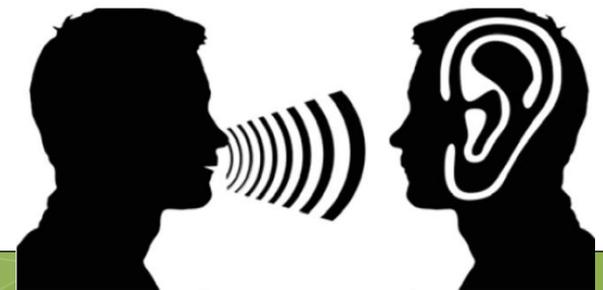
Empathy

- Helps people to feel:
 - Loved
 - Normal (not crazy)
- Combats shame
- Brené Brown:
 - <https://youtu.be/1Evwgu369Jw>



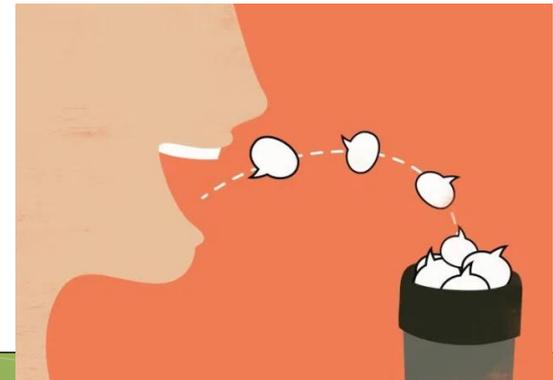
Active listening – accompanying in suffering

- Do not try to fix, just listen
- Listen and try to understand
- A person wants company in their suffering
- Be with someone where they are
- This is very difficult to do, most people can't – I barely talk to anyone about it, it generally becomes about them
- Ex: resident from work



Unhelpful things to say

- Well at least...
- Things aren't so bad if you compare it to...
- If you prayed more or had more faith, surely God would heal you
- Causing people to feel ashamed or « wrong »
 - Ex: me and music



Abnormal psychology

- The university title for the study of mental health
- Defined by several components, one of which is: violating social norms
 - Crying at work, in a meeting, etc
 - Leaving in a rush / without explanation
 - Being hot and cold
 - Saying inappropriate things



At work – as a boss

- You have a beautiful gift of setting the tone in your organisation
 - Ex: office that cries
- Strategies against burn out
- You need to protect your staff and have their back



Spiritual

- Pray for them
- Pray with them



Practical things

- Bring food
- Help with chores



References

- *1 Can lack of love be deadly
 - <https://theconversation.com/can-a-lack-of-love-be-deadly-58659>



Questions?

