

Managing Your Mental Health

For you

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Overview



- Medication and Therapy
- Attachment Theory – safety and security
- Triggers
- Coping strategies
- Personal Growth
- Spirituality and mental health
- Mental health and the pandemic
- Burning out
- Exercise
- Questions
- Announcement

Be kind and gracious

- Please treat my stories with respect



There are no quick fixes

- Unfortunately, managing your mental health takes work and effort.
- Most family doctors will prescribe medication and therapy.



Medication

- Important to consider as an option
- “in some circumstances prescribing a medication may even send an unhelpful message. For example, instead of building skills and habits, a medication might serve to maintain or cover up the symptoms”^{*1}



Therapy

- “The Director of the National Institutes of Mental Health in the USA observed that *‘while psychosocial interventions have received much less marketing attention than pharmacological treatments, the results are arguably more encouraging’* (p. 29) ([Insel, 2009](#)).”*1



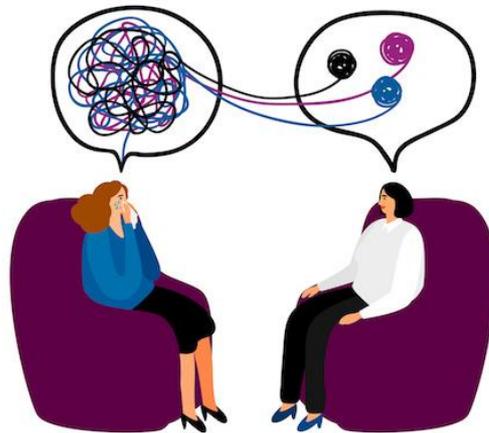
Therapy



- “NICE has concluded that EBPTs are frontline sole or adjunctive interventions for a broad range of mental disorders ([Clark, 2011](#); [Layard & Clark, 2014](#); [Shafran, et al., 2009](#))”*1
- NICE - National Institute for Health and Care Excellence (in the UK)
- EBPT - Evidence-based psychological treatments

Therapy - types

- Individual
- Group
- Support groups (ex: Mood Disorders)



Therapy – Some affordable options

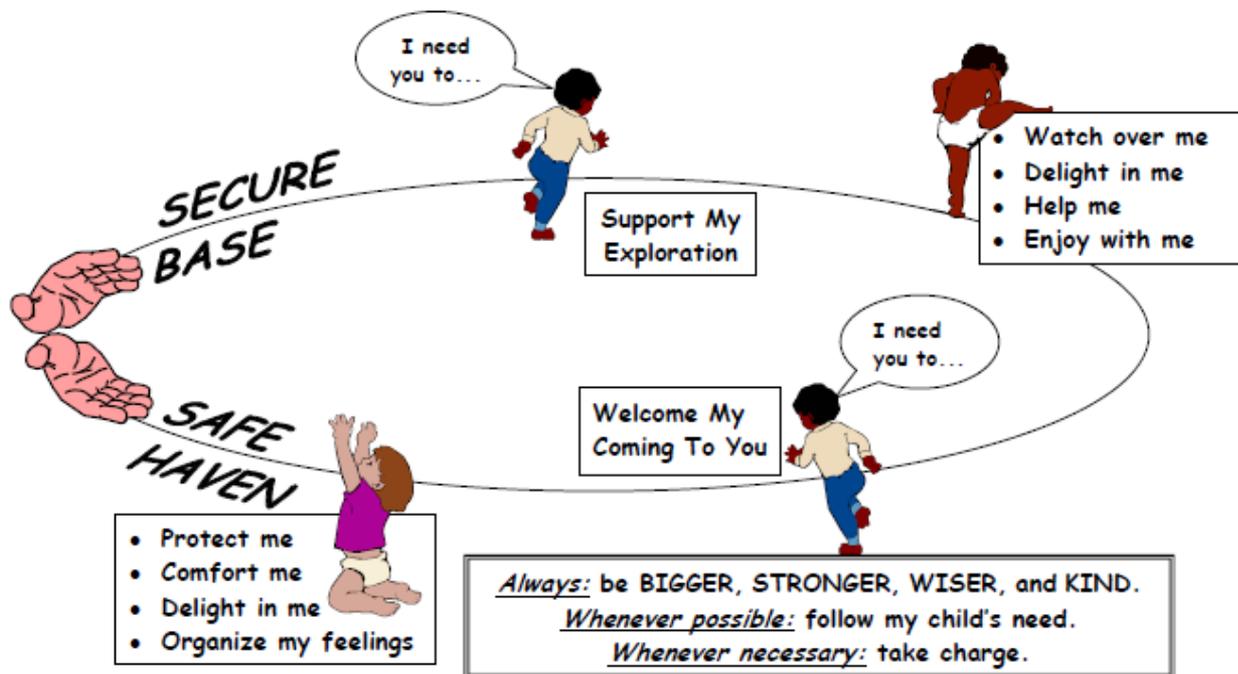
- Aulneau Renewal Centre
 - Check ins
 - Based on income
- Aurora Family Therapy Centre
- Many more



Attachment Theory

CIRCLE OF SECURITY

PARENT ATTENDING TO THE CHILD'S NEEDS



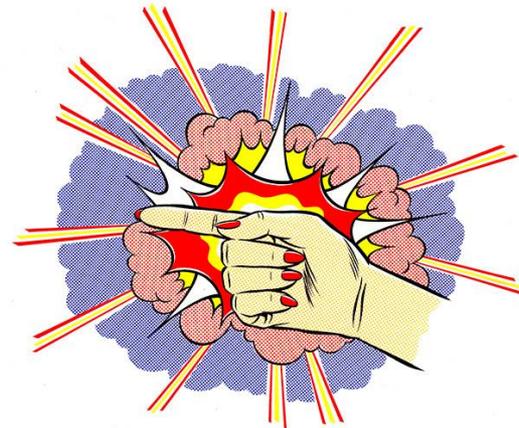
Practical applications of Attachment Theory

- Bike accidents continued
- Figure out what's making you feel unsafe
- Find ways to feel safe
- Ex: my recent work experience



Know your triggers

- What puts your mental health in crisis?
- Examples:
 - Lack of sleep
 - Alcohol
 - Coffee
 - Feeling worthless
 - Feeling excluded
 - Feeling trapped



Have ways to cope in a mental health crisis



- These will be individualised to you
- Examples:
 - Not being alone
 - Focusing on the current moment (mindfulness)
 - Going for a walk
 - Move forward
 - Breathing exercise
 - Taking a bath



Personal Growth

- The more you know yourself, the more you are capable of managing your mental health.
- Listen to your emotions, what are they telling you?
- Repressing how you feel only makes things worse.



Spirituality and mental health

- Talking to the Devine and navigating life together
- Meditation
- Finding inspiration and hope in spiritual texts



Mental Health and the pandemic

- Trapped
- Helpless
- Powerless
- Disconnected
- Lack of certainty



Burning out

- Your job is not your life
- If you burn out, your employer will not thank you, you might actually lose your job.
- Take your breaks
- Don't look at your emails on evenings, weekend, holidays, etc



Exercise regularly

- “Research shows that exercise is also an effective treatment. ‘For some people it works as well as antidepressants, although exercise alone isn't enough for someone with severe depression,’ says Dr. Michael Craig Miller, assistant professor of psychiatry at Harvard Medical School.” *2



References

- *1 Evidence-based psychological treatments for mental disorders: Modifiable barriers to access and possible solutions
 - By: Allison G. Harvey and Nicole B. Gumpport
 - Found at:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4395546/>

References

- *2 Exercise is an all-natural treatment to fight depression
 - From:
<https://www.health.harvard.edu/mind-and-mood/exercise-is-an-all-natural-treatment-to-fight-depression>

Questions?

TAKE CARE



OF YOURSELF

Announcement



- Aulneau Renewal Centre:
 - Understanding Anxiety Through an Attachment Lens
 - March 23rd
 - 9:00 am to 3:00 pm
 - Cost: \$99
 - Questions: training@aulneau.com