

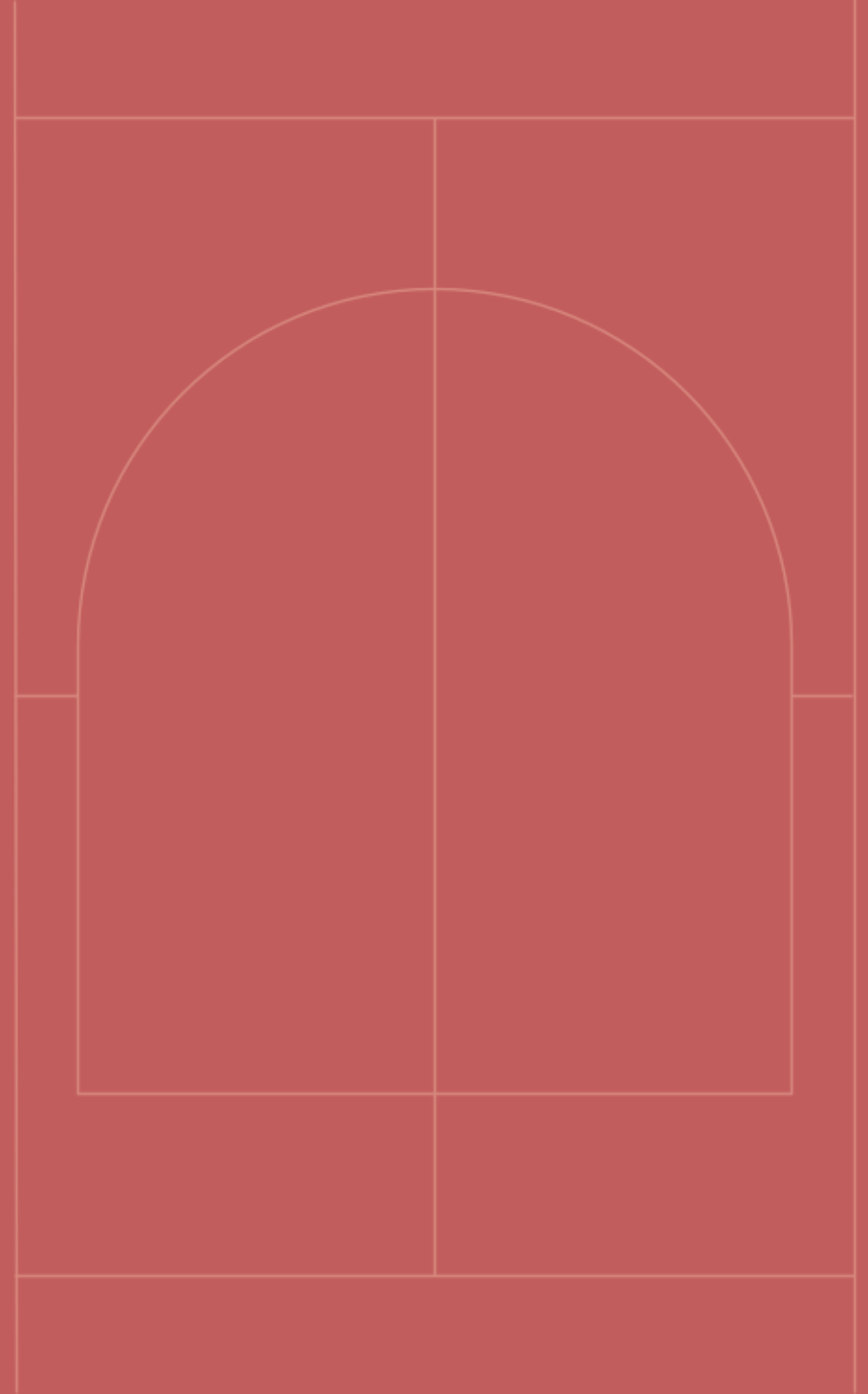
Mindfulness for Mental Health

- Mental Health
Awareness Month
- Presented by:
 - Dr. Keevia Porter



About Me

- Nurse Practitioner
 - Family & Psychiatric Mental Health
- University of Tennessee Health Science Center
- Wellness and Stress Clinic of Memphis
- Alliance Healthcare Services
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- National Coalition of 100 Black Women, Memphis Chapter

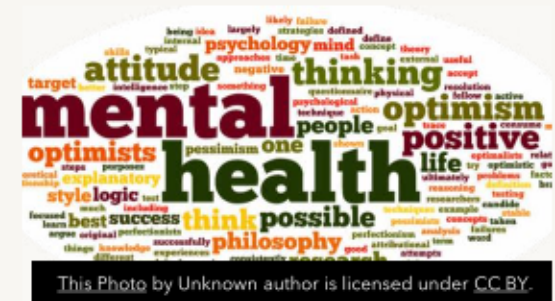


May 1st- May 31st

MENTAL HEALTH AWARENESS MONTH



Mental Health Awareness



National Alliance on Mental Illness

- **Mental Health is an important part of overall health~ NAMI**
- <https://www.nami.org/NAMI/media/NAMI-Media/downloads/2021-Partner-Guide.pdf>

NAMI

The logo graphic consists of three overlapping circles arranged horizontally. The central circle is white and contains the text 'TOGETHER for Mental Health'. The two flanking circles are light blue and overlap with the central one. The entire graphic is set against a light blue background.

TOGETHER
for Mental Health

National Suicide Hotline Designation Act

- Act passed fall 2020
- Will become active July 2022
- **988** as a three-digit nationwide mental health and suicidal crisis number

General Fast Facts

- Why We Need to Increase Access to Care
 - 1 in 5 U.S. adults experience mental illness each year, and less than half of them receive treatment.
 - 1 in 20 U.S. adults experience a serious mental illness each year, and less than two-thirds receive treatment
 - 1 in 6 U.S. youth experience a mental health condition each year, and only half of them receive treatment.
 - 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
 - The average delay between onset of mental illness symptoms and treatment is 11 years.
 - 55% of U.S. counties do not have a single practicing psychiatrist

General Fast Facts

- The Cost of Inadequate Care
- Suicide is the 2nd leading cause of death among people aged 10-34 and the 10th leading cause of death overall in the U.S.
- • Nearly 48,000 people in our country died by suicide in 2019.
- • People with serious mental illness are booked into jails about 2 million times each year.
- • Nearly 1 in 4 people shot and killed by police since 2015 have been people with mental illness.
- • 70.4% of youth in the juvenile justice system have a diagnosed mental illness

General Fast Facts

- The Cost of Inadequate Care.
- • 37% of adults incarcerated in the state and federal prison system have a diagnosed mental illness.
- • The rate of unemployment is higher among U.S. adults who have mental illness (5.8%) compared to those who do not (3.6%).
- • High school students with significant symptoms of depression are more than twice as likely to drop out compared to their peers.
- • Mood disorders are the most common cause of hospitalization for all people in the U.S. under age 45 (after excluding hospitalization relating to pregnancy and birth).

Take Aways Part I

- Knowing what is a mental illness/disorder
- Becoming familiar with the causes of mental illnesses/disorders
- Being more informed about common mental illnesses/disorders
- Learning what actions promote stigmas related to mental illnesses/disorders
- Feeling empowered to make a difference and reduce the stigmas related to mental illnesses/disorders

Outline

Why is Mental Health Important?

Brain's Chemical Makeup

Common Disorders Linked to Neurotransmitters

Anxiety Disorders

Mood Disorders

Psychotic Disorders

Personality Disorders

Child & Adolescent Disorders

How Can I Remove the Stigma?

Brain's Chemical Makeup

Neurotransmitters-
Chemical
messengers in the
brain

Norepinephrine-
alertness and
arousal, speeds
reaction time

GABA- relaxation
and sedation
(inhibitory)

Dopamine- reward
and reinforcement
and motivation

Glutamate-
excitatory

Serotonin- sleep,
memory, mood,
and appetite

Common disorders linked to neurotransmitters

Neurotransmitter	Disorders
Norepinephrine	Depression Anxiety Bipolar ADHD
Serotonin	Depression Schizophrenia Anxiety Bipolar ADHD
Dopamine	Depression Schizophrenia Anxiety
GABA	Anxiety
Glutamate	Schizophrenia Anxiety

Anxiety

- Most common group of mental health disorders
- Women > Men
- May be acute or chronic
- May coexist w/ substance abuse, depression, and eating disorders
- Risks factors:
 - Family history
 - Limited coping skills
 - Past trauma

Anxiety Disorders

Panic disorder

Phobias

Social anxiety

Generalized anxiety disorder –most common

Separation anxiety disorder

Obsessive-compulsive disorder

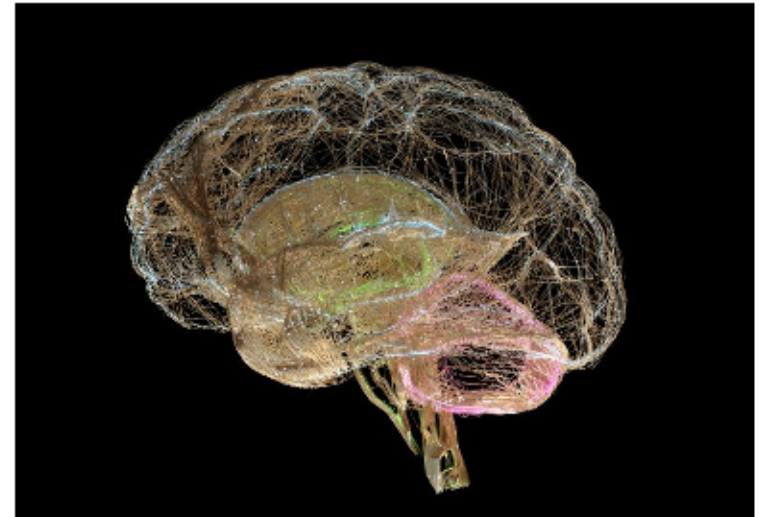
Posttraumatic Stress Disorder (PTSD)

Symptoms of Anxiety

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

Trauma

- Effects three important parts of your brain:
 - the amygdala, which is your emotional and instinctual center;
 - the hippocampus, which controls memory;
 - and the prefrontal cortex, which is responsible for regulating your emotions and impulses.
- All three parts work together to manage stress.



Trauma

- Trauma can cause your brain to remain in a state of hypervigilance, suppressing your memory and impulse control and trapping you in a constant state of strong emotional reactivity.

Source: <https://www.wholewellnesstherapy.com/post/trauma-and-the-brain>

Mood Disorders

- General emotional state when the mood is distorted
- Inconsistent with your circumstances and interferes with your ability to function
- Includes
 - Depression
 - Bipolar

Depression

Sadness is a very common human emotion

Depression-persistent disturbance in mood

Other depressive disorders

- Persistent depressive disorders (less severe form of depression)
- Grief and bereavement
- Premenstrual dysphoric disorder

Symptoms of Depression

Feelings of sadness, tearfulness, emptiness or hopelessness

Angry outbursts, irritability or frustration, even over small matters

Loss of interest or pleasure in most or all normal activities, such as sex, hobbies or sports

Sleep disturbances, including insomnia or sleeping too much

Tiredness and lack of energy, so even small tasks take extra effort

Reduced appetite and weight loss or increased cravings for food and weight gain

Anxiety, agitation or restlessness

Slowed thinking, speaking or body movements

Feelings of worthlessness or guilt, fixating on past failures or self-blame

Trouble thinking, concentrating, making decisions and remembering things

Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide

Unexplained physical problems, such as back pain or headaches

Does she look
like she has
depression?



This young lady won Miss USA in 2019. She is so beautiful and have wonderful career. Making Big Money. I know she can have any man she want. LOVE ONE, what was so bad that you jump off your NY apartment building and take your own life? I just can't wrap my mine around it. I can't figure this one out.



MY GOD SATAN HAD HIS WAY WITH
THIS YOUNG LADY IF SHE HAD NO REAL
RELATIONSHIP WITH JESUS CHRIST.
PASTOR SANDRIDGE, JR.

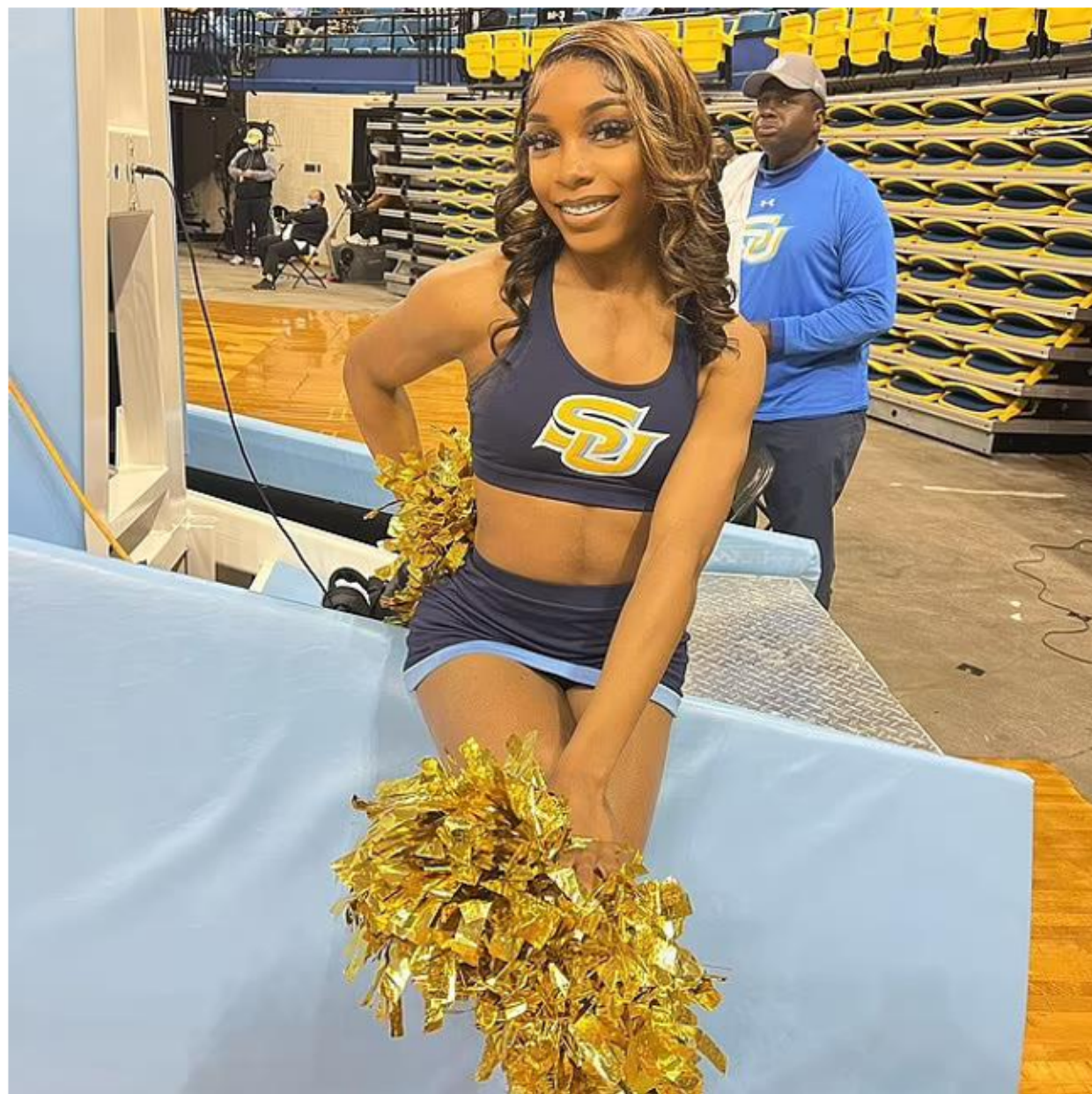
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" Wow. WTH. I can't think of nothing in
this life that would make me take my own
life"

"Cash me out at the liquor store. Hell I'll even
spend time with my ex wife before it gets that
bad"

RIP
Arlana Miller



Ms. Naomi Judd

Rest in Peace

- Died after a long battle of mental illness
- Cause of death- Suicide



Bipolar Disorders

Bipolar I disorder
(severe)

Bipolar II disorder (less
severe)

Cyclothymic disorder



Celebrities with a diagnosis of Bipolar

Credit: <https://pagesix.com/article/celebrities-with-bipolar-disorder-speak-out/>

Bipolar Symptoms

- Depressive
 - Tiredness
 - Irritability
 - Trouble concentrating
 - Changes in sleep habits
 - Thoughts of suicide
- Manic
 - Exceptional energy
 - Restlessness
 - Trouble concentrating
 - Euphoric (extreme happiness)
 - Risky behaviors
 - Poor sleep

Psychotic Disorders

- Schizophrenia
 - Delusions
 - Hallucinations
 - Hears voices
 - Sees things that other cannot see (angels, shadows, demons, snakes, deceased loved ones)
 - Disorganized thinking (speech)
 - Extreme abnormal movements
 - Grandiosity
 - Emotional withdrawal
 - Lack of emotional expressions (blunted)

Other Psychotic Disorders

Schizoaffective disorders

Brief psychotic disorder

Psychosis due to a medical disorder

Delusional disorder

Substance induced

Personality Disorders

Unhealthy patterns of thinking, functioning, and behaving

Trouble relating and perceiving situations and relationships

No specific medications to treat

Therapy gold standard for treatment

Personality Disorders

- [Antisocial personality disorder](#)
- [Avoidant personality disorder](#)
- [Borderline personality disorder](#)
- [Dependent personality disorder](#)
- [Histrionic personality disorder](#)
- Narcissistic personality disorder
- Obsessive-compulsive personality disorder
- [Paranoid personality disorder](#)
- [Schizoid personality disorder](#)
- [Schizotypal personality disorder](#)

Decreasing the Stigma for Personality Disorders- Antisocial & Narcissistic



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Childhood Disorders

ADHD (attention deficit hyperactivity disorder)

- Excited, hyperactive, impulsiveness, irritability, no restraint, no focus, forgetfulness, short attention span, anxiety, boredom, and mood swings

Conduct Disorder

- Not caring about social norms, ignoring others' rights or feelings, enjoying causing harm, manipulation, and lying, committing physical or sexual violence and hurting animals
- In adults this is antisocial personality disorder

Oppositional Defiant Disorder

- Uncooperative, defiant, and hostile toward peers, parents, teachers, and other authority figures. They are more troubling to others than they are to themselves.
- Progresses to ->Conduct disorder-> Antisocial Personality Disorder

Childhood Disorders

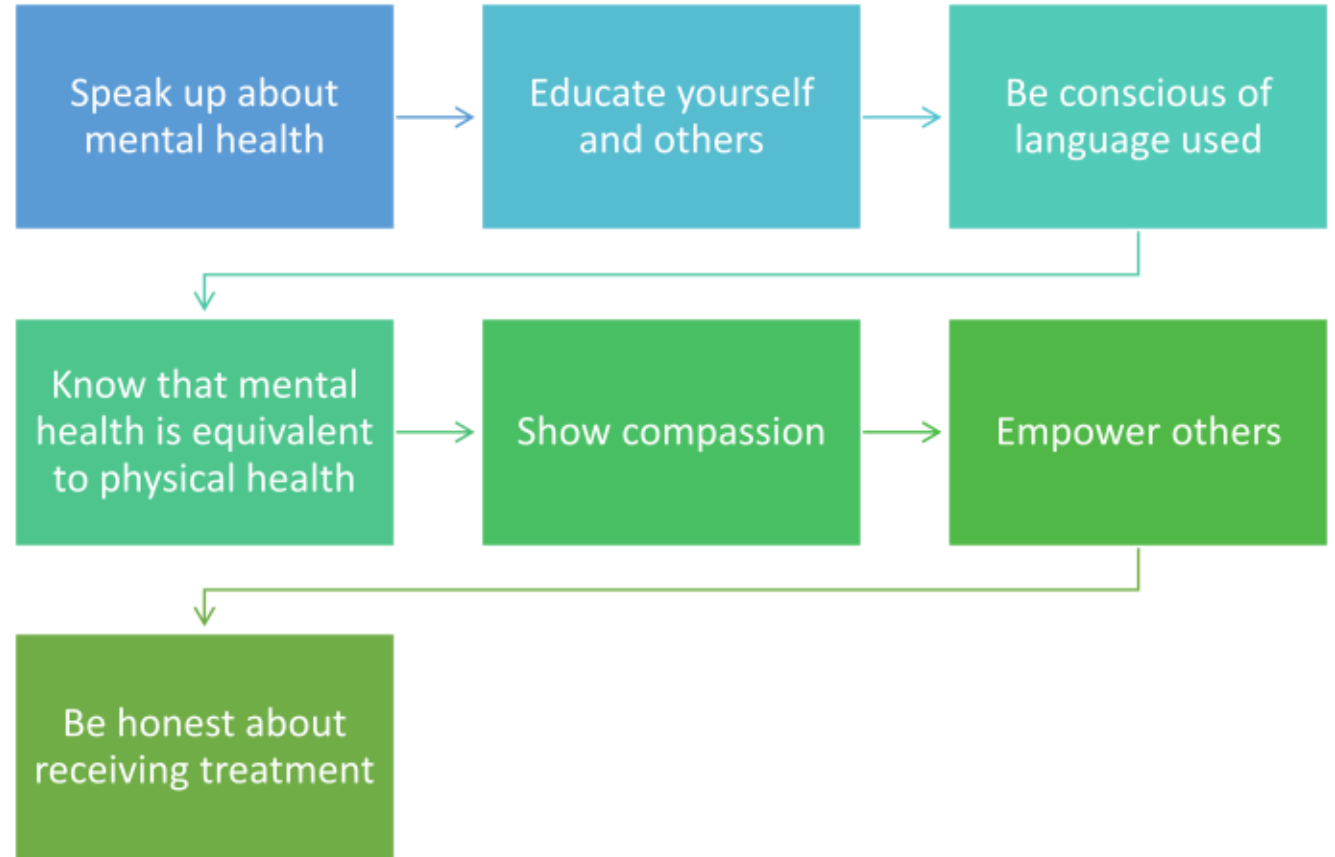
Autism

- Difficulty w/ communication, difficulty with social interactions, obsessive interests, and repetitive behaviors, movements, words, or actions, learning disability, speech delay, unaware of others' emotions, depression, anxiety, poor eye contact, compulsive behavior, impulsivity, self-harm, and problems paying attention

Non-suicidal Self Injury

- Intentional destruction of one's own body tissue without suicidal intent and for purposes not socially sanctioned. Common examples include **cutting, burning, scratching, and banging or hitting**, and most people who self-injure have used multiple methods.

How to Decrease the Stigma



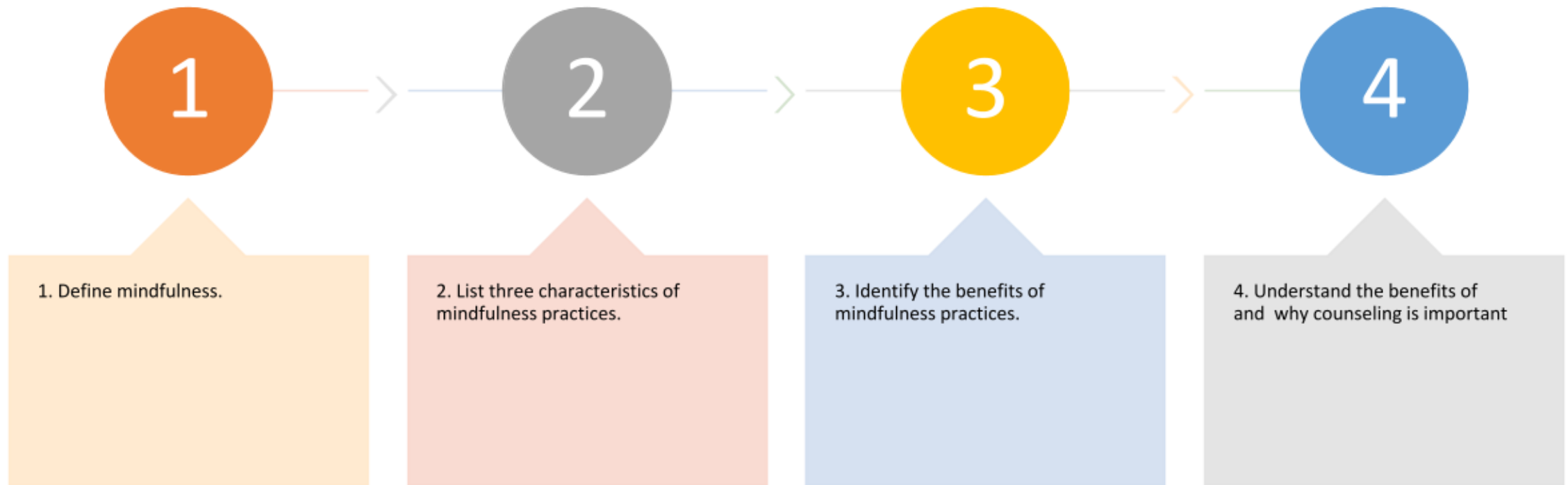
How to Reduce Self Stigma

- Get treatment. You may be reluctant to admit you need treatment. ...
- Don't let stigma create self-doubt and shame. Stigma doesn't just come from others. ...
- Don't isolate yourself. ...
- Don't equate yourself with your illness. ...
- Join a support group. ...
- Speak out against stigma.

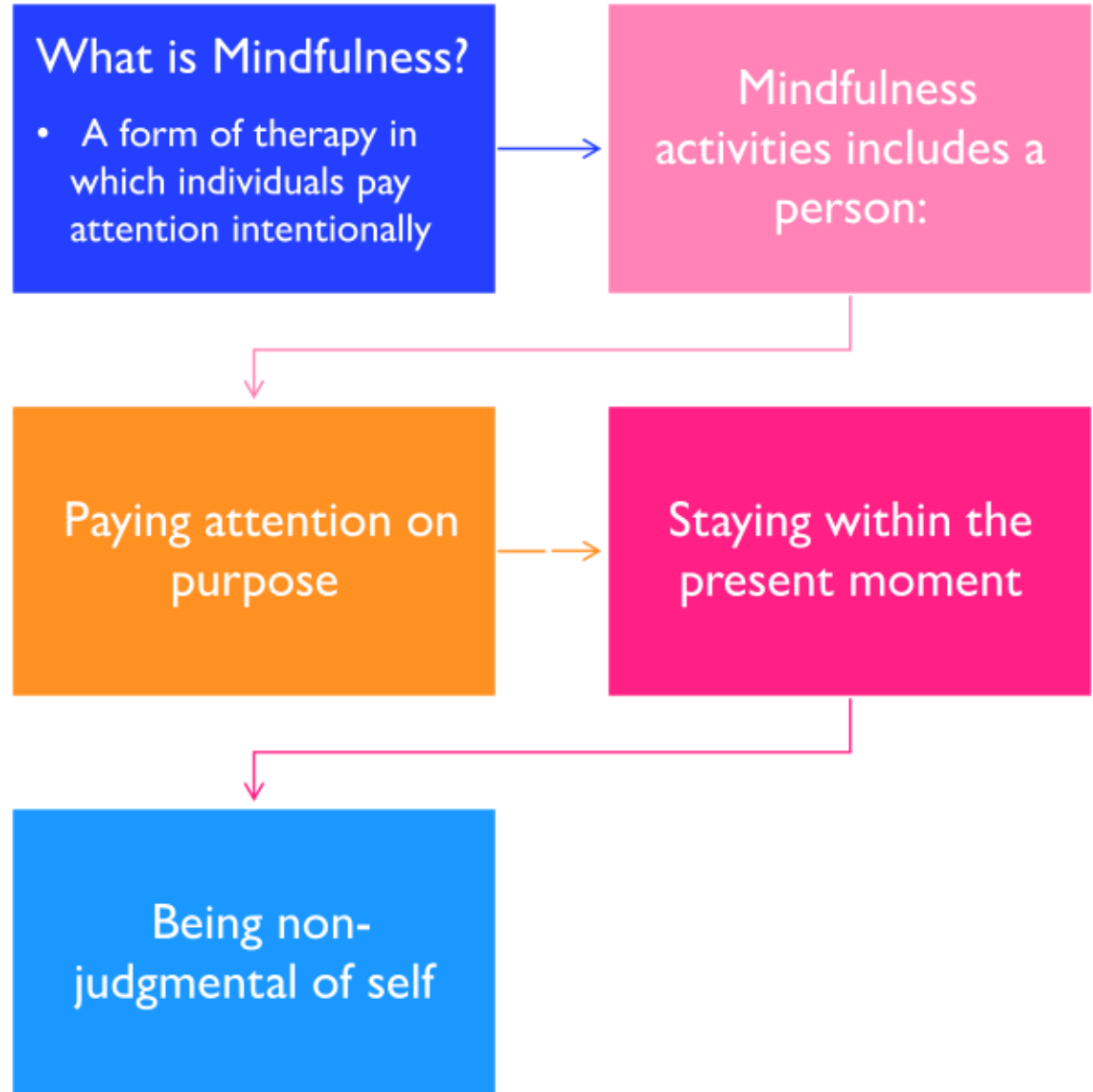
Part II: Mindfulness Strategies



Takeaways



Mindfulness Overview





It's like the old sayings:

Take one day at a time

Live for today, do not worry about tomorrow, tomorrow may never come

What are the benefits of practicing Mindfulness?



It improves psychological
and physiological function



Relieves stress



Decreases anxiety

Activities



Walking Meditation

Walk in a straight line or circle



Mindful Driving

Pay attention to the road, scenery, and vehicles



Single-tasking versus multi-tasking



Deep breathing exercises



Wherever you are, be there 100%.

be mindful

NOW



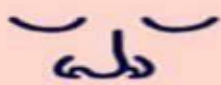
Breathe In, Breathe Out -
Feel the flow of the breath



Pay attention to all your
Senses - for ex: notice the
taste, texture of food.



Empty the Mind - Take
a few moments to be still



As soon as the Mind
wanders, bring it back to
your Breath



Practice
Non-Judgemental
Listening



Be Aware of every Daily
Activity (driving, texting,
cleaning, etc..)



Go Outdoors - Walk
Around in Nature



Forgive Yourself for
every Negative Thought



Be Grateful - Say Thank
You to Nature, People
and Things.



Go Easy on Yourself
- with time, you will see
the progress!

I do not own the rights to
this image

WHY GO TO COUNSELING



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Thank

You