



live your life  
*well*<sup>SM</sup>  
FROM MENTAL HEALTH AMERICA

**MHA of Southwest Ohio**

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**[www.mhaswoh.org](http://www.mhaswoh.org)**



## OUTLINE OF DISCUSSION

- Reality of the situation
- Why mental wellness?
- Stress
- Positive versus negative coping mechanisms
- Creating the life you want



# CREATING THE LIFE YOU WANT

- How will you use the 10 Tools
- Create your plan
  - When will you implement it
  - When will you review it
  - When will you revise it
  - How will you know it is working/not working





## WHERE WE ARE TODAY

- Some U.S. cities were depressed even before the economy went on life support. These were the cities that saw the highest depression and suicide rates even while the Dow Jones was climbing to 14,000 and Countrywide Financial was considered a respected mortgage lender.
- For decades, many have lived beyond their means.
- Lack of control and accountability contributes to this.



# TOP TEN UNHAPPIEST CITIES



- 1. Portland, Ore.
- 2. St. Louis
- 3. New Orleans
- 4. Detroit
- 5. Cleveland
- 6. Jacksonville, Fla.
- 7. Las Vegas
- 8. Nashville-Davidson, Tenn.
- 9. Cincinnati
- 10. Atlanta





## THE GOOD NEWS

- Just like in previous poor economic times (1907 and 1929), “we will recover.”
- Good can come from living through difficult times- financial or otherwise. Perhaps we will all better learn to live within our means, to take care of one another, and to live a simpler life.



# WHY MENTAL WELLNESS?



- Mental health is an essential part of each person's overall health and wellness.
- At times, we all face challenges that test us and put our mental health at risk.
- When our mental health is poor, it can affect our entire body and play a role in the development of other health issues.
- Americans' wellbeing, has taken a dramatic plunge since last year, slipping from an annual high of 66.8% in February, 08 to 63.8% in February, 09.



# STRESS

- Stress levels are directly linked to physical well-being
- Move from physical labor to brain labor
- Stress accounts for 40% of job turnover





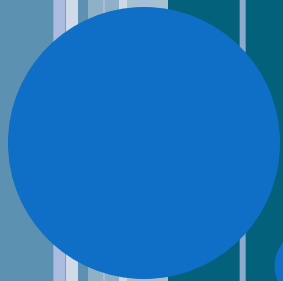


# THE 10 TOOLS

These proven tools can help you feel stronger and more hopeful.

- Connect with others
- Stay positive
- Get physically active
- Help others
- Get enough sleep
- Create joy and satisfaction
- Eat well
- Take care of your spirit
- Deal better with hard times
- Get professional help if you need it





# THE TEN TOOLS





## CONNECT WITH OTHERS

- Do you have enough support?
  - Ways to assess your support go to [www.heretohelp.bc.ca.skills/module3#survey](http://www.heretohelp.bc.ca.skills/module3#survey)
- Making friends
  - Current connections versus new ones
- Strengthening your relationships
  - Move out of bad relationships, move toward good ones- take responsibility
- Getting support from a group
  - For local support groups go to [www.mentalhealthassn.org](http://www.mentalhealthassn.org)





## STAY POSITIVE

- Research indicates people who were pessimistic had a nearly 20% higher risk of dying over a 30-year period than those who were optimistic.
- Foster Optimism
  - Write about a positive future
  - Search for the silver lining
- Practice Gratitude
  - Write a gratitude letter or journal
  - Remind yourself to savor, share your good news
- Avoid Negative Thinking
  - Avoid dwelling on downers
  - Change unhealthy self-talk



# GET PHYSICALLY ACTIVE



- Exercise can
  - Prevent heart disease and high blood pressure
  - Lower your risk for stroke, osteoporosis, colon cancer
  - Improve your sleep
  - Increase your energy
  - Decrease some kinds of pain
  - Boost your immune system
  - Help with weight management
- Exercise matters for your mood
  - Decreases stress, anger and tension
  - Reduces anxiety and depression
  - Offers a greater sense of well-being





## HELP OTHERS

- Doing good can make you feel good. It may
  - Remind you that you're relatively lucky
  - Make you feel connected to others
  - Help you feel needed and effective
  - Take your mind off your worries for a while
  - Make you feel generous
  - Add a sense of purpose and meaning to your life
- Ways to volunteer
  - Call United Way by dialing 211 to get or give help





## GET ENOUGH SLEEP

- Poor sleep has been linked to
  - Greater risk of depression and anxiety
  - Increased risk of heart disease and cancer
  - Impaired memory
  - Reduced immune system functioning
  - Weight gain
  - Greater likelihood of accidents
- Set a regular bedtime
- De-caffeinate yourself
- De-stress yourself
- Exercise
- Make your bed a sleep haven



# CREATE JOY AND SATISFACTION



- Laughing decreases pain, may help your heart and lungs, promotes muscle relaxation and can reduce anxiety
- Positive emotions can decrease stress hormones and can build emotional strength
- Leisure activities offer a distraction from problems
  - Strengthen your funny bone
  - Find some fun
    - Free up some time
    - Do things you enjoyed as a kid
    - Do something you've always wanted to do
    - Get into a creative interest







# EAT WELL

- Good food
  - Boosts your energy
  - Lowers the risk of developing certain diseases
  - Counteracts the impact of stress on your body
  - Provides fuel to your brain
  - Affects mood-related body chemicals
- Basic Ingredients
  - Fruits, vegetables, whole grains...etc. See [www.mypyramid.gov](http://www.mypyramid.gov)
- Food warnings
  - Avoid foods with no nutritional value
- Vitamin B-12, Folate, and Omega-3 Acids



# TAKE CARE OF YOUR SPIRIT



- You can think of spirituality as connecting to whatever you consider meaningful and holy.
- Whatever you focus on, spirituality offers many possible benefits.
- Spiritual Paths
  - Organized religion
  - Meditation
  - Connecting with your deepest self
    - Focus on your goals, values and beliefs
    - Keep a journal
    - Be open to new experiences
    - Look at what's good in yourself and others



# DEAL BETTER WITH HARD TIMES



- Ways to deal better
  - Write it out
  - Tackle your problems
    - Write it down
    - List solutions
    - Assess your list
    - Accept responsibility for good solutions
    - Break them into reasonable chunks and make a plan
    - Visit [www.heretohelp.bc.ba/skills/module4](http://www.heretohelp.bc.ba/skills/module4)
  - Shift your thinking
  - Get support



# GET PROFESSIONAL HELP IF YOU NEED IT



- Don't wait for a crisis to ask for help.
- A professional can help you
  - Come up with plans
  - Feel stronger in the face of challenges
  - Change behaviors that hold you back
  - Look at ways of thinking that affect how you feel
  - Heal pains from your past
  - Figure out your goals
  - Build self confidence
- Not sure where to go? Check out insurance if you have it...or call 513-721-2910 for community mental health information.





THANK YOU

LIVE YOUR LIFE WELL  
Employee Health Initiative

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[eatwell@mhaswoh.org](mailto:eatwell@mhaswoh.org)

[www.mhaswoh.org](http://www.mhaswoh.org)

The ten tools can be found at:

[www.liveyourlifewell.org](http://www.liveyourlifewell.org)

