

#MENTALHEALTHAWARENESSMONTH



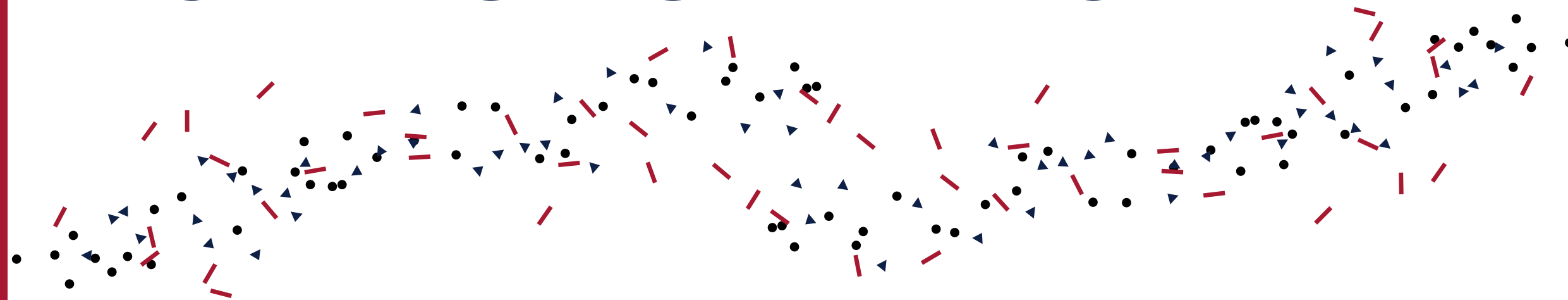
YOU MATTER!

Nourish to Flourish



#MentalHealthMatters



ADDRESS YOUR STRESS: CHANGING ENVIRONMENT



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WHAT IS STRESS CAUSED BY CHANGING ENVIRONMENT

- People are faced with demands from the environment
- Change is required
- Interrelationship between individual and environment

RELAXATION ACTIVITY



PROGRESSIVE RELAXATION -THE PROCESS OF
TENSING AND RELAXING MUSCLE GROUPS:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=KDLTOURS2LA](https://www.youtube.com/watch?v=KDLTOURS2LA)

CAUSES OF STRESS CAUSED BY A CHANGING ENVIRONMENT

- **Cataclysmic events** - Affects many people at the same time
- **Stressful life events** - Major events that require individuals to change
- **Daily life hassles** - Reoccurring aversive events of everyday life
- **Ambient stressors** - Changes that often go unnoticed
- **Temperature** - Extreme changes in temperature can put physical demands on the body
- **Sound** - Potential restraint to normal interactions with an individual's environment and a possible source of stress

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RESOURCES ACTIVITY



FOLLOW THIS LINK FOR INFORMATION ON A WIDE RANGE OF MENTAL HEALTH TOPICS TO USE AS A RESOURCE FOR WHENEVER YOU NEED IT:
[HTTPS://WWW.MIND.ORG.UK/INFORMATION-SUPPORT/A-Z-MENTAL-HEALTH/](https://www.mind.org.uk/information-support/a-z-mental-health/)



HOW MANY TICKS DO YOU HAVE???

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OTHER FACTORS THAT CAUSE STRESS DUE TO A CHANGE IN ENVIRONMENT

- Working conditions ✓
- Moving into a new home or to a new province ✓
- Getting married / birth of a newborn ✓
- Chronic illness ✓
- Death of a loved one ✓
- New job ✓
- News and social media ✓
- Crime & traumatic experiences ✓
- Changes in financial position ✓

EFFECTS OF STRESS CAUSED BY A CHANGING ENVIRONMENT

Stress caused by a changing environment can contribute towards the following:

- Can affect the performance level of employees
- Shorter attention span
- Cause irritability and mood swings
- Depression and anxiety
- Places strain on interpersonal relationships
- Fatigue
- Headaches and palpitations
- Lack of the perception of control

DO YOU HAVE ANY OF THESE EFFECTS??

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My picks for the day:

15 MINS OF SILENCE

TIME IN NATURE

GET CREATIVE

GIVE THANKS

PURGE ONE UGLY ITEM

OTHER AWESOME THINGS:

My win for the day:

WHAT I APPRECIATED AT WORK TODAY:

What I'm grateful for:

SIMPLE SATISFACTION ACTIVITY

COMPLETE THE FOLLOWING ANSWERS TO ENJOY A SIMPLE SATISFACTION DAY

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STEPS YOU CAN TAKE TO MANAGE STRESS DUE TO THE CHANGES IN THE ENVIRONMENT

1. Focus on the stress itself
2. Establish a correlation between the stress experienced and the causing environmental stressor
3. Utilise skills and resources to manage stress
4. Implement action plans to manage and reduce stress
5. Make it part of your lifestyle

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METHODS TO MANAGE STRESS

PROBLEM FOCUSED COPING

- Individual and/or group focus directly on addressing the problem



EMOTION FOCUSED COPING

- Focus one's efforts to control your emotional response to the stressor



STRESS-REDUCING TECHNIQUES

- Spending time in nature
- Exercise
- Professional help
- Social connections
- Sleep & Meditation
- Lifestyle changes
- Visualisation and guided imagery
- Progressive relaxation
- Creative and artistic activities



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MEDIDATION ACTIVITY



10 MINUTES OF
MINDFULNESS MEDIDATION:
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=O-6F5WQXSU8](https://www.youtube.com/watch?v=O-6F5WQXSU8)

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BENEFITS OF MANAGING STRESS CAUSED BY CHANGING ENVIRONMENT

- **Increased sense of control**
- **Increase in overall mood**
- **Enhanced self-esteem**
- **Overall improvement in your quality of life**
- **Decrease the likelihood of depression**
- **Increase in concentration**
- **Reduction in muscle pain**
- **Improve personal and professional relationships**

DAILY HABITS ACTIVITY

1 hour
exercise

2 liters of
water

3 cups of
tea

4 colours
on the
plate

5 minutes
of
meditation

6 songs
that
motivate
you

7 minutes
of
laughter

8 hours of
sleep

9 pages of
a book

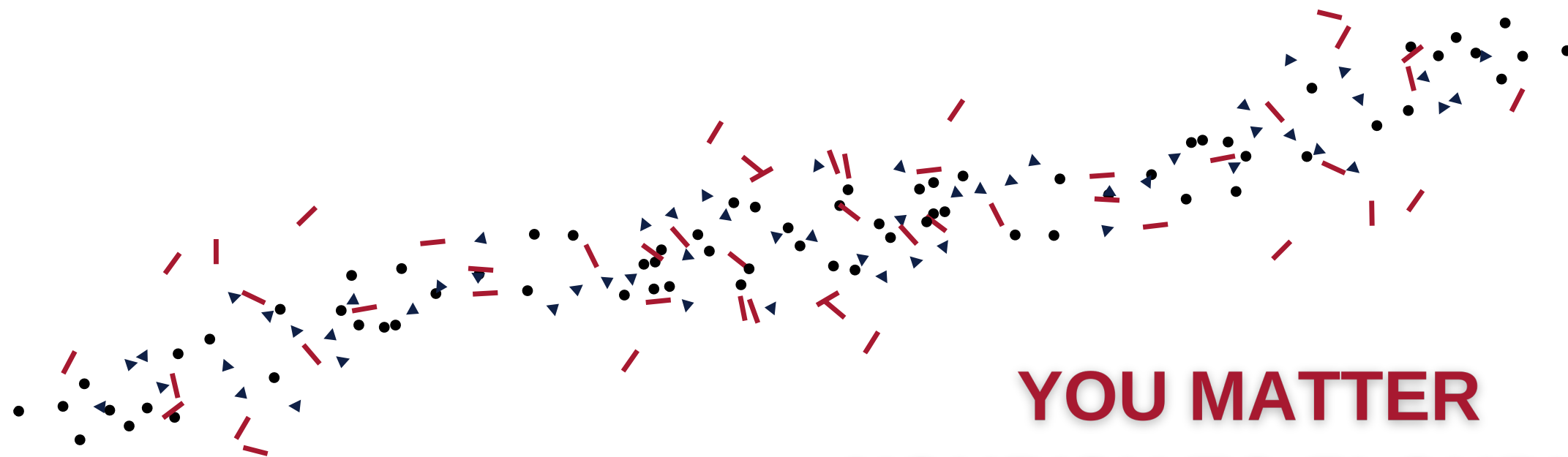
10
reasons
to be
thankful

TRY THESE DAILY HABITS TO HELP POSITIVELY
CHANGE YOUR LIFE

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THANK YOU!
WE WILL SEE YOU NEXT
WEEK...



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