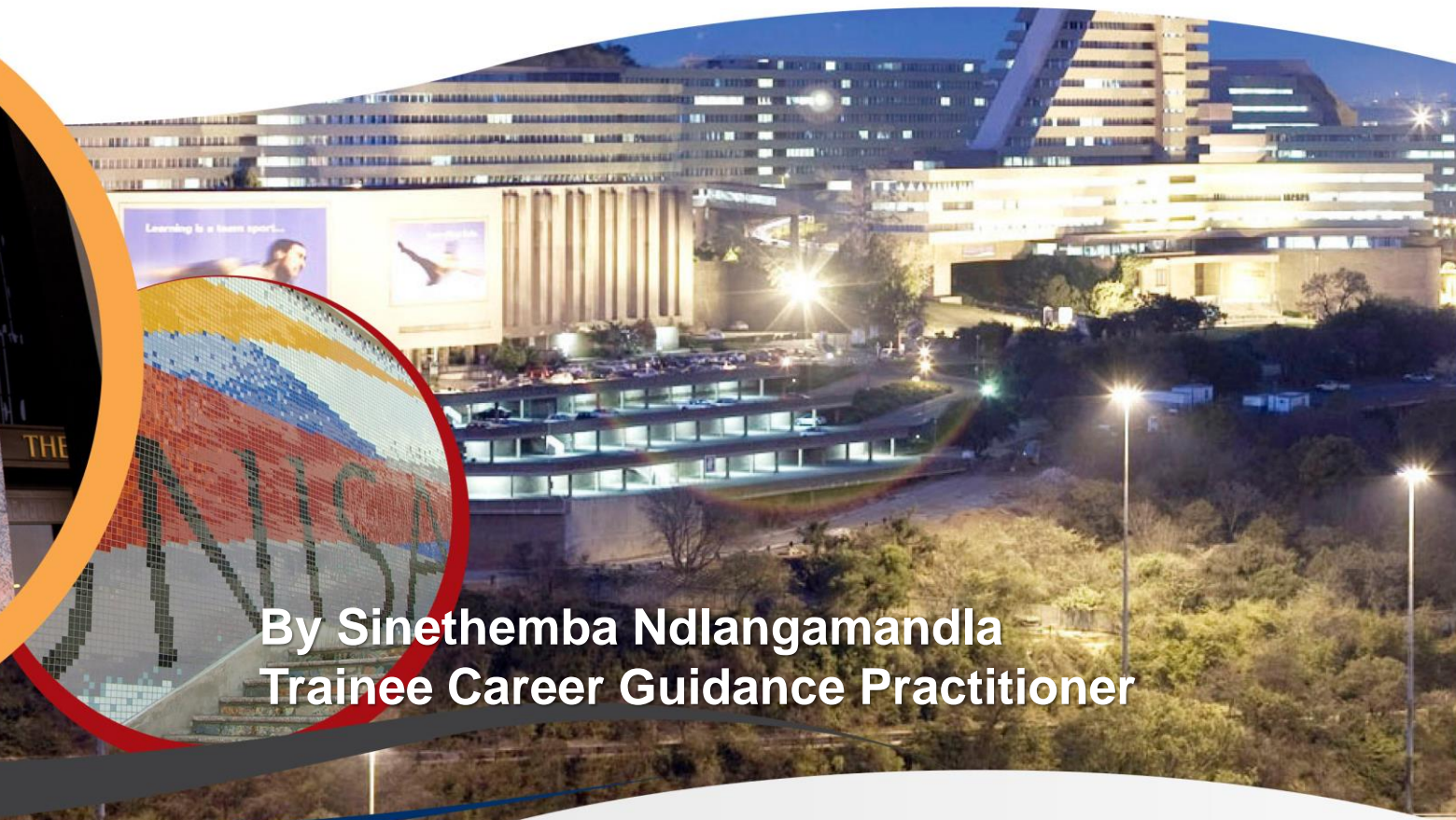


Coping With Mental Health Issues



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Define tomorrow.

Defining Mental Health

- Mental health is a state of well-being that allows someone to be productive, have fulfilling relationships, cope with difficult circumstances, and adapt to change. (Kellogg R, 2008).
- It's about how **YOU** feel about yourself, how happy you are, How much **YOU** believe you can overcome challenges in your life and whether **YOU** feel able to interact with other people.
- **Mental Health is physical too:** You get headaches, dizziness, heart palpitations, fatigue, upset stomach, sweating, shaking, restless legs etc.
- You may never have been diagnosed with mental illness, but this won't mean that you are mentally healthy.
- Your daily thoughts contribute to your mental health either it's positive or negative thoughts they all influence and affect your mental state.
- It's okay to feel a lot of different things about something at the end of the day you are only a human, feeling different is normal too.

KEEP YOUR THOUGHTS POSITIVE
BECAUSE YOUR THOUGHTS BECOME
YOUR WORDS.

KEEP YOUR WORDS POSITIVE
BECAUSE YOUR WORDS BECOME
YOUR BEHAVIOR.

KEEP YOUR BEHAVIOR POSITIVE
BECAUSE YOUR BEHAVIOR BECOMES
YOUR HABITS.

KEEP YOUR HABITS POSITIVE
BECAUSE YOUR HABITS BECOME
YOUR VALUES.

KEEP YOUR VALUES POSITIVE
BECAUSE YOUR VALUES BECOME
YOUR DESTINY.

~ MAHATMA GANDHI

www.wordsonimages.com

Causes of Mental Health

Mental health is broad and caused by following factors:

- **Biological factors:** Are microorganisms (bacteria, viruses, fungi and microscopic parasites), cell cultures, human endoparasites and components from microorganisms that can cause damage to health in humans.
Examples; genetic influences, brain chemistry, hormone levels, nutrition and gender.
- **Psychological factors:** Are the elements of your personality that limit or enhance the ways that you think.
Examples; social support, loneliness, social disruption, bereavement, work environment, social status, and social integration.
- **Environmental factors:** Is an interdisciplinary field that focuses on interplay between individuals and their surroundings.
Examples; occupational hazards, climate change, exposure to hazardous substance in air, water, soil, and food.

Understanding Depression

Depression is a mood disorder that involves a persistent feeling of sadness and loss of interest. It is different from the mood fluctuations that people regularly experience as a part of life.

Symptoms of depression:

- A depressed mood
- Reduced interest or pleasure in activities once enjoyed
- Poor concentration and attention on a task, impaired memory.
- Reduced confidence and self-esteem
- Feelings of guilt and unworthiness.
- Bleak and pessimistic views of the future
- Ideas or acts of self-destruction or suicide
- Changes in appetite
- Unintentional weight loss or gain
- Sleeping too much or too little
- Agitation, restlessness, and pacing up and down
- Slowed movement and speech
- Unexplained physical symptoms

Understanding Anxiety

Anxiety is a feeling of worry, nervousness, or unease about something with an uncertain outcome. Types of anxiety include agoraphobia, general anxiety disorder, social anxiety, panic phobia, obsessive compulsive disorder, and specific phobias.

Symptoms include:

- Feeling nervous, restless or tense.
- Hypervigilance, irritability, or restlessness.
- Lack of concentration, racing thoughts, or unwanted thoughts.
- Fatigue or sweating.
- Excessive worry, or having difficulty controlling worry.
- Sweating.
- Fear of impending doom.
- Insomnia, nausea.
- Palpitations, or trembling

Understanding Post-Traumatic Stress Disorder (PTSD)

- **PTSD** is a psychiatric disorder that can occur in people who have experienced or witnessed a **traumatic event** such as a **natural disaster**, **a serious accident**, a **terrorist act**, **war/combat**, **rape** or other personal assault.
- Any traumatic event can cause PTSD
- Anyone who has experienced trauma may suffer from PTSD.
- PTSD usually appears **three months** of the trauma, but sometimes it may come on months or **even years later**.

Symptoms of Post-Traumatic Stress Disorder (PTSD):

- **Intrusive symptoms:** Memories of the traumatic event.
- **Flashbacks:** Feeling as if the trauma is happening all over again, nightmares.
- **Avoidance symptoms:** Avoiding a situation that may remind you of the traumatic event.
- **Hyper-arousal symptoms:** Insomnia, difficulty sleeping, trouble concentrating.
- **Guilt:** Trauma includes loss and many people can't cope with the guilt that they caused the incident or that they should have somehow stopped the trauma from happening.

Understanding Schizophrenia

Schizophrenia is a chronic, severe mental disorder that affects the way a person thinks, acts, expresses emotions, perceives reality, and relates to others.

Though schizophrenia isn't as common as other major mental illnesses, it can be the most chronic and disabling.

- People with schizophrenia often have problems doing well in society, at work, at school, and in relationships.
- They might feel frightened and withdrawn and could appear to have lost touch with reality.
- This lifelong disease can't be cured but can be controlled with proper treatment.

Symptoms of schizophrenia

- Social isolation, disorganized behavior, aggression, agitation, compulsive behavior.
- Thought disorder, delusion, amnesia, slowness in activity, or false belief of superiority.
- Hallucination, paranoid, hearing voices, depression, fear, persecutory delusion.
- Circumstantial speech, incoherent speech, speech disorder.
- Fatigue, impaired motor coordination, lack of emotional response, or memory loss.

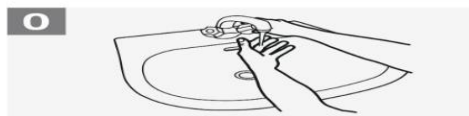
Common Mental Health Issues During Lockdown (COVID 19)

- Fear that a loved one may get infected by the Corona virus and pass away.
- Fear of being retrenched or unemployed as many companies have shut down.
- Fear of not being able to access educational resources online as a rural area resident.
- Loneliness ,as many are used to social life e.g. Clubbing, going to church, outings.

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 **Duration of the entire procedure: 40-60 seconds**



0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.



World Health Organization

Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

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May 2009

Coping With Mental Health Issues

- Releasing pent-up emotions.
- Distracting oneself.
- Managing hostile feelings.
- Meditating.
- Using systematic relaxation procedures.



Contact Details Regarding Counselling Services:

- National Institute for Communicable Diseases: **0800 029 999**
- Gender-based violence: **0800 428 428 / dial: *120*7867#** (free for mobile)
- South African Police Service: **08600 10111**
- National Crisis Line: **0861 322 322**
- Child Line: **0800 055 555**
- Person with Disabilities: **SMS 'help' to 31531**
- AIDS Helpline: **0800 012 322**
- Suicide Helpline **0800 567 567 / 0800 456 789**
- Family Violence, Child Protection and Sexual Offences Unit: **0800 150 150**
- National Human Trafficking Helpline: **0800 222 777**
- SASSA Call Center: **0800 60 10 11**

CONTACTS

- www.sadag.org
 - Facebook: The South African Depression and Anxiety Group
 - Twitter: **@TheSADAG**
 - Helpline: **0800 21 22 23**
- UNISA : www.unisa.ac.za/counselling
- E-mail: counselling@unisa.ac.za
- Official Toll Free Call Center: **0800 029 999**
- Clinicians Hotline: **082 883 9920**
- Official WhatsApp Help Service: **Send HI** to **0600 123 456** on **WhatsApp**.

Your mental health is more important than the test, the interview, the lunch date, the meeting, the family dinner, and the grocery-run. Take care of yourself.

Thank you