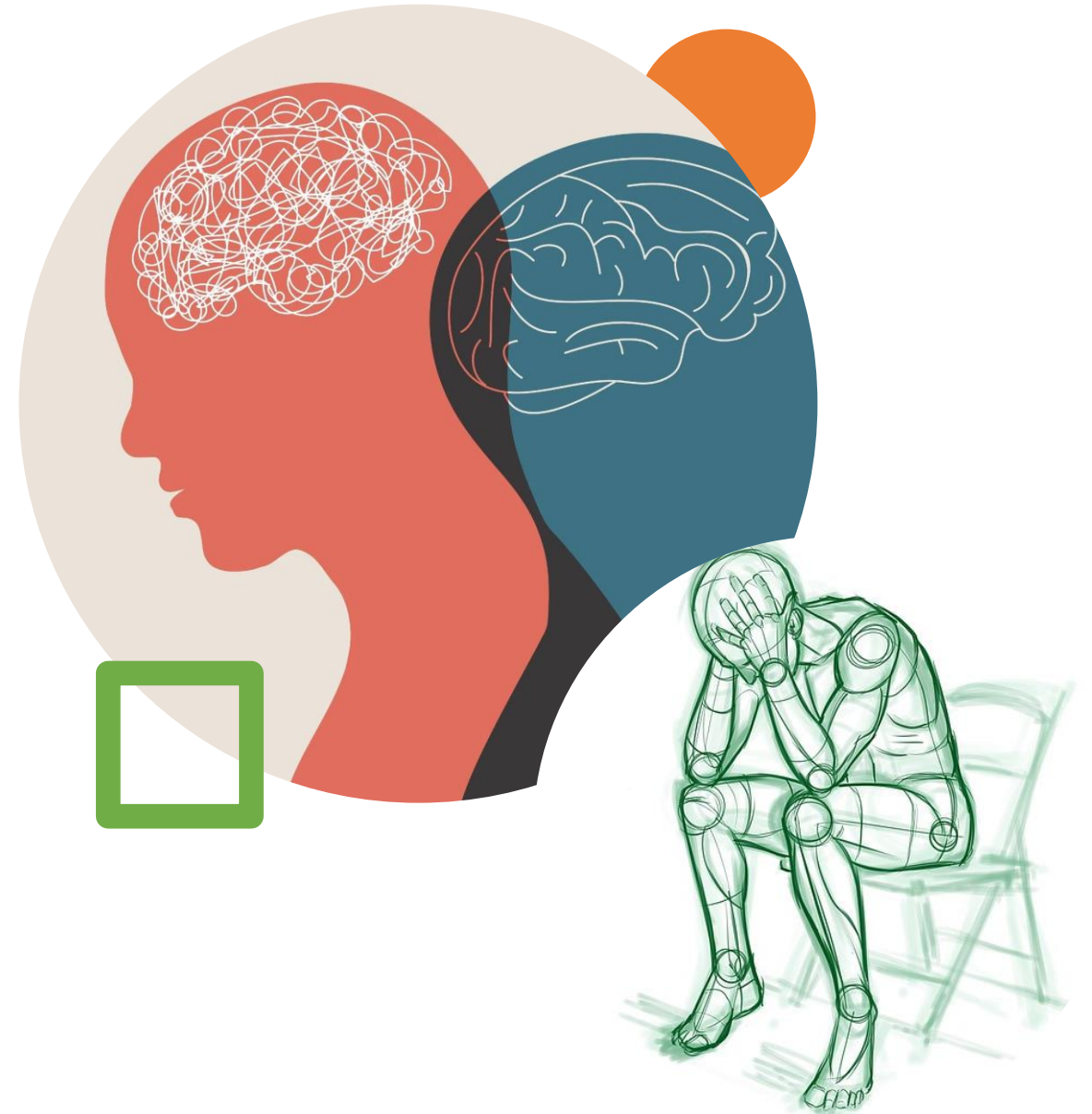


WHAT WORRIES
ME THE MOST IS
MENTAL HEALTH

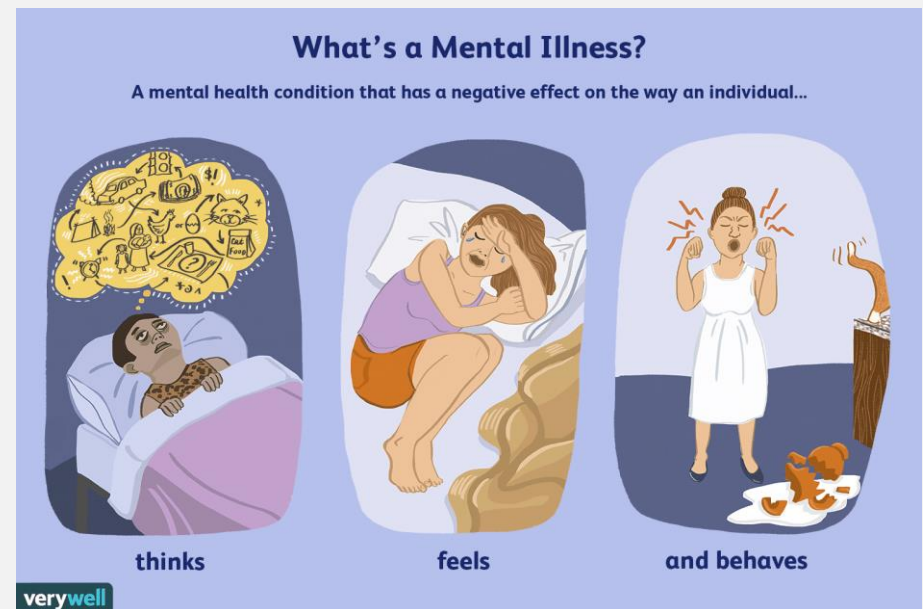
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Mental health

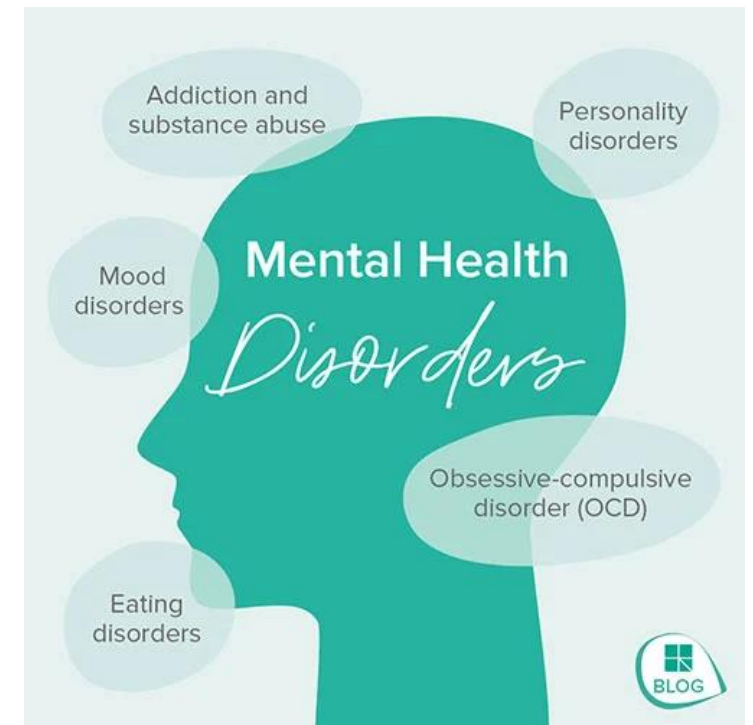


-
- Think
 - Feel
 - Behave
 - Stressful situations



Adolescence and adulthood

- Physical, emotional, social changes
- depression and anxiety
- substances abuse
- self-harm
- eating disorders
- post traumatic stress disorder (PTSD)
- personal disorders
- adverse childhood experiences



Childhood	→	Adulthood
Hyperactivity (can't sit still, always "on the go," climbs or runs at inappropriate times)	May Become	Restlessness (can't stay focused on one thing; fidgety, impatient)
Physical Impulsivity (doing things that result in a lot of injuries; problems waiting one's turn)	May Become	Verbal Impulsivity (saying the "wrong thing" or speaking out of turn; interrupting others excessively)
Inattention (problems paying attention in class or completing school work)	Often Remains	Inattention (difficulty concentrating at work; problems finishing tasks)

Research

- 1 in 4 people in the world experienced mental health problems once in their life
- 89% of people - mental health is important



1 in 4 people will have a mental illness at some point in their lives.

If you need independently verified information about **mental illness** of the highest quality, you can turn to us.



What makes me worried

- STRESS
- concerned about money, jobs, providing for a family, problems in their or they have issues with their health
- A lot of stress - not only leads to anxiety but also to severe mental health disorders



How to Combat Low Self-Esteem



Take a social media break



Try to accept compliments



Journal your feelings



Consider seeing a therapist



Identify your positive traits



LACK OF ACCEPTANCE

- different religion, interests or perspectives
- Bullying
- feelings of not being good enough, self-doubt and loneliness



PEOPLE DON'T UNDERSTAND HOW OTHERS FEEL

- unnecessary conflicts - unkind and offensive things
- They find it hard to seek help and talk about their feelings



SUICIDAL THOUGHTS

- 700 000 people commit suicide
- suicide is a leading cause of death
- signs of suicidal thoughts



What to say

Start with observations to explain why you are concerned.

For example,
"I noticed you haven't been eating lunch with us"
or
"I'm worried because you have been keeping quiet lately"

Other suggestions, such as
"Would you like to see a counsellor?"



What not to say

DON'T
Give advice such as "Don't be sad" or "You need to think positive"

DON'T
Jump to conclusions and say things
"I think you are depressed" or
"You need to see a counsellor"

AVOID
Terms like "problem" or "difficulty" because they may connote weakness

How can we help them?

- open communication
- activities that they enjoy (cooking, reading or watching TV series)
- out for a walk
- Yoga
- they should stay away from harmful substances
- therapist



Thank you
for
listening!



AD