

Mental Health



of female students
show symptoms of
anxiety and depression



of all students
show symptoms of
anxiety and depression

camh

Ontario Student Drug Use and Health Survey

Source: 2017 OSDUHS Mental Health and Well-Being Report

Student Wellbeing

Stacey Adams

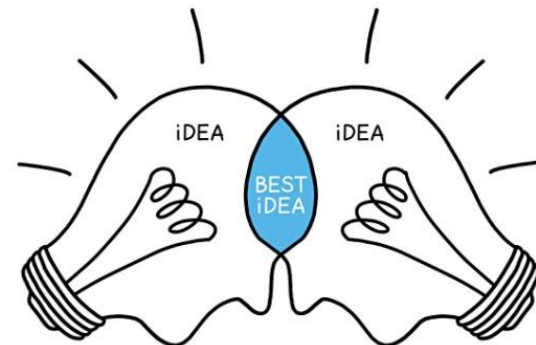
MA, CPsychol, CSci, AfBPS,
QTLS, PGCE-PCE, BSc

Agenda/Topics to be covered

What is wellbeing and distress?

Aids to stress management:

- Self Care
- Character Strengths
- Building Resilience
- Stress Inoculation
- Control
- Physiological Responses and Apps
- Self Efficacy



Wellbeing

‘Wellbeing can be understood as how people feel and how they function, both on a personal and a social level, and how they evaluate their lives as a whole.’ *

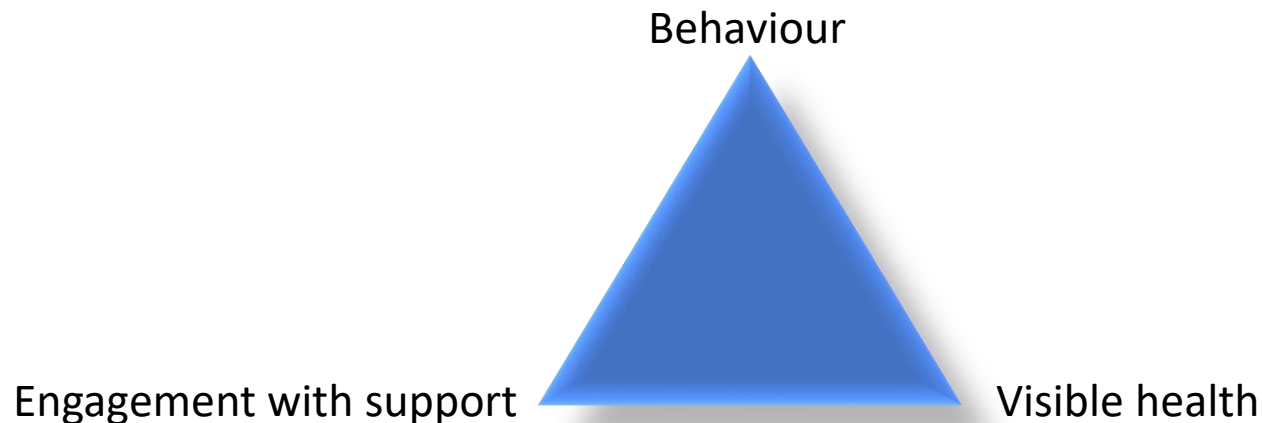
Not simply the absence of illness or obvious threat. Internal resources such as resilience, optimism and self-esteem are key.



* New Economics Foundation (2012) *Measuring Wellbeing: A guide for practitioners*, London: New Economics Foundation.

Is it simply ok to ask about wellbeing? Should we triangulate?

- Are people articulate enough or confident enough to really explain how they are feeling?
- Is their behaviour an expression of something else?
- it's important that people's view of their own wellbeing is balanced with indicators relating to quality of life such as health, physical activity and social interaction. Having this information enables you to get the broadest possible perspective on someone's overall wellbeing and how well they manage day to day.



Student distress

Causes of Distress	Signs and Symptoms of distress
Interpersonal relations problems such as conflicts, illness/death of a loved one, divorce, abuse, romantic partner, etc.	Significant changes in eating, sleeping, grooming, mood, socialising, personality, concentration or other activities
Financial difficulties	Difficulty carrying on normal conversation
Environmental adjustments	Significant performance changes in academic, sports or co-curricular activities
Academic difficulties	Explicit talk about hopelessness, death, or suicide
Time management and organisational difficulties	Feeling out of control of one's behaviors and emotions
Anxiety and /or depression	Racing thoughts
Traumatic event(s) e.g. exploitation,	Excessive dependence on others
Substance abuse	



Threats to wellbeing

Stress

‘ a pattern of negative physiological states and psychological responses occurring in situations where people perceive threats to their well-being which they may not be able to meet’.*

* Lazarus R. S., Folkman S. (1984). *Stress, Appraisal, and Coping*. New York, NY: Springer.



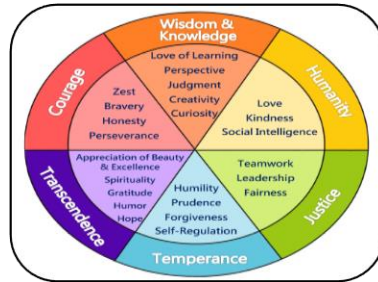
Balancing Act



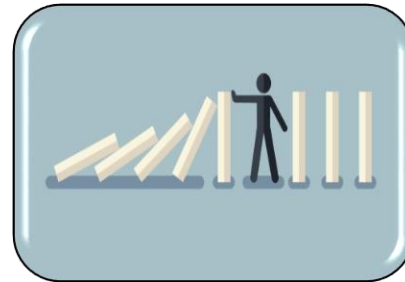
Aids to stress management



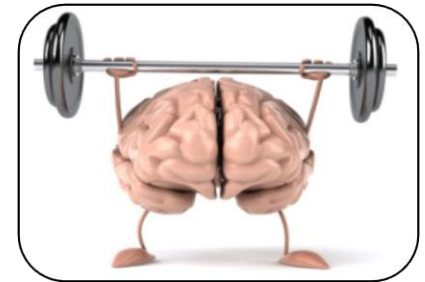
Self Care



Character Strengths



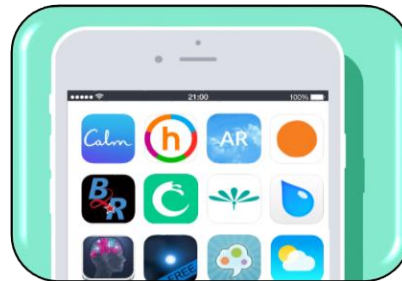
Building Resilience



Stress Inoculation



Control



Physiological Responses and Apps



Self-efficacy

Self Care: Restoring Balance



Positive vs. Negative Self-Talk



Positive and Optimistic

Logical, rational and productive

Boosts confidence

Heightens focus/ concentration on the task at hand

Attributes success to replicable internal factors

Attributes failure to surmountable factors

Appraises problems as a challenge or opportunity

Motivates you to push your limits

Focuses on the present

Alleviates stress



Negative and Pessimistic

Illogical, irrational and unproductive

Deflates confidence

Reduces focus and increases distractions

Attributes success to external factors that are not replicable

Attributes failure to insurmountable factors

Appraises problems as threats to be eliminated

Motivates you to give up easily

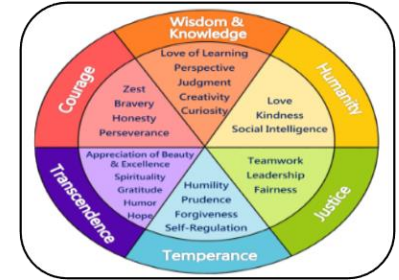
Focuses on the past or future

Promotes stress

@LCSportPsych
 @LouiseCapicotto



Character Strengths



Stacey Adams

1: Fairness 🌍

Treating all people the same according to notions of fairness and justice; not letting feelings bias decisions about others; giving everyone a fair chance.

2: Love 🤝

Valuing close relations with others, in particular those in which sharing & caring are reciprocated; being close to people.

3: Judgment 🧠

Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly.

4: Bravery 🦁

Not shrinking from threat, challenge, difficulty, or pain; speaking up for what's right even if there's opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.

5: Love of learning 📖

Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows.

6: Appreciation of Beauty & Excellence 🎨

Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience.

7: Prudence 🕒

Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.

8: Perseverance 🏃

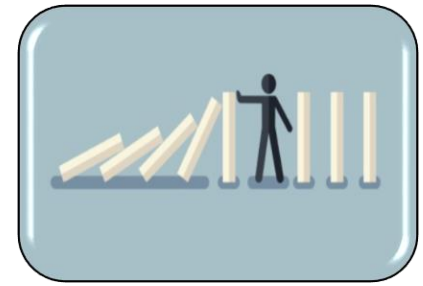
Finishing what one starts; persevering in a course of action in spite of obstacles; "getting it out the door"; taking pleasure in completing tasks.

9: Honesty 🗣️

Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and

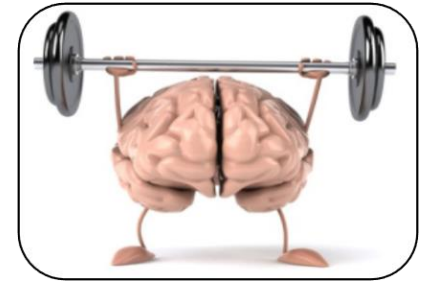


24 different
character strengths



Building Resilience

- **Things to Watch Out For** — *“There are Three “P’s” that slow our growth and recovery.” (Sandberg & Grant, 2017)*
- **Personalisation:** When students encounter a significant challenge or face a failure or loss in life, they may personalise the experience or blame themselves for conditions that are out of their control. This type of thinking can exacerbate feelings of sadness and grief. Maintaining balance between accountability and looking forwards is important.
- **Pervasiveness:** This is the belief that a challenge/setback/problem is encountered, it will affect every aspect of our life. Globalising problems can cause students to think that everything is awful because one thing is awful. Encouraging students to understand that they can suffer a significant setback in one area and still thrive in another area, thus seeing problems as “specific” instead of “global,” helps to function better as a whole.
- **Permanence:** When students are in the midst of a crisis, they may feel like nothing will ever change and they will *never* feel better. Reminding them of the transient nature of troubles can help.



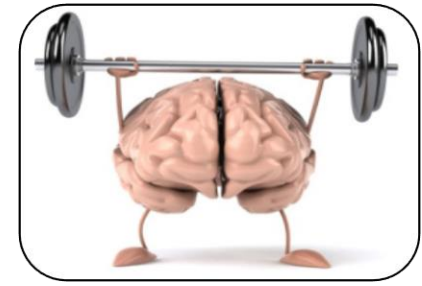
Stress Inoculation

Stress Inoculation Therapy (Meichenbaum 1972*) adopts a cognitive approach as he assumes that stress is caused by faulty processing of information

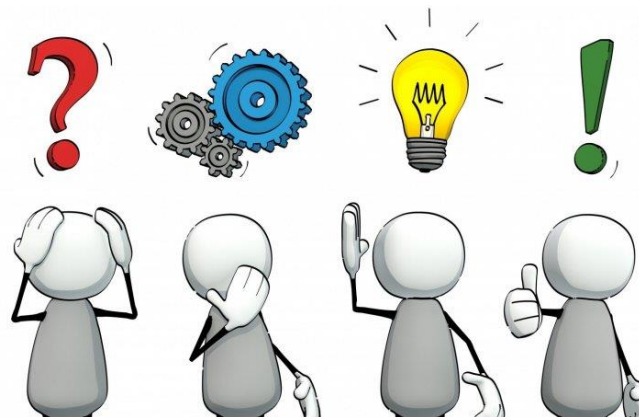
- Meichenbaum suggests that there are three components of SIT
 1. Conceptualisation
 2. Skills Acquisition and Rehearsal
 3. Application and Follow Through

* Meichenbaum, D.H., (1972) Cognitive modification of test anxious college students. *Journal of Clinical and Counseling Psychology*, 39 (2) 370-380.

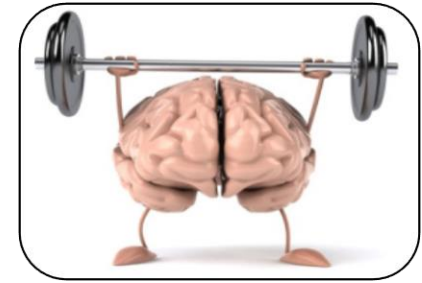
Stage 1 - Conceptualisation



- People are made aware of the thoughts they have in a stressful situation
- These could be self instructions or self-verbalisations that contribute to the poor performance which is causing the stress
- For example, if a person is stressed by exams, they might tell themselves that they cannot pass the exams, that they might as well not bother as they don't know anything. This will lead to poor performance and so confirm their negative thoughts about their performance in their exams.



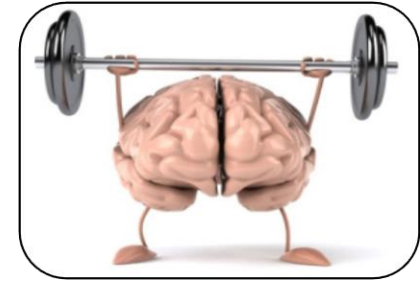
Stage 2 – Skills acquisition and rehearsal



- People are taught coping strategies to enable them to restructure their thoughts. They are taught to relax when they become tense by imagining themselves in situations that cause stress and learn how to relax. They then learn self instructions that will help them to relax rather than stress



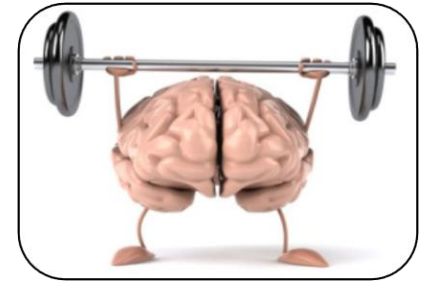
Stage 2 – Skills acquisition and rehearsal



- For example, a person who is stressed by exams might tell themselves that they have revised, they know the structure of the paper and that they just have to take one question at a time. They will have also practised deep slow breathing and maybe muscle relaxation which will help them in the exam. This helps them to believe that they can succeed in the exam



Stage 3 – Application and follow through



- Finally the person puts what they have learnt into practice in a real life stressful situation.
- For example, having practised how to cope with exams, in the exam situation the person uses positive self instructions and relaxation techniques to succeed.



Control – The Taming of The Bees



Taking control of perceived or actual stress has been proven to reduce stress levels

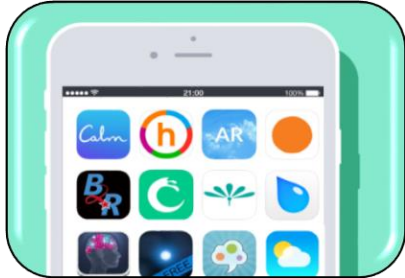
What are the ways that students could take charge of things in their lives that they feel are out of their control?

Are there any lessons from the resilience training that we could apply here?

The Psychology of not yet



Physiological Responses and Apps



The effects of stress on the body

- Brain:** Mood issues including anger, depression, irritability. Lack of energy, concentration problems, sleeping issues, headaches. Mental issues including anxiety disorders and panic attacks.
- Heart:** Increased blood pressure, increased heart rate, higher cholesterol and risk of heart attack
- Immune System:** In the immune system, there is reduced ability to fight and recover from illness
- Stomach:** Stomach cramps, reflux, and nausea
- Kidneys:** Loss of libido, lower sperm production for men, and increased period pain for women
- Joints:** Aches and pains in the joint and muscles
- Bones:** Lower bone density

Holistic Dentistry.ie
Natural & Safe Dentistry. Bray, Co. Wicklow

Breathe in for 4 and out for 6

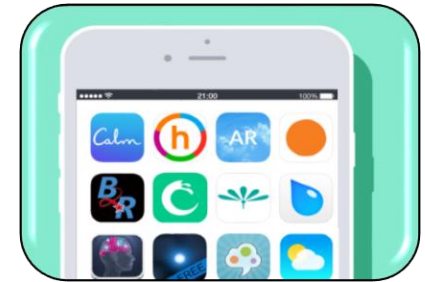
Practice mindfulness

Use the circular breathing app

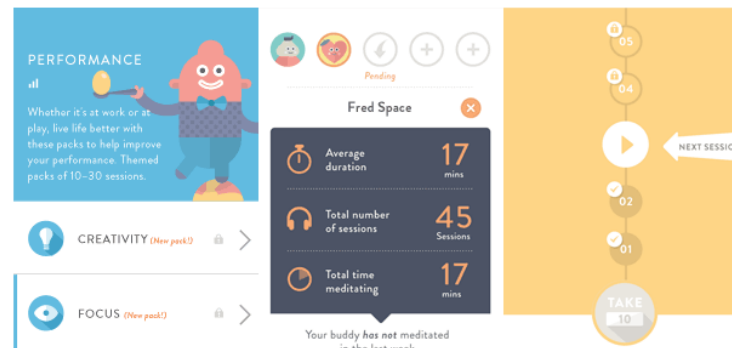
Recognise the signs and react

Use a biodot

Physiological Responses and Apps

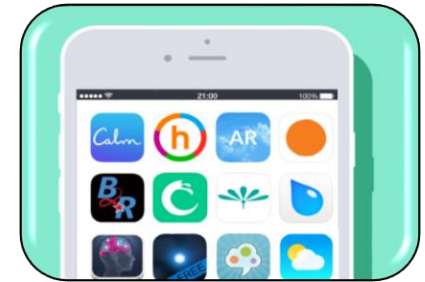


Headspace

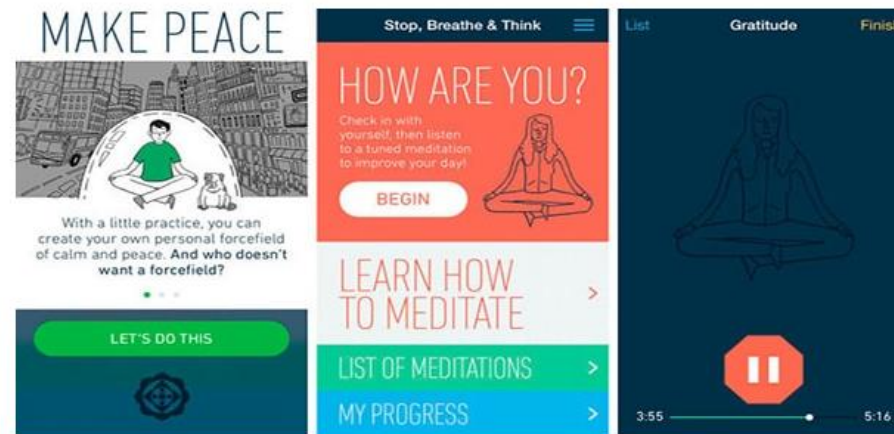


[Headspace](#) is a comprehensive meditation app, with guided and unguided meditations to help you through all phases of your life. The free app offers ten sessions, with hundreds of hours of extra content if you love it and want to subscribe.

Physiological Responses and Apps

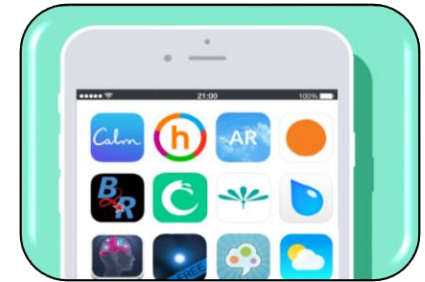


Stop, Breathe & Think

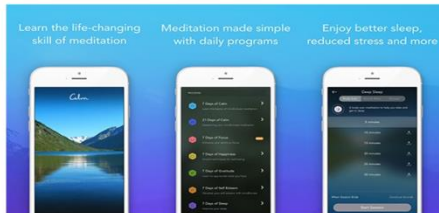


[Stop, Breathe & Think](#) aims to give you exactly what it says in the title. The chance, and skills, to stop everything, just breathe, and think. The guided meditations cover a range of goals, and are constructed to help you take some time out and concentrate on yourself

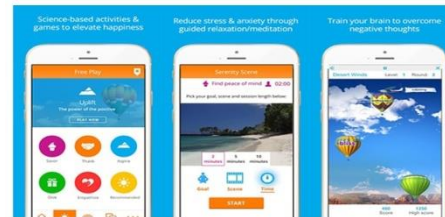
Physiological Responses and Apps



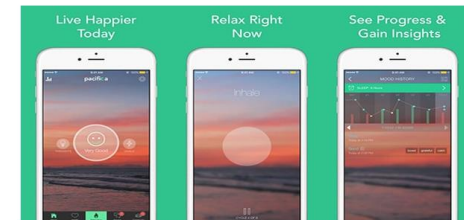
Calm



Happify



Pacifica



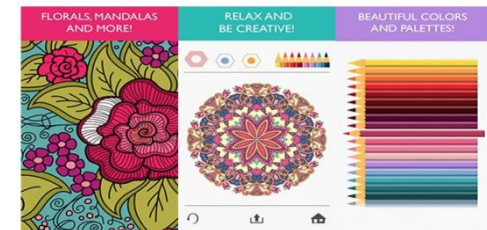
Mindshift



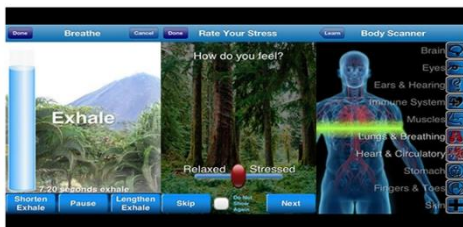
Self-Help for Anxiety Management



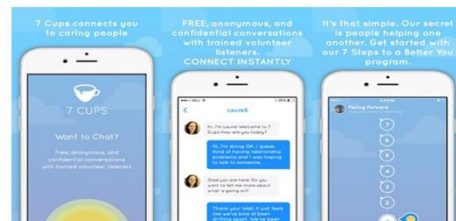
Colorfy



Breathe2relax



7 Cups



Digipill



Self Efficacy



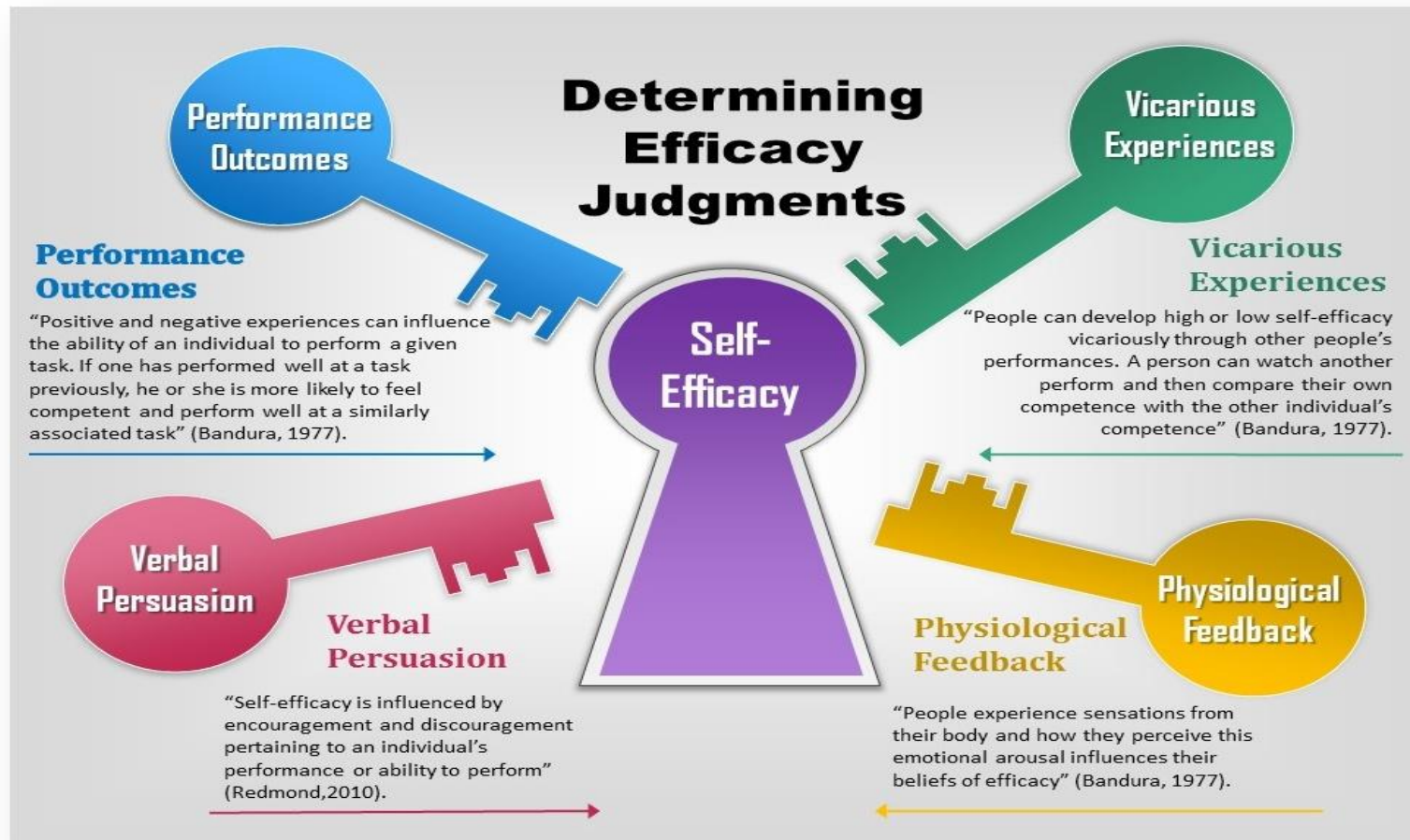
A person's belief in their capacity to successfully perform a particular job or task.

It is one of the most powerful motivational predictors of how well someone will do.

It predicts effort, persistence and strategy in the accomplishment of tasks.



Self Efficacy



Be the CHANGE in Education

