

MENTAL HEALTH

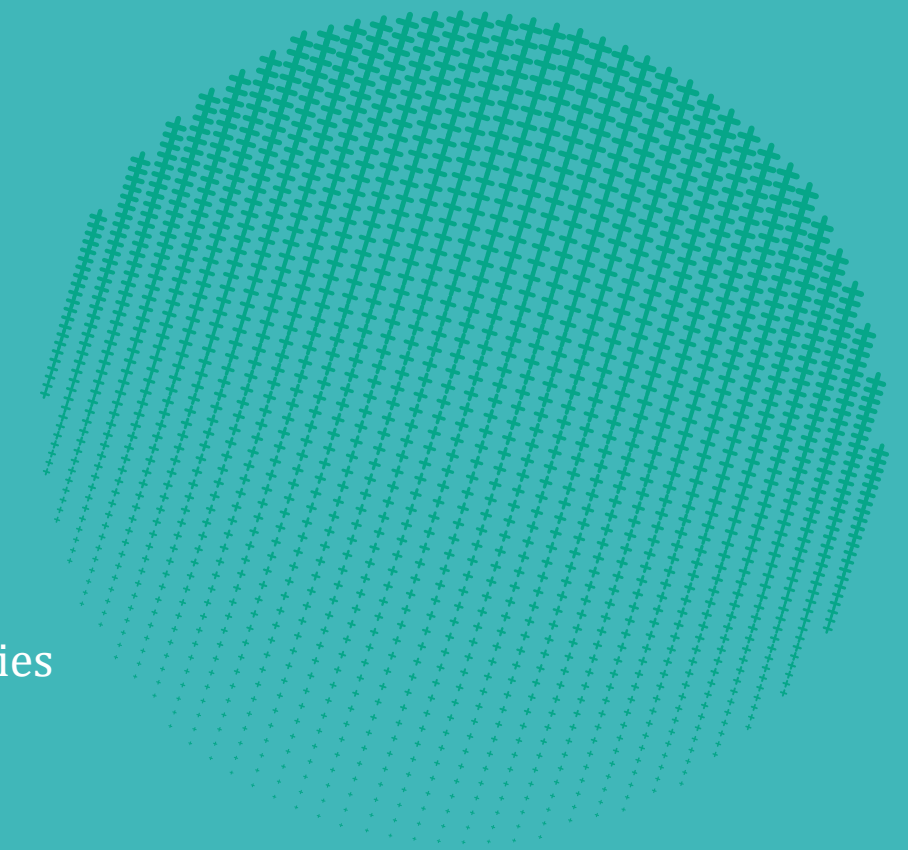
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This presentation focuses on Stress and Stress Management Techniques.



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Introduction

STRESS

- ✓ Is a physical and or emotional response to any demand.
- ✓ It's a normal reaction to an abnormal situation and occurs when demands are out of balance with resources for coping.
- ✓ It's a feeling that one gets when faced with a challenge.
- ✓ Both young, old, rich, poor, religious and non-religious face stressful situations, found either at home, work, school or even play.
- ✓ Even happy events such as having a baby or getting married can cause stress.

Stress Check- in Question:

On a scale of 1 to 10, how am I really doing right now?
(1 means very stressed or overwhelmed, 10 means calm and doing extremely well)



Signs and Symptoms of Stress

Cognitive signs

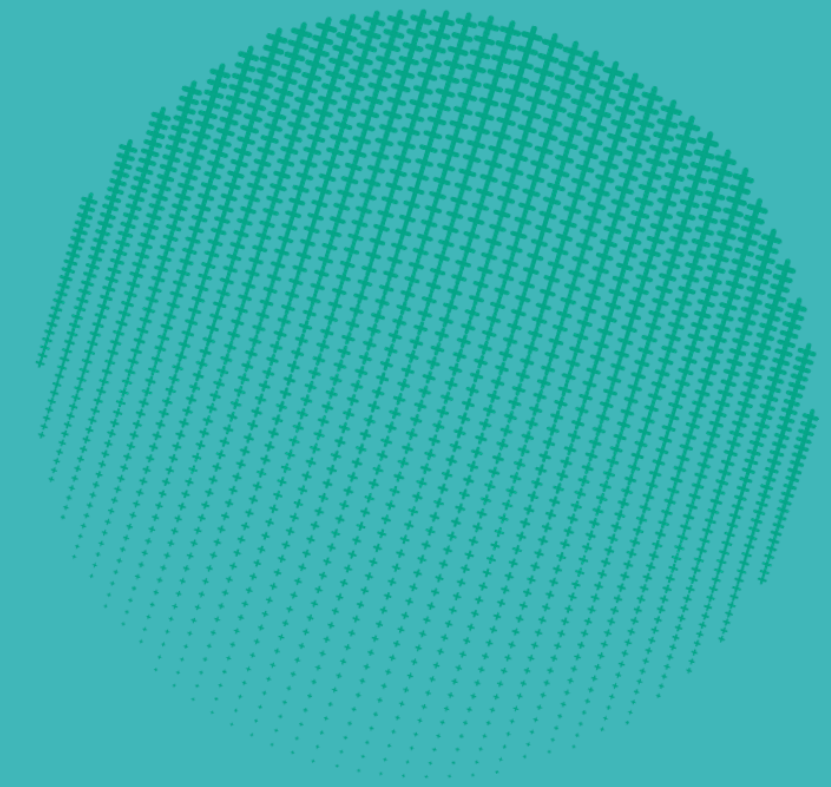
- Confusion in thinking
- Difficulty in making decisions
- Poor concentration
- Poor Memory
- Pre-occupation with event
- Worry
- Negative thinking
- Boredom

Physical signs

- Change in appetite
- Excessive sweating and dizzy spells
- Increased heart rate
- Elevated blood pressure-
- Muscular tension
- Aches: head, chest, shoulders, neck pain etc
- Sleep disturbance
- Persistent fatigue

Behavioral signs

- Changes in ordinary behavior patterns
- Use of alcohol and drugs
- Decreased personal hygiene
- Withdrawal from others
- Accident proneness
- Avoidance of reminders of an event
- Social relationship disturbances



Signs and Symptoms of Stress...cont.

Emotional signs

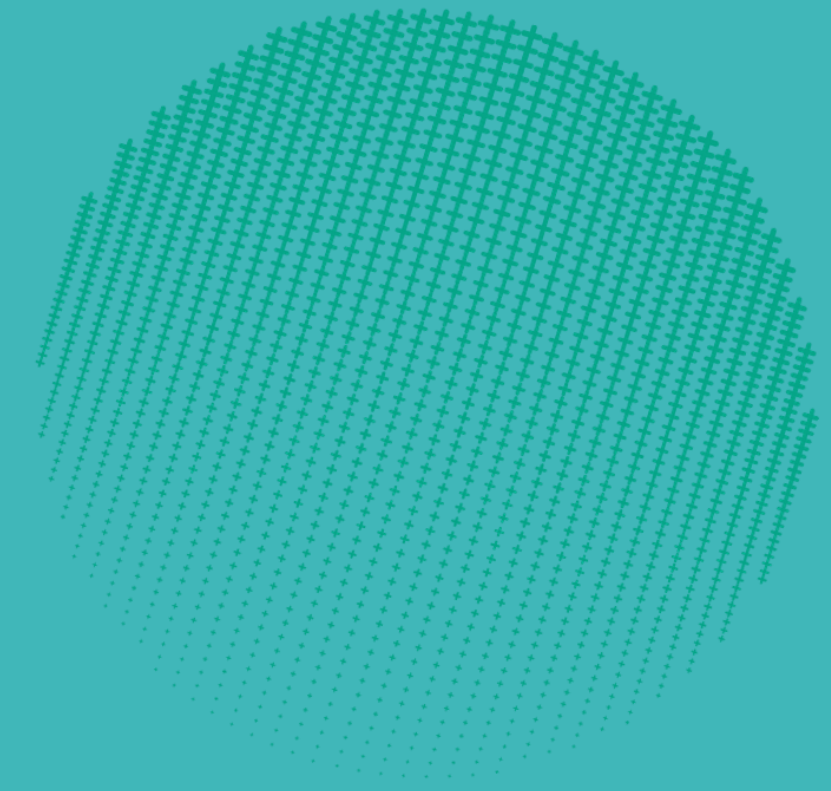
- Frustration, Anger& Grief
- Depression (total withdrawal)
- Anxiety and paranoia
- Self blame, shame
- Fragility, feeling vulnerable
- Numbness

Social signs

- Little intimacy
- Isolation
- Family problems
- Work overload
- Tense relations
- Unfulfilling job..

Spiritual signs

- Doubts about one's faith in God
- Guilt "Why me" struggle
- Loss of self confidence
- Loss of purpose/meaning
- Emptiness



Stress Management Strategies



Self Care

According to the **(WHO)** Self-care is “the ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a healthcare provider”.

It is the practice of taking action to preserve or improve one's own health.

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It relates to what you do at work and outside of work to look after your holistic wellbeing so that you can meet your personal and professional commitments.

Self Care strategies



a) Physical Care

- ✓ Relaxation techniques
- ✓ Take deep breaths, stretching, massage tensed muscles.
- ✓ Healthy balanced diet
- ✓ Leisure time
- ✓ Adequate sleep
- ✓ Avoid risky or destructive behaviors, such as abusing alcohol or drugs, gambling etc
- ✓ Spend time outside, doing physical exercises,
- ✓ Visit a health facility to rule out any medical complications

Self Care strategies:



b) Psychological Care

- ✓ Self awareness
- ✓ Positive outlook/self talk
- ✓ Realistic expectations
- ✓ Set and maintain a routine at home.
- ✓ Focus on things you can control.
- ✓ Keep a reflective journal
- ✓ Emotional expression
- ✓ Engage with a non-work hobbies
- ✓ Focus your thoughts on the present and things to be grateful for today.
- ✓ Maintain social connections with your loved ones.

Self Care strategies:



d) Spiritual Care

- ✓ Derive meaning/purpose from what you do
- ✓ Gratitude attitude
- ✓ Self – reflection on our Wheel of life
- ✓ Meditation
- ✓ Forgiveness
- ✓ Deep connection with our higher power.
- ✓ Look for ways to help your others

Self Care strategies:



e) Social Care

- ✓ Loving relationships
- ✓ Healthy boundaries
- ✓ Establish and sustain healthy friendships.
- ✓ Sharing with a trusted family member or friend

Apple Technique

APPLE technique to deal with extreme anxiety and worries for example in burn out situation

- ✓ **Acknowledge:** Notice and acknowledge the uncertainty as it comes to mind.
- ✓ **Pause:** Pause and breath
- ✓ **Pull back:** Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary.
- ✓ **Let go:** Let go of the thought or feeling.
- ✓ **Explore:** Explore the present moment, because right now, in this moment, all is well. Notice your breathing and sensations of your breathing. Notice the ground and environment. Then shift your focus of attention to something else, on what you need to do.

THANK YOU

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