

A HOLISTIC APPROACH TO MENTAL HEALTH

AWARENESS AND MANAGEMENT

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(MGHT), (RASA)



A HOLISTIC APPROACH TO MENTAL HEALTH

Agenda:

1. Acknowledgments
2. Introduction
3. How are you feeling TODAY? -Mental health awareness
4. Self support
5. Supporting resources for mental health
6. About myself- if you need any support
7. Happy to help
8. Q &A
9. Thank you!

ACKNOWLEDGMENTS

Thank You For Your Invitation.

John Green

Amita Dar

Department Of Work And Pensions Birmingham (DWP)

I Am Honoured To Share My Presentation Today!

INTRODUCTION

- What Is Mental Health- Why We Need To Be Aware About Our Mental Well-being With Current Pandemic .
- (Covid -19)- Demanding Greater Resilience As Large Portion Of Workforce Are Grappling With Illness, Grief And Multiple Forms Of Stress.

Negative Impact On Mental Health Issues

Eg: Contribution Factors

- ❖ Relationship Issues With Family, And Friends (Separation, Grief)
- ❖ Financial Difficulties, Unemployment, Redundancy
- ❖ Housing And Environment Work Related Eg Stress, Expectation, Bully, Harassment, Racial Inequalities Etc, Disability Discriminations.

HOW ARE YOU FEELING TODAY? MENTAL HEALTH AWARENESS

[Help with stress, anxiety or depression](#)

[Stress](#)

[Anxiety, fear and panic](#)

[Low mood, sadness and depression](#)

[Help with other common feelings](#)

[Feeling lonely](#)

[Grief after bereavement or loss](#)

[Anger](#)

[I'm not sure how I feel](#)

[Mood self-assessment available on NHS website](#)

- **Having good mental health helps us relax more, achieve more and enjoy our lives more**



LIVE MORE ENJOY MORE

BE IN PRESENT MOMENT

UNDERSTANDING ANXIETY, FEAR AND PANIC LOW MOOD, SADNESS AND DEPRESSION

SPECTRUM OF ANXIETY Exists:

- Emotional FEAR and PANIC DUE to ANXIETY, cycle of dread, feeling hopeless.
- Anxiety causes restlessness which causes disturbance in sleeping pattern
- Damage to the body and mind due to corticosteroid
- *(Stress hormone)



Due to stress and anxiety. Lead to health issues BP, CVD, poor SELF CARE
effect general health and mental well being

STRESS

Symptoms of stress

Stress can cause many different symptoms.



Things you can try to help with stress

- Try talking about your feelings to a friend, family member or health professional. You could also
- Use easy [time-management techniques](#) to help you take control
- Use [calming breathing exercises](#)
- Plan ahead for stressful days or events – planning long journeys or making a list of things to remember can really help
- Consider peer support, where people use their experiences to help each other. [Find out more about peer support](#) on the mind website
- Listen to [free mental wellbeing audio guides](#)
- Search and download [relaxation and mindfulness apps](#) or [online community apps](#) from the NHS apps library

ALLOPATHIC MEDICINE COMES WITH SIDE EFFECTS

EXAMPLES OF ANTIDEPRESSANTS - TRICYCLIC ANTIDEPRESSANTS (TCA)

Amitriptyline ([Elavil](#))

[Amoxapine](#)

[Clomipramine](#) ([Anafranil](#))

[Desipramine](#) ([Norpramin](#))

[Doxepin](#) ([Sinequan](#))

Imipramine ([Tofranil](#))

[Nortriptyline](#) ([Pamelor](#))

Protriptyline ([Vivactil](#))

Trimipramine ([Surmontil](#))



SELECTIVE SEROTONIN REUPTAKE INHIBITORS

- ❑ [Citalopram \(Celexa\)](#)
- ❑ [Escitalopram \(Lexapro\)](#)
- ❑ [Fluoxetine \(Prozac, Sarafem\)](#)
- ❑ [Fluvoxamine \(Luvox\)](#)
- ❑ [Paroxetine \(Paxil\)](#)
- ❑ [Sertraline \(Zoloft\)](#)



THINK ABOUT THE SIDE EFFECTS?



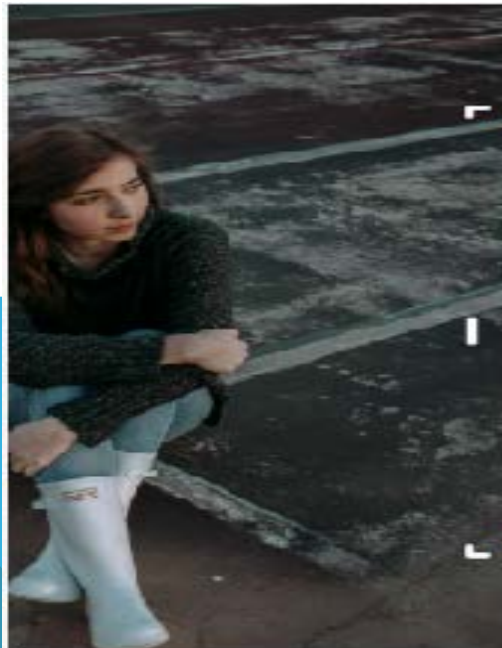
SUPPORTING RESOURCES FOR MENTAL HEALTH

Connect with other people

- Good relationships are important for your mental wellbeing.

They can:

- Help you to build a sense of belonging and self-worth
- Give you an opportunity to share positive experiences
- Provide emotional support and allow you to support others
- There are lots of things you could try to help build stronger and closer relationships:



SUPPORTING RESOURCE

MENTAL HEALTH

- Be physically active
- Being active is not only great for your physical health and fitness.
- Evidence also shows it can also improve your mental wellbeing by:
 - ✓ [Raising your self-esteem](#)
 - ✓ Helping you to set goals or challenges and achieve them
 - ✓ Causing chemical changes in your brain which can help to positively change your mood.

SUPPORTING MENTAL HEALTH

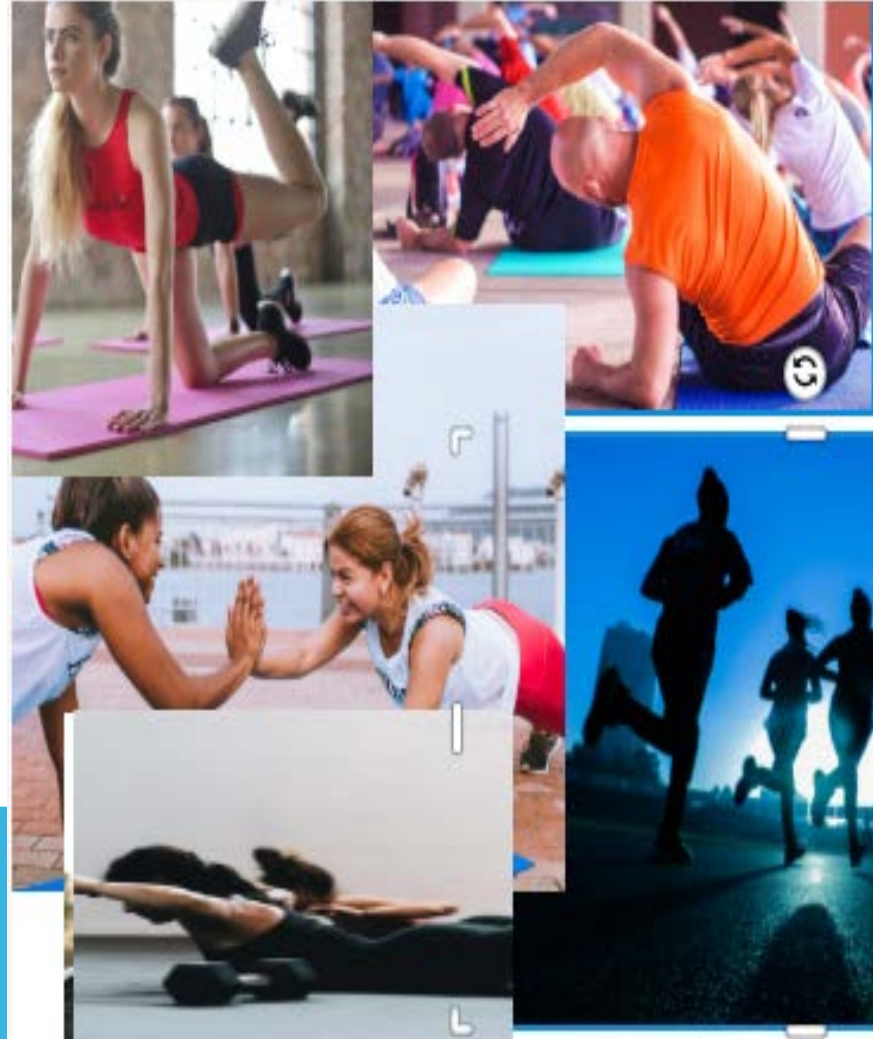
- Find :

[Free activities to help you get fit](#)

- If you have a disability or long-term health condition,

Find out about :

[Getting active with a disability](#)



LIFESTYLE CHANGES:

- *Mindful eating, healthy diet, happy gut- take control*
- *Start running (exercise or physical activities)*
- *Find out how to start swimming, cycling or dancing*
- *Find out about getting started with exercise*



LEARN NEW SKILLS

- Research shows that learning new skills can also improve your mental wellbeing by:
 - Boosting self-confidence and [raising self-esteem](#)
 - Helping you to build a sense of purpose
- Helping you to connect with others
- Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

ACTS OF GIVING AND KINDNESS

- Research suggests that acts of giving and kindness can help improve your mental wellbeing by:
 - Positive feelings and a sense of reward
 - Giving you a feeling of purpose and self-worth
 - Helping you connect with other people
- It could be small acts of kindness towards
- Other people, or larger ones like volunteering
- In your local community.

PAY ATTENTION TO THE PRESENT MOMENT (MINDFULNESS)

- Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.
- Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.
- Check ON Available mindfulness Techniques eg : Yoga, Vipadsana etc. That suits you !

AVAILABLE NHS AUDIO SUPPORT

- Mental wellbeing audio guides
- <https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>
- Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.

MORE SELF-HELP AND SUPPORT

Your mental wellbeing

[Mindfulness](#)

[Mental wellbeing audio guides](#)

Improve low mood

[How to be happier](#)

[Raising low self-esteem](#)

Reduce stress

[10 stress busters](#)

[Breathing exercise for stress](#)

[Easy time-management tips](#)

[How to cope with money worries](#)

Depression support

[Tips for coping with depression](#)

[How to help someone with depression](#)

[Exercise for depression](#)

Mental health at work

[Bullying at work](#)

[Going to work after mental health issues](#)



ABOUT ME

- ❖ Santhy Shetty from Worcestershire.
- ❖ Community pharmacist/ Relief Pharmacy Manager
For Lloyds Pharmacy (McKesson Europe)
-Over 8 years around Cheltenham,Cotswold, Oxfordshire,
Warwickshire, Worcestershire.
- ❖ Holistic practioner- run my own holistic clinic
- ❖ Natural skin care products
- ❖ Natural vitamin and vegan supplements

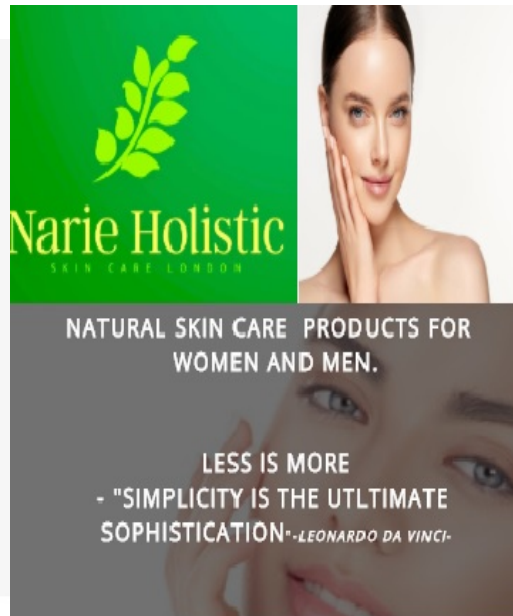


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SEE WHAT I DO HOLISTIC APPROACH TO MENTAL HEALTH- PASSIONATE
CHEMIST AND A HOLISTIC PRACTITIONER FOR BETTER CLIENT OUTCOME

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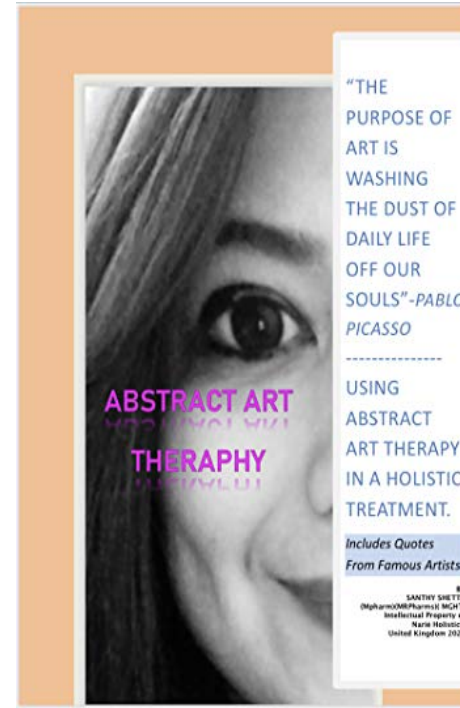
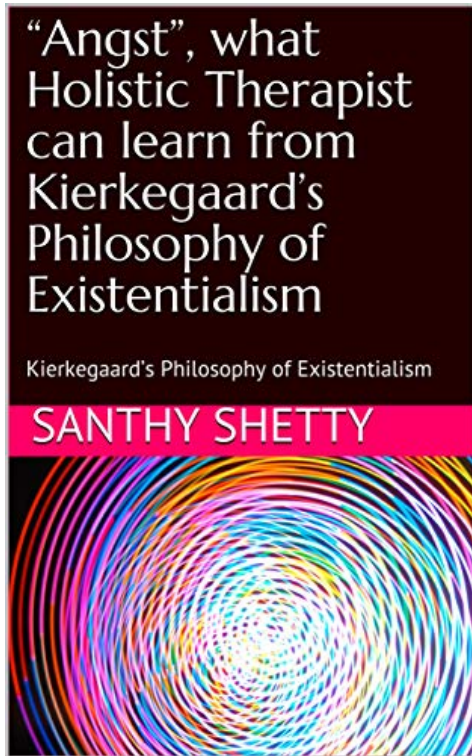
- Natural Skin Care& Vegan Supplement



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PUBLICATIONS



[HTTPS://WWW.AMAZON.CO.UK/HOLISTIC-THERAPIST-KIERKEGAARDS-PHILOSOPHY-EXISTENTIALISM-EBOOK/DP/B0881DZTC3/REF=SR_1_1?DCHILD=1&KEYWORDS=SANTHY&QID=1591714134&SR=8-1](https://www.amazon.co.uk/holistic-therapist-kierkegaards-philosophy-existentialism-ebook/dp/B0881DZTC3/ref=SR_1_1?dchild=1&keywords=santhy&qid=1591714134&sr=8-1)

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Q&A



Thank You!

