



SARUK LEADERSHIP CONFERENCE

Mental Health and Stress Management

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Improving Post-Secondary Mental Health

- 57.5% students felt hopeless
- > 90% felt overwhelmed
- 65% felt very lonely
- >42% felt so depressed it was hard to function
- 64% felt overwhelming anxiety
- 13.% seriously considered suicide and 2.1% attempted suicide
- 18.9% had been treated for anxiety and 15.4% for depression



Stress and Mental Health

Wellness Dimensions involved with Mental Health

- Emotional
- Social
- Intellectual
- Spiritual



Stress

Stress

- Our mental and physical *responses* to the demands placed upon us

Eustress - “Good”

Distress - “Bad”

Stressor - a condition that forces us to adjust



Stress

General Adaptation Syndrome

- *Sympathetic nervous system* kicks into gear when confronted with a stressor (alarm phase)
 - Blood flow increases to brain
 - Respiration rate increases
 - Blood flow increases to muscles
 - Perspiration
- Resistance phase is when the body begins to regain physical and mental homeostasis
- Physiological and psychological energy is depleted during the exhaustion phase
 - Chronic stress = burnout or serious illness

Signs of Stress Overload

- Difficulty concentrating
- Relationship problems
- Frequent mood changes
- Lethargy and difficulty sleeping
- Lack of interest in social activities
- Using drugs or alcohol to avoid stress
- Intolerance to differences in opinions (increased irritability)
- Diminished sex drive
- Tendency to overeat
- accident-prone
- Lack of awareness

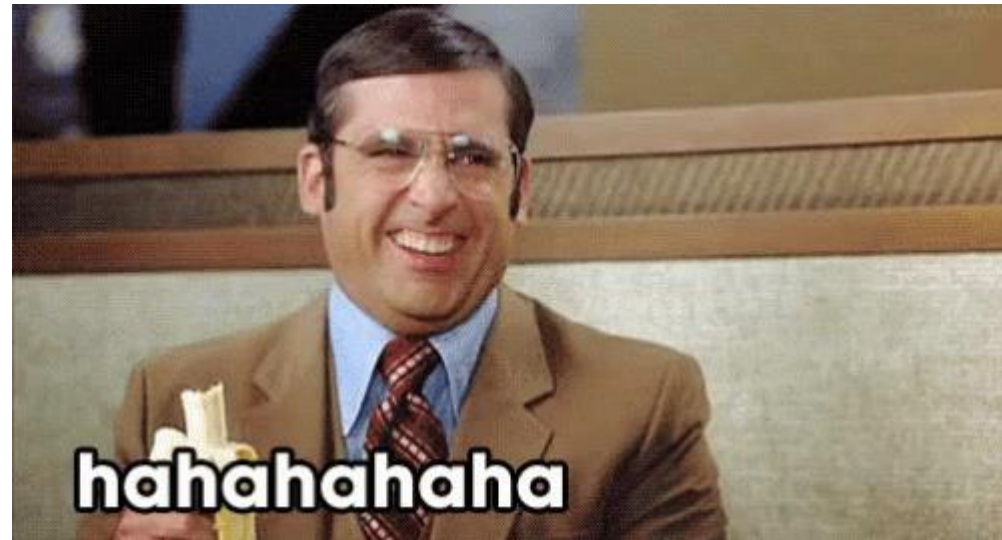


Completing the Stress Cycle

“Physical activity is the single most efficient strategy for completing the stress cycle,”

- Burnout, by Emily Nagoski and Amelia Nagoski

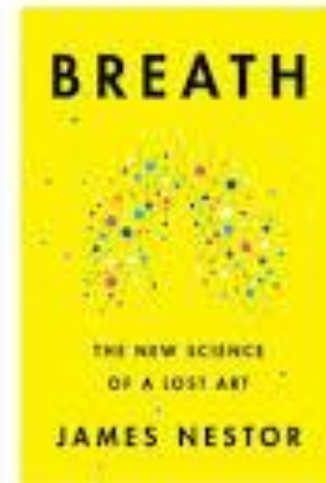
1. Breathing
2. Positive social interaction
3. Laughter
4. Affection
5. Cry
6. Creative expression



Just Breathe...

No matter what we eat, how much we exercise, how resilient our genes are, how skinny or young or wise we are-none of it will matter unless we're breathing correctly.

~Breath, by James Nestor



Stress Management Techniques

1. Taking Mental Action

- Worry constructively
- Look at life as fluid and rhythmical
- Keep things in perspective
- Focus on the positive
- Reframe



Stress Management Technique

2. Learn Time Management

➤ Use time to your advantage

3. Movement

➤ Meditation in motion

4. Deep Breathing

5. Get adequate sleep

6. Connect with nature

7. Practise Mindfulness



Stress Management Technique

**— STAY —
PRESENT**



Stress Management and Relationships

- Communicate effectively
- Respect each other's boundaries
- Always take time to practise self-care
- Remove external stressors
- Practise active listening



Stress Management

Application Exercise:

1. Write down three stress management techniques that help you combat everyday stress



5 - 4 - 3 - 2 - 1

GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.



5 things
you can
see



4 things
you can
touch



3
things
you can
hear



2
things
you can
smell

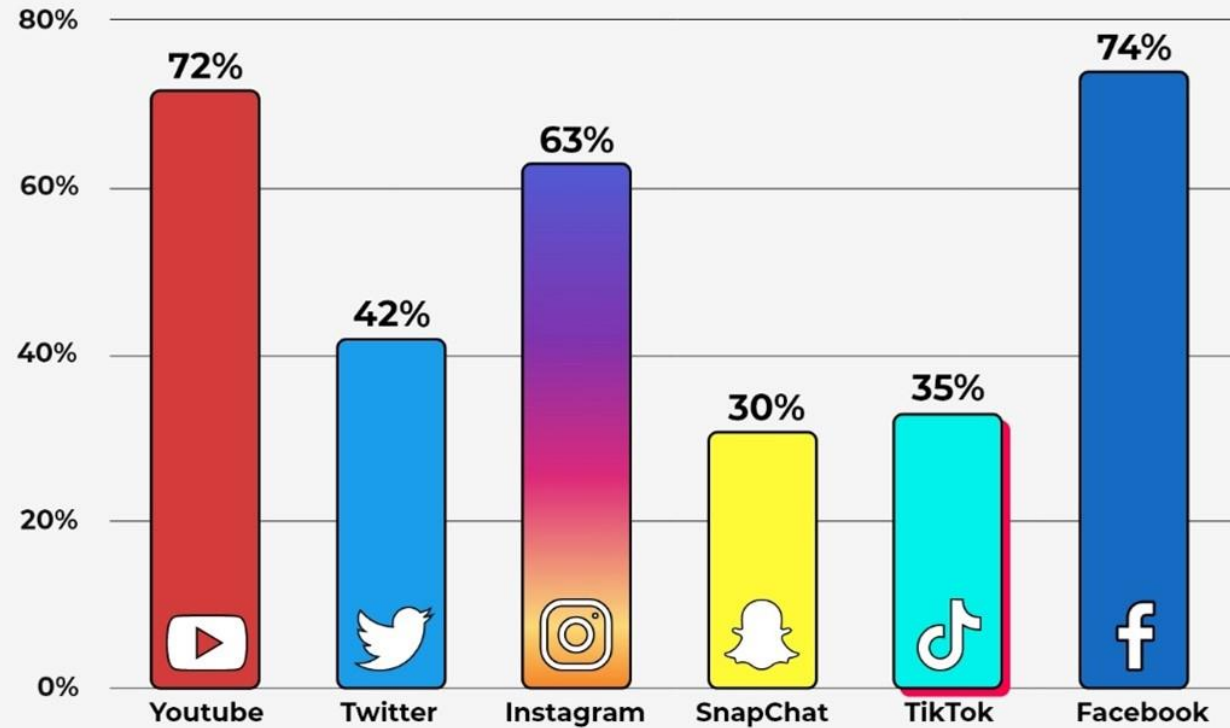


1
thing
you can
taste



Social Media

Percentage of People Using Social Media on a Daily Basis



Social Media

1. How does your current use of social media use contribute to or alleviate stress in your personal life?
2. How does social media use affect the relationships we make?



Social Media

<https://www.youtube.com/watch?v=0EFHbruKEmw>



Social Media

Body Image

- May be a link between viewing images of thin bodies and personal body dissatisfaction
- Instagram vs. Reality
- The use of applications and other editing
- Can produce feelings of social comparison and feelings of inadequacy
- “I wish I had more likes, or “I should post more stuff,” or “I didn’t post enough likes so I’m going to delete it,”



Social Media

Bullying

- Includes abusive behaviors such as harassment, impersonation and identity theft
- In the form of comments or private messages

Depression

- 1 negative post influenced 1.3 other negative posts; 1 positive post influenced 1.75 other positive posts
- Can produce feelings of worthlessness and hopelessness



Social Media Wellness

1. Delete apps off phone
2. Use grey scale
3. Remove notifications
4. Put phone on silent
5. Audit your social media diet
6. Create a better online experience
7. Model good behavior



Social Media

1. Working with your table, describe the ways you believe social media can enhance effective communication and relationship-building in a leadership role?



Social Media

Social Media Challenge

1. Unfollow at least 1 user on all apps that serves no purpose to you
2. Unplug from all apps for one evening (or as long as you can)
3. Turn your phone on silent for a day

Reflect on how this makes you feel. Try the challenge for at least 1 week.
Challenge others!



