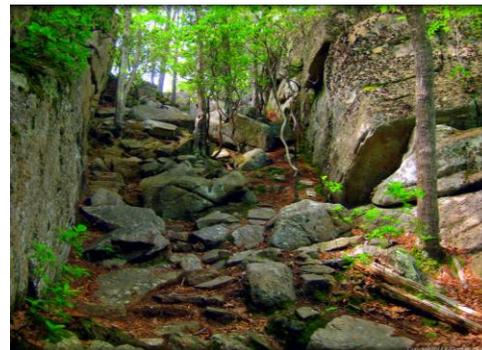
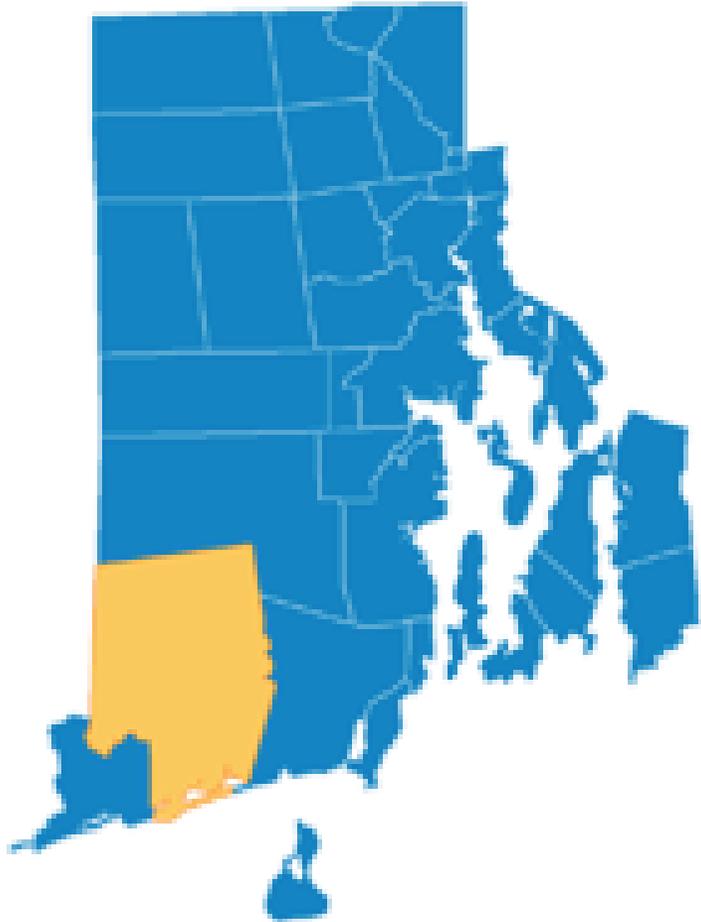


MENTAL HEALTH AND WELLNESS

Managing our Daily Stress

CHARIHO – RHODE ISLAND



CHARIHO YOUTH TASK FORCE

Four Core Sectors:

- Substance Abuse Prevention
- Mental Health Promotion
- Helping Populations of Need
- Promotion of Healthy Lifestyles



CHARIHO
Youth
TASK FORCE

Our mission is to educate, empower, and engage young people in order to create a sense of community, to promote wellness, and to sustain opportunity for our voices to be heard.

We envision that one day all young people will have a seat at the table of their choosing, that we can create a community driven toward wellness, and ultimately sustain and grow the passions that lay within us all.



May 2017 FREE

RHODE ISLAND Parent MAGAZINE

How healthy are RI kids?
Money-saving shopping tips
RI youth to speak nationally

Fighting the opioid crisis

Using drama therapy to talk about addiction
Rebecca Fitzgerald of the Chariho Youth Task Force



MENTAL HEALTH & MENTAL ILLNESS

- ❖ ‘**Mental health**’ and ‘**mental illness**’ are increasingly being used as if they mean the same thing, but **they do not**.
- ❖ Everyone has mental health, just like everyone has physical health.
- ❖ “There is no health without mental health.”
– World Health Organization
- ❖ **Mental Health** – mental well-being, emotions, thoughts, feelings, etc.
- ❖ **Mental Illness** – an illness that affects the way people think, feel or interact with others.



What is Stigma?

A mark of disgrace associated with a particular circumstance, quality, or person.

Types of Stigma we will talk about today:

- ❖ Mental Illness
- ❖ Mental Health differing from Mental Illness
- ❖ Around stress

What is Stress?

- ❖ Constraining force or influence such as:
 - A physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation
- ❖ We all have stress.
- ❖ Stress is relative



EMOTIONS

SOCIAL MEDIA PRESSURE

AFTER-SCHOOL ACTIVITIES

MONEY

FRIENDSHIPS

MAKING CHOICES

GOALS

RELATIONSHIPS

SCHOOL

EATING

HEALTH

WORK

RESPONSIBILITIES

APPOINTMENTS

SPORTS

appearance

CHORES

SLEEP

OBLIGATIONS

EXAMS

HOLIDAYS

TIME MANAGEMENT

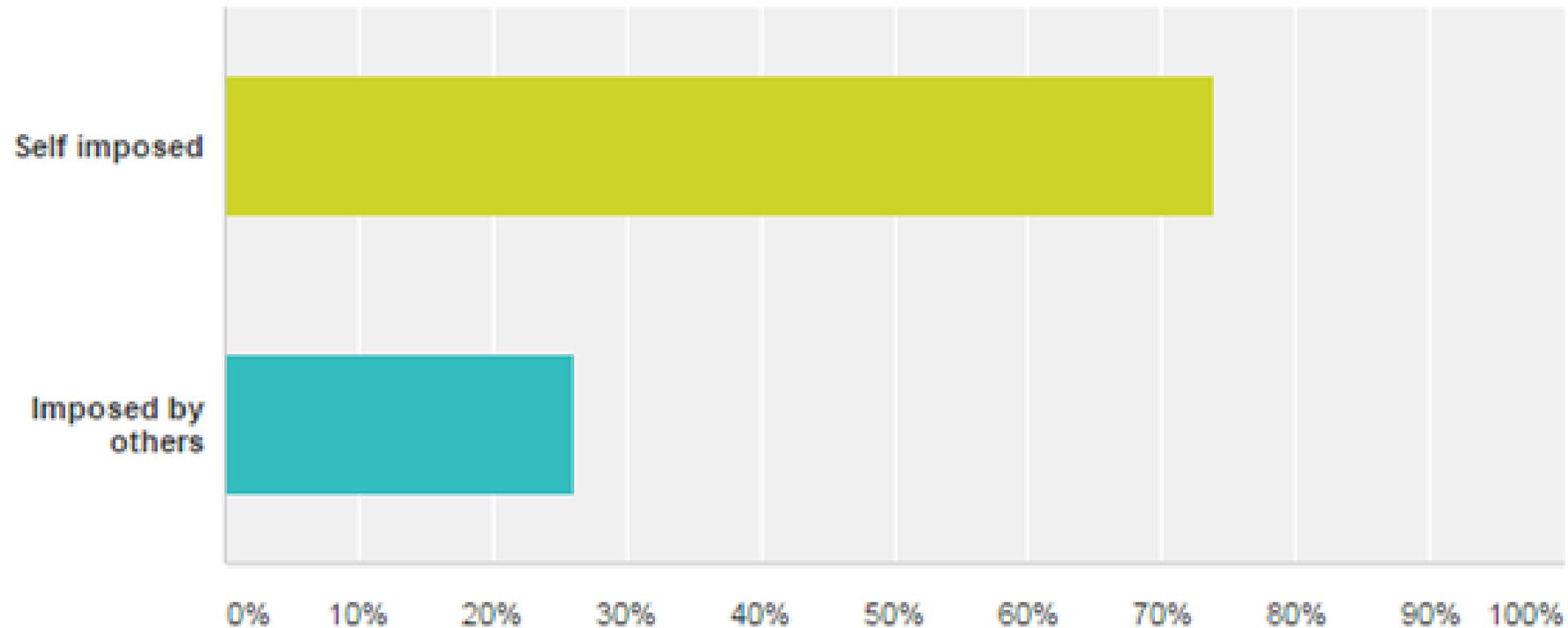
EXPECTATIONS

EXPECTATIONS

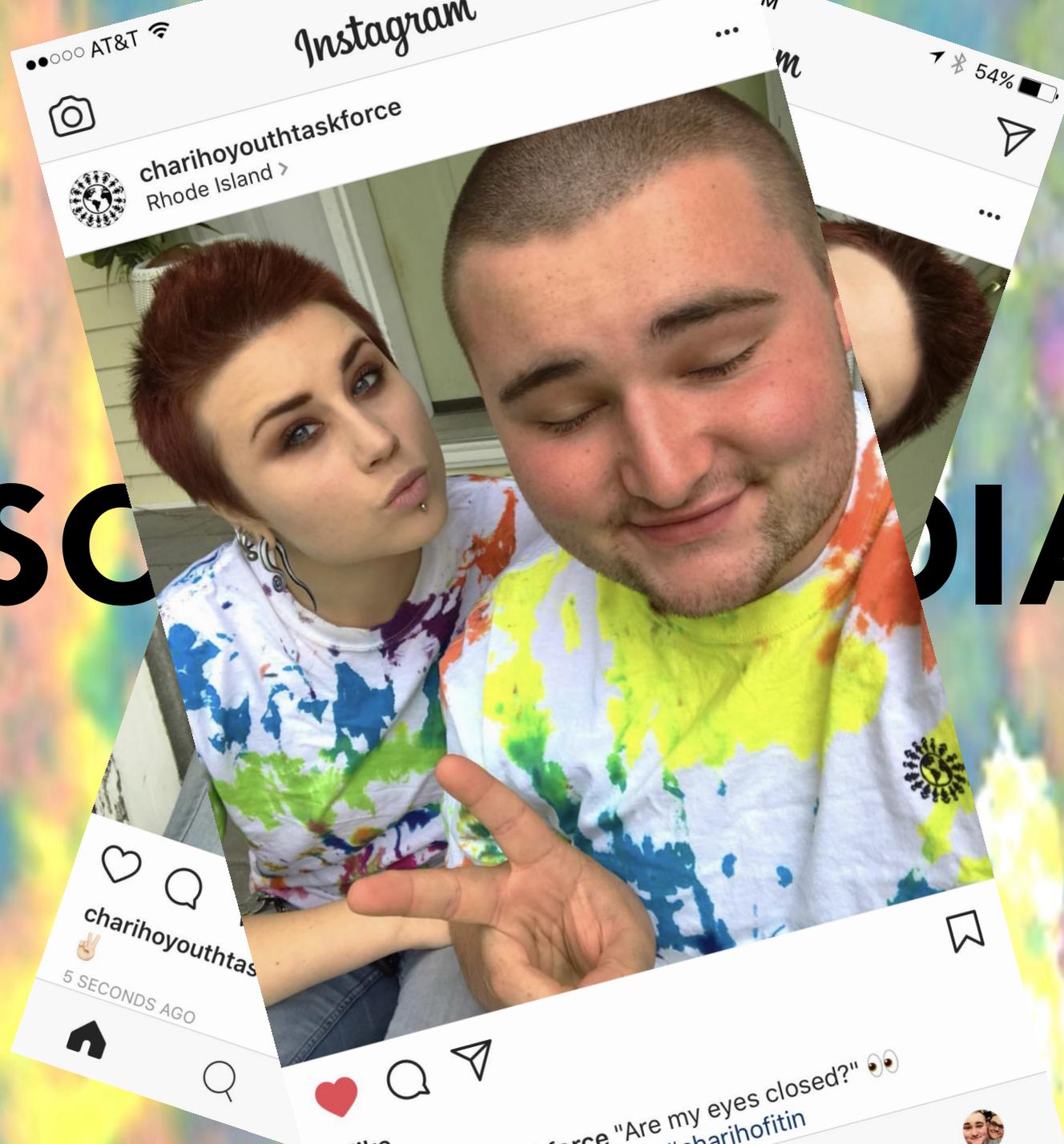
EXPECTATIONS

Do you think you put a lot of pressure on yourself, or is it imposed by others?

Answered: 523 Skipped: 6



SCOTLANDIA



SOCIAL MEDIA

Pros

Staying connected to friends and family

Sharing memories

Ease of Mass Communication

Networking

Digital footprint

Information dissemination

Self expression

Cons

Disconnection with reality

Tool for bullying

Comparing self to others

Time consuming

Digital footprint

False information

Place for judgment

APPEARANCE

APPEARANCE

Just by looking at someone you don't know:

- Socio-Economic Status
- Religion or Spirituality
- Political Affiliation
- Sexual Orientation
- Family Background
- Mental Health Status

Appearance and Mental Health:

- Our appearance may not fit people's judgment on us
- Pressure to keep up or change our appearance
- Looking "different" may affect our experiences

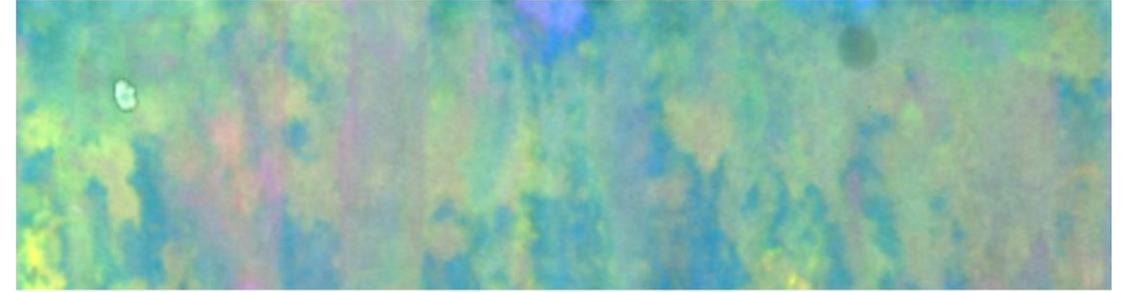
**YOU
DON'T
KNOW
ME**

STAND UP TO STIGMA.

Created to raise awareness about Mental Health and how important it is

Encourage our community to start a conversation about Mental Health

Build understand about the way Mental Health affects other aspects of our lives



STAND UP TO STIGMA

Let's Talk about Mental Health

Sometimes we need an umbrella to get through the rain.





WE all HAVE MENTAL HEALTH

THE “RAIN”

The “Rain” is not always the bad things in life, it’s the things on our plate.

Important to understand:

- ❖ Sometimes we need an umbrella to get through the rain
- ❖ Sometime we need more than an umbrella



FINDING YOUR UMBRELLA



We all have mental health and we all need to deal or cope with it.

Positive Coping Mechanisms:

- ❖ Running, walking, exercising
- ❖ Talking to friends and family
- ❖ Cooking, painting, and dancing

Destructive Coping Mechanisms:

- ❖ Substance Use and Abuse
- ❖ Self Harm and Toxic Thoughts
- ❖ Risky Behaviors and Bullying



WORDS HAVE IMPACT

Stand Up To Stigma

LET'S TALK ABOUT MENTAL HEALTH

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"There is no health without mental health."
– World Health Organization

Mental Health – mental well-being, emotions, thoughts, feelings, etc.

Mental Illness – an illness that affects the way people think, feel or interact with others



STAND UP TO STIGMA

Let's Talk about Mental Health

We all have mental health and it's time we start talking about it. Join the conversation!



HELP US SOAR

Spread the word.

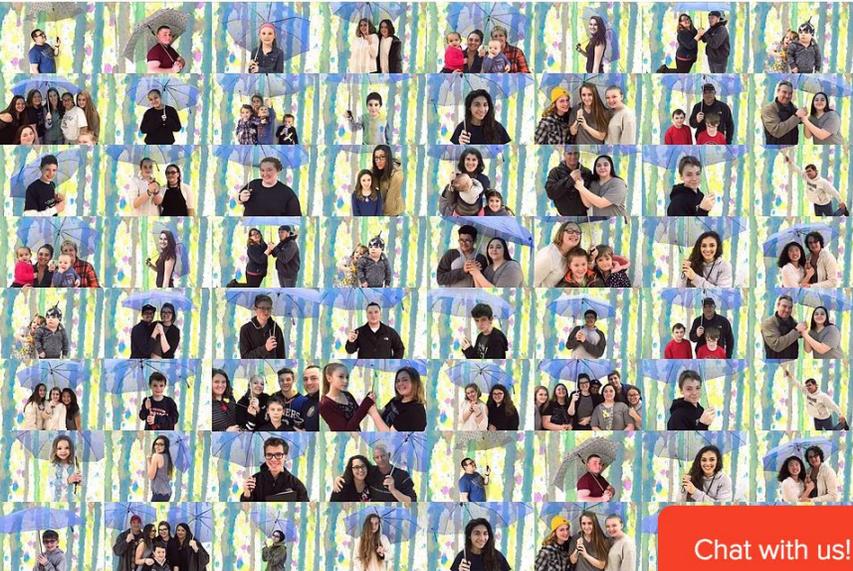
POSTER



MAKE IT YOUR OWN

Partner with Us

ADD YOUR LOGO!



Chat with us!

CHARIHO Youth TASK FORCE

MENTAL HEALTH

1 in 5 people live with Mental Illness

We ALL have Mental Health

MENTAL ILLNESS
an illness that affects the way people think, feel or interact with others

MENTAL HEALTH
mental well-being, emotions, thoughts, feelings, etc.

DEFINING MOMENT

THE PLATE:
The plate contains the things we do each and every day. Not just the "bad things" its the things like school, expectations, and sleep.

THE RAIN:
The rain is what's happening around us all the time. it affects the things on our plate and the outside world.

We don't want to say that it rains everyday, we call it our "everyday rain".

THE UMBRELLA:
The umbrella stands for the positive coping mechanisms we use to get through our everyday rain.

FIND YOUR UMBRELLA

WAYS TO COPE WITH DAILY STRESS
Going for a Walk, Biking, and Sports
Photography, Theater, Dancing, and Visual Arts
Talking with Friends and Family
Baking, Cooking, and Family Meals
Volunteering and Community Involvement
Movies, Music, and Entertainment
Journaling, Doodling, and Blogging
Faith and Spirituality

Let us know how you cope with your every day rain
#MyUmbrellals

EMOTIONS
SOCIAL MEDIA PRESSURE
AFTER-SCHOOL ACTIVITIES
MONEY FRIENDSHIPS MAKING CHOICES
GOALS RELATIONSHIPS SCHOOL EATING
HEALTH WORK RESPONSIBILITIES
APPOINTMENTS SPORTS appearance
CHORES SLEEP OBLIGATIONS
EXAMS HOLIDAYS TIME MANAGEMENT
EXPECTATIONS

www.CharihoYouth.org

INSTAGRAM | @CHARIHOYOUTHTASKFORCE

SNAPCHAT
@CHARIHOSADD

JOIN THE CONVERSATION

Join the conversation.

www.CharihoYouth.org

#MyUmbrellals





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QUESTIONS?



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