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12-2022

Mental Health and Wellness

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Mental Health and Wellness

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COR 101 Student Facilitator 2022
Michael Discenza

Before we start...

- In no way am I a licensed therapist or psychiatrist. I am here to provide useful information to all of you and make it be known that you are never alone.
- We will be talking about many mental illnesses including depression, anxiety, and eating disorders.
- If you feel uncomfortable at any time, feel free to excuse yourself from the classroom with no judgement.

7 Components of Wellness



Emotional Component

Being emotionally well is typically defined as possessing the ability to feel and express human emotions such as happiness, sadness and anger. It means having the ability to love and be loved and achieving a sense of fulfillment in life. It encompasses optimism, self-esteem, self-acceptance and the ability to share feelings.

Ways to improve your emotional wellness:

- Tune-in to your thoughts and feelings
- Cultivate an optimistic attitude
- Seek and provide support
- Learn time management skills
- Practice stress management techniques
- Accept and forgive yourself

Intellectual Component

The intellectual dimension encourages creative, stimulating mental activities. Our minds need to be continually inspired and exercised just as our bodies do. People who possess a high level of intellectual wellness have an active mind and continue to learn. An intellectually well person uses the resources available to expand one's knowledge and improve skills.

Ways to improve your intellectual wellness:

- Take a course or workshop
- Learn (or perfect) a foreign language
- Seek out people who challenge you intellectually
- Read
- Learn to appreciate art

Social Component

Learning good communication skills, developing intimacy with others, and creating a support network of friends and family members.

Social wellness includes showing respect for others and yourself. Contributing to your community and to the world builds a sense of belonging.

Ways to improve your social wellness:

- Cultivate healthy relationships
- Get involved
- Contribute to your community
- Share your talents and skills
- Communicate your thoughts, feelings and ideas

Physical Component

It encompasses a variety of healthy behaviors including adequate exercise, proper nutrition and abstaining from harmful habits such as drug use and alcohol abuse. It means learning about and identifying symptoms of disease, getting regular medical checkups, and protecting yourself from injuries and harm. Developing such healthy habits today will not only add years to your life but will enhance the enjoyment and quality of those years

Ways to improve your physical wellness:

- Exercise daily
- Get adequate rest
- Use seat belts, helmets, and other protective equipment
- Learn to recognize early signs of illness
- Eat a variety of healthy foods

Other Components

Spiritual Component: encompasses a high level of faith, hope and commitment to your individual beliefs that provide a sense of meaning and purpose (spend time alone to meditate)

Occupational Component: related to attitude about your work (creating a vision for your future)

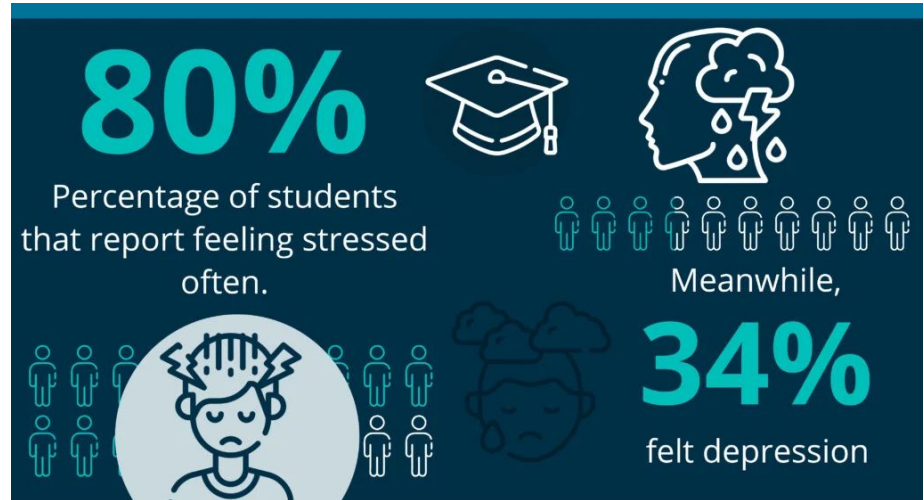
Environmental Component: consists of maintaining a way of life that maximizes harmony with the earth and minimizes harm to the environment (reduce, reuse, recycle)

Managing Stress

We can't get rid of stress, it will always surround us.

What we can do is manage stress using ways that are safe and healthy!

What are some ways you manage your stress?



Source: Anxiety and Depression Association of America

Research.com

Resources

Resources on Campus

Counseling Center

Location: Van Hoesen Hall, Room B-44

Phone: 607-753-4728

Monday-Friday:

8 a.m.-4:30 p.m.

Summer hours:

8 a.m.-4 p.m.

Closed for lunch from noon-1 p.m.

Schedule an appointment by calling
607-753-4728

Emergency appointments include:

- feeling like you may seriously harm yourself or another person(s),
- death of a loved one
- hearing voices
- physical or sexual assault
- not being able to function due to extreme psychological distress

Counseling Center

Mindfulness Meditation Group for Beginners

Learn how to be more fully present and engaged in the moment, which can help reduce your daily stress and anxiety as well as improve your overall health. For more information, please contact: Kathryn.gallup@cortland.edu

Resiliency Workshop

Personalize the meaning of the term "resilience." Learn productive ways to handle difficult situations, reduce vulnerability to stress, and enhance your sense of control. For more information, please contact Rouaida.ghadban@cortland.edu and Ester.edelman@cortland.edu from the Counseling Center. Time and dates TBD.

Virtual Support Groups

Advocates is now offering [several virtual support groups via Zoom](#). These include mental health support groups as well as social and recreational groups.

Resources off Campus

Tompkins County Department Of Mental Health

(607) 274-6200

[Website](#)

Clinic Services Offered

- Psychiatric services, including medications
- Nursing injectable services
- Crisis and intake services are provided by a small rotating team.
- 24/7 Mobile Crisis team available
- Therapy sessions in-person, by phone or zoom

PROS Services Offered

- Group classes
- Individual services
- Nursing injectable services
- Crisis and intake services are provided by a small rotating team.

Care Management Services

- Assessment for immediate needs such as assistance with food or pharmacy.
- Continue to work with member's providers to link/connect our members to viable community resources they may need;
- Provide all necessary supports to help our members navigate through this difficult time

The Cortland County Mental Health Clinic's new hours are as shown below:

Mondays: 8AM-5PM

Tuesdays: 8AM-7PM

Wednesdays: 8:AM-7PM

Thursdays: 8AM-7PM

Fridays: 8AM-5PM

Mental Health Department



CORTLAND COUNTY



Mental Illnesses Related to College Students

Depression related to College Students

Common Symptoms could include:

- Feelings of sadness or helplessness
- Fatigue, loss of motivation
- Sleeplessness
- Trouble concentrating
- Change in appetite/weight
- Loss of interest in social activities
- Slowed thinking or speech
- Thoughts of dying

“Students will likely experience some sort of mild depression at the very least some time during their college years, which can be normal.

However, it’s crucial to know when you or someone might be going overboard and need medical help. Basically, depression is a type of brain disorder that is likely caused by a combination of genetics, environmental, biological, and psychological factors.

More students than ever have been going in to see the doctors to get treated for depression today”.

Anxiety related to College Students

Common Symptoms could include:

- Being in constant fear
- Having frequent headaches
- Exhibiting shortness of breath
- Trouble concentrating
- Constantly feeling stressed or irritated
- Often sweating or feeling dizzy
- Irregular heartbeat
- Muscle pain or tension
- Getting stomach aches a lot

"Nobody said college was easy -- in fact, there will be many moments in which students find themselves feeling anxious, whether it be over meeting new people or preparing for an exam.

College is also a time when people are still learning more about themselves and growing at a rapid pace. With so much going on, it's completely normal to get anxious. I mean, who wouldn't get anxious over having to juggle many assignments, take rigorous exams, meet new people, and take on a part-time job? Don't feel bad if you feel anxious, because chances are, many other students are in the same boat.

While a certain degree of anxiety is acceptable, it's important to know when it's going overboard. Similar to depression, anxiety can easily escalate into something more harmful.

With that said, students who feel that their anxiety is affecting their quality of living should most definitely consult a mental health specialist or counselor to determine the type of anxiety they have and figure out the best solutions to overcome it before it's too late".

Eating Disorders related to College Students

Common Symptoms could include:

- Fear of eating
- Irregular heartbeats
- Distorted body image
- Dehydration
- Exercising too much

Types of Eating Disorders

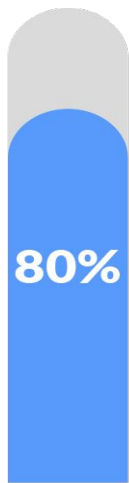
- Bulimia Nervosa
- Anorexia Nervosa
- Binge-eating Disorder

College life can be hectic, and it can be easy to skip meals or develop irrational emotions toward food and weight issues.

Because college is a time where students are still growing and bound to feeling extra self-conscious, more students experience eating disorders than they'd like to admit.

With that said, a vast majority fail to seek help, or they don't realize the great extent of their issues. If ignored, eating disorders can definitely lead to debilitating results and life-threatening issues.

Statistics



of students report that they feel stress on a daily basis



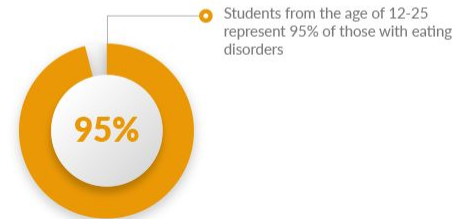
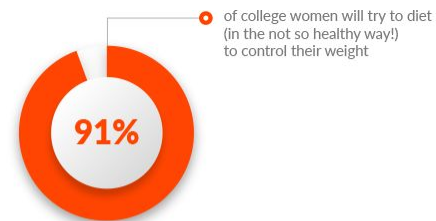
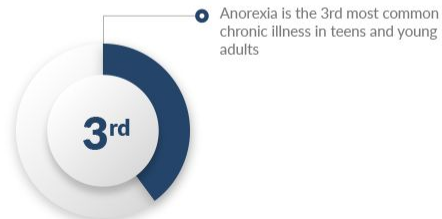
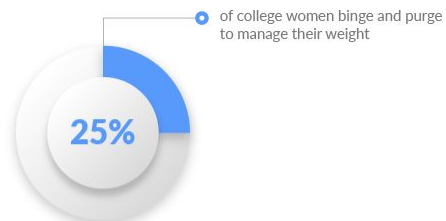
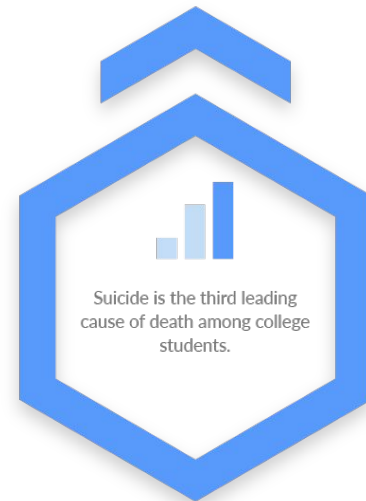
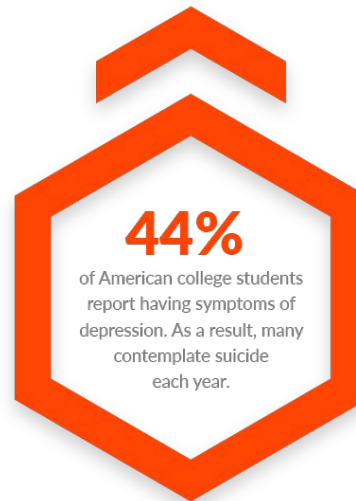
have felt depressed at some point in the past three months



have been diagnosed with a mental health condition linked to anxiety



have contemplated suicide in the past year



Men's Health Awareness Month

**THINGS WE NEED TO
NORMALIZE FOR MEN...**



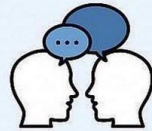
**MENTAL HEALTH
ISSUES**



**SHOWING
EMOTIONS**



**SPEAKING
UP**



**GOING TO
THERAPY**



**NOT BEING
"OK"**



**ASKING FOR
HELP**

#MENSHEALTHMONTH

Participation Activity

Students will complete the Wellness Quiz. When the question from the quiz is said aloud, the students will stand by the number they chose. 1-5

Citations

Mental health guide. Collage Stats. (2017, October 9). Retrieved November 27, 2022, from <https://collegestats.org/resources/mental-health-guide/>

Seven dimensions of Wellness. Seven Dimensions of Wellness | Grand Rapids Community College. (n.d.). Retrieved November 27, 2022, from <https://www.grcc.edu/faculty-staff/human-resources/professional-development/employee-wellness/seven-dimensions-wellness#physical>