



2019 Live Yes! Conference of Champions

ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019



Helping Others Manage the Psychological Impact of Arthritis

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Agenda

- Introduction
- Mental health 101
- Evidence-based strategies for improving mental health
- Resources

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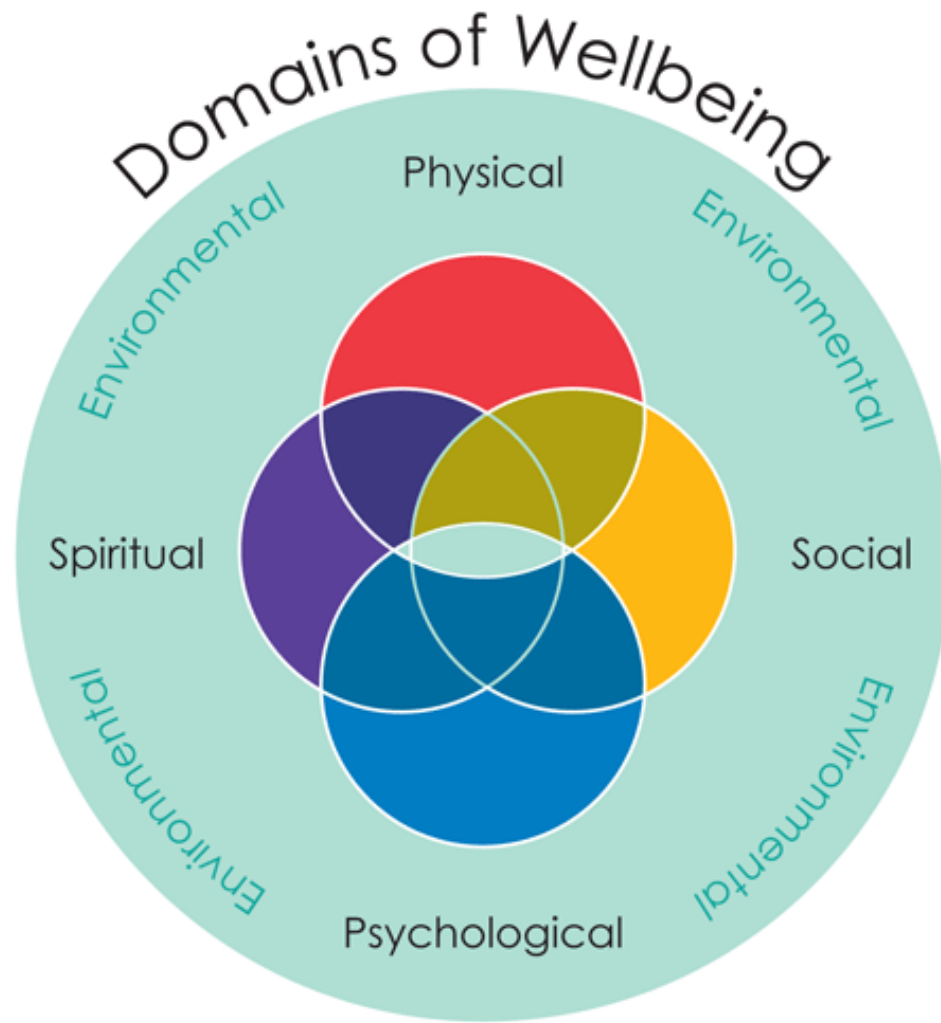


My Journey, so far...

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Mental Health 101



1 in 5 US adults experiences a mental illness in a given year.

Depression is the leading cause of disability in the US.

50% of all mental illness begins by age 14 and 75% by age 24.

Mood disorders are the 3rd most common reason for hospitalization in the U.S. for youth and adults aged 18-44.

Only 41% of people with a mental health condition have received treatment in the past year.

Why should we care?

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What is mental health?

Mental Health

- Emotions, thoughts, and behaviors
- Everyone has it
- It's always changing

Mental Illness/Disorder

- Distress or impairment in functioning
- Abnormal/atypical/not culturally expected
- Prolonged period of time



Healthy



Reacting



Injured



III



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What causes mental illness?

Emotions, thoughts, and behaviors are triggered in the brain by genetics & environmental stressors.



Keep in mind...

For the most part, mental illness is invisible. You might not see it until the cup is overflowing!

Mental illness can be amplified or triggered by:

- Lack of sleep
- Drugs and alcohol
- Caffeine
- Sugar



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Burnout



Emotional exhaustion – caring too much, for too long

Depersonalization – depletion of empathy, caring, and compassion

Decreased sense of accomplishment – feeling nothing you do makes a difference

Signs of mental illness

DEPRESSION

- Sadness
- Loss of interest & motivation
- Irritability
- Lack of concentration
- Social isolation
- Too much sleep or too little sleep
- Low energy & fatigue
- Eating too much or too little
- Hopelessness
- Thoughts of self-harm or suicide

ANXIETY

- Restlessness
- Excessive worrying
- Hypervigilance
- Racing thoughts
- Lack of concentration
- Fatigue
- Sweating
- Trembling
- Heart palpitations
- Tension

The Pain Cycle

Over 75% of people with depression also report pain symptoms.

People with chronic pain are 4 times as likely to have depression or anxiety than those who are pain free.

45% of US population experiences chronic pain.



EFFECTS OF STRESS ON THE BODY



Lack of concentration and energy, headaches, dizziness, panic, depression and anger.



Increased heart rate and blood pressure leading to increased risk of high cholesterol and heart attack.



Upset stomach, acid reflux, pain ulcers and change in appetite leading to weight gain.



Suppressed immune system leading to illness and high levels of inflammation.




Joint pain and lowered bone density, muscle tension, tightness, and protein breakdown.



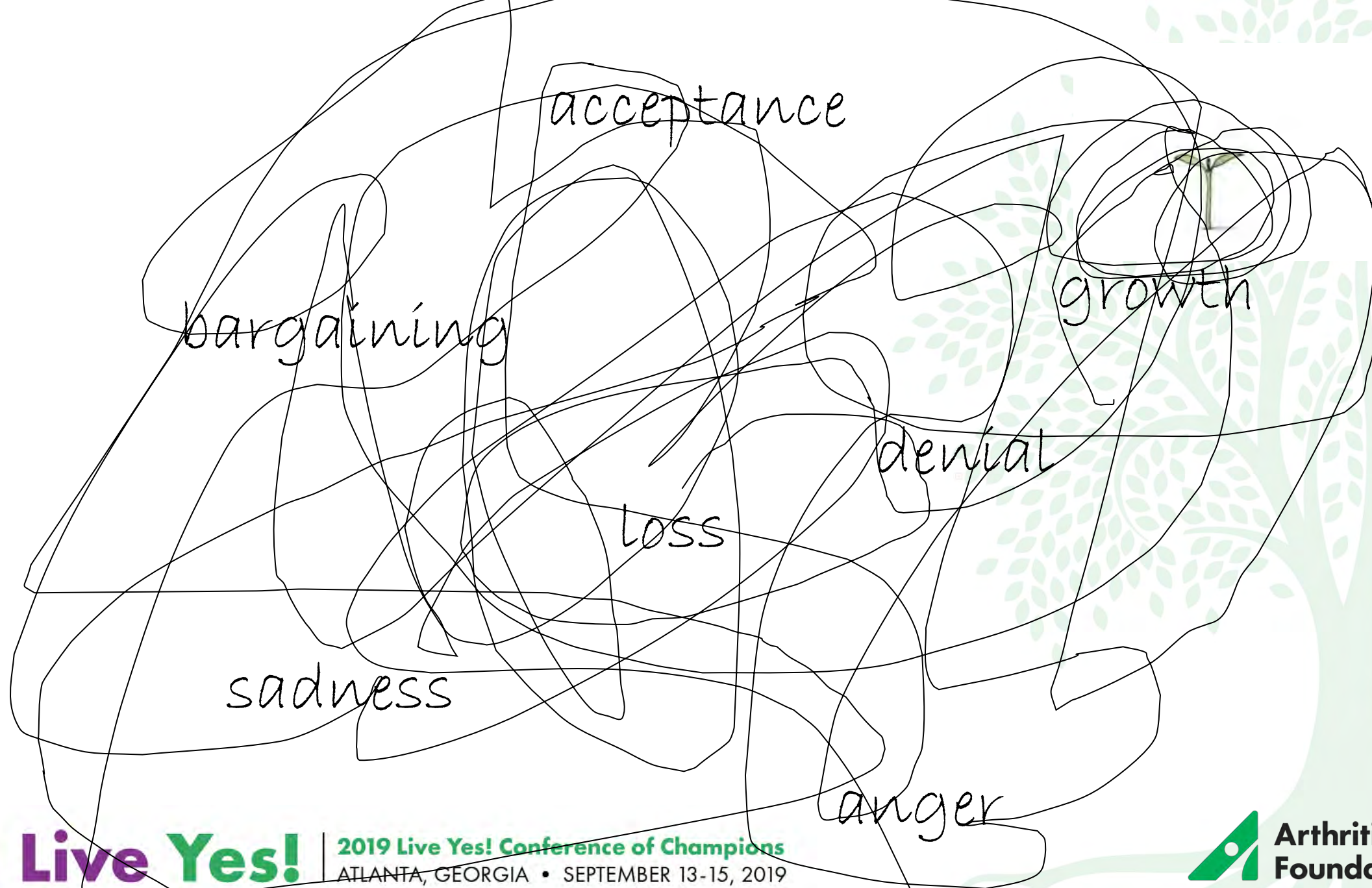
Decreased hormone production leading to reduced fertility and sex drive.





*Loss = the
feeling of
having
something
taken from you*

*Grief = our
response to loss*



What can
we do?





Educate ourselves and others



Break the stigma

Reframe conversations about mental health that minimize or invalidate your own or others' experiences.



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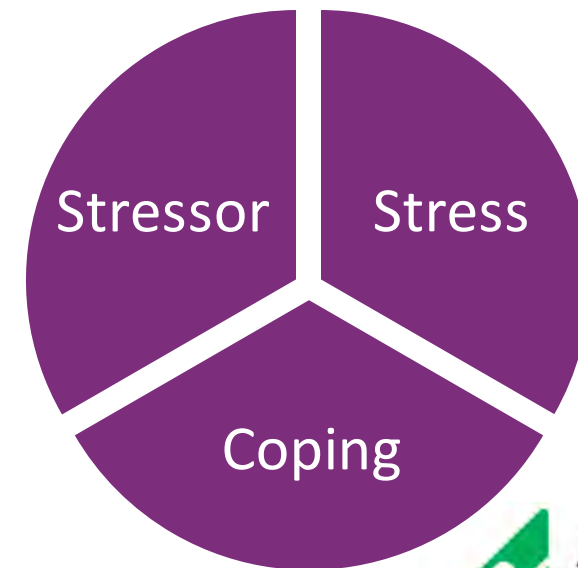


Mind the gap between stressors and stress.

Don't bottle your emotions!

Complete the stress cycle:

- Exercise
- Breathe
- Laugh
- Be affectionate
- Cry
- Express your emotions





Self-care

- Set boundaries
- Identify triggers and patterns in your life
- Identify healthy coping strategies that work for you
- Take care of your body by getting enough sleep, eating healthy, and exercising
- Learn to calm your body and mind through yoga, deep breathing, or meditation
- Nurture your spiritual life, find purpose and meaning
- Build a support system that is safe, consistent, & validating

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Finding help

Find a mental health professional

- Psychologist, social worker, counselor, therapist
 - Call insurance
 - <https://www.psychologytoday.com/us>
 - Workplace
 - NAMI <https://www.nami.org>
 - Local AF office for recommendations
 - Word-of-mouth

Medications

- Psychiatrist

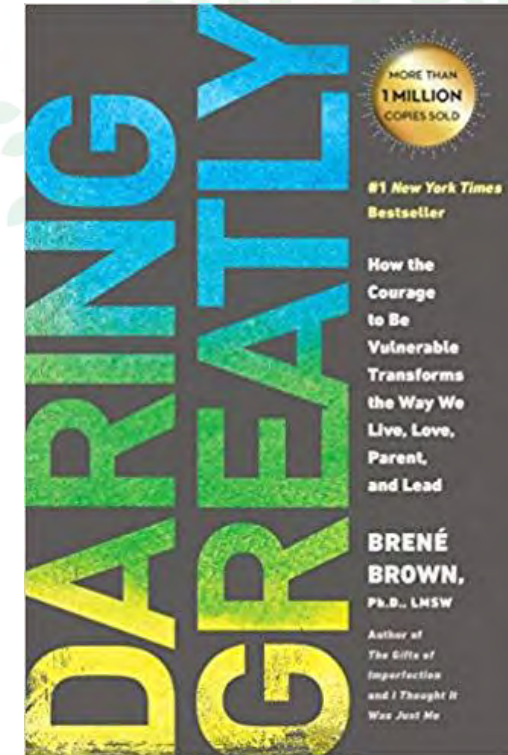
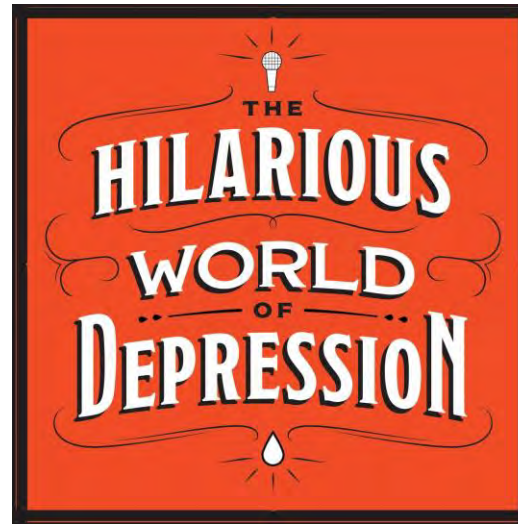
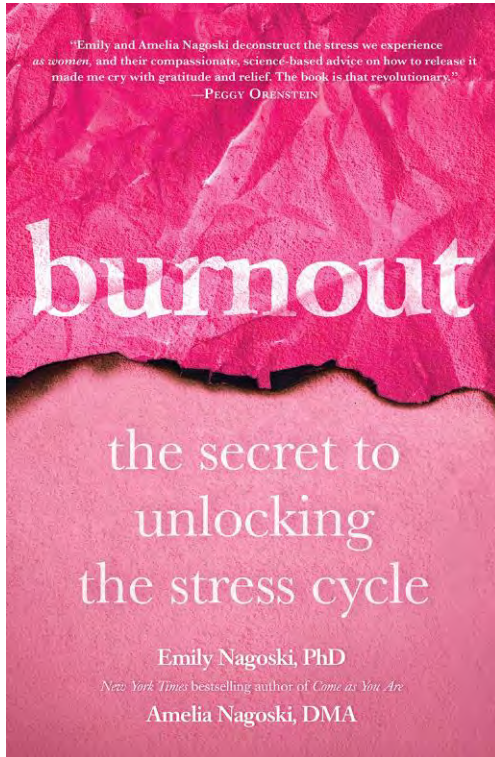
National Suicide Prevention Lifeline - 1-800-273-8255

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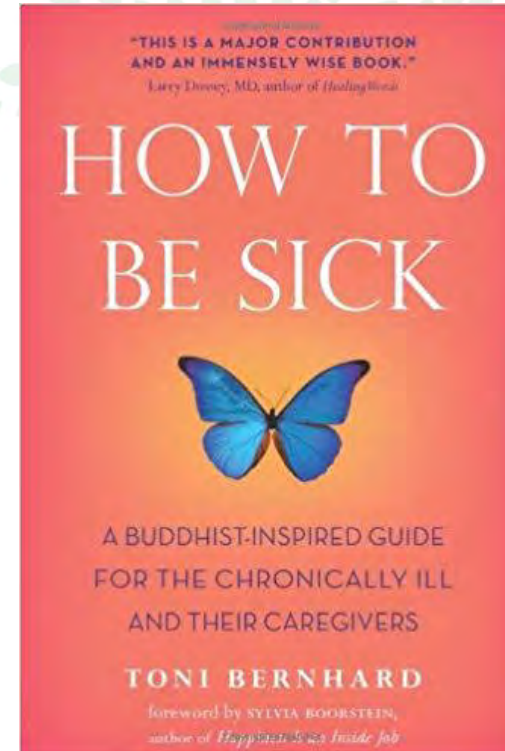
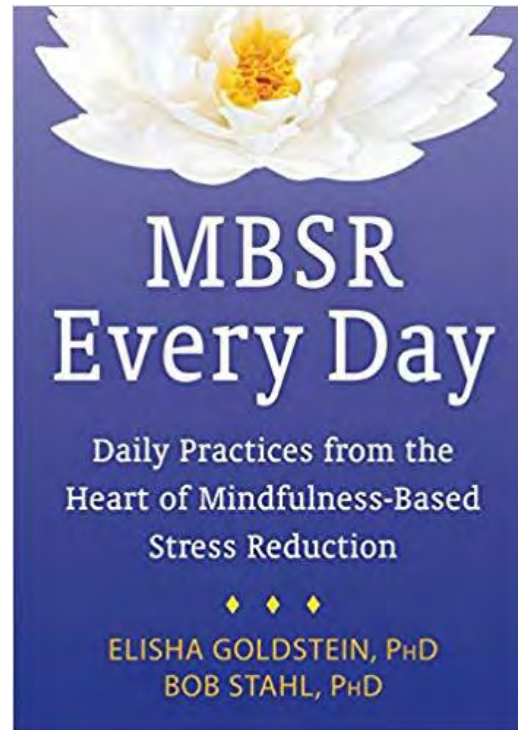
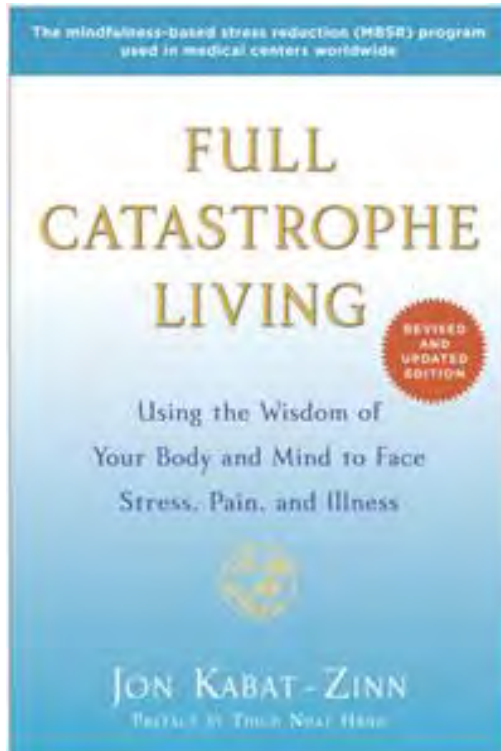
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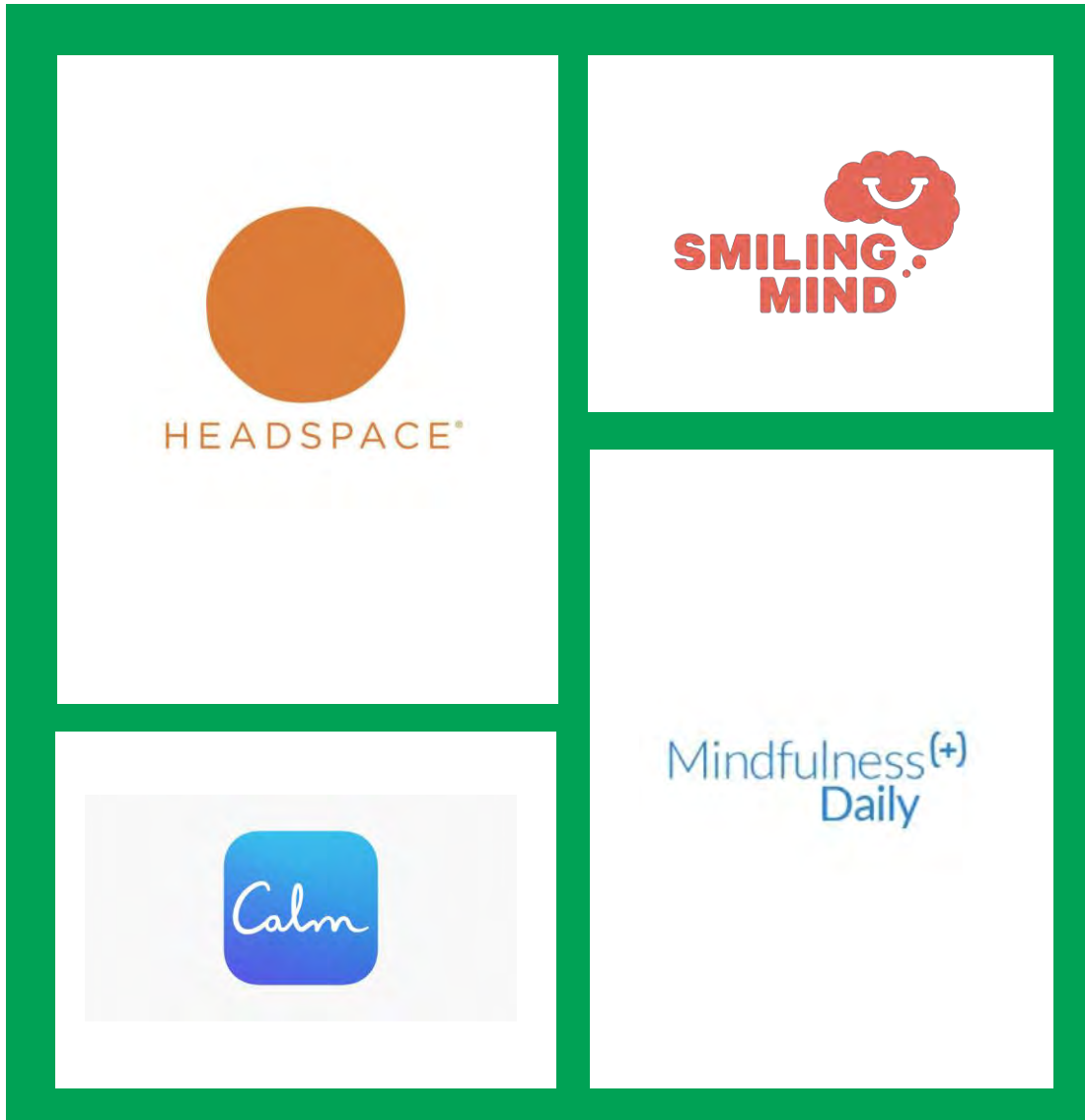


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Track Jay

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