



Bits & Bites: Engage in Wellness

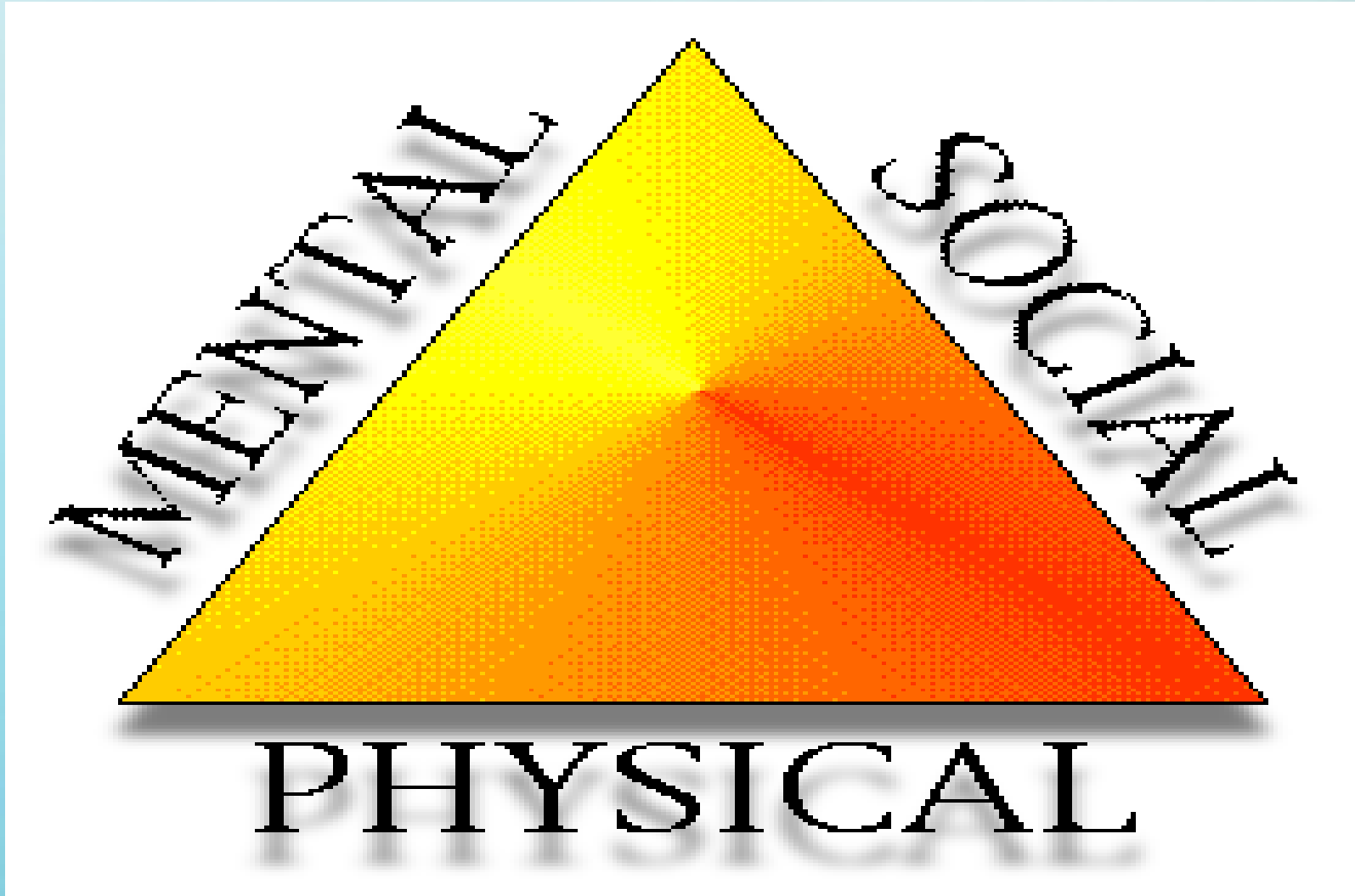
Amie Rollins, Director of Health and Wellness
Dr. Salaha Khan, Clinical Psychologist, Counseling and
Psychological Services, Qatar (CaPS-Q)

What is Health?

- World Health Organization (WHO) describes health as...

“a state of (complete) physical, mental and social well-being and not merely the absence of disease or infirmity.”

Health Triangle



Ways to Engage in Wellness

Nutrition

Physical Activity

Sleep

Improving Nutrition

- Leads to:
 - Improved mood
 - Better memory
 - More energy



Increasing Physical Activity

- Prevent excessive weight gain
- Combat health conditions
- Improve mood
- Boost energy
- Promotes better sleep

Me: You're only one workout away from a good mood. Let's hit the gym!

Inner Me: You know what else will put you in a good mood? A honeybun



Improving Sleep Habits

- Improve physical health
- Improve mental health



ReCap – Ways to engage in Wellness

- Nutrition:** Are you nourishing yourself with the proper foods and drinking a lot of water?
- Physical Activity:** Are you physically moving your body at least 30 minutes a day?
- Sleep:** Are you sleeping at least 7-9 hours a night, consistently?

What is mental health?

WHO defines mental health as:

“a state of well-being in which the individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his own community”

What is mental illness?

“A disturbance in thoughts, feelings, and perceptions that is severe enough to affect day-to-day functioning”

(Mood Disorder Society of Canada)

The reasons could be:

- severe psychosocial stressors
- perceived sense of vulnerability
- genetic predisposition/substance abuse

Some facts about mental health and mental illness...

- Mental health and mental illness are two conditions on the same continuum both are fluid- no one is immune to mental illness
- Mental illness- episodic with periods of illness and wellness
- Mental illness is as real as physical illness- mental illnesses mostly have a physical, genetic and/or biological cause to them and these conditions can be treated effectively
- Mental illnesses are complex and often vary in severity, type, and the way they manifest and affect individuals
- ***Mental illnesses are one of the most stigmatized and marginalized conditions affecting well being***

How to be realistic?

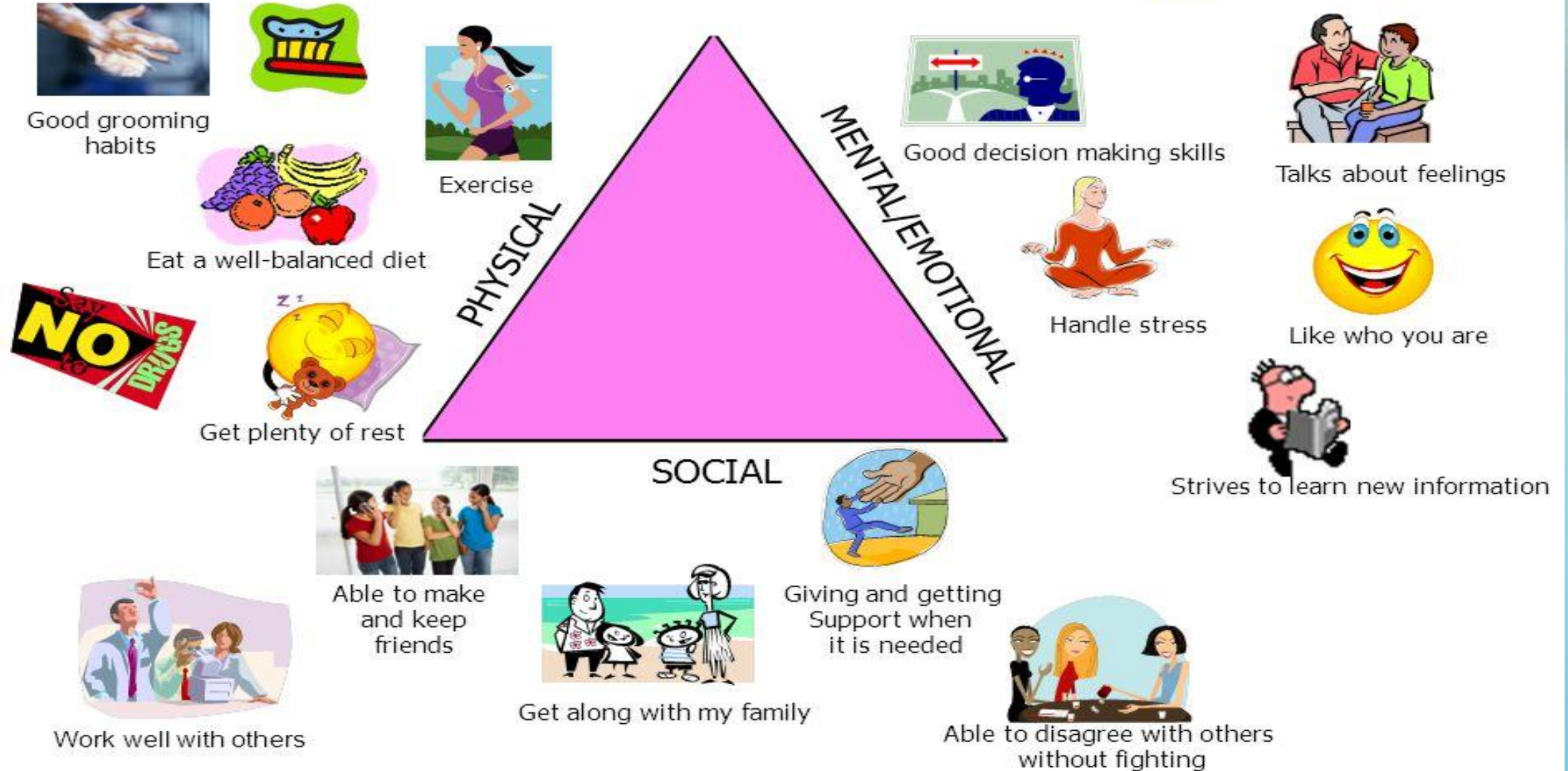
- Acceptance that stress is an inevitable part of our life- the key to wellness is not to escape it but to understand it and come up with a strategy to either manage it or resolve it to take control back
- It is not always our accomplishments but setbacks that help us come up with the most effective and creative solutions to the problems

"Success and failure. We think of them as opposites, but they're not. They're companions - the hero and the sidekick." - *Lawrence Shames*

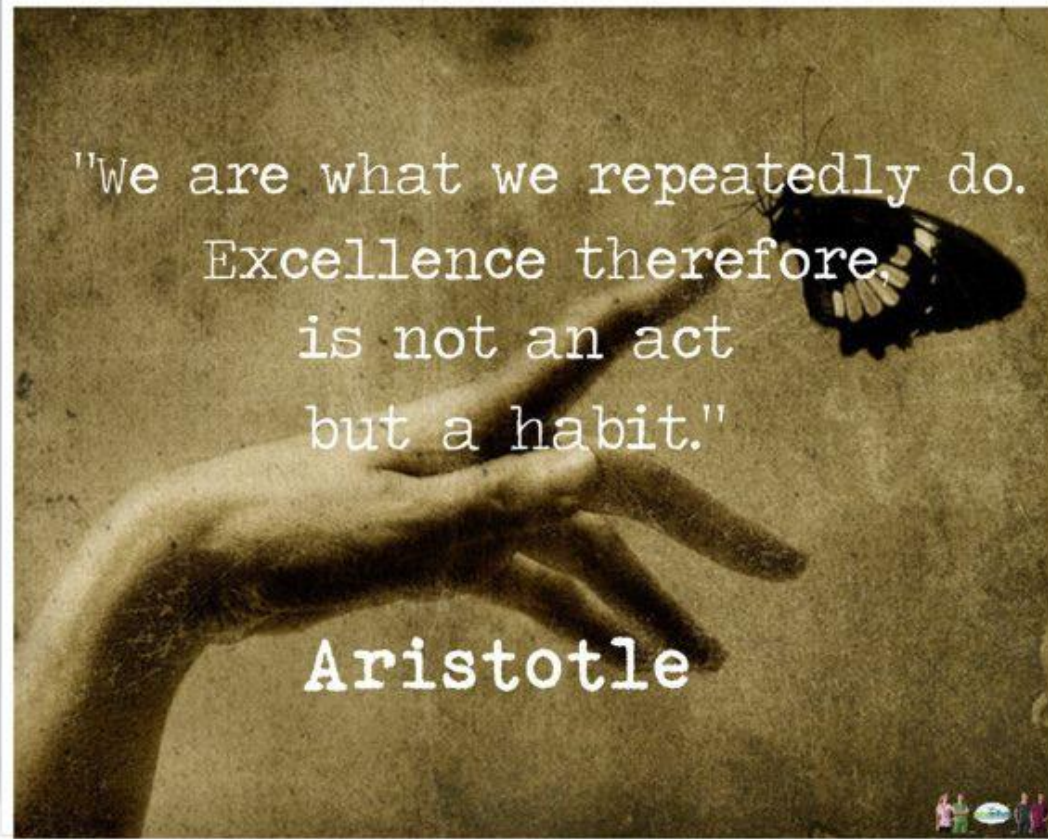
How to bounce back?

- Take good care of your physical health (sleep, diet, exercise, avoid alcohol and drugs etc.)
- Treat yourself with kindness- avoid critical self statements
- Be an active observer of yourself- see when and how stress affects you
- Always ask for help, when you need it- *Seeking help is a sign of strength*
- Set realistic goals
- Recharge yourself (activities you like to feel energized and relaxed)
- Practice good mental habits (positive thinking; counting your blessings; being grateful for having a support system, etc.)
- Nourish your social life (spend time with family, friends and people who care and who you like)

The Health Triangle



Reminder



Questions?

