

MAKE AN IMPACK

ACADEMIC EXPO PRESENTATION

by

**HPES 1013-002,
MAKING CONNECTIONS/
INTRO TO HPES**



MISSION STATEMENT

**AS HPESS MAJORS, WE BELIEVE,
PHYSICAL ACTIVITY IMPROVES MENTAL
HEALTH BY ESTABLISHING DISCIPLINE,
INCREASING SELF-ESTEEM, AND
PROMOTING A HEALTHY LIFESTYLE.**



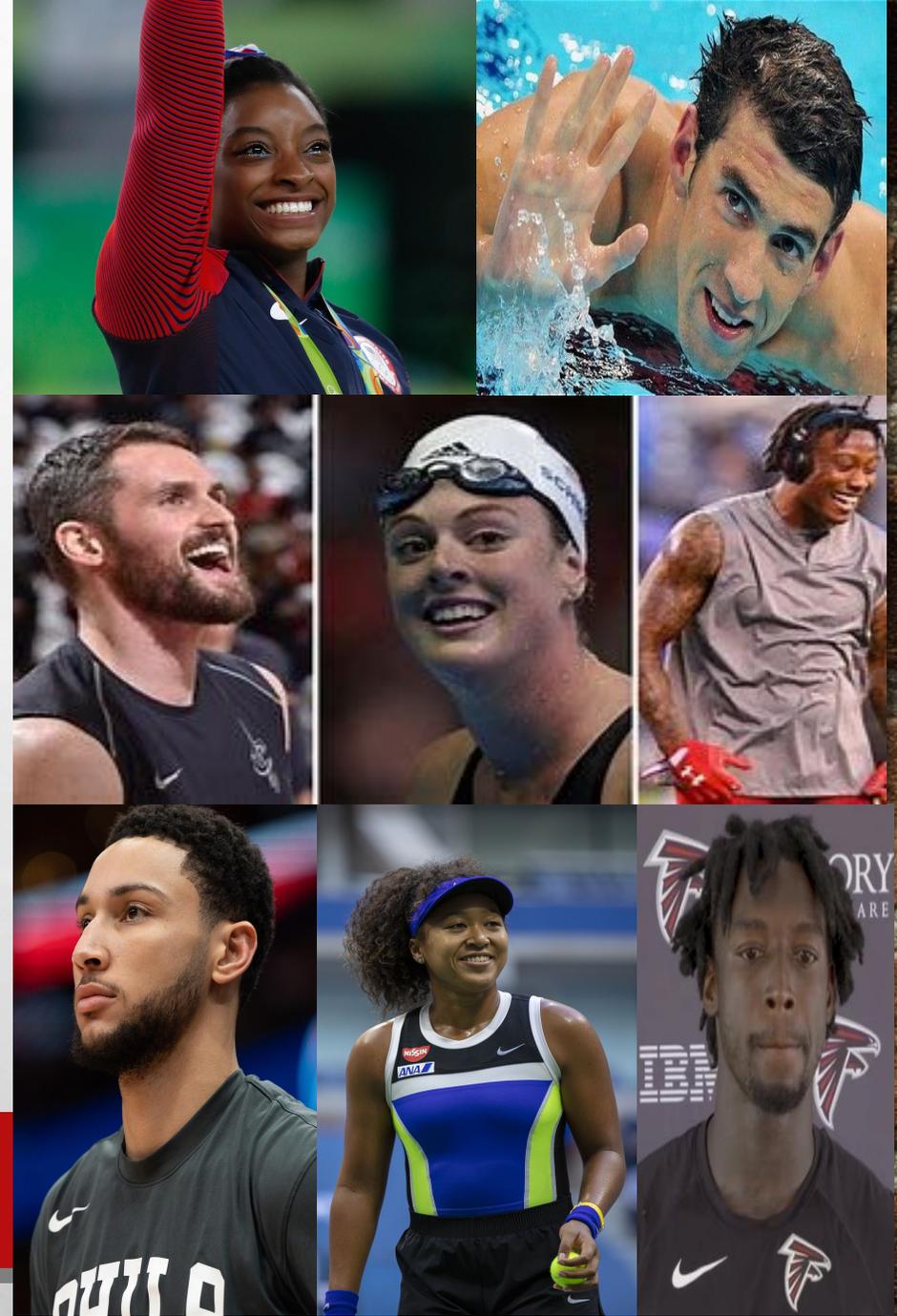
PROJECT RATIONALE

IN AN EFFORT TO IMPROVE THE MENTAL WELL-BEING OF COLLEGE STUDENTS, WE AIM TO BRING AWARENESS TO THE CHALLENGES STUDENTS FACE AND ACHIEVE A BETTER QUALITY OF LIFE BY ADDRESSING WAYS IN WHICH PEOPLE CAN SEEK ASSISTANCE IN UNDERSTANDING AND SOLVING THEIR PROBLEMS WITH THE INFLUENCE OF PHYSICAL ACTIVITY.



INTRODUCTION

***WHAT DO ALL OF THE ATHLETES
PICTURED TO THE RIGHT
HAVE IN COMMON?***



INTRODUCTION

EACH OF THE ATHLETES HAVE REACHED THE HIGHEST LEVEL OF COMPETITION IN THEIR SPORT YET ALL HAVE HAD TO TAKE A BREAK FROM COMPETITION. IT WAS NOT BECAUSE OF A PHYSICAL INJURY BUT FOR THEIR MENTAL WELL BEING AND THE IMPACT ON THEIR PERFORMANCE BECAUSE OF IT.

- **MENTAL HEALTH REFERS TO THE COGNITIVE, BEHAVIORAL, AND EMOTIONAL WELL-BEING OF AN INDIVIDUAL.**
- **MANY PEOPLE SUFFER FROM MENTAL HEALTH ISSUES/CHALLENGES**
 - **FROM THE AVERAGE INDIVIDUAL; TO MILLIONAIRE ATHLETES; TO HOLLYWOOD ACTORS**
 - **ALL MAY BE IMPACTED BY MENTAL HEALTH CHALLENGES**
- **MENTAL HEALTH AFFECTS NOT ONLY DAILY LIFE, BUT ALSO RELATIONSHIPS AND PHYSICAL HEALTH.**
- **MANY THINK THAT MENTAL HEALTH IS A MYTH OR THAT PEOPLE JUST FAKE IT FOR ATTENTION. THESE INDIVIDUALS ARE VERY MISINFORMED.**
- **IN THIS PROJECT WE WILL BRING AWARENESS TO THE MANY ASPECTS OF MENTAL HEALTH, WHY IT IS SO IMPORTANT, AND WHY IT DEMANDS OUR ATTENTION.**

STATISTICAL DATA

- **39% OF STUDENTS HAVE SIGNIFICANT MENTAL HEALTH ISSUES.**
- **67% OF PEOPLE BETWEEN THE AGES OF 18 AND 24 THAT HAVE MENTAL HEALTH ISSUES DON'T SEEK TREATMENT.**
- **#2 LEADING CAUSE OF DEATH IS SUICIDE.**
- **1,100 STUDENTS COMMIT SUICIDE EVERY YEAR.**
- **24,000 STUDENTS ATTEMPT SUICIDE EVERY YEAR.**
- **50% OF US WILL EXPERIENCE A MENTAL HEALTH CONDITION IN OUR LIVES.**
- **87.1% OF FACULTY THINK COVID WORSENEED STUDENT'S MENTAL HEALTH.**
- **THERE'S A 43.2% DECREASE IN MENTAL HEALTH BURDEN IN PEOPLE THAT EXERCISE.**
- **THERE'S A FURTHER 22% DECREASE IN PEOPLE THAT PLAY TEAM SPORTS.**
- **WALKING REDUCES THE NUMBER OF DAYS OF MENTAL BURDEN BY 17% PER MONTH.**
- **7% OF COLLEGE STUDENTS SERIOUSLY CONSIDERED SUICIDE IN THE LAST YEAR.**
- **73% OF PEOPLE LIVING WITH A MENTAL CONDITION HAVE EXPERIENCED A CRISIS ON CAMPUS**

More than 25% of college students have been diagnosed or treated for a mental health condition

Almost 73% of students with a mental health condition experienced a mental health crisis on campus

1 in 4 young adults between the ages 18-24 have a diagnosable mental illness

34.2% reported their college did not know about their crisis

Mental Health in College

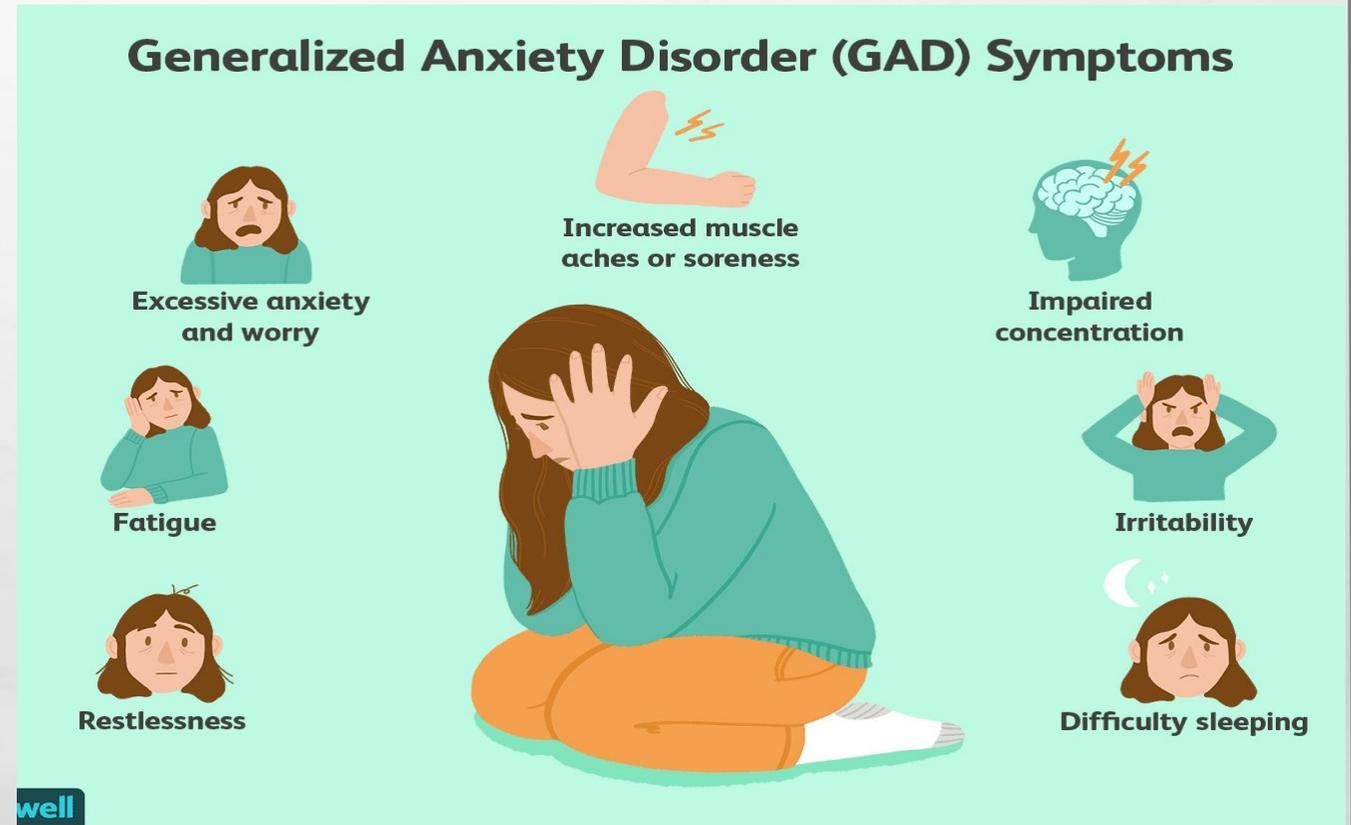
Data provided by Chardon State College



EXAMPLES OF MENTAL HEALTH ISSUES AND ILLNESS

ANXIETY

- **PANIC DISORDERS**
- **OBSESSIVE COMPULSIVE DISORDER**
- **PHOBIAS**
- **PTSD**
- **AGORAPHOBIA**
- **SEPARATION ANXIETY**
- **SELECTIVE MUTISM**



EXAMPLES OF MENTAL HEALTH ISSUES AND ILLNESS

DEPRESSION

- **BIPOLAR DISORDER**
- **MOOD DISORDER**
- **PROLONGED GRIEF**

Depression Causes



genetics



brain chemistry imbalance



poor nutrition



physical health issue



drugs



stress



well



EXAMPLES OF MENTAL HEALTH ISSUES AND ILLNESS

EATING DISORDERS

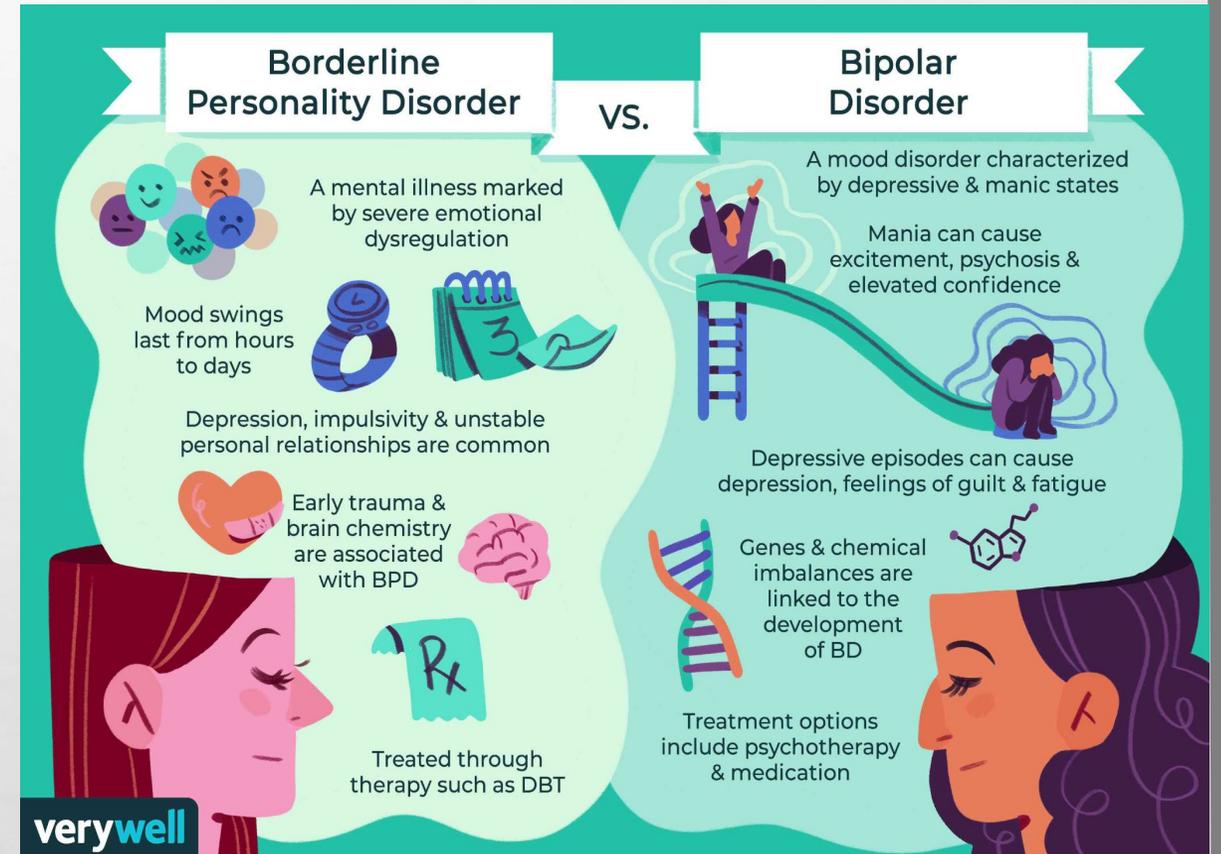
- **ANOREXIA**
- **BULIMIA**
- **BINGE EATING**
- **PICA**
- **RUMINATION DISORDER**
- **AVOIDANT/ RESTRICTIVE FOOD INTAKE DISORDER**



EXAMPLES OF MENTAL HEALTH ISSUES AND ILLNESS

PERSONALITY DISORDERS

- **BORDERLINE**
- **ANTISOCIAL**
- **NARCISSISTIC**
- **OBSESSIVE-COMPULSIVE**
- **AVOIDANT**
- **SCHIZOPHRENIA**
- **DEPENDENT**



IMPACT OF MENTAL HEALTH ON COLLEGE STUDENTS

MENTAL HEALTH STRUGGLES

LOWER:



- ENERGY LEVEL
- DEPENDABILITY
- OPTIMISM
- PERFORMANCE
- GRADES
- CAN LEAD TO DROPPING OUT

RAISE:



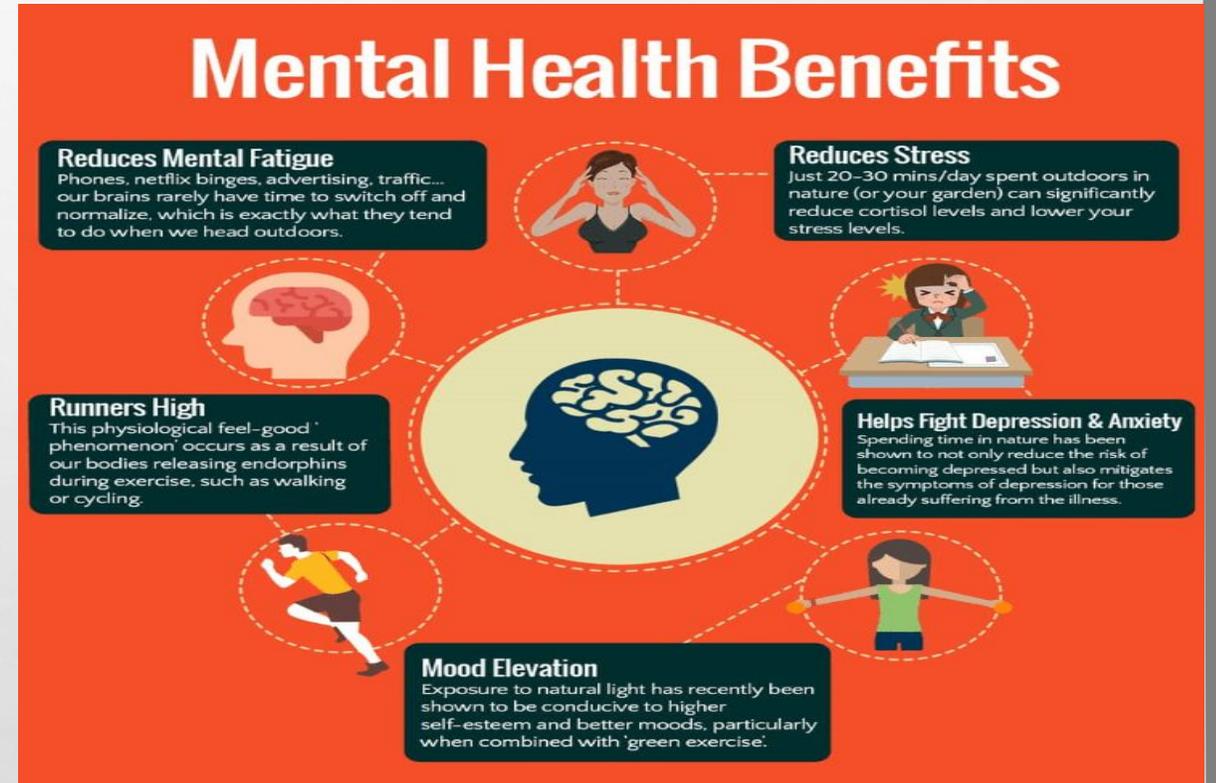
- SUICIDAL THOUGHTS
- SELF-HARM
- ANTISOCIAL BEHAVIOR
- IRRITABILITY
- SELF-ESTEEM ISSUES
- ENDANGERING OTHERS
- ALCOHOL AND DRUG ABUSE



TREATMENT/STRATEGIES FOR ADDRESSING MENTAL HEALTH CHALLENGES

EXERCISE BENEFITS FOR MENTAL HEALTH:

EXERCISING CAN HAVE MANY BENEFITS TOWARD YOUR MENTAL HEALTH. THE PROVIDED SLIDE GIVES YOU EXAMPLES OF MENTAL HEALTH BENEFITS THAT ARE ATTRIBUTED TO EXERCISING/BEING OUTDOORS. EXERCISE CAN MOSTLY BE FOCUSED ON THE PHYSICAL ASPECT RATHER THAN THE OTHER BENEFITS ASSOCIATED WITH IT. MENTAL AND COGNITIVE IMPROVEMENTS ARE TWO OTHER MAJOR ASPECTS INDICATIVE OF THE IMPORTANCE OF PHYSICAL ACTIVITY.



TREATMENT/STRATEGIES FOR ADDRESSING MENTAL HEALTH CHALLENGES

Medication can significantly improve your symptoms from numerous mental health issues. Medication can be a way to get through a crisis or a long-term treatment. You might take it to treat or reduce the symptoms of your mental illness, or stop them from coming back.



Depression

Causes: Lack of Sleep, Poor Eating Habits, Not Enough Exercise, Stress from Academics, Financial Worries, etc.

Medication: After seeing a campus counsellor, you may need something that the campus cannot offer. Antidepressants are a common option for those struggling with depression.

Anxiety

Causes: New Environment, New Challenges, Being Away from Family and Friends, Fear of the Future, etc.

Medication: After exhausting all other treatment options (counselling, therapy, exercise, etc.) Anxiety Supplements are a common option for those struggling with anxiety.

Bipolar Disorder

Causes: High Stress (main cause), Struggling to Get Used to the New and Unusual Environment, etc.

Medication: If you are unable to get used to the new environment, medications such as Antipsychotics or Anticonvulsants are a treatment option often used for those struggling with Bipolar Disorder



TREATMENT/STRATEGIES FOR ADDRESSING MENTAL HEALTH CHALLENGES

- **COGNITIVE BEHAVIORAL THERAPY (CBT)**; THERAPISTS ACTIVELY WORKS WITH PATIENT TO UNCOVER ANY UNHEALTHY PATTERNS OF THOUGHT CAUSED BY SELF-DESTRUCTIVE BEHAVIORS/BELIEFS
- **DIALECTICAL BEHAVIOR THERAPY (DBT)**; MAINLY FOR PATIENTS WITH BPD; HEAVILY BASED ON CBT BUT INSTEAD PUTS A EMPHASIS ON VALIDATING/ACCEPTING THE TROUBLING THOUGHTS, EMOTIONS OR BEHAVIORS THAT THEY STRUGGLE WITH
- **EYE MOVEMENT DESENSITIZATION AND REPROCESSING THERAPY (EMDR)**; TREATS PTSD AND CAN REDUCE EMOTIONAL DISTRESS CAUSED BY TRAUMATIC EVENTS; REPLACES NEGATIVE EMOTIONAL REACTIONS TO TRAUMATIC MEMORIES WITH “LESS-CHARGED” OR POSITIVE REACTIONS/BELIEFS
- **EXPOSURE THERAPY**; TREATS OCD, PTSD, AND PHOBIAS; WHILE WORKING WITH A THERAPIST, TRIGGERS ARE IDENTIFIED, TECHNIQUES ARE LEARNED TO AVOID NEGATIVE REACTIONS, TRIGGERS ARE THEN CONFRONTED IN CONTROLLED ENVIRONMENT



TREATMENT/STRATEGIES FOR ADDRESSING MENTAL HEALTH CHALLENGES (CONTINUED)

- **INTERPERSONAL THERAPY**: COMMONLY USED TO TREAT DEPRESSION; THERAPIST HELP EVALUATE PATIENTS SOCIAL INTERACTIONS AND IDENTIFY NEGATIVE PATTERNS, SUCH AS SOCIAL ISOLATION AND AGGRESSION, THEN HELPS DEVELOP STRATEGIES FOR UNDERSTANDING AND INTERACTING WITH OTHERS
- **MENTALIZATION-BASED THERAPY (MBT)**: CAN BRING LONG-TERM IMPROVEMENT FOR PEOPLE WITH BPD; THERAPIST ENCOURAGES PATIENT TO PRACTICE “MENTALIZING,” THE INTUITIVE PROCESS THAT GIVES US A SENSE OF SELF WHICH PLAYS A SIGNIFICANT ROLE IN HOW WE CONNECT WITH OTHERS
- **PSYCHODYNAMIC THERAPY**: OFTEN USED TO TREAT DEPRESSION, ANXIETY DISORDERS, BPD; USED TO RECOGNIZE NEGATIVE PATTERNS OF BEHAVIORS/FEELINGS THAT ARE ROOTED IN PAST EXPERIENCES AND RESOLVE THEM, OFTEN USES OPEN-ENDED QUESTIONS AND FREE ASSOCIATION TO ALLOW THE PATIENT TO SAY WHATEVER IS ON THEIR MIND
- **THERAPY PETS**: SPENDING TIME WITH DOMESTIC ANIMALS CAN REDUCE SYMPTOMS OF ANXIETY, DEPRESSION, FATIGUE AND PAIN FOR MANY PEOPLE



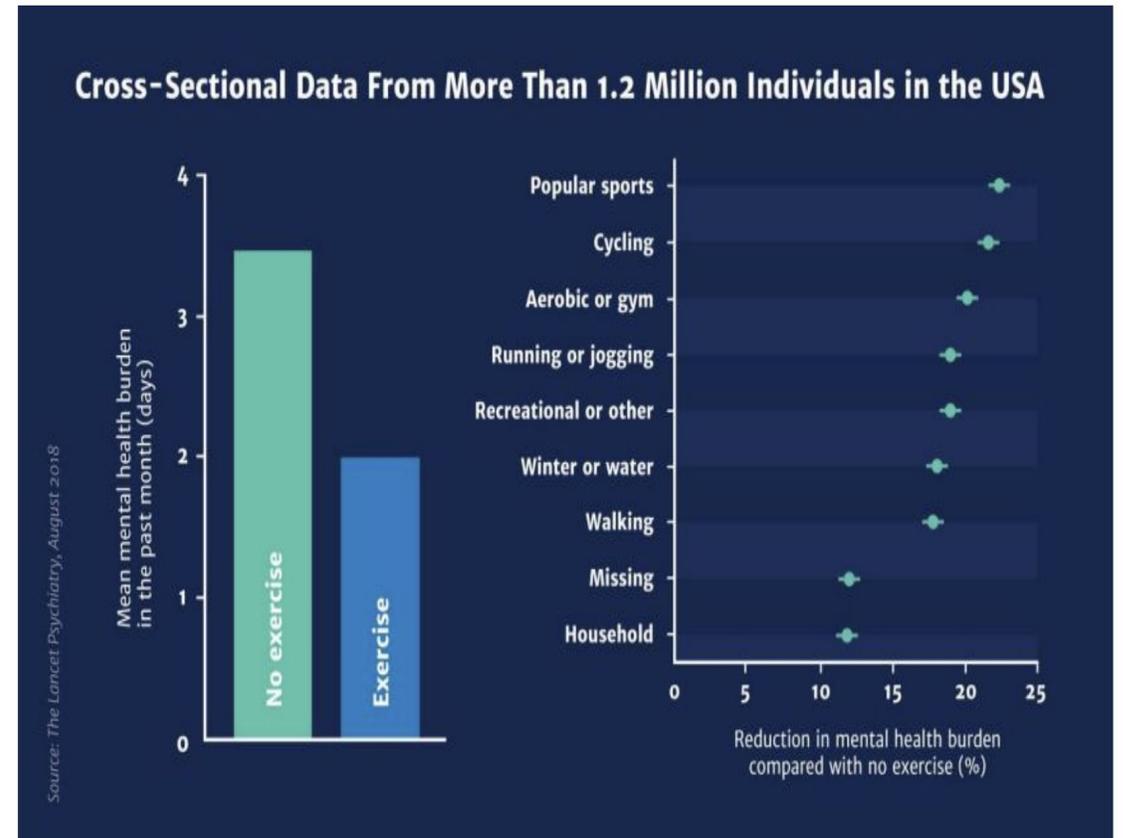
IMPACT OF PHYSICAL ACTIVITY ON MENTAL HEALTH

EXERCISE AND DEPRESSION

- **PROMOTES ALL KINDS OF BRAIN CHANGES**
- **RELEASES POSITIVE ENDORPHINS**
- **ALSO SERVES AS A DISTRACTION**

EXERCISE AND ANXIETY

- **RELIEVES TENSION AND STRESS**
- **BOOST PHYSICAL AND MENTAL ENERGY**
- **INTERRUPTS THE FLOW OF CONSTANT WORRIES**



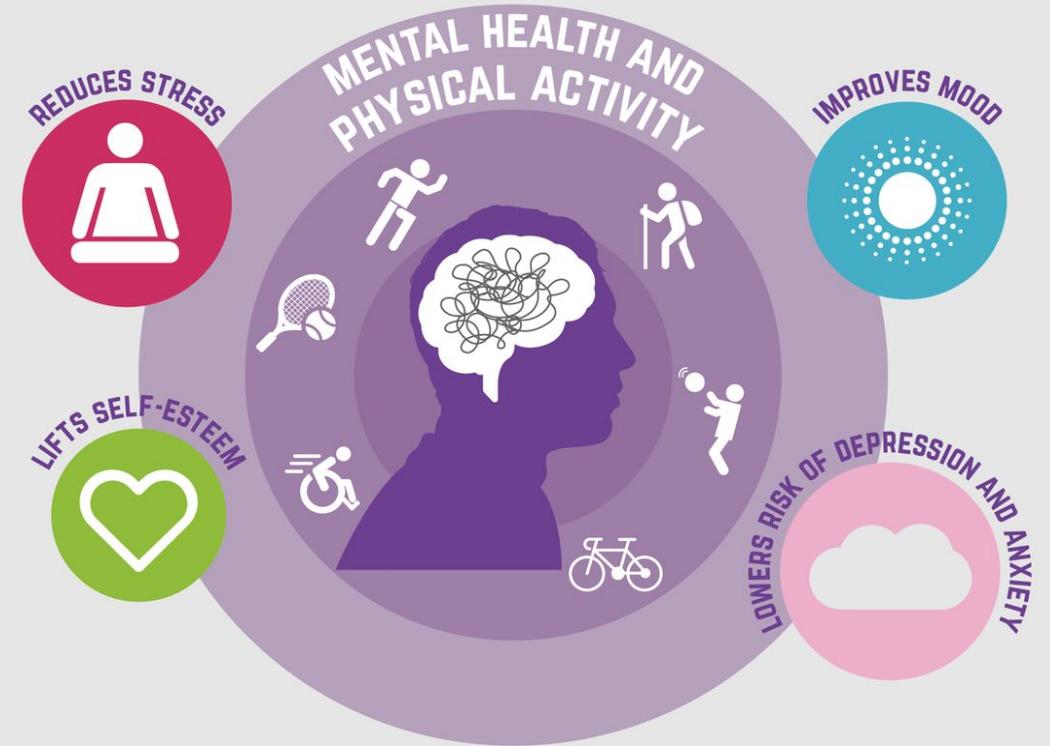
IMPACT OF PHYSICAL ACTIVITY ON MENTAL HEALTH

EXERCISE AND STRESS

- **REDUCES NEGATIVE EFFECTS OF STRESS**
- **IT'S MEDITATION IN MOTION**
- **IMPROVES YOUR MOOD**

EXERCISE AND ADHD

- **IMPROVES CONCENTRATION**
- **HELPS MEMORY**
- **BOOSTS MOOD**



IMPORTANCE OF MENTAL HEALTH

BOTH MENTAL AND PHYSICAL HEALTH ARE ESSENTIAL COMPONENTS OF COMPLETE WELL-BEING. DEPRESSION, FOR EXAMPLE, RAISES THE RISK OF A VARIETY OF PHYSICAL HEALTH ISSUES, ESPECIALLY LONG-TERM DISEASES LIKE DIABETES, HEART DISEASE, AND STROKE. IN THE SAME WAY, THE EXISTENCE OF CHRONIC ILLNESSES CAN RAISE THE RISK OF MENTAL DISEASE.

- **The link between mental health and academic achievement is undeniable.**
- **Everyone's mission is to help students get the most out of their education.**
- **Students who are depressed or suffering from various mental diseases have a harder time staying motivated, learning, concentrating, and taking tests, among other things.**
- **Mental health issues can be treated and kids can achieve their academic potential with prompt and appropriate therapy.**

WHY IT IS IMPORTANT TO WORK DAILY ON YOUR MENTAL HEALTH  @BELIEVEPHQ



So that you can find time to relax, take a break and breathe

So that you can regularly build upon coping skills

So that emotions and thoughts don't build up and become overwhelming

So that you can find time to do activities that provide you with a sense of self care

So that you can take time to be kind to yourself

So that you can engage in behaviours that boost mood and reduce stress and anxiety

So that you can become more aware of your mental health and check in regularly with how you are feeling

So that you can adopt a proactive mindset towards looking after yourself

BELIEVE PERFORM
Mental Health & Wellbeing

- **Emotional and mental health is significant since it affects your ideas, habits, and emotions and is a vital component of your life.**
- **Emotional well-being can boost productivity and effectiveness in activities such as a job, school, and caregiving.**
- **It helps you adjust to changes in your life and manage with hardship, which is vital for the quality of your relationships.**





MENTAL
HEALTH
MATTERS



THANK YOU

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