

Module 1: Prevent

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Modules / Submodules

1. Prevent

- 1 Work life balance
- 2 Nutrition
- 3 Physical activity
- 4 Sexual life

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Mental health

Units:

- Unit 1: Facts about mental health
- Unit 2: Common mental health problems
- Unit 3: Mental health promotion
- Unit 4: When to seek professional help

2. Empower

- 2.1 Understand your role
- 2.2 Patient skills
- 2.3 Know your rights
- 2.4 Cultural awareness
- 2.5 Patient knowledge

3. Participate

- 3.1 Building relationship
- 3.2 Compliance
- 3.3 Reactions to illness
- 3.4 Recovery - healing
- 3.5 New perspective

Submodule 1.5: Mental health

Leader partner: **MEDRI**

Overview

To be added the overview for this submodule



Mental Health Objectives

Upon completion of this Unit, the reader should know / should be able to

- ✓ be aware of the mental health indicators and determinants
- ✓ get familiar with common mental health problems and concept of resilience
- ✓ apply strategies to improve own mental health
- ✓ when to seek professional help for mental health problems.

Mental Health Outline

- Unit 1: Facts about mental health
- Unit 2: Common mental health problems
- Unit 3: Mental health promotion
- Unit 4: When to seek professional help

Unit 1

Facts about mental health

Unit Overview

Mental health is a **state of wellbeing** in which an individual can:

- realize his or her own potential
- cope with the normal stresses of life
- work productively
- make a contribution to the community

Unit Learning Objectives

Upon completion of this module, the reader should know / should be able to:

- ✓ define and understand the concept of mental health
- ✓ understand the main determinants of mental health
- ✓ recognize the main indicators of mental health on personal level
- ✓ get familiar with the level of perceived mental health of EU citizens

Mental health concepts and indicators

Mental health includes **concepts** such as:

- resilience
- a sense of mastery and control
- optimism and hope
- our ability to initiate and sustain relationships
- and to play a part in our social world



Indicators of mental health include:

- perceived life satisfaction,
- generally positive emotions,
- optimism,
- purpose in life,
- healthy relationships with others,
- and self-acceptance.

A substantial majority of EU citizens experienced positive and balanced feelings rather than negative emotions such as feeling depressed. 64% felt full of life all the time or most of the time, 55% had a lot of energy, 65% reported they were happy and some 63% felt calm and peaceful. On the other hand, the World Health Organization (WHO), mental health illnesses account for nearly 20% of disease in Europe, affecting one in four people

Example of slide with single column text

- Add here your text

Example of Unit slide with 2 columns

Unit 2**Common mental health problems****Unit Overview**

Mental health problems - denote emotional and psychological difficulties, which cause distress and interfere with how people go about their everyday lives. Mental disorders cover a continuum of diagnosable conditions that affect cognitive, emotional and behavioral functioning.

Unit Learning Objectives

Upon completion of this Unit, the reader should know / should be able to

- ✓ distinguish between mental health problems and mental disorders
- ✓ get familiar with common mental health problems which almost everyone experience from time to time
- ✓ to be introduced to the concept of resilience

Common mental health problems

Anxiety- normal reaction to stress. It informs us to be extra vigilant about environment or inner signs — to fight or flee. Anxiety warns us when we are in a dangerous situation and motivates us to accomplish our assignments. It is not a pleasant emotion but everyone experience it from time to time.

Depression - In its mildest form, depression can mean just being in low spirits. Depression is a step beyond having a bad day or feeling down. It doesn't stop us leading normal life but makes everything harder to do and seem less worthwhile.

Irritability- We usually get irritated , frustrated or upset easily when exposed to the actual situation where we have completely different expectation or belief about how reality “should be”.

Sleep difficulties- Occasioanlly, everybody suffers from difficulties to fall asleep, stay asleep, or both. Usually, we have short-term and temporary problems related to bad habits, increased exposure to stress, losses in family and similar situations.

Attention and concentraton difficulties - Difficulty concentrating is a normal and periodic occurrence for most people. Tiredness and emotional stress can cause concentration problems in most people



Resilience

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of threat . It does not refer to fixed power of an individual which might be directed against noxious influences from the outside, but rather suggest a flexible dynamic energy commensurate to the situation, i.e. a biopsychosocial competence. Mental health promotion involves efforts to increase positive mental health, so building resilience also promotes mental health.



Unit 3**Mental health promotion****Unit Overview**

Mental health promotion - aims to protect and support emotional and social well being and create the conditions that enable optimal functioning of individuals, families, communities, and societies.

Unit Learning Objectives

Upon completion of this Unit, the reader should know / should be able to

- ✓ get familiar with concept of mental health promotion
- ✓ apply strategies to promote own mental health

What can I do to improve my mental health?

ACCEPT MYSELF- Develop my self-esteem, confidence to build resilience.

ACCEPT CHALLENGE and CHANGE - The basis of growth and development is effective dealing with challenges of life and continuous change.

KEEP IN TOUCH - at home, work, school or in my local community - invest time in developing relationships.

GIVE – it can be rewarding and creates connections with the people around me.

TALK ABOUT FEELINGS - Be aware of the world around you and what I am feeling. Reflecting on my experiences will help me appreciate what matters to me. Talk about my feelings.

SET GOALS - Create realistic goals and take steps to achieve them.

LEARN - Learning new things will make me more confident as well as being fun.

BE ACTIVE - Discover a physical activity you enjoy and that suits my level of mobility and fitness. Submodule 1.2.

SLEEP WELL - Apply sleep hygiene.

EAT WELL - Submodule 1.3.

AVOID HARMFUL SUBSTANCES - the using of them leads to life-threatening health problems, addiction and dependence.

MANAGE STRESS - Monitor my stress reactions and apply relaxation techniques which fits me are an essential part of stress management.

Unit 4

When to seek professional help

Unit Overview

- Add here

Unit Learning Objectives

Upon completion of this Unit, the reader should know / should be able to

- ✓ know when to seek professional help
- ✓ perform simple test for measuring the level of anxiety, depression, cognitive functioning, use of drugs and risk for developing a psychotic disorder

When to seek professional help?

- Thoughts, emotions or behaviors that are difficult to cope with or out of control
- Thoughts, emotions or behaviors negatively affecting my relationships, work or sense of well-being
- The use of alcohol or drugs negatively interferes with my day-to-day life
- There is no joy in life and death seems like a good option for me
- If family member or other trusted person suggest me to seek professional help

Glossary

Check your knowledge

Results

- Automatically generated from self assessment exercise

Additional Learning Elements

References

End of submodule



Congratulations!
You have completed this submodule!