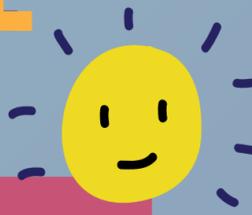


SELF CARE + MENTAL WELLNESS



Mental Wellness Is more than absence of illness not just focusing on our mental or cognitive functioning but also our emotions, our social relationship, our ability to function in daily life and even spiritual or existential state. All of these need to be in line to obtain mental wellness

Definition Mental wellness is an internal resource that help us think feel connect and function it is an active process that help us build resilience and flourish

WHY IS IT IMPORTANT

46% OF STUDENTS IN POST SECONDARY IS TOO DEPRESSED TO DO SCHOOL WORK (2016)

46

65% IN 2016 65% OF POST SECONDARY STUDENTS FEEL OVERWHELMING ANXIETY

65

6% SUICIDAL THOUGHTS

6

16% SELF HARM

16

14

14% TROUBLE COPING

78% OF MENTAL PROBLEMS BEFORE THE AGE OF 25

78

MENTAL WELLNESS

FAMILY FRIENDS
SOCIAL RELATIONSHIPS
 NONE PROFS

PAINS EXERCISE
PHYSICAL ILLNESS
 DIET



SELF ESTEEM
MENTAL
 HOW CAN I FOCUS
 HOW DO I FEEL ABOUT MYSELF
 MENTAL ILLNESS

EMOTION
 OUR FEELINGS

REASONS FOR DECREASE MENTAL WELLNESS DURING COVID - 19

COVID - 19

FINANCIAL CONCERNS, WORRY ABOUT FAMILY AND SELF, GRIEF AND LOSS FOR THOSE WHO DIED, LOSS OF FUTURE PLANS OR CELEBRATIONS, ISOLATION, BOREDOM, LOSS OF ORGANIZED ACTIVITIES AND THUS

SOCIAL ISOLATION (EX. SPORTS, LACK OF ROUTINE), WEIGHT GAIN, INCREASED SUBSTANCE ABUSE (CAN CREATE DEPRESSION), CHANGES IN SLEEP PATTERNS DUE TO BEING HOME AND LACK OF ACTIVITY OR STRUCTURE, TECHNOLOGY ADDICTIONS.