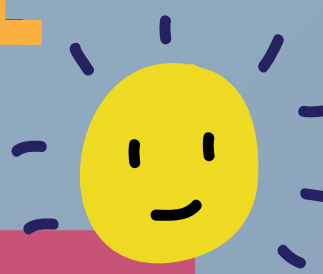


SELF CARE + MENTAL WELLNESS



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

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

6

SUICIDAL THOUGHTS

16

SELF HARM

14

TROUBLE COPING

78

OF MENTAL PROBLEMS BEFORE THE AGE OF 25

MENTAL WELLNESS

FAMILY
NONE
SOCIAL
RELATIONSHIPS
FRIENDS
PROFS

PAINS
DIET
PHYSICAL
ILLNESS
EXERCISE

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

EMOTION
OUR FEELINGS



REASONS FOR DECREASE MENTAL WELLNESS DURING

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.