

Mental Health Awareness Month

By: NJHS

May is

Mental Health Awareness Month

1 in 4 people will suffer from some form of mental illness in any given year

Break the Silence
Break the Stigma

Not all pain is physical and not all wounds are visible

Out of the Ashes / FB

A word cloud is positioned on the left side of the graphic, containing various terms related to mental health such as 'stigma', 'depression', 'anxiety', 'distress', 'discrimination', 'shame', 'patronising', 'vulnerable', 'reaction', 'opinion', 'blame', 'embarrassed', 'avoided', 'myths', 'difficult to discuss', 'worrying about what others think', 'judgemental', 'negative attitude', 'weakness', 'embarrassed', 'ashamed', 'ashamed', 'obstacles', 'embarrassed', 'anxiety', 'distress', 'embarrassed', 'anxiety', 'distress'. A large green awareness ribbon is centered behind the main text.

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O V E R V I E W :

Stress, depression, and anxiety are all common things affecting minds all over the world. This presentation will bring up methods to help fight these things which will probably be more useful now than ever. There will also be activities to deal with boredom to cope with isolation during this time.





TEEN ISOLATION

Many teenagers are facing a difficult time. They aren't able to see their friends or celebrate school milestones and events.

Not being able to do these things can cause teenagers to feel depressed and anxious.

Depression

Quick Facts



Depression is both a brain disorder and a state of mind. The brain is unique - it is the only organ whose function we consciously experience because the brain is the organ of the mind.

18+ 18 MILLION

Depression affects over 18 million adults here in the U.S. in any given year.

Depression is the leading cause of disability for ages

15-44.



Depression is the primary reason why someone dies of suicide about every

10 minutes.
OVER 41,000 PEOPLE A YEAR



Depression affects over

100 MILLION

people worldwide, regardless of culture, age, gender, religion, race or economic status.

Depression is the leading cause of disability worldwide, and it's a major contributor to the overall global burden of disease.



In comparison:

HOMICIDE CLAIMS LESS THAN 18,000

lives each year, according to 2013 CDC statistics

POLICY LAB

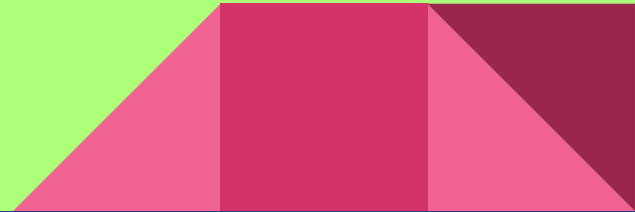
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<https://www.noponodepression.org/depression-facts/>



Possible depression causes

Possible causes include a combination of biological, psychological, and social sources of distress. These combinations can cause changes in brain function this includes altered activity of certain neural circuits in the brain.




Activities to combat Depression, Anxiety and Stress

There are many things that you can do to combat depression, anxiety, and stress. Some ways are...

What can you do to overcome depression?

There's actually many things you can do to help overcome depression as long as your willing to do them.

For example you can:

1. Exercise
 2. Meditate
 3. Do yoga
 4. Get a pet
 5. Do something that makes you happy
 6. Spend time with family and friends
 7. Don't overthink anything
- 

THERAPY

Everything is shut down during these times, but online therapy is an actual thing. You can make appointments for video calls or regular calls over the phone. If you need someone to talk to, this is showed to be as effective as an appointment in person for mild mental health conditions.

Using isolation to increase a growth mindset:

For many people who find goals during social distancing, it's also a good time for teens to finally understand their feelings and emotions and how they can improve from it! Some easy ways teens can achieve this is by first, **having self control**. Understand what's making you feel unconfident, anxious, or depressed and use this time to focus on yourself to improve on your health! Besides from planning, journaling is also another great way to have a better view on yourself and a way to handle any emotion! Meditating, taking a bath, or having a short nap can be ways to cure your stress.



H O B B I E S

Hobbies provide a good slice of free time and time to recharge your batteries.


They are a really good outlet for you to channel all your stress into a skill.

Some hobbies found to help ease anxiety include working out, painting, journaling, and spending time outdoors. They can provide the right amount of challenge when filling up your free time without feeling like work, making whichever one feels right lighten your mood and brighten your day!



More activities to do if dealing with anxiety and depression

Some activities to do while going through depression since your stuck at home are to plan your day and spend 10 mins learning about meditation. Activities to do while going through anxiety are meditate, exercise or go for a run, listen to music, clean or organize the house, focus on breathing. Lastly, things to do while feeling stress are to get more sleep, eat food that makes you feel good, exercise in a fun or calming way, have a deep convo with someone who loves you or a family member.



Play Some MUSIC!!!

Listening to music can get you to feel some many different ways. Listening to upbeat and happy music can get you out of your sad mode. You could even get up and start dancing if you want to. Music can relieve stress in so many different ways. So I challenge you to get up and groove to your favorite song. Your gonna feel so much better!



Family

To keep entertained and blow off some steam, you could have at least a **family weekend** :)

You could:

- ★ Play board games
- ★ Have a mini party
- ★ Exercise
- ★ Have a movie night
- ★ Cook or bake
- ★ Talk about life and how you feel



Friends

Friends can also help in this stressful times! There are some things you could do while staying away and staying safe :)

You could:

- ★ Facetime call
- ★ Exercise together via facetime
- ★ Have a spa day on facetime
- ★ Basically do anything on facetime. Although it won't be the same but it's close enough.



In Conclusion

**Stay safe
& stronger
together**



So in conclusion, just take time to be with family and friends safely but also look after yourself. It's important to stay safe and to stay healthy mentally while also physically:)

Some sources used:

[npr.org](https://www.npr.org)

[mindingyourmind.org](https://www.mindingyourmind.org)

[health.harvard.edu](https://www.health.harvard.edu)

[healthblog.uofmhealth.org](https://www.healthblog.uofmhealth.org)

[verywellmind.com](https://www.verywellmind.com)

