

Mental Health

SNEHAL-1TO1 HELP

NTPC INITIATIVE TO ADDRESS MENTAL HEALTH

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Defining mental health

"Mental health is a state of well being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to contribute to his or her own community

Defining mental ill health

Mental illnesses are health conditions involving changes in emotion, thinking or behaviour (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.


MENTAL HEALTH
is as important as
physical health.

Definition of mental Health

"Mental health influences how we think and feel about ourselves and others, and how we interpret events. It affects our capacity to learn, to communicate and to form, sustain and end relationships. It also influences our ability to cope with change, transition and life events, such as: having a baby, moving to a new house, experiencing bereavement".

Friedl, 2004

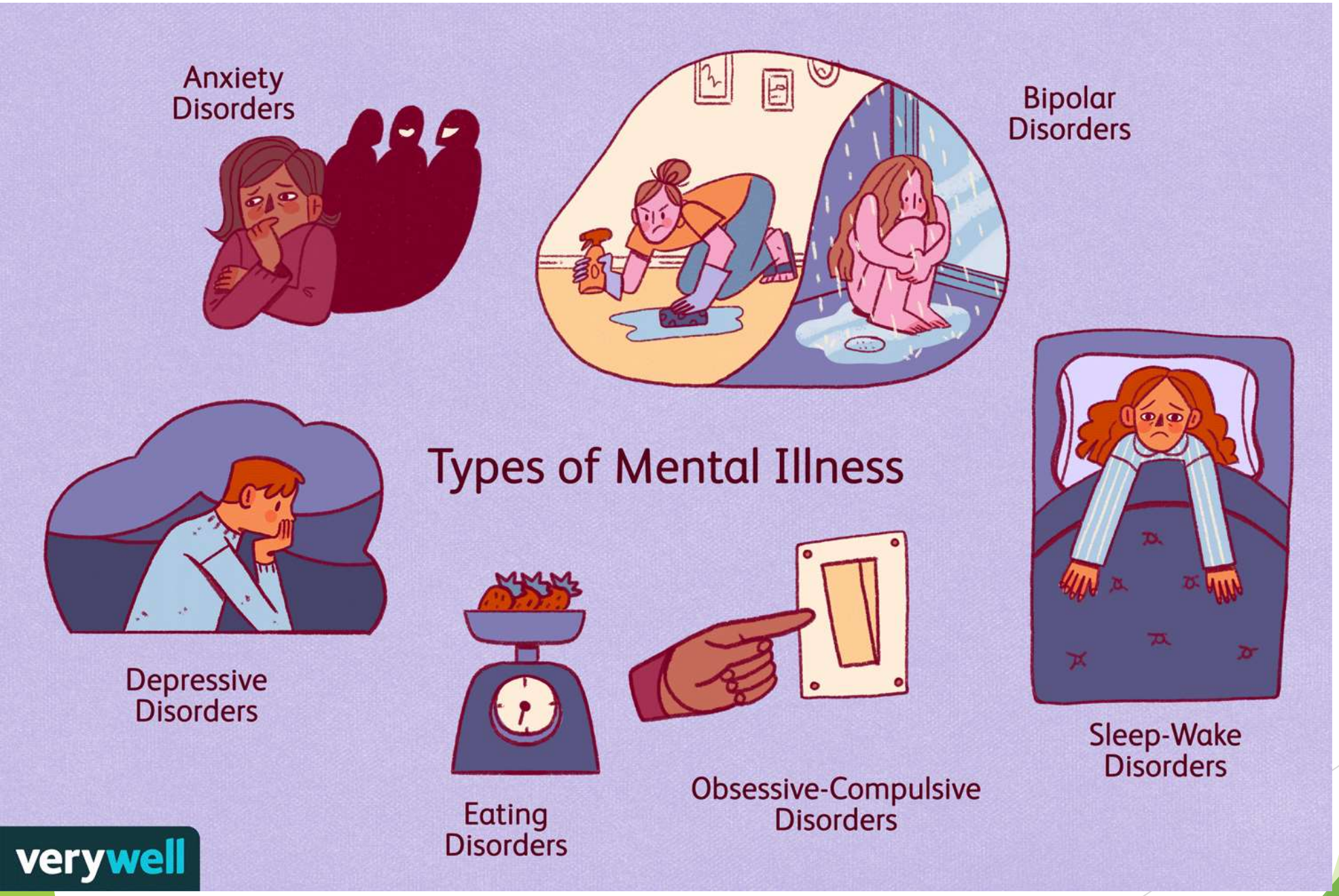


Mental Health

Umbrella Term

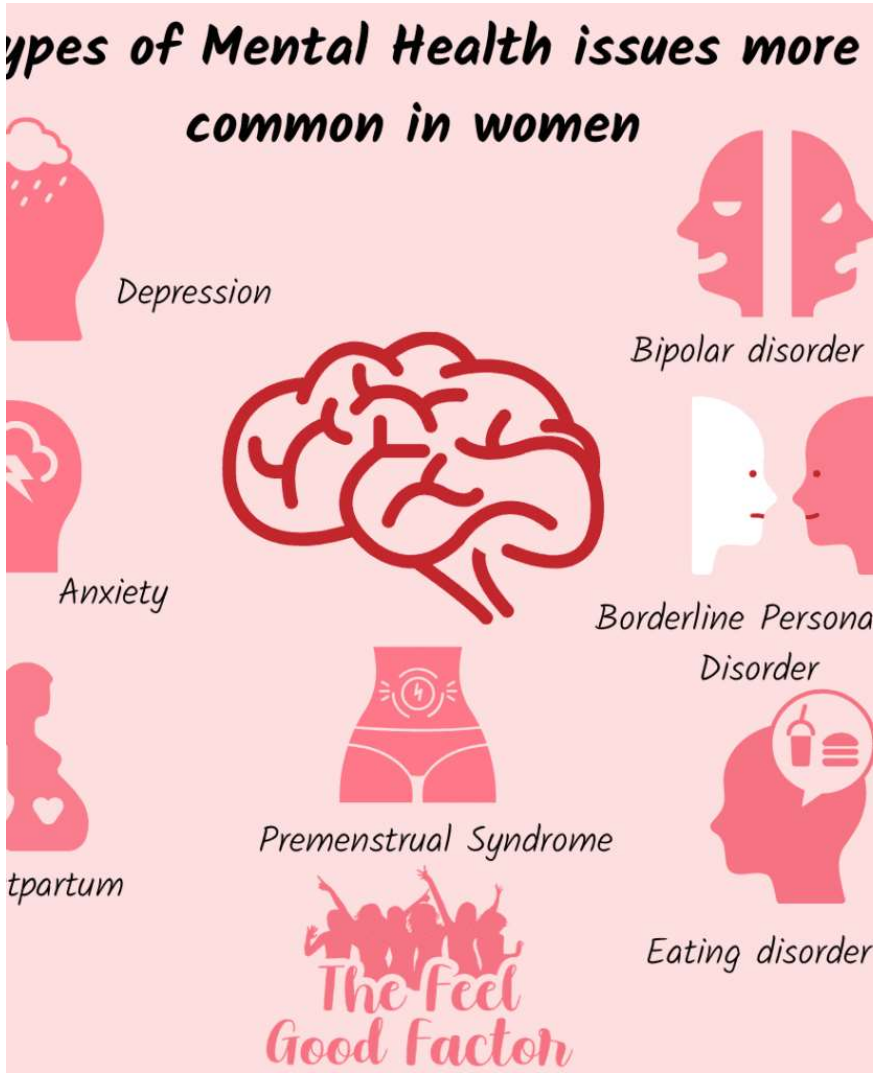


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Anxiety Disorders
Bipolar Disorders
Types of Mental Illness
Depressive Disorders
Eating Disorders
Obsessive-Compulsive Disorders
Sleep-Wake Disorders
verywell

MENTAL HEALTH CONDITIONS MORE COMMON IN WOMEN INCLUDE:

- **Depression.** Women are twice as likely as men (12 percent of women compared to percent of men) to get depression.
- **Anxiety and specific phobias.** Although men and women are affected equally by such mental health conditions as obsessive-compulsive disorder and social phobias, women are twice as likely as to have panic disorder, generalized and specific phobias.
- **Post-traumatic stress syndrome (PTSD).** Women are twice as likely to develop PTSD following a traumatic event.
- **Suicide attempts.** Men die from suicide at four times the rate that women do, but women attempt suicide two or three times more often than men.
- **Eating disorders.** Women account for at least 85 percent of all anorexia and bulimia cases and 65 percent of binge-eating disorder cases.



Mental Health: Women's Symptoms Are Also Different

- A man who is depressed is likely to report job-related problems, while a woman is more likely to report physical issues, like fatigue or appetite and sleep disturbances.

- Women are more likely to use religious and emotional outlets to offset the symptoms of depression compared to men, who often find relief through sports and other hobbies.







Mental Health: Why the Gender Differences?

- **Biological influences.** Female hormonal fluctuations are known to play a role in mood and depression-estrogen vs serotonin
- **Socio-cultural influences-puberty, sexual abuse, prejudice**
- **Behavioural influences-more open about mental issues but not physical.**



HOUSEWIFE HURDLES

- LACK OF RECOGNITION
- IN LAWS
- CHILDREN-RESPONSIBLE FOR PRODUCING GIRL CHILD, THEIR BEHAVIOR, PERFORMANCE IN STUDIES
- I AM JUST A HOUSEWIFE SYNDROME
- DESIRES-HAPPINESS OF CHILDREN,HUSBAND,FAMILY&SOCIETY



Stress

- The degree to which you feel overwhelmed or unable to cope as a result of pressures that are unmanageable.
- (Covid 19)

Stress



Stress is not a psychiatric diagnosis, but it's closely related to your mental health as:

- Stress can be the cause mental health problems and make existing problems worse. **For example**, if you often struggle to manage feelings of stress, you might develop a mental health problem like anxiety or depression.
- Mental health problems can cause stress. You might find coping with the day-to-day symptoms of your mental health problem, as well as potentially needing to manage medication, heath care appointments or treatments, can become extra sources of stress.
- Stress can impact on how you feel Physically



Fear

- Fear is one of the most powerful emotions it can have a very strong effect on our minds and body for example, if we are caught in a dangerous situation or if we are being attacked.

- Fear is something that we consider is a bad thing and makes us make bad decisions.
- Fear Is also a good thing because It is the response to our survival, which keeps us safe and alive.
- Anxiety and adrenalin are connected to the feeling of fear. If we were not able to feel fear, we would be killed by a tiger when we were cavemen, but fear keeps us from doing dangerous things. Fear makes us think before we take action.

Fear is not reasonable when it keeps us from doing what we want or following our dreams. It gets in our way and stop us from taking action

Anxiety

The term anxiety refers to feelings of worry, nervousness, apprehension, or fear commonly experienced by people when faced with something they view as challenging.





Panic Attacks

- A panic attacks create a feeling of sudden and intense anxiety.
- Panic attacks can also have physical symptoms, including shaking, feeling disorientated, nausea, rapid, irregular heartbeats, dry mouth, breathlessness, sweating and dizziness



Depression

Depression is a common mental disorder, characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by an inability to carry out daily activities,

Statistics

- Depression affects 1 in 10 people during their lifetime
- Women are twice as likely as men to develop depression
- A depressive episode last about 6-8 months on average



Providing appropriate support



Recovery

Recovery is about building a meaningful and satisfying life, whether there are recurring or ongoing symptoms or mental health problems. The key themes of recovery are: Agency-gaining a sense of control over one's life and one's illness.

HOW TO REGISTER

- GO TO WEBSITE www.1to1help.net
- SIGN UP/LOG IN WITH FOLLOWING CREDENTIALS- USERNAME –OFFICIAL EMAIL ID, SET PASSWORD, CLICK & YOU ARE REGISTERED.
- FOR REGISTERING FAMILY MEMBERS-GO TO MY PAGE,CLICK ON INVITE FAMILY MEMBERS-FILL FORM, SUBMIT, EMAIL WILL BE SENT TO MEMBER TO ACCESS HIS/HER PAGE.
- NAME, RELATIONSHIP WITH EMPLOYEE
- HELPLINE- 18002588999, contact@1to1help.net
- MOBILE APP ALSO AVAILABLE ON ANDROID PHONES

1800 258 8999 / 1800 258 8121

Parenting

Baby & Pre-school



- Choosing A Creche
- Art and Craft
- Autism: Early Signs
- To Spank Or Not To Spank

General



- Sharing Custody of Children
- Children's Emotional Wellbeing: 10 Practical Tips for Parents

School Age



- Your Child's Teacher and You
- Scrap It - Before They Scrap It!
- Helping Your Child

Teens and Youth



- Handling your Angry Teenager!
- Are Our Children Overusing Electronic Media?

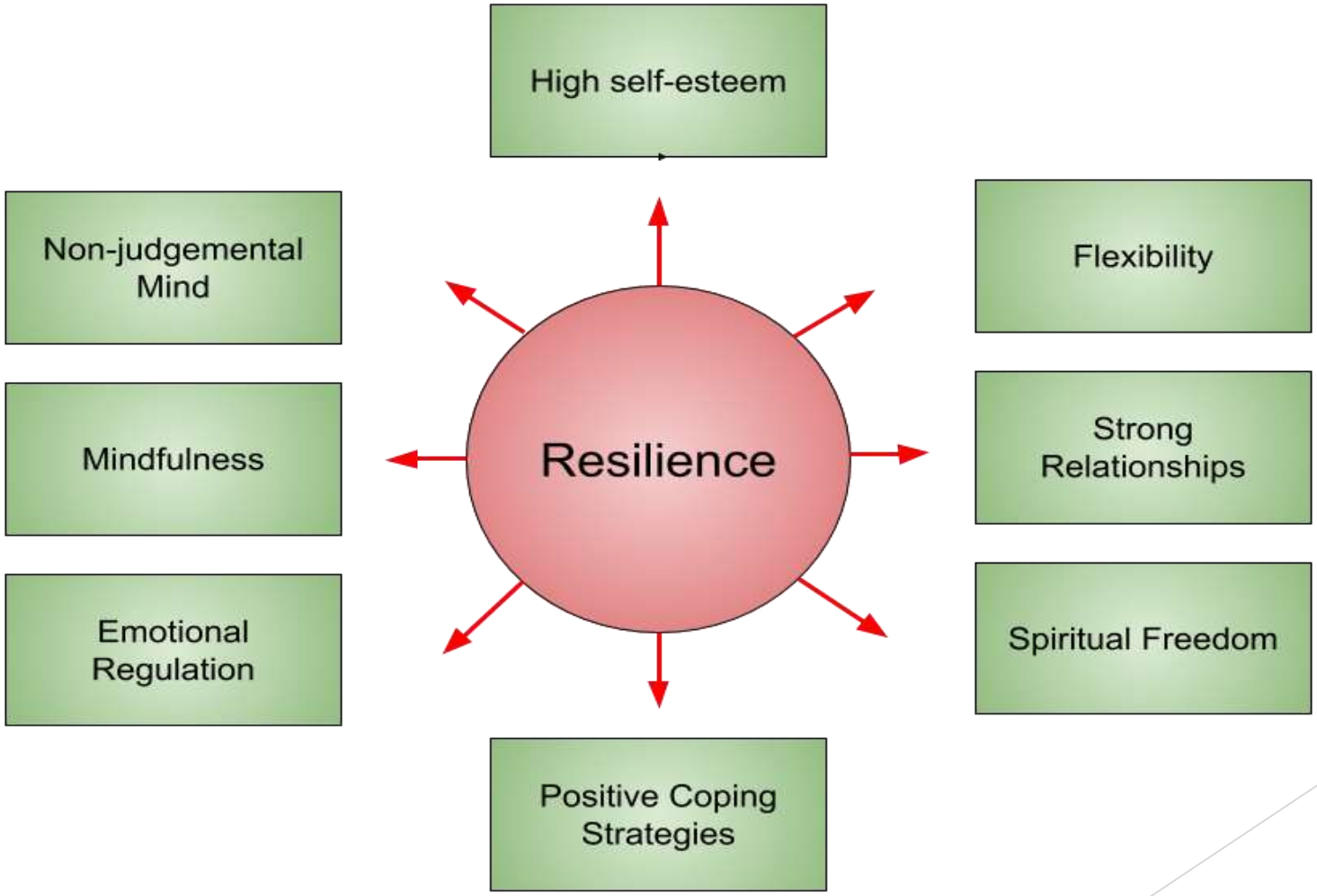
Assessment Tools

- Are you Shy?
- What's your parening style?
- School success: a quiz for parents

Chat - Online

MENTAL RESILIENCE

- How you cope up and recover from challenging life events.
- It gives you strength to get through tough times.



Celebrities who were brave enough to talk about their mental issues and overcame them:

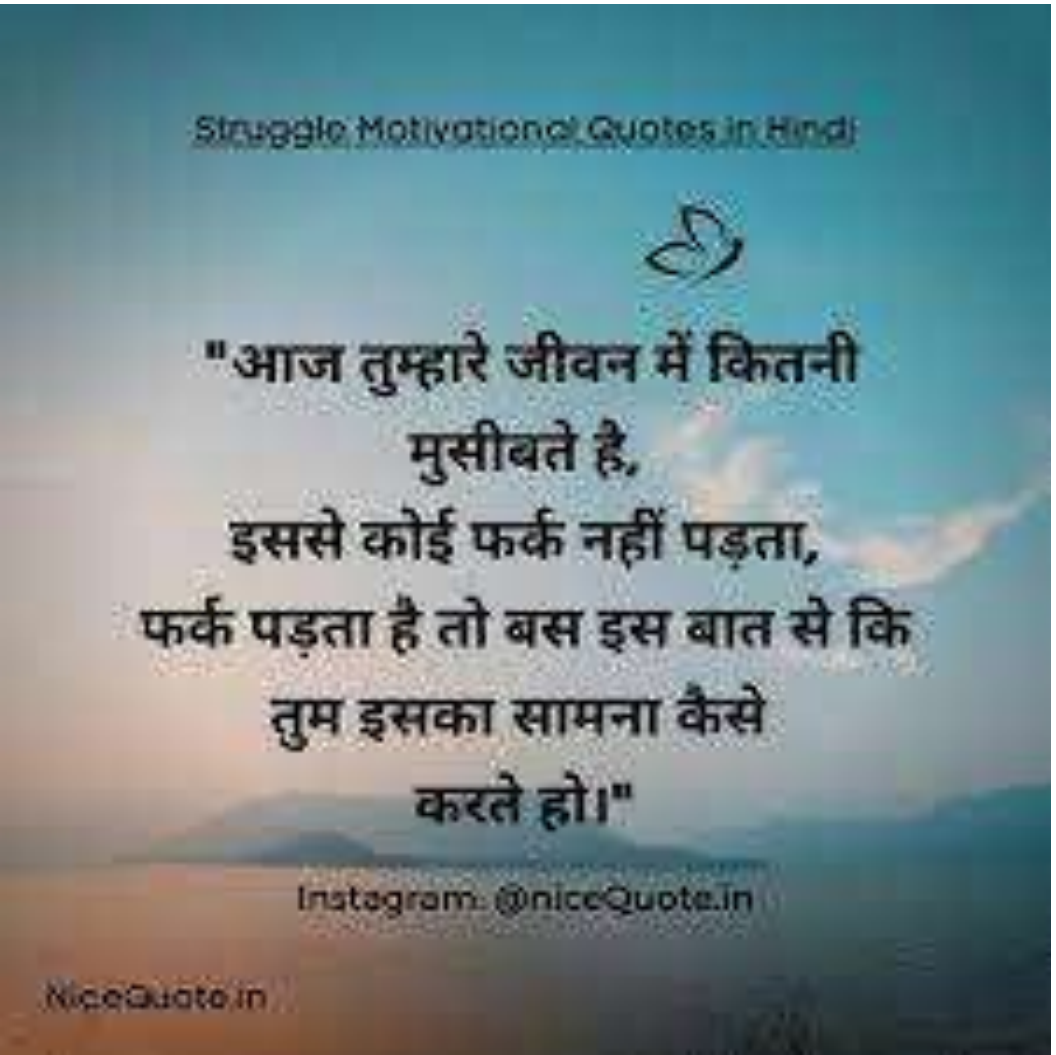
- Manisha Koirala-depression-relationship,cancer
- Yo Yo Honey singh- bipolar disorder
- Shahrukh Khan-depression-post his shoulder surgery
- Deepika Padukone- depression- relationship
- Anushka Sharma-Anxiety
- Varun Dhawan-depression

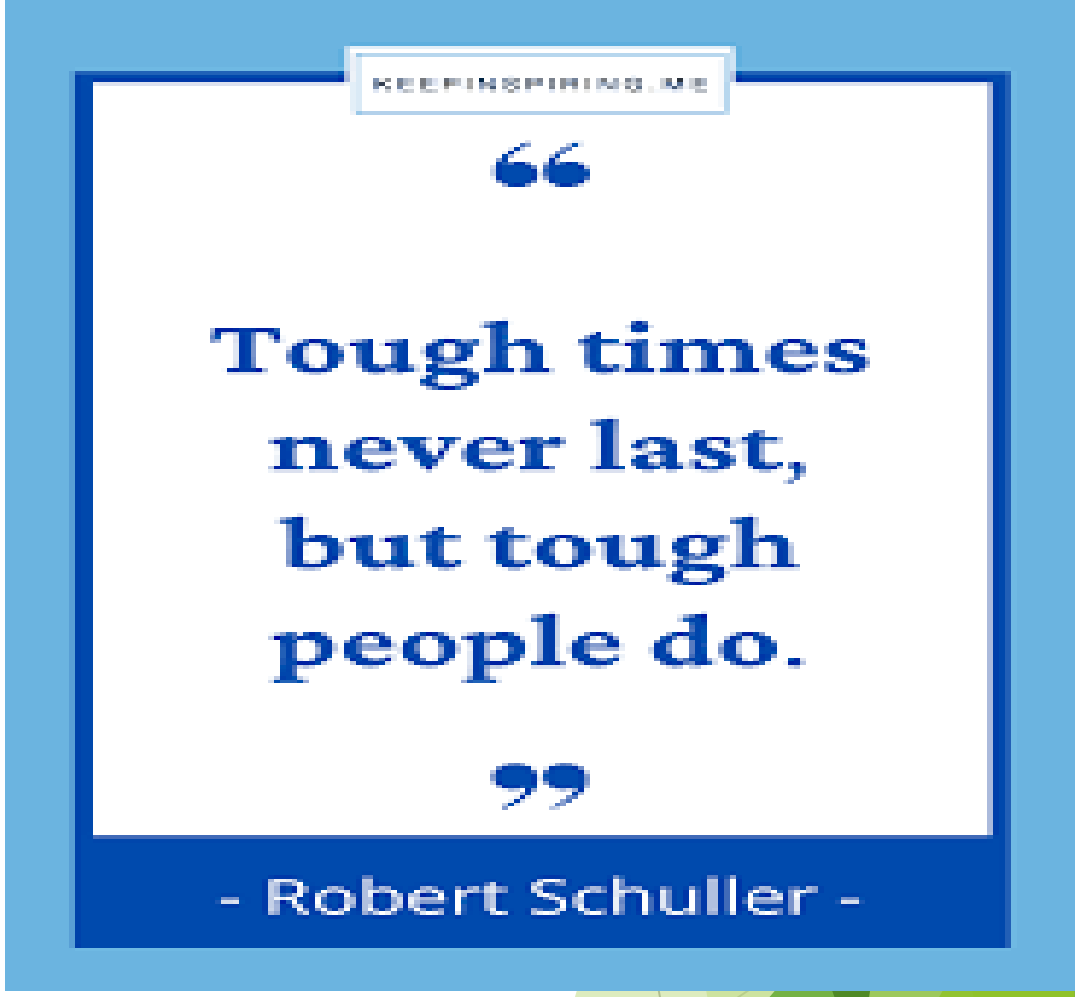









Struggle Motivational Quotes in Hindi
"आज तुम्हारे जीवन में कितनी
मुसीबते है,
इससे कोई फर्क नहीं पड़ता,
फर्क पड़ता है तो बस इस बात से कि
तुम इसका सामना कैसे
करते हो।"
Instagram: @niceQuote.in
NiceQuote.in


KEEPINSPIRING.ME
“
Tough times never last, but tough people do.
”
- Robert Schuller -

THANK YOU