

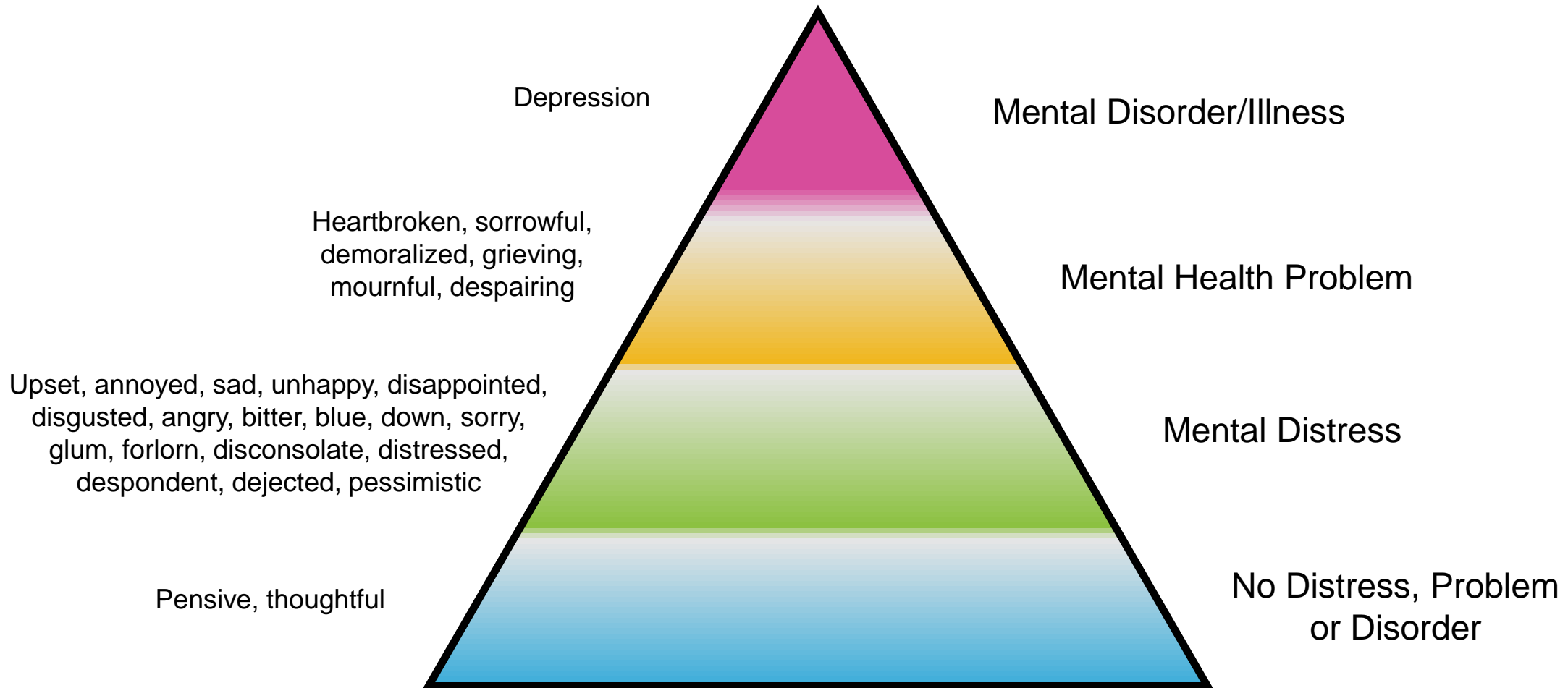


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**Understanding the
Relationship Between Mental
Health & Mental Illness
Module 2**

UNDERSTANDING MENTAL HEALTH STATES: WHAT THE WORDS MEAN

The Inter-Relationship of Mental Health States



MENTAL DISTRESS

- The brain's expected and usual response to the stresses of everyday life (e.g. exams, relationships, disappointments)
- Happens to everyone every day
- Leads to adaptation, learning and coping
- Is often seen as negative instead of as helpful
- Must reframe as positive (excitement not stress)
- Does not need treatment



MENTAL HEALTH PROBLEM

- The brain's response to a severe or persistent life problem (e.g. death of a family member, severe bullying, parent divorce)
- Happens to everyone many times in their life
- Shows that adaptation is difficult
- May require additional help (such as a counsellor or therapist)
- Does not require treatment



MENTAL DISORDER

- The brain is not functioning as it is supposed to function, leading to significant and persistent problems in a person's everyday life (caused by a combination of genetic and environmental factors)
- Happens to about 20% of people over their lifetime
- Must be diagnosed by a properly trained health professional
- Requires scientifically valid treatments provided by a trained health professional



ALL TOGETHER

- A person can be in one or more of these mental health states at the same time!
- For example: a person can have Schizophrenia (a mental disorder), their mother has recently died (a mental health problem), they lost their car keys earlier today (mental distress) and now they are hanging out with a friend and enjoying themselves.



THE BRAIN

- Mental Health is Brain Health
- The presence of mental distress or a mental health problem is an example of your brain working to help you adapt to life's challenges and develop skills for future challenges



BEING HEALTHY DOES NOT MEAN NEVER EXPERIENCING PROBLEMS

- Negative emotions (e.g. worry, fear, sadness) are not necessarily a sign of mental illness – they are usually part of a mental healthy response to a mental stressor (such as a romantic disappointment)
- Just like negative physical symptoms (e.g. fever, fatigue, cough) are not necessarily a sign of physical illness – they are usually part of a healthy response to a physical stressor (such as a virus)



BRAIN AND BODY

- Life Stress – such as a romantic breakup
- Brain responds with negative feelings (e.g. sad, worried) and behaviors (e.g. crying, loss of appetite)
- Your brain adapts and you learn how to cope and now you are stronger in case it happens again

- Life Stress – such as a viral infection
- Body responds with increasing temperature (e.g. fever) and negative physical sensations (e.g. aching muscles, fatigue)
- Your immune system fights off the virus and now you are stronger in case it comes back



BRAIN AND BODY ARE CONNECTED

- Sadness
- Worry
- Anxiety
- Unhappiness
- Disappointment
- Embarrassment
- Anger



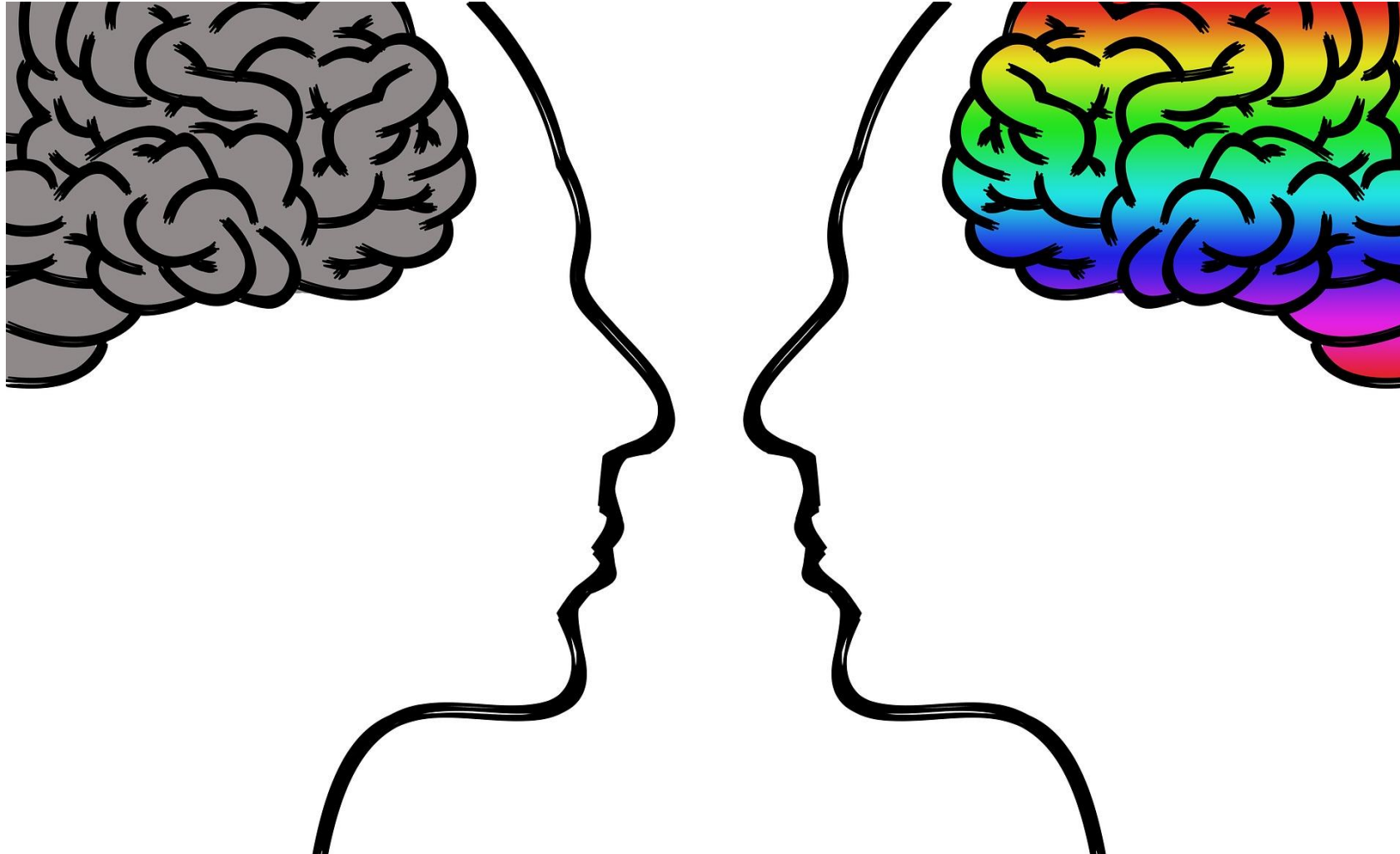
- Muscle tension
- Headaches
- Stomach aches
- Flushing
- Tingling
- Difficulty breathing
- Heart pounding

WHAT IS THE BRAIN?

- The brain is the most complex organ in the body – the “master control centre”.
- It is considered to be the most complex thing known.
- The brain is made up of many different cells called neurons as well as other cells that support these neurons.
- Neurons are arranged in very complex networks also called circuits. They control things like movement, thinking, etc. Neurons communicate using chemical messengers.

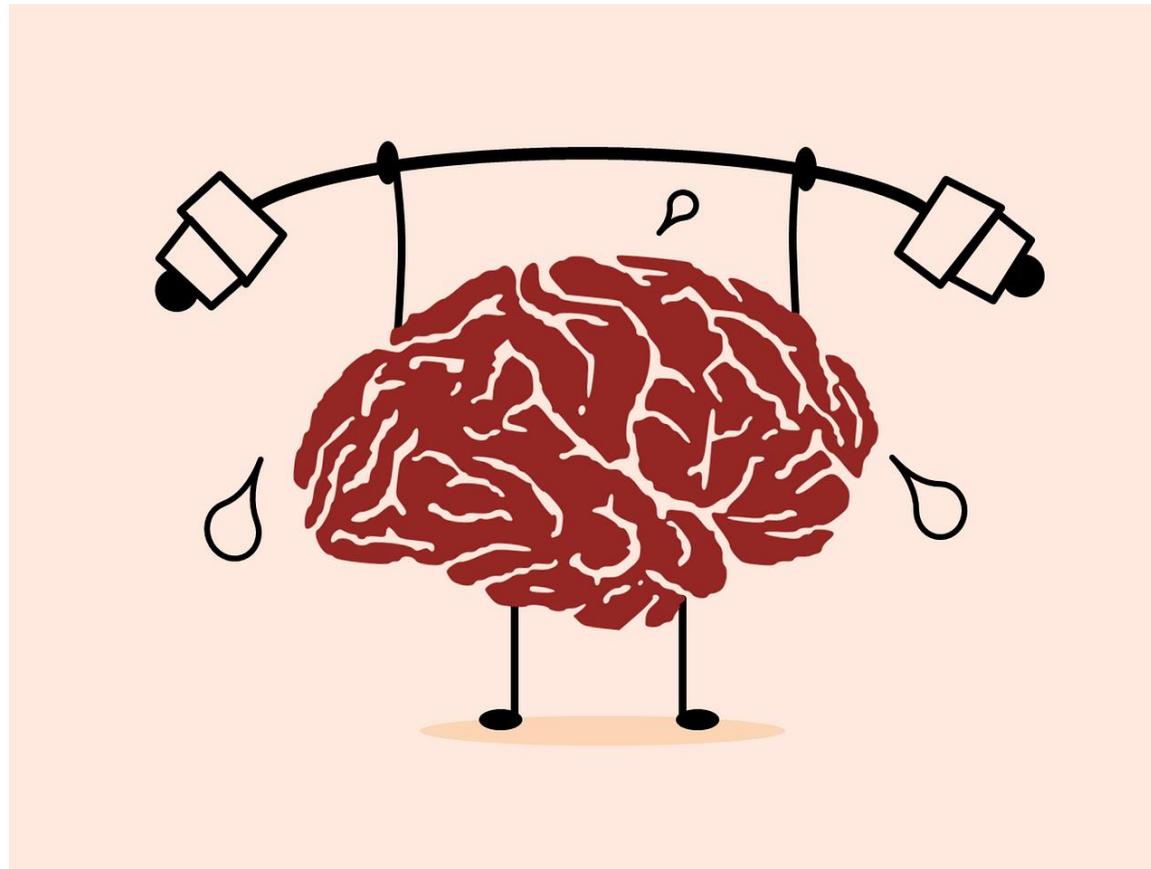


YOUR BRAIN DEVELOPS AND CHANGES OVER YOUR ENTIRE LIFE



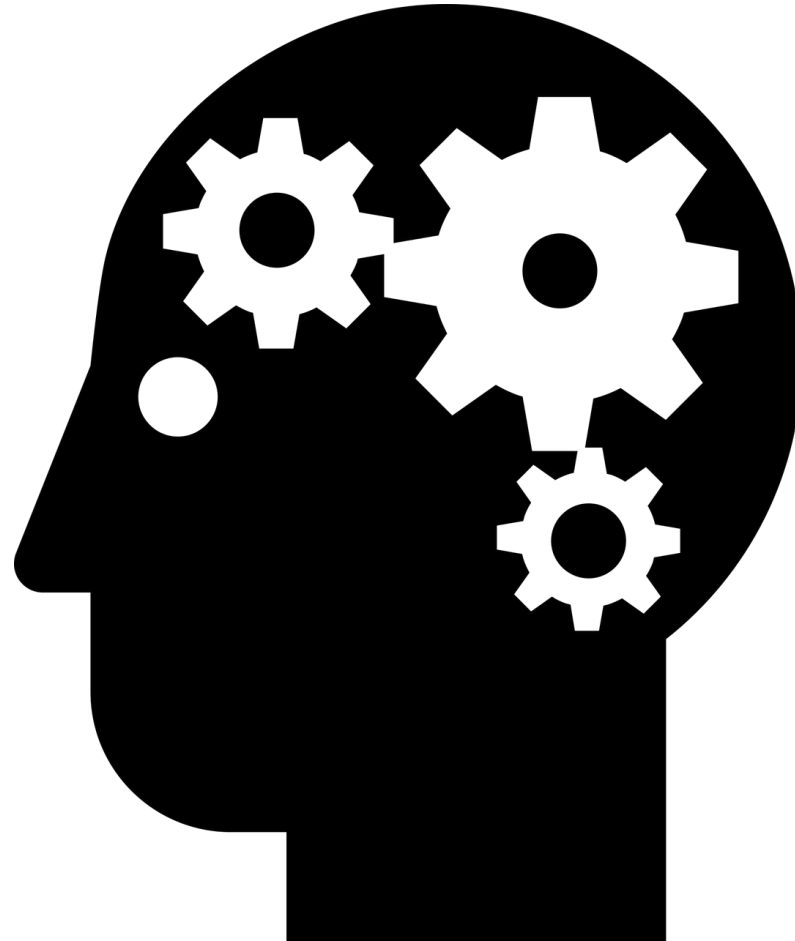
WHAT DOES THE BRAIN DO?

Almost everything!



FUNCTIONS OF THE BRAIN

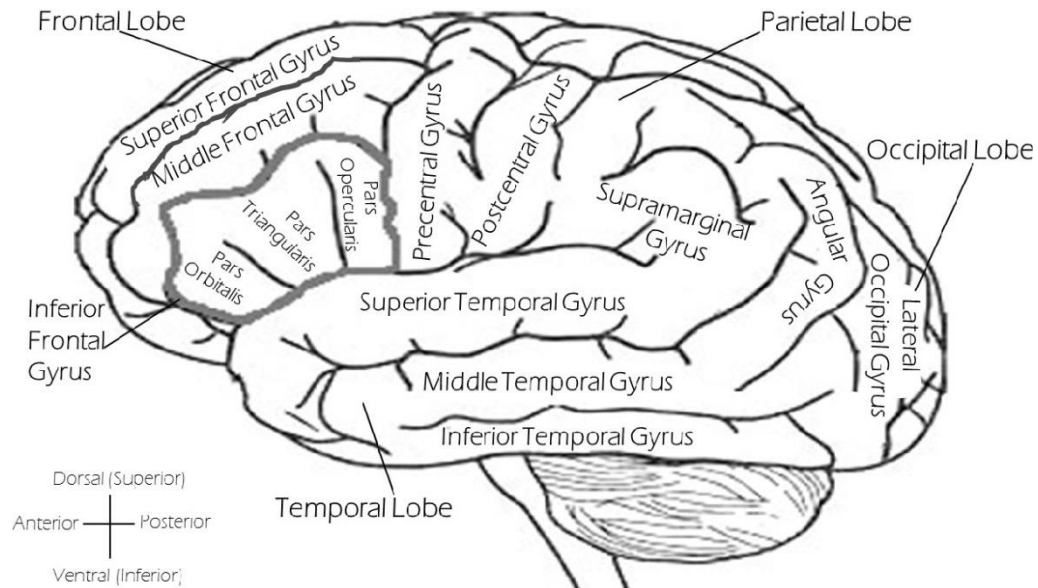
1. Thinking or Cognition



THINKING OR COGNITION

Includes all of our internal mental processes and functions

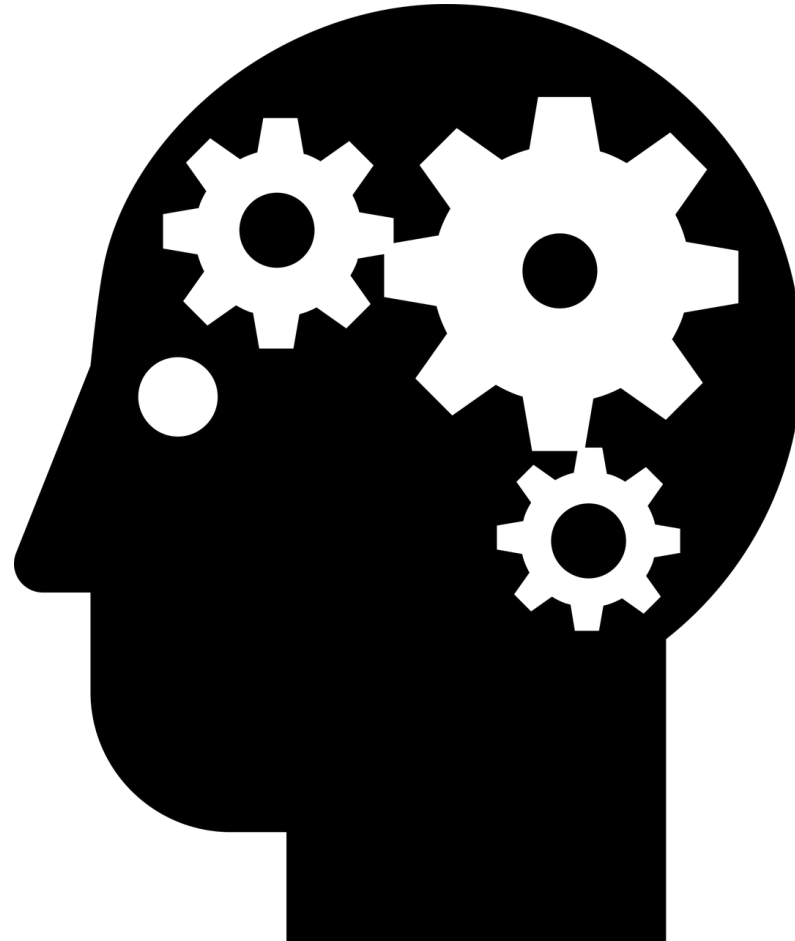
Planning
Calculating
Self Awareness
Sequencing
Judgment
Comprehension
Contemplation



Reasoning
Decoding symbols
Focusing
Paying attention
Memory

FUNCTIONS OF THE BRAIN

2. Perception or Sensing



PERCEPTION OR SENSING

The ability to use our five sense to:

See



Hear



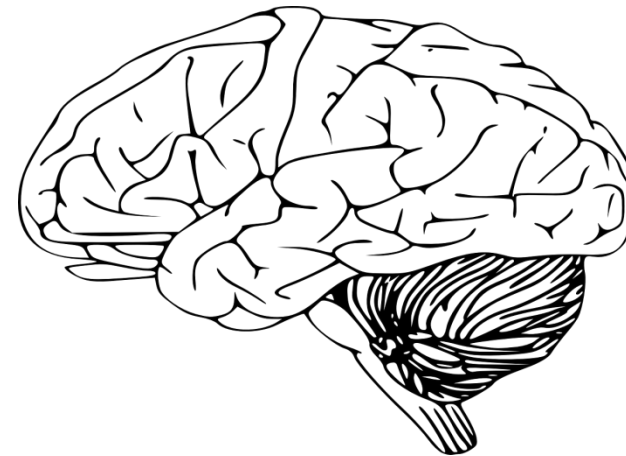
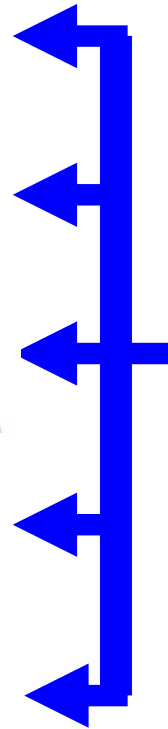
Smell



Taste

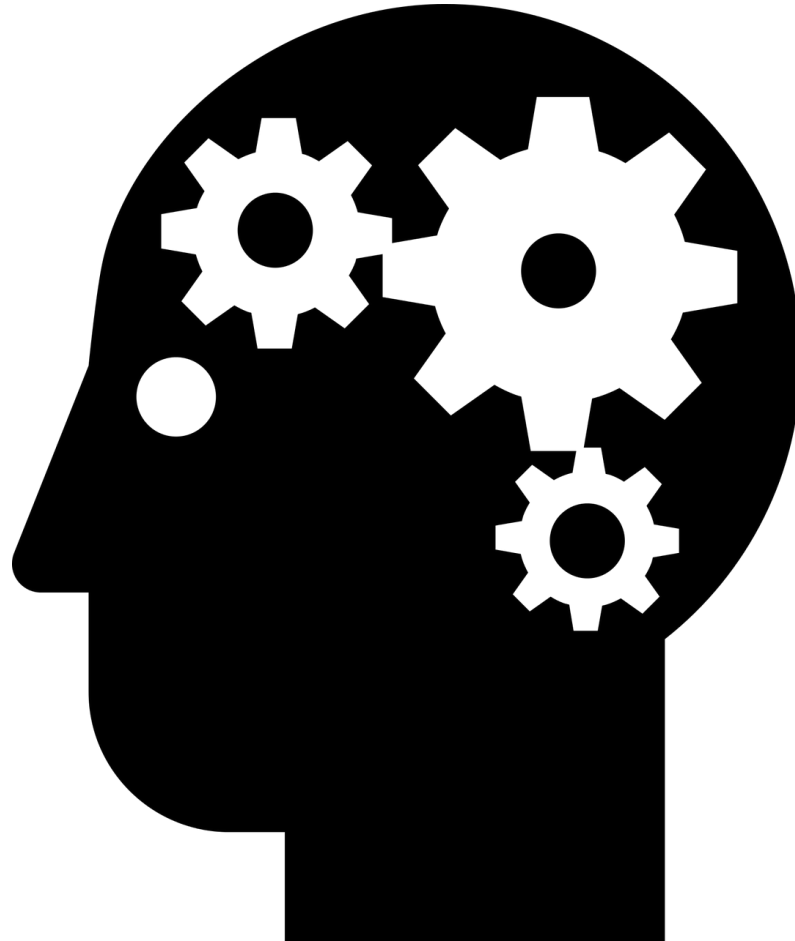


Touch



FUNCTIONS OF THE BRAIN

3. Emotion or Feeling



THINKING OR COGNITION

The ability to experience, label, describe and express feelings

- Joy
- Anger
- Sadness
- Hope
- Consternation
- Demoralization
- Happiness
- Sadness
- Contentment
- Shame
- Loneliness
- Guilt
- Frustration
- Resentment
- Serenity
- Annoyance

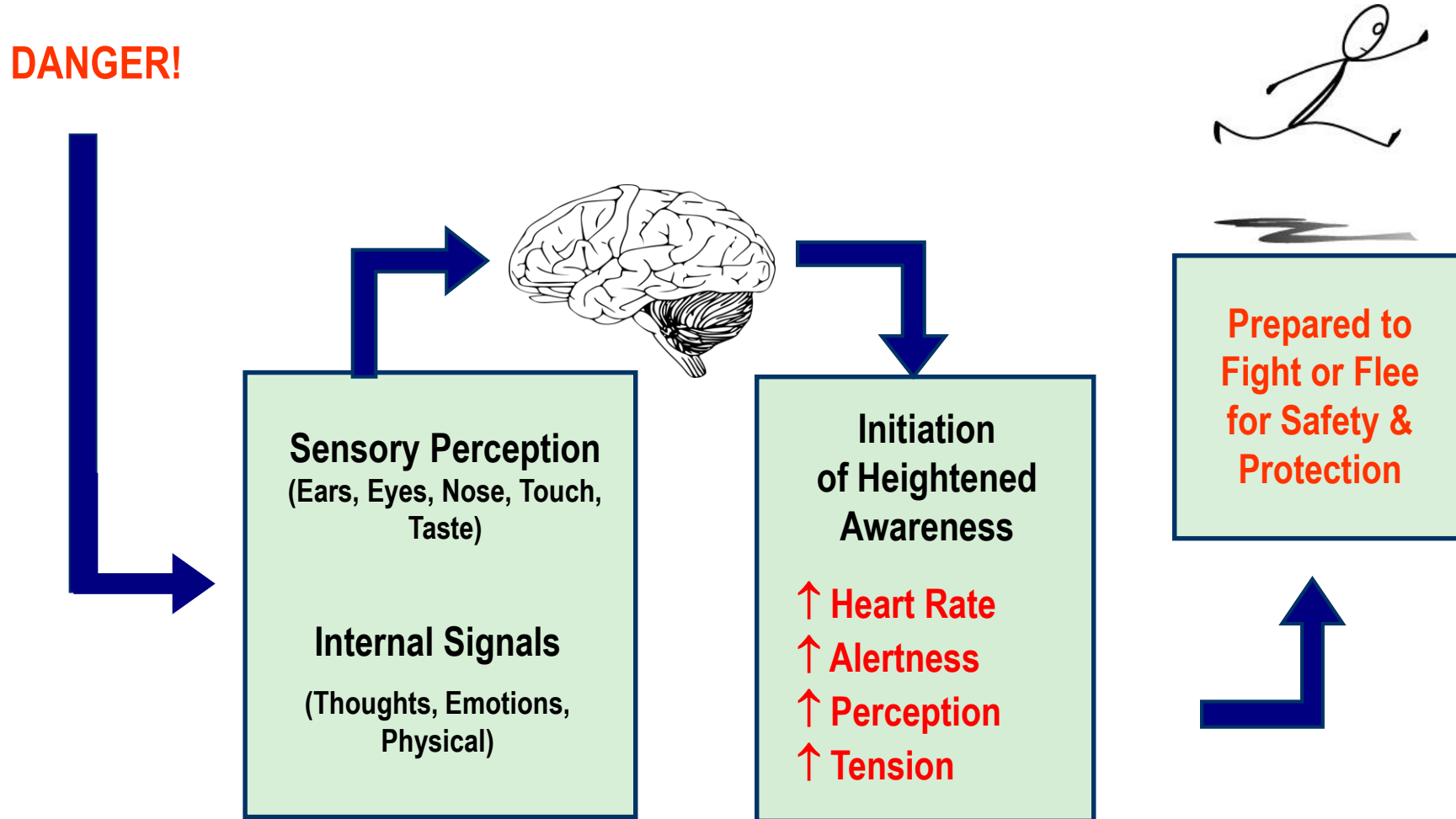


FUNCTIONS OF THE BRAIN

4. Signaling (being responsive and reacting to the environment)

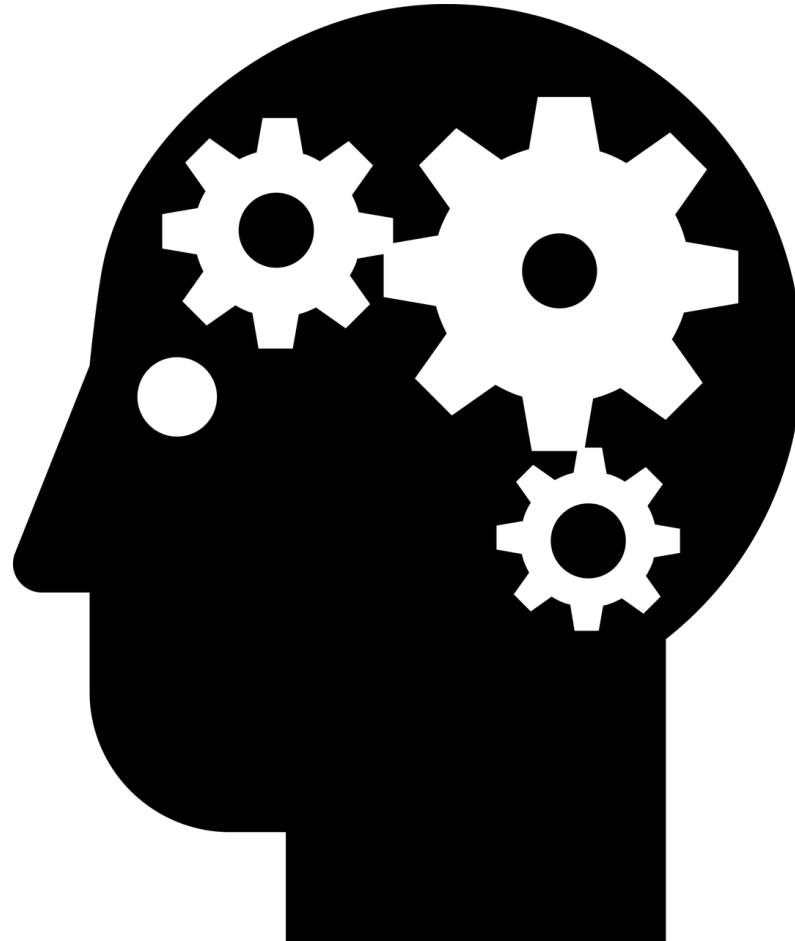


WHAT IS SIGNALING?



FUNCTIONS OF THE BRAIN

5. Physical



BRAIN CONTROL

All of our physical functions are under the control of our brain

- Respiratory System
- Circulatory System
- Nervous System
- Genitourinary System
- Digestive System
- Musculoskeletal System



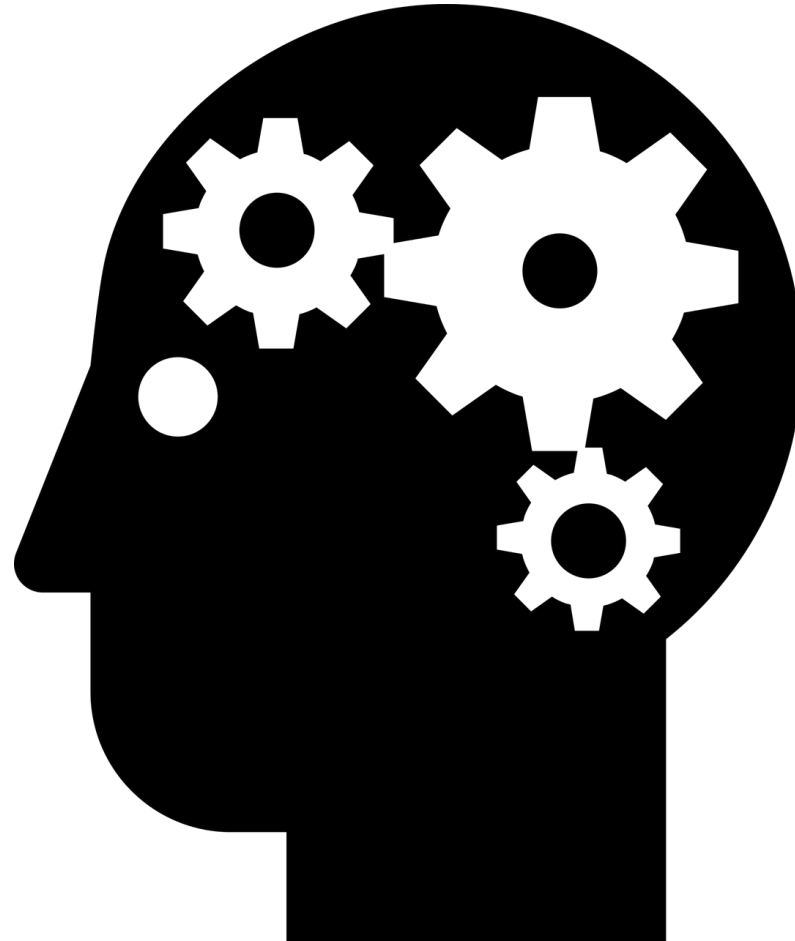
BRAIN ENDOCRINE AND IMMUNE SYSTEMS

- The Brain controls the release of hormones that regulate many different kinds of body processes, including: growth, sexual development, cell repair, etc.
- The Brain controls many aspects of your immune system and your immune system also impacts on your brain.



FUNCTIONS OF THE BRAIN

6. Behaviour



WHAT ARE SOME BEHAVIOURAL FUNCTIONS?

- Social interactions
- Sexual activity
- Acts of kindness
- Acts of aggression
- Goal directed activities
- Relaxation activities



IT'S ALL CONNECTED!

- Although we often talk about each of the brain functions separately, they are all interconnected!



REMEMBER ...

- You cannot separate the Brain from the Body. The Brain and Body are one!
- So, it's also not possible to separate Mental from Physical Health – what is good for your brain will be good for your body, and vice versa.





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