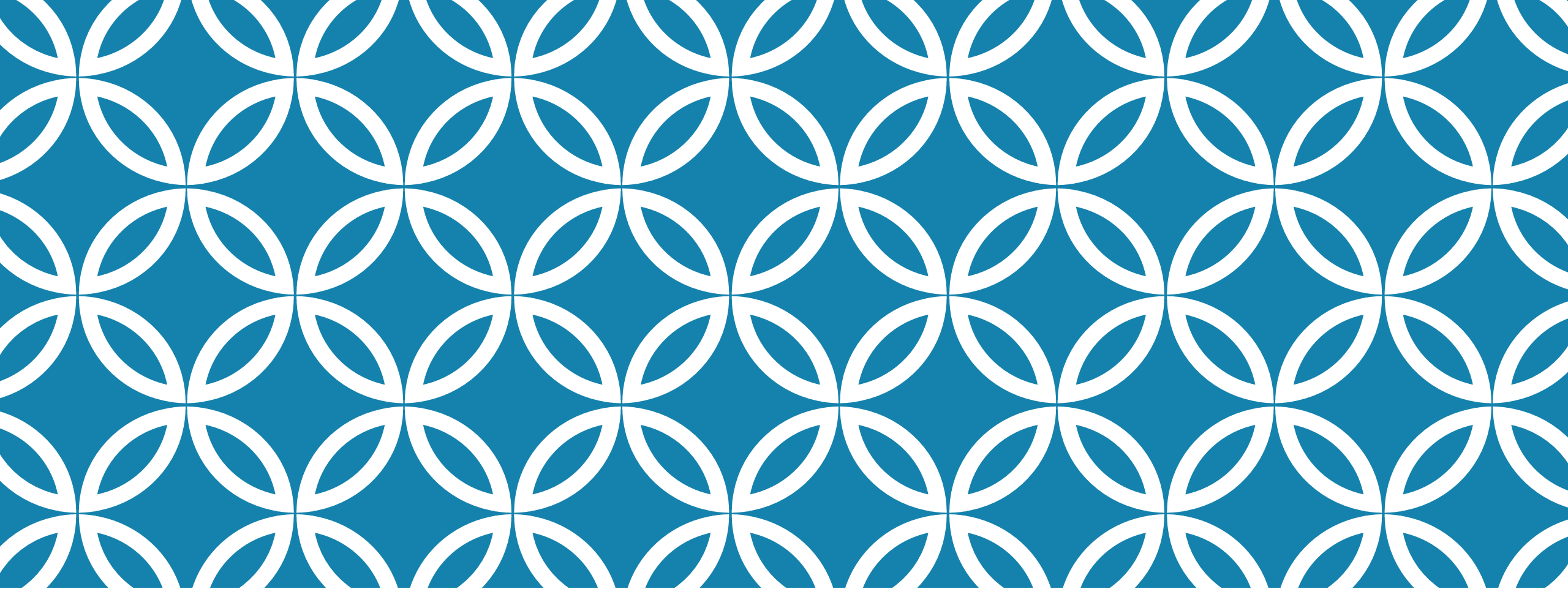




# **MANAGING MENTAL HEALTH IN TURBULENT TIMES**

For your mental health need/support  
contact;

Milda's touch psychological services

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Funmi Taiwoft

# ICE BREAKER



# TURBULENT TIMES

A turbulent time, place, or relationship is one in which there is a lot of change, confusion, and disorder. Turbulent water or air contains strong current which change direction suddenly.

Synonyms: wild, violent, disorderly, agitated etc.

# MENTAL HEALTH MEANING

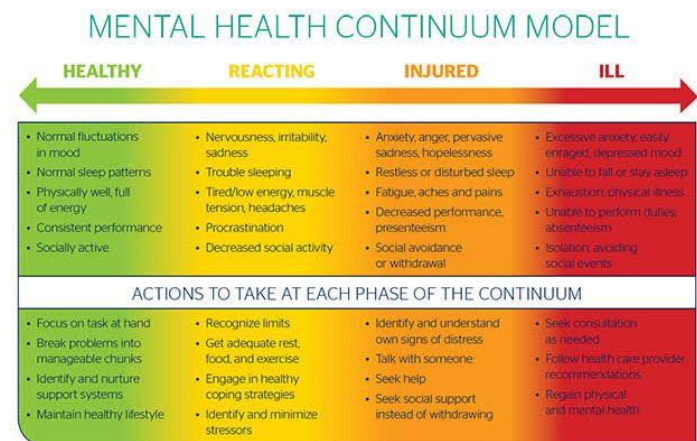
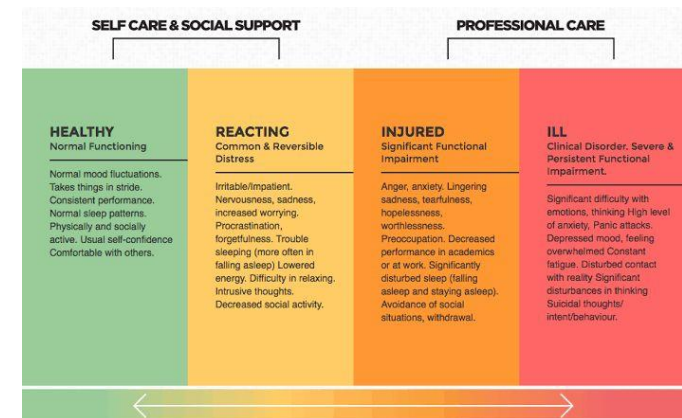
Mental health: is simply about how your thoughts affect your feelings and your feelings affect your behavior and your behavior eventually determines your outcomes in life.

Your thought; Thoughts are the things we think about as a result of interaction with our environment: it can be positive, negative, neutral, fleeting or persistent.

Your feelings; Emotions are feelings associated with a particular thoughts or experiences: they can be happy, sad, angry, anxious...etc.

Your behaviors; Behavior is the way we present ourselves to others in action as a result of thought and feelings processing ( which could be automatic or conscious)

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# STRESS; A MAJOR CONTRIBUTOR TO TURBULENCE

Stress Is a situation that release emergency signals or stimuli.

Stress can be generated as we respond to changes that occurs in everyday life....

Stress occur in a scenario when the situation is not according to our expectations and we can only do so much to change it(most times the much is not within our reach).

-It's a great worry caused by an unplanned-for, difficult situation.

Stress happens in a situation that requires behavioral adjustment.

In a nut shell: Stress or turbulence is about not having enough resources for your pressing need to be able to give your best or appear your best.

# THREE TYPES OF STRESS

Acute stress: it's a response to a new or challenging situation, it's short term body and emotions return to their normal state relative soon e.g. narrowly escaped a work deadline

Episodic acute stress; this is acute stress happening on a frequent basis repeated tight work deadline( high stress situation) it feels like moving from one crisis to another

Chronic stress; this is as a result of stressor that continues for a long time living in a high crime neighborhood Father and mother always fighting.

It's never ending and there seems to be no way to improve or change the situation.

# WHAT YOU NEED TO KNOW ABOUT STRESS

Stress is a vital part of life it can be either Eustress or distress

Eustress: Good things of life putting demand on us e.g. excitement of being newly married

Distress: Negative things of life putting demands on us; Loss of Job

Stress becomes intense when Danger, Big responsibility, loss or change is introduced

Stress can be from actual event or perceived event

A child comes into the world with zero ability to handle stress So they have to be taught

So when parents are doing a good job the children would have learnt different tools to handle stress by adulthood they have a full box and they cope and adapt well

When there is ineffective parenting children face stress and nobody teaches them how to handle it, so they grasp the instinctual fight or flight response made available in the limbic brain(survival mode) and it makes them socially inept and make them have little tolerance for distress

They respond to stress with response such as

Disorientation

Fear and anxiety

Unpredictable mood swings

Inability to concentrate

Distractions

Procrastination

Nervousness

Depression

Emotion dysregulation etc.

In recovery: we all have to pick up tools to handle stress that eluded us when we are young, it's a life long skill learning.

# MENTAL HEALTH TOOL BOX.

They are the series of things to be done to keep good mental health.

We are to know them academically and then apply them to life

Know whatever tool you don't have readily is not your fault but not picking it up now will become your irresponsibility eventually.

Also know Self care skill is a process, therefore patience is needed.

You have to find out what is health for you mentally & what is healthy boundary for me

- Love yourself

- Redefine your priorities

- Set goals-Learn to think through problem solving

- Socialize and Set boundaries

- Learn to sit through emotional pains

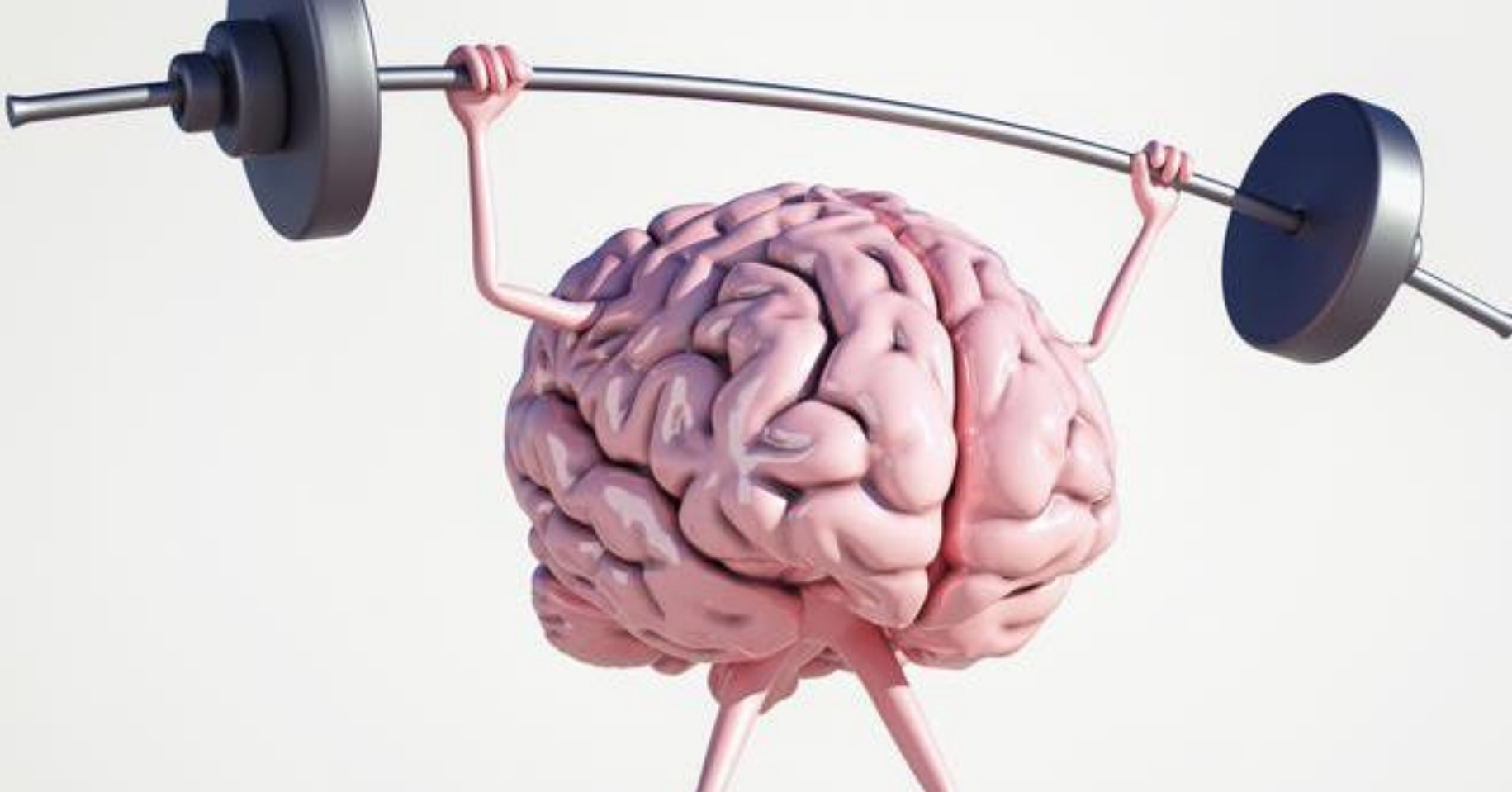
- Meditation

## Love yourself

- Meditate, journal redefine your priorities
- Set goals
- Get good knowledge about your concerns
- Get hobbies and do them
- Get physically fit.

## Socialize

- Set boundaries
- Establish relationship with your therapist and mental health professionals.



# MENTAL HEALTH GYM ROOM

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